

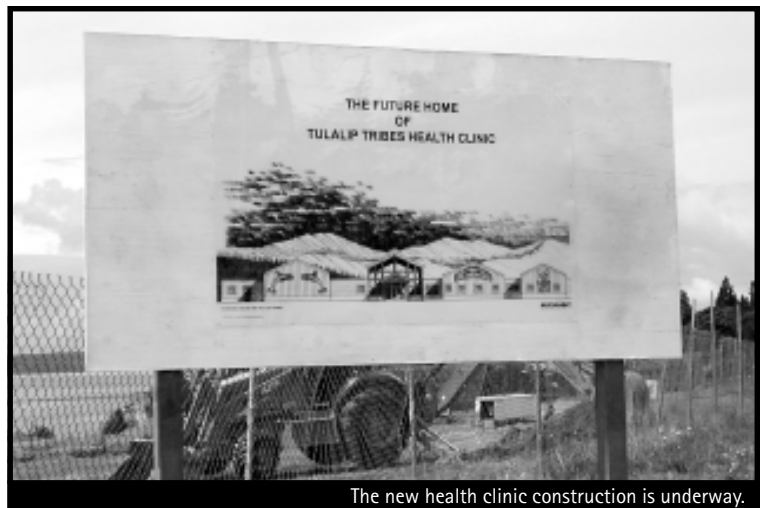


## New Health Clinic Will Expand on Successful Programs

The health care crisis is something all of us face every day: costs are skyrocketing, the number of uninsured continue to grow, and an aging population requires increasingly more assistance with their care.

The shortage of health care services on Indian reservations and other rural communities is often more severe. A doctor may not always be available. Medications

and supplies are often in short supply. Tulalip Tribes have set out to change this pattern with the construction of a new tribal health clinic. The clinic, which will replace an existing health care facility, will offer state-of-the-art



The new health clinic construction is underway.

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**“We are building not only a new health clinic, but a new commitment to the well being of our people.”**

— Herman Williams  
Tulalip Tribal Chairman

## Kids Get More Than Band-Aids® at Tulalip Health Clinic

While politicians at the national level are talking about “Leaving No Child Behind”, the Tulalip Tribes are taking this idea one step further.

“We are pushing every child forward,” said Government Affairs Director John McCoy. “As a community, we recognize that the health of our children reflects the health of our people. We are

doing everything we can to get kids off to a safe, healthy start in life.”

The children's programs offered by the Tulalip Health Clinic reflect this commitment.

### SESS

The Starting Early Starting Smart (SESS) program has provided traditional storytelling, gymnastics instruction and other



John McCoy at Storytelling.

services to preschoolers for the past two years. The Tribe has received continuation funding from the Casey Family

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## New Health Clinic – continued

services to tribal members and reduce the financial strain on other local hospitals and clinics.

"We are building not only a new health clinic, but a new commitment to the well being of



Tulalip Home & Family Services Building.

our people," said Herman Williams, Tulalip Tribal Chairman. "We have a good track record of caring for our elders and our children—now we are extending that capacity

to everyone."

Existing programs extend well beyond basic checkups and treating injuries and illnesses.

Programs for kids, teens, and seniors provide for the well-being of the body and the mind, and

compliment programs offered at the Boys and Girls Club and Senior Center. (See accompanying article: Kids get more than Band-Aids at Tulalip Health Clinic.)

"The new clinic will allow us to build on our existing programs and provide new opportunities," said Williams. "It is all part of our



The new health clinic site.

continuing investment in our community, and our commitment to self-sufficiency. A healthy tribal population means we can focus on economic development, education, and overall quality of life. That's good for everyone not only here at Tulalip, but in the entire region."

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– Herman Williams  
Tulalip Tribal Chairman

## Stable Families are the Goal of Tulalip Family Services

In these stressful economic times, anxiety over jobs and benefits, health care, or the loss of a loved one can be severe. Recognizing the importance of mental health to the overall health of a family and a community, Tulalip Health Clinic has invested in a variety of mental health and family services.

"When families are healthy, communities are healthy," said Dr. Henry Ziegler, Director of the Tulalip Health Clinic. "We are working hard to build a strong foundation of family health, and that means providing counseling other important services."

There are currently four full-time and three part-time therapists working in the Clinic, and a consulting Psychiatrist is on site

two days a week.

"Each of these mental health professionals contributes unique talents and a wide range of experience to the Mental Health community," said Ziegler.

Here are a few of the services provided for Families:

**Family and Youth Services** is an outpatient treatment program that addresses substance abuse and mental health.

**Adult Services** is an intensive outpatient treatment and mental health agency which also offers a domestic violence program and a parenting program.

**Youth Services** is an intensive outpatient chemical dependency and substance abuse treatment and mental health agency.

**Transitional House** provides

temporary living arrangements to assist and support Native youth ages 13 to 17 and focuses on physical, mental, spiritual and emotional well being.

### The Prevention Program

provides alternative activities and events to increase awareness about the risks associated with drugs and alcohol use and abuse. The focus is sobriety, strong family values, and a positive self-image. Healthy choices and behaviors will create healthy lifestyles for the Tulalip community, now and in the future.

"The primary vision shared by all of our programs is to help families succeed through physical and mental health," said Zeigler. "We recognize that health is not a yearly trip to the doctor, it is a lifetime commitment."

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– Henry Ziegler, MD  
Director of Tulalip Health Clinic



Tulalip Tribal Members share in their tradition of storytelling.

behavioral health problems in preschool children.

### Art Therapy

Three art therapy groups for elementary and middle school students have been added to the children's mental health program.

These groups were formed as an outgrowth of the summer program held in partnership with the Tulalip Montessori and Cultural Resources.

Foundation to continue developing a curriculum aimed at enhancing cultural awareness and pride, promoting reading readiness and reducing



Tulalip Tribal members tell stories at recent event at Snohomish County Children's Museum.

### Tulalip Medical Director Brings "World" of Experience

The Tulalip Clinic has a recent addition in Medical Director Henry D. Ziegler, MD, MPH. Dr. Ziegler is a family physician with over 20 years of experience. His commitment to providing health care to underserved communities has led him to practice medicine around the world, including stops as far away as Uganda and as close to

home as the Lummi Reservation near Bellingham.

"It's exciting to practice medicine in such a dynamic health care environment," said Ziegler. "The commitment to well being of the entire community is paramount to our mission, and I am proud to see it in action every day."

### STOP & Child Advocacy Program

The Child Advocacy Center and STOP Violence Against Indian Women program offers individual and group counseling for victims of violence and provides emer-



The new children's museum.

gency shelter for families who are escaping violence. The Health Center works collaboratively with both State and Tribal agencies on these important programs.

### Reach Out and Read Program

The Tulalip Health Clinic has received a start-up grant from a leading early literacy program Reach Out and Read.

This program promotes and reinforces early reading skills. Brand new books are read in the Clinic's waiting room and are used to evaluate reading levels during well child visits. They are also given to children from ages six months through five years.

"Our Mission of Tulalip Health Clinic is to provide Quality Health Care that addresses the Physical, Mental and Spiritual needs of all Tulalip Tribal Members."

– Tulalip Health Clinic  
Mission Statement

"We are pushing every child forward. As a community, we recognize that the health of our children reflects the health of our people."

– John McCoy  
Government Affairs Director



Inside this issue of the  
Tulalip – Quil Ceda Messenger  
Tulalip Tribes begin construction  
of their new health clinic.



## In This Issue

- Tulalip Tribes new health clinic.
- Tulalip Clinic's new Medical Director

## Tulalip Tribes Donate \$100,000 to Children's Museum

On June 13, the tribes presented the \$100,000 check to the Snohomish County Children's Museum for its new home. The event included the check presentation from Herman Williams, Jr. to Nancy Johnson of the Children's Museum, storytelling and a puppet show with members from the Tulalip Tribes. After the presentation, members of the Tribe told the story about how the squirrel got its stripe and presented two puppet shows. "We are pleased to provide much needed financial

assistance to such a great organization" stated Herman Williams, Jr, Chair of the Tribe.

The Children's Museum of Snohomish County is a place where children can learn through interactive play in the areas of art, history, science and culture. Since its opening in 1993, the Children's Museum has made several moves due to leased facilities, making long term planning difficult; additionally, in the past four years the number of people the Children's Museum serves has



more than doubled, requiring a new, expanded location. The Tribes' generous donation of \$100,000 will aid the purchase and renovation of the new center, which will offer many benefits not previously available in temporary housing.