Tribal prevention and wellness programs

Washington State Department of Social & Health Services

Transforming lives

Background

The Department of Social and Health Services (DSHS) Division of Behavioral Health and Recovery (DBHR) provides opportunities for funding, technical assistance, and training to all 29 Federally Recognized Tribes in Washington for community-based substance abuse prevention and mental health promotion services. Tribes enter into contractual agreements with DSHS to provide prevention programs that honor their inherent right to design and operate culturally-relevant and appropriate programs.

Importance of Government to Government Relationships

The Governor of Washington State formed the Centennial Accord in partnership with the Federally Recognized Tribes of Washington in 1989. The Accord upholds that all Washington State agencies will have a policy to maintain government-to-government relationships and form policies that allow the agencies to consult, collaborate, and communicate properly with the Federally Recognized Tribal Governments of Washington State. DSHS has also adopted a government-to-government policy called Administrative Policy 7.01. This policy outlines protocols between Tribal Governments and DSHS when policy, funding, services, and other changes affect American Indians and Alaska Natives. The policy also allows each DSHS Administration and the tribal governments to form service delivery plans to ensure quality and comprehensive services. DBHR makes efforts to meet with each of the 29 Tribes on an annual basis to draft 7.01 plans to ensure a collaborative working relationship between the tribes and DBHR.

Goals

Supported by these government-to-government agreements, tribal prevention programs and strategies seek to change beliefs, attitudes, and behaviors in order to delay initiation and reduce use of alcohol, tobacco*, marijuana, and other drugs. Programs are intended to increase protective factors of community connectedness and positive social bonding through cultural practices with a focus on Native American values.

How Services Are Selected

Prevention services are selected by each Tribe to fit their unique needs, culture and traditions. Through the development of an annual prevention program plan with DBHR, each tribe implements programs based on research or selects evidence-based programs to best serve their communities.

Prevention Training with Tribal Focus

DBHR has supported multiple training opportunities for tribal prevention professionals, tribal community members, and non-tribal prevention professionals who work with Native American popultions, such as participation in the National Prevention Network Conference and the Community Anti-Drug Coalitions of America (CADCA) National Youth Leadership Institute. DBHR has also supported multiple culturally specific Native American focused training opportunities, such as:

- Native American Substance Abuse Prevention Skills Training (SAPST) by the Center for the Application of Prevention Technologies.
- Natural Native Mentoring and Adverse Childhood Experiences (ACEs) by Mentoring Works Washington, Institute for Youth Success (IYS), Office of Superintendent of Public Instruction (OSPI).
- Incredible Years with focus on implementation in Tribal Communities by Incredible Years, Inc.
- Quarterly Tribal Learning Community Webinars by DBHR.

**Tobacco prevention efforts are focused on use other than for sacred practices or traditional ceremonies.*

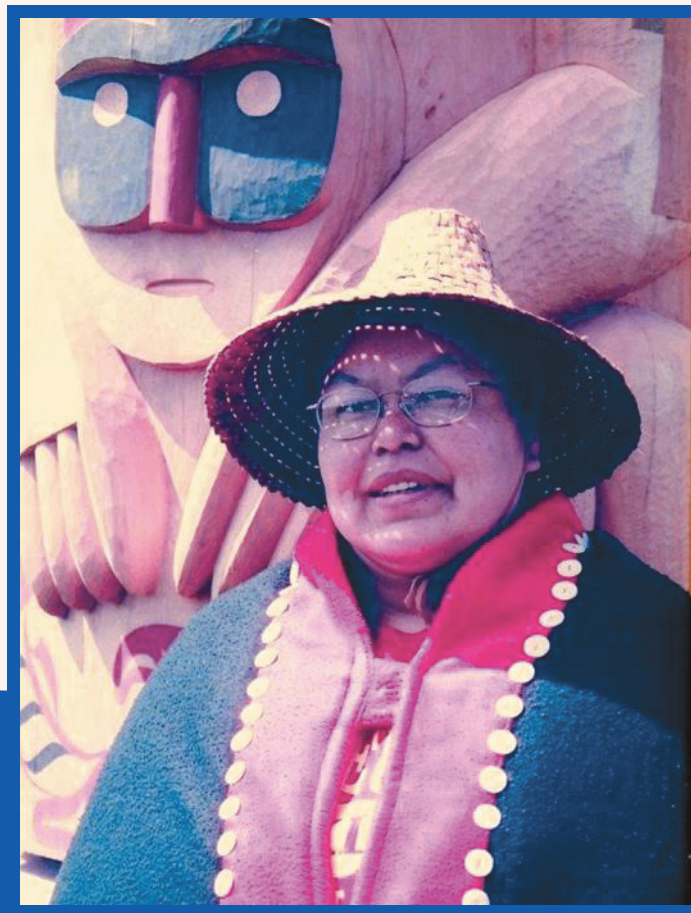
Results

For the 2016 State Fiscal Year, tribes delivered 73 programs to increase protective factors and reduce risk factors within tribal communities, including promoting peer and community bonding, increasing healthy beliefs and clear standards, addressing family management, and decreasing academic failure. Community-wide programs are in place to change attitudes toward drug use, increase neighborhood attachment, and increase community organization. Examples of substance use disorder prevention and mental health promotion programs implemented in tribal communities include:

- Cultural Activities and Cultural Education
- Gathering of Native Americans (GONA)
- Healing of the Canoe
- Incredible Years
- LifeSkills Training
- Lock Up Your Medications/Marijuana Campaigns
- Project Success Adaptations (i.e. Pulling for Success)
- Positive Indian Parenting
- Question, Refer, Persuade (QPR)
- Second Step
- White Bison prevention curricula
- Elder/Youth Mentoring Programs

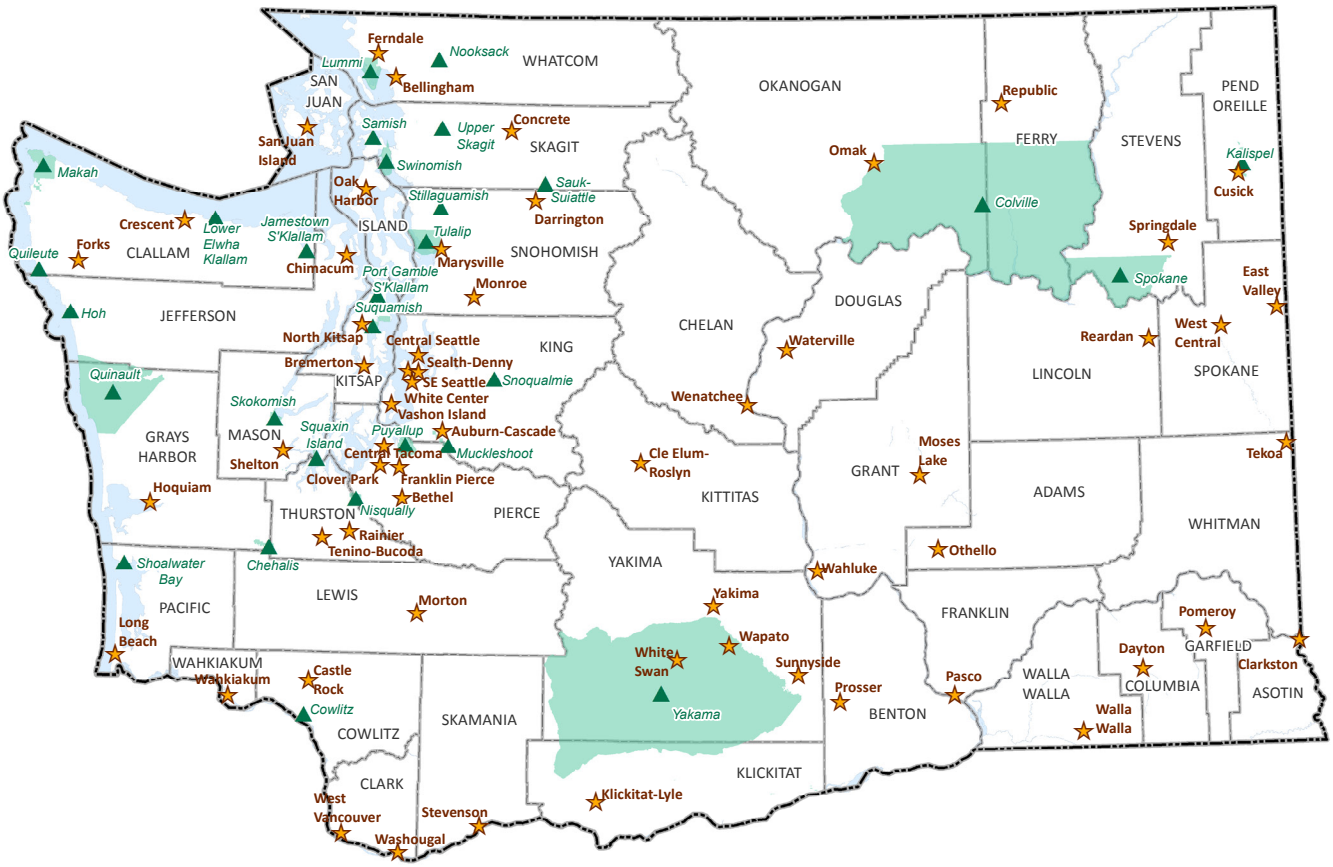
Exemplary Tribal Prevention Professional 2015

Ann Penn-Charles or "Miss Ann" of the Quileute Nation was awarded the 2015 Washington State Exemplary Substance Abuse Prevention Award for Tribal Prevention Professional. She has worked in prevention for over 20 years and is a natural community organizer. Miss Ann values the importance of comprehensive prevention planning and how to integrate prevention for her community to be culturally sensitive. She leads a group of youth on an annual substance-free Canoe Journey, connecting with other coastal tribes to build cultural awareness among youth. She organizes a weekly Drum Circle to honor Quileute Tribal traditions that draws tribal members from the neighboring Hoh and Makah Tribes. Miss Ann coordinates several healing and organizing groups in the community to further community connectedness.



"Miss Ann" of the Quileute Nation

DBHR supports prevention services in the following communities and tribes.



LEGEND

- ★ **Community Prevention and Wellness Initiative Communities**
- ▲ *Tribal prevention and wellness programs*
- *Tribal lands*

Source: *DSHS Research and Data Analysis, Community Outcome and Risk Evaluation Information System (CORE).*

Map Label	Full Name	Map Label	Full Name	Map Label	Full Name
Colville	Confederated Tribes of the Colville Reservation	Nisqually	Nisqually Indian Tribe	Snoqualmie	Snoqualmie Tribe
Chehalis	Confederated Tribes of the Chehalis Reservation	Nooksack	Nooksack Indian Tribe	Spokane	Spokane Tribe of Indians
Cowlitz	Cowlitz Indian Tribe	Port Gamble S'Klallam	Port Gamble S'Klallam Tribe	Squaxin Island	Squaxin Island Tribe
Hoh	Hoh Tribe	Puyallup	Puyallup Tribe of Indians	Stillaguamish	Stillaguamish Tribe of Indians
Jamestown S'Klallam	Jamestown S'Klallam Tribe	Quileute	Quileute Nation	Suquamish	Suquamish Tribe
Kalispel	Kalispel Tribe of Indians	Quinault	Quinault Indian Nation	Swinomish	Swinomish Indian Tribal Community
Lower Elwha Klallam	Lower Elwha Klallam Tribe	Samish	Samish Indian Nation	Tulalip	Tulalip Tribes
Lummi	Lummi Nation	Sauk-Suiattle	Sauk-Suiattle Indian Tribe	Upper Skagit	Upper Skagit Indian Tribe
Makah	Makah Tribe	Shoalwater Bay	Shoalwater Bay Tribe	Yakama	Yakama Nation
Muckleshoot	Muckleshoot Indian Tribe	Skokomish	Skokomish Indian Tribe		

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