It is the mission of the Cowlitz Tribe Pathways to Healing Program
“To honor traditional values and beliefs that promote safety and well being for Native American families by providing a holistic approach to inform, educate, and heal our communities affected by violence.”

We value:

   Integrity: Through honesty and integrity we respect the rights and choices of individuals and families affected by violence.

   Community: We demonstrate our commitment to social change and an end to violence within our community, through our leadership, words and actions.

   Safety: We help provide a safe non-threatening environment free from abuse, violence and judgement.

   Empowerment: Through advocacy we empower individuals and communities to heal from abuse and speak out against all forms of violence.
Introduction

Autsis-kwil-lum (Friend)

In a time of colored ribbons and magnetic bumper stickers for every occasion, people can spread awareness for any cause they are passionate about. The Pathways to Healing (PTH) program would like people to remember that violence in our homes, schools, and communities should not be accepted and we all can have a voice. This Tribal directory is offered as a resource for Native American/Alaska Native people to locate services within Tribal communities that provides support or resources when healing from violence.

Through the information in this guide we hope those suffering from violence find strength and empowerment in the knowledge that there are people who care, want to help and offer the support needed on the long journey towards self-care and healing.

This directory is also being offered to Tribal and community service providers as a resource when working with Native survivors of violence. Pathways to Healing would like to thank you for commitment and continued support in ending violence in Native communities.

Debbie Medeiros
Program Manager
Cowlitz Tribe Pathways to Healing Program
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Common Terms

Advocacy - Survivor focused support which includes speaking, pleading or arguing in favor of and to ensure a dignified existence.

Community Education - Engaging youth and adults in community driven learning and enrichment opportunities.

Prevention - The action of stopping something from happening or arising. To avert, avoid or hinder.

ICW - Indian Child Welfare
Tribal Resources
How we can all end violence

As service providers, adults and/or members of a community, it is our responsibility to bring awareness to the prevalence of violence. We must educate each other and speak out when we see or know of violence.

Encourage a return to traditional ways in which men, women and children were held sacred.

White Buffalo Calf Woman said “hold women sacred even in thought”. Teach this adage to our children. Teach them to respect women and to hold them in high regard.

Women are the keepers of the stories and ceremonies. Honor their position.

Children are the future of our people. Treat them accordingly.

You are responsible to the last seven generations and the next seven generations. Make sure your actions and words reflect this.

Teach and model positive parenting methods that provide healing from intergeneration trauma and breaks the cycle of violence in our homes and communities.
Chehalis Confederated Tribe  
**Phone:** 360-273-5911

P.O. Box 536  
Oakville, WA 98568  
Grays Harbor/Thurston County

**Services**  
Domestic Violence and Sexual Assault Medical and Legal Advocacy, support groups also available  
Domestic Violence Prevention Program  
Youth and Elder programs and Advocacy available  
Indian Child Welfare available  
Mental Health
Services
Domestic Violence and Sexual Assault assistance goes through police department
Youth programs available
Elder programs available (AAOA)
Mental Health
Cowlitz Indian Tribe
Cowlitz Health and Human Services
Vancouver Office
Phone: 360-397-8228

1601 E Fourth Plain, Suite A-129
Vancouver, WA 98661
P.O. Box 5158
Vancouver, WA 98668

Services
Domestic Violence and Sexual Assault program, must identify as Native American/Alaska Native

Advocacy for domestic violence, sexual assault, dating violence, stalking or general crimes

Emergency services

Education and Prevention programs

Cultural classes

Resources, information and referrals

Indian Child Welfare program and Clinic

Provides services in surrounding Counties; Clark, Cowlitz and Lewis County
Hoh Indian Tribe
Phone: 360-374-6582

2464 Lower Hoh Road
P.O. Box 2196
Forks, WA 98331
Jefferson County

Services
Domestic Violence and Sexual Assault program combines services with Forks Police

Must be enrolled or live on reservation or have close tribal ties to receive services

Indian Child Welfare available
Jamestown S’Klallam Indian Tribe

Phone: 360-683-1109
360-683-5900 - Medical Clinic

1033 Old Blyn Highway
Sequim, WA 98382
Clallam County

**Services**
No Domestic Violence or Sexual Assault programs available, refers out to community resources

Medical Clinic and Wellness Program

Youth and Elder programs available

Indian Child Welfare available
In 2010, 55 people died in Washington State as a result of domestic violence.
WSCADV, 2010 Domestic Violence Fatality Data

“Domestic violence is a leading cause of homelessness for women and children.”
Nan Stoops, executive director of WSCADV

1 in 3 women and 1 in 4 men have experienced domestic violence (defined as physical violence, rape, and/or stalking by a current or former intimate partner, such as a spouse, boyfriend, or girlfriend) in their lifetimes.
National Intimate Partner and Sexual Violence Survey (NISVS), 2010

Nearly half of all American Indian or Alaska Native women have been physically assaulted, raped, or stalked by an intimate partner, and more than 1 in 4 have been raped.
National Intimate Partner and Sexual Violence Survey (NISVS), 2010

Girls and women between the age of 16 and 24 experience the highest rates of intimate partner violence.
US Department of Justice, CDC
Kalispel Tribe
**Phone:** 509-447-7419
50-789-7654 - ICW
509-789-7640 - Mental Health

P.O. Box 39
Usk, WA 99180
Pend Oreille County

**Services**
Domestic Violence and Sexual Assault programs with Medical and Legal Advocacy

Youth and Elder programs and support groups

Indian Child Welfare and Court Appointed Special Advocates (CASA) program available

Behavioral Health and Mental Health available
Lower Elwha Klallam Indian Tribe
Phone: 360-452-8471 ex: 231 or 205

2851 Lower Elwha Road
Port Angeles, WA 98363
Clallam County

Services
Domestic Violence and Sexual Assault programs, Medical and Legal Advocacy and Mental Health available

Youth and Elder programs available

Elder Advocacy and Mental Health

Indian Child Welfare available

Sexual Assault support groups
Lummi Indian Tribe
Phone: 360-384-2285 - Programs and Shelter

2616 Kwina Road
Bellingham, WA 98226
Whatcom County

Services
Victims of Crime program

Domestic Violence and Sexual Assault programs, Medical and Legal Advocacy, Mental Health and Prevention available

Domestic Violence support group available

Youth and Elder Advocacy, Mental Health, Prevention and other services available

Health Clinic

Shelter
Makah Indian Tribe

Phone: 360-645-3251 - Social Services
360-374-2273 - 24 hr. Crisis Line

P.O. Box 115
Neah Bay, WA 98357
Clallam County

Services
Domestic Violence and Sexual Assault programs, medical and legal advocacy, support groups and mental health available

Youth and Elder programs available

Clinic - must be enrolled to receive services
Muckleshoot Indian Tribe

Phone: 253-939-3311
253-939-6648 - Clinic

39015 172nd Ave. SE
Auburn, WA 98092
King County

Services
Domestic Violence and Sexual Assault programs and support groups available

General Advocacy for victim services

Youth program and support group available

Elder program available

Indian Child Welfare available

Clinic: Must be a member of federally recognized Tribe or live on reservation and have close ties to Tribe to receive services
How to support a survivor

Believe them. The reaction of the first person a survivor discloses to, determines their likelihood of telling others and seeking services.

Don’t take over. Even though we as support people mean well, people may be in or just getting out of a situation in which they had someone else’s will imposed onto them. Don't do the same thing.

Don’t victim blame. Regardless of the situation, the victim is never to blame for domestic violence or sexual assault.

Educate yourself. Find out the resources and information available in the area.

Don’t make victim blaming comments. Even if you are not aware of it, there are probably survivors in your circle of friends.
  “Well just look at what she was wearing.”
  “They were drinking way too much.”
  “They could have said no.”

Be understanding. There are many barriers to leaving a violent relationship and the person in the relationship is the most knowledgeable about the situation.
Nisqually
Phone: 360-878-7199

4820 She-Nah-Num-Drive SE
Olympia, WA 98513
Thurston County

Services
Domestic Violence and Sexual Assault programs available to enrolled tribal members

Youth and Elder programs available

Indian Child Welfare available

Nooksack
Phone: 360-592-3219 - Social Services

P.O. Box 157
Deming, WA 98244
Whatcom County

Services
Domestic Violence and Sexual Assault services and Legal Advocacy available

Youth and Elder programs and medical and legal advocacy available

Mental Health

Indian Child Welfare available
Prevention Program

Pathways to Healing strives to provide community awareness and training's that promote equality and anti-violence. We promote our messaging through online social media outlets and printed materials. Partnering with existing organizations that promote advocacy and prevention, materials represent and focus on the current Native American/Alaska Native residents of Washington State.

Our philosophy is that prevention starts with including more men in our movement to end violence. Allowing men to speak to our other men and communities to hear the message.

Prevention of violence takes all of us and requires “stepping out of our comfort” zones. Speaking out to friends and family when they promote violence can be extremely difficult but has the most impact in raising awareness to our own beliefs that “buy into” blaming victims. We hope that those that we work with will take a stand and sometimes new approach to addressing violence in their communities.
Social Media

Social media is everywhere. From Facebook to Youtube to Pinterest to Google. It has launched our culture into a whole new way of living and helps keep us all connected. It’s usefulness is extensive with many great functions. People use social media to help build and grow non-profit organizations such as Pathways to Healing, community prevention, personal gain, marketing, networking and just staying connected with friends and family.

Like most things, when used improperly, the repercussions can be huge. Internet stalking is at an all time high, with the new ease of finding people and information on the Internet. People post a lot of personal information on their profiles not knowing who can and is accessing it. The cons of technology are growing everyday because of misuse.

We need to spread awareness of the severity of how we use social media and who we trust through the computer screen. Keep yourself and your children accountable with what you put out there. It can’t be taken back, even after “delete” is pushed.
Port Gamble S’Klallam
Phone: 360-633-1889
1-800-843-4739 - Crisis Clinic

31912 Little Boston Road NE
Kingston, WA 98346
Kitsap County

Services
Domestic Violence and Sexual Assault programs available

Family Services available

Crime Victims Advocacy available

Youth and Elder programs available

Indian Child Welfare available

Mental Health
“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

-Helen Keller

“It’s time for us to reach out to everyone, even those who might seem to be ‘different.’”

-Dan Terrio, Stockbridge-Munsee Band of Mohicans

We must breathe deeply, trust ourselves, be unashamed, and gather strength from the lessons learned on our individual journeys to become whole.
Puyallup Indian Tribe
Phone: 253-573-7800
253-680-5499 - Community DV Advocacy Program

3009 East Portland Ave.
Tacoma, WA 98404
Pierce County

Services

Domestic Violence, Sexual Assault and Stalking advocacy, support, information and referrals
24 hours hotline- 253-680-5499
Medical and legal advocacy, court accompaniment
Weekly women’s support groups
Confidential women’s shelter
Outreach and prevention activities
Perpetrator re-education program
Quileute Indian Tribe
Phone: 360-374-5011
360-374-4340 - ICW
360-374-9035 - Health Clinic

P.O. Box 279
La Push, WA 98350
Clallam County

Services
Domestic Violence and Sexual Assault - New Beginnings Program with Transitional Housing available

Domestic Violence and Sexual Assault Medical, Legal and Financial Advocacy, support groups and Prevention available

Elder program available

Indian Child Welfare available

Mental Health Counseling

Services available to any individual living on Quileute Reservation

Refers out to community shelter and safe house
Quinault Nation

Phone: 360-276-8215 ex: 672
360-276-8211 ex: 380 - Social Services

P.O. Box 189
Taholah, WA 98587
Grays Harbor County

Services

Domestic Violence and Sexual Assault Medical and Legal Advocacy available

Youth and Elder programs and Medical Advocacy available

Indian Child Welfare available

Mental Health Counseling

Low Income Housing Energy Assistance
Samish Nation
Phone: 360-899-5282

P.O. Box 217
Anacortes, WA 98221
Skagit County

Services
Domestic Violence and Sexual Assault programs available

Victims of Crime Assistance

Tribal Victim’s Assistance

Elder program available

Indian Child Welfare available
Sauk-Suiattle Indian Tribe

Phone: 360-436-0131

5318 Chief Brown Lane
Darrington, WA 98241
Skagit County

Services
Domestic Violence and Sexual Assault through Mental Health and police department
Youth Recreation program
Elders Food program with daily meals
Indian Child Welfare available
Clinic refers out to community programs
Shoalwater Bay Indian Tribe
Phone: 360-267-8141
            360-267-6766 - Social Services

2373 Old Tokeland Road
P.O. Box 130
Tokeland, WA 98590
Pacific County

Services

Domestic Violence and Sexual Assault programs
including Family Violence Prevention

Youth and Elder programs available

Indian Child Welfare available

Victims of Crime Act program (VOCA)

Mental Health

Clinic open to public
Skokomish Indian Tribe
Phone: 360-426-7788

80 North Tribal Center Road
Shelton, WA 98584
Mason County

Services
Domestic Violence and Sexual Assault programs available

Youth and Elder programs available

Mental Health

Indian Child Welfare available

Must be an enrolled member with enrollment card for certain services
Snohomish Indian Tribe
Phone: 435-744-1855
11014 19th Avenue SE
Suite #8, PMB #101
Everett, WA 98208
Snohomish County

Snoqualmie Indian Tribe
Phone: 425-888-2566
P.O. Box 280
Carnation, WA 98014
King County

Services
Domestic Violence and Sexual Assault programs available
Youth and Elder programs available
Indian Child Welfare available
Behavioral Health
Spokane Indian Tribe
Phone: 509-458-6519
509-258-7502 - Health and Human Services

P.O. Box 100 Wellpoint, WA 99040
Stevens County

Services
Domestic Violence and Sexual Assault Medical and Legal Advocacy available

Domestic Violence and Sexual Assault Mental Health

Youth program and Prevention available

Indian Child Welfare available
How we can stop sexual violence

When you ask people this question, common responses are: self defense, monitor your drink, going out in groups, etc.. All of these are ways to reduce risk but do not prevent assaults. They also have the unintended consequence of seeming to victim blame, if the victim had only done the above, he/she could have prevented the assault.

The offender is the only one responsible for preventing an assault.

As a society we can work to eliminate sexual violence by:

Confronting sexist, homophobic and racist language when we hear it.

Refusing to stereotype victims and perpetrators. Someone of any gender, race, income level or background can be both a victim and an offender.

Not using or treating men, women and children as sexual objects.

Getting involved, violence in the home is not just a family matter. Hold abuser accountable.

Understanding the ways each of us has allowed sexual violence to continue and changing them.
Squaxin Island Indian Tribe
Phone: 360-427-9006 - Clinic
360-426-3990 - SPIPA

90 Klah-Che-Min Drive
Shelton, WA 98584
Mason County

Services
Domestic Violence and Sexual Assault program runs through outside sources- South Puget Intertribal Planning Agency (SPIPA)

Services open to enrolled Tribal members and Tribal family members

Must have proof of descendents

Indian Child Welfare available

Youth program available
Stillaguamish Indian Tribe  
**Phone:** 360-435-3985 - Family Resources

3310 Smokey Point Drive  
P.O. Box 277  
Arlington, WA 98223  
Snohomish County

**Services**
Domestic Violence and Sexual Assault services referred out, assists with resources, transportation, and lodging

Indian Child Welfare available

Mental Health services available

Behavioral Health programs available
If you are a survivor

Know that regardless of context (relationship with the person, drug or alcohol use, etc.) you are never to blame for sexual assault or domestic violence.

If you are in a violent relationship, you know best when it is safe to stay or leave.

Understand that healing from violence takes time.

Remember that people want to support you, you don’t have to do everything on your own.

Understand that physical violence is not necessary for a relationship to be abusive. There are many factors that go into “domestic violence” including emotional, mental and psychological abuse.

Sexual assault pertains to any unwanted sexual contact or force not necessarily the full act of rape.
Suquamish Indian Tribe
Phone: 360-394-8424
360-394-8465 - Human Services
360-394-8480 - ICW

18490 Suquamish Way
P.O. Box 498
Suquamish, WA 98392
Kitsap County

Services
Domestic Violence and Sexual Assault Advocacy available at no cost
Youth and Elder programs and Advocacy available
Indian Child Welfare available
Mental Health Clinic
Swinomish Indian Tribe

Phone: 360-610-6651
360-466-1275 - Mental Health
360-466-7222 - Family Services
360-399-1018 - Shelter

11404 Moorage
LaConner, WA 98257
Skagit County

Services
Victim Advocate Services
Health Clinic
Behavioral Health
Youth Prevention
Domestic Violence and Sexual Assault Medical and Legal Advocacy and Shelter
Youth and Elder programs available
Indian Child Welfare available
Domestic Violence and Sexual Assault Shelter for all tribal and non-tribal members
Tulalip Indian Tribe
Phone: 360-716-4400 - Family Services

6406 Marine Dr
Tulalip, WA 98271

Services
Domestic Violence and Sexual Assault programs
services are free of cost

Support groups available
Child Advocacy Center
Elder program available
Indian Child Welfare available
Safe House
Clinic
Upper Skagit Indian Tribe
Phone: 360-854-7070 - Clinic
360-854-7090 - Admin

25959 Community Plaza Way
Sedro Woolley, WA 98284
Skagit County

Services
Domestic Violence and Sexual Assault Legal Advocacy and Mental Health available
Youth and Elder Program available
Indian Child Welfare available
Substance Abuse prevention available

Domestic Violence and Sexual Assault Shelter
1-888-336-9591 - 24 Hotline
1-336-9591 - Office (Mon-Thurs.)
Yakama Indian Nation
Phone: 509-865-5121 ex: 6475

P.O. Box 151
Toppenish, WA 98948
Yakima/Klickitat County

Services
Domestic Violence and Sexual Assault programs and support groups

Medical and Legal Advocacy

Elder Program (AAOA)

Indian Child Welfare Program (Court Appointed Special Advocate - CASA Program)

Perpetrator Group

Information and Referrals

Services are free of cost
Victimization of Native Women

American Indian women are raped more than any other race and more violence is used in these offenses. (1)

American Native and Alaska Native women are between 2.5 (2) and 3.5 (3) times more likely to be sexually assaulted than women in the U.S. in general.

In Indian Country during 2000-2003 there were 597 cases initiated; 130 cases investigated 128 arrests and only 109 convictions. (4)

Native American/Alaska Natives are victims of violence by 3.5 times greater then the national average.

The average annual rate of rape and sexual assault among American Indians is 3.5 times higher than for all races. (5)

American Indian women are more than twice as likely to be stalked as white women. (5)

For more information, updates and latest news, please call or visit our Vancouver office.

*Pathways to Healing*
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Suite A-129
Vancouver, WA 98668