



Pathways  
to Healing

# Tribal Resources

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

**Colville Confederated Tribe**  
**Phone:** 509-634-4711  
509-634-2601 - Behavioral Health

P.O. Box 150  
Nespelem, WA 99155  
Okanogan/ Ferry County

### **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

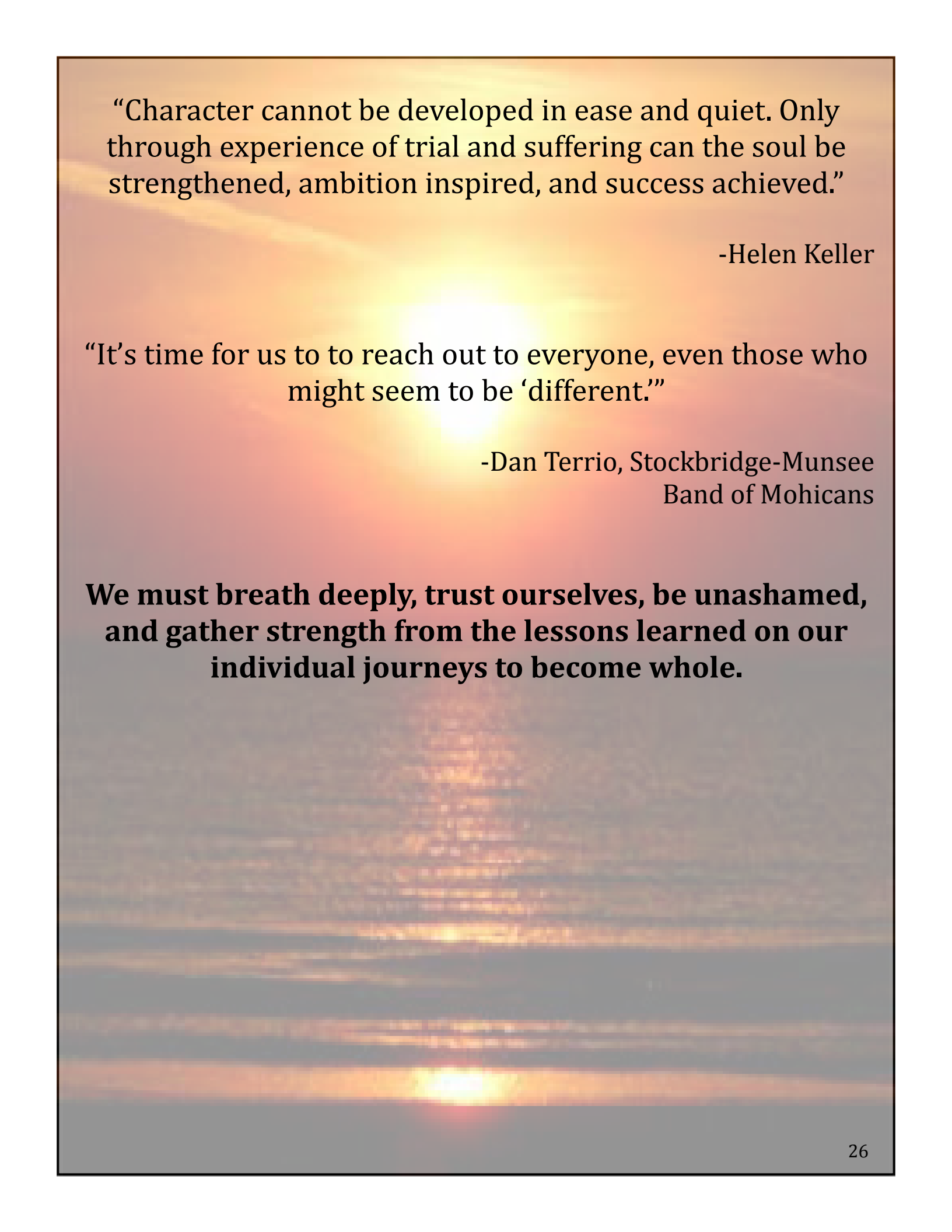
Crime Victims Advocacy available

Youth and Elder programs available

Indian Child Welfare available

Mental Health





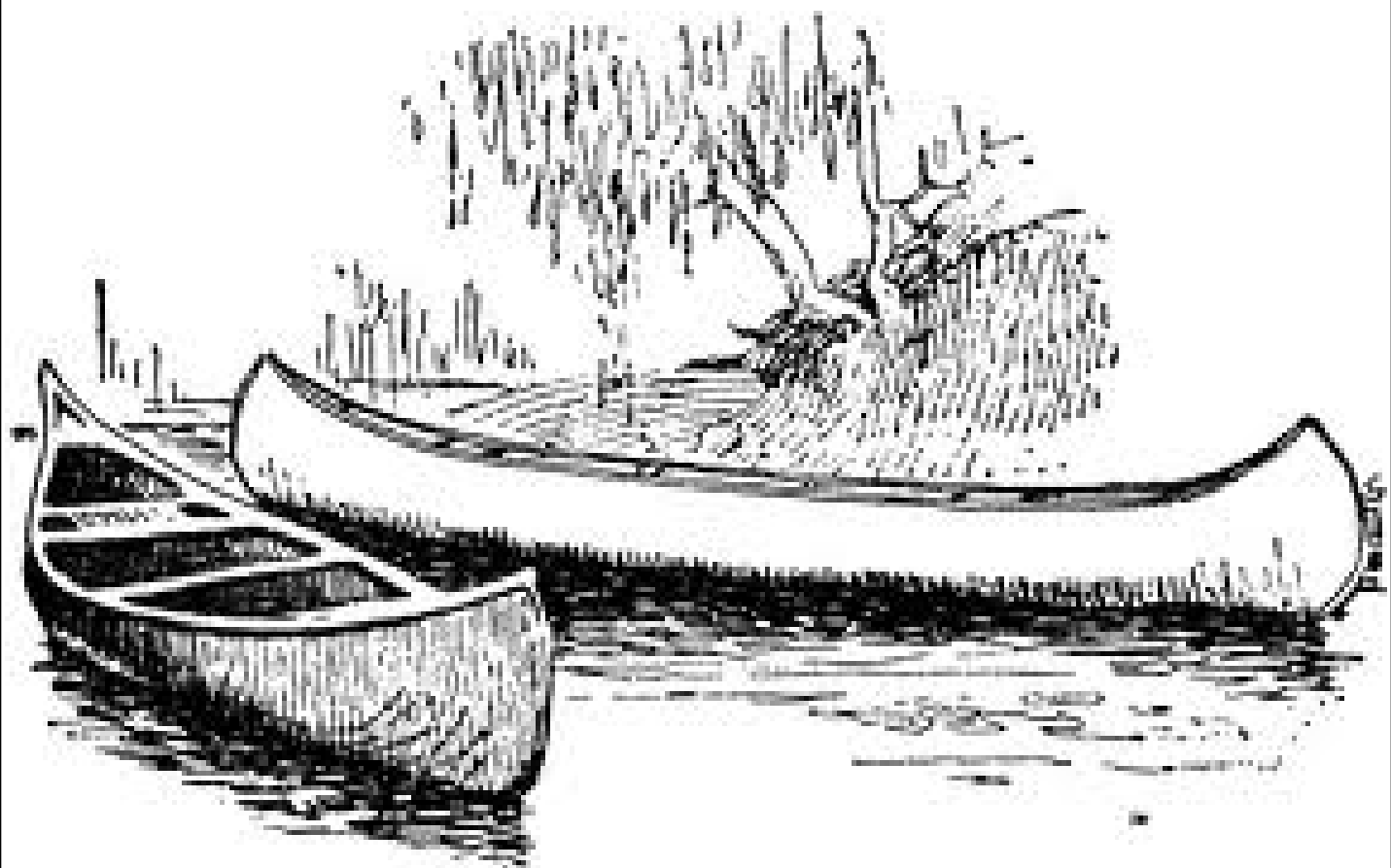
“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

-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 breath 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**

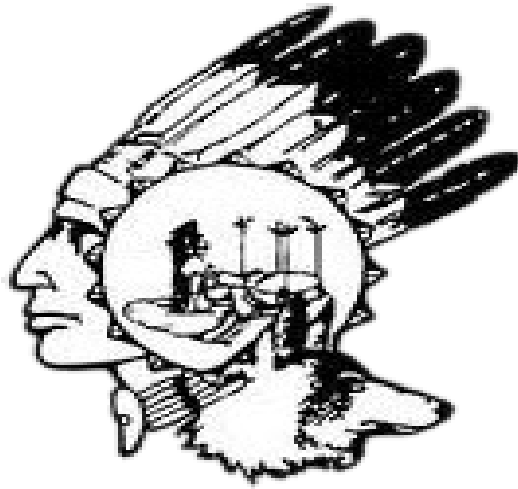
Domestic Violence and Sexual Assault programs available

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



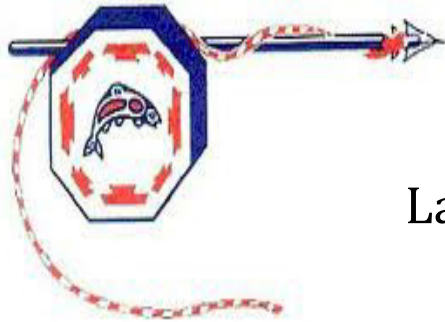
## **Swinomish Indian Tribe**

**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 than 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)

National Domestic Violence Hotline **1-800-799-7233**

Rape, Abuse, Incest, National Network (RAINN) **1-800-656-4673**

Washington State Suicide Hotline **1-800-784-2433**



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

***Pathways to Healing***

**(360) 397-8228**

**P.O. Box 5158**

**1601 E. Fourth Plain Blvd.**

**Suite A-129**

**Vancouver, WA 98668**



**Find us on Facebook:**

**Cowlitz Tribe Pathways to Healing**