

Our Mission Statement

The Suquamish Tribe Wellness Center is an agency that strives to assist people as they overcome the obstacles that hinder growth throughout their life's journey.

Many opportunities are provided to accomplish this mission including mental health and chemical dependency counseling. The services available are based on the unique needs of the people and community we serve and will continually be reviewed and revitalized.

We honor each and every attempt a person makes towards achieving their potential.

Comments & Questions

If you have any comments or questions, please direct them to the staff member you feel most comfortable talking to. You may also contact me directly at (360) 394-8466.

Welcome to the Wellness Center,

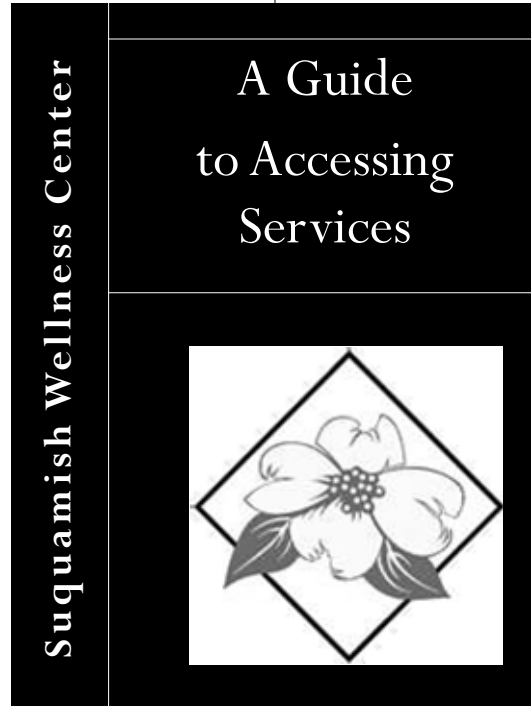
Leslie Wosnig,

Wellness Administrator

"Promoting a Life of Meaning for Everyone"

Self-Direction
Individualized & Person-Center
Empowerment
Holistic

"Promoting a Life of Meaning for Everyone"



Non-Linear
Strengths-Based
Peer Support
Respect
Responsibility
Hope

18490 Suquamish Way, Suite 107
PO Box 1228
Suquamish, WA 98392
Phone: (360) 394-8558
Fax: (360) 598-1724

Open Monday—Friday

9am-5pm & by appointment Closed from 12pm-1pm for lunch

Welcome

We are so pleased that you are considering accessing services in our new Wellness Center. This renovated facility was generously funded by the Suquamish Tribe and we are thankful to be able to offer our services in a building that evokes a feeling of renewal and rediscovery.

Scheduling Appointments

Our phone number has remained the same, (360)394-8558. Please use this number to schedule an appointment or you can make one in person during business hours, 9am-5pm. Remember our Reception Office is closed daily from 12pm-1pm for lunch.

If you are a new patient or haven't been seen recently, you will need to schedule an Intake Appointment prior to scheduling a chemical dependency or mental health appointment. This appointment will last one to two hours.

Chemical Dependency Assessments & Appointments

These appointments can be scheduled at the same time as an Intake appointment although they may not be available on the same day.

Mental Health Assessments & Appointments

After your Intake appointment, a mental health counselor will contact you directly to schedule your first appointment.

Future appointments can be scheduled with the receptionist.

Transportation

As a Wellness Patient you may be eligible for Transportation services. These can be accessed by calling our main number or coming in to fill out the "Transportation Request Form". This form needs to be filled out and turned in at least 48 hours prior to the appointment. Transportation times are from 8:30-5pm, Monday through Friday.

Mental Health

- ◆ Services are available for Native Children, Youth, Teens, Adults and Elders
- ◆ Psycho-Social, Psychiatric, Medication Assessments
- ◆ Individual Mental Health Counseling including modalities of play therapy, cognitive-behavioral, EMDR, RET, sand tray, narrative and depth work.
- ◆ Family & Relationship/Marriage Counseling
- ◆ MH Groups including Healthy & Whole/DBT, Life Skills and Parenting.
- ◆ Medication Management

Chemical Dependency

- ◆ Services are available to Native and Non-Native People
- ◆ Assessments – Chemical Dependency, Co-Occurring, ADA-TSA & DUI
- ◆ 2 Intensive Outpatient Programs both Day & Evening
- ◆ 4 Outpatient Programs
- ◆ Youth CD Program
- ◆ Monthly Monitoring Group
- ◆ Individual CD Counseling
- ◆ Drug Court Treatment
- ◆ Referral & Coordination to Inpatient Treatment
- ◆ Referral & Coordination to Detox
- ◆ ADATSA Services

Prevention & Outreach

- ◆ Youth Prevention Program—Healing of the Canoe Life Skills Group
- ◆ Provide Information & Support to Concerned Family and Friends
- ◆ Coordinate Family Meetings/Interventions, when appropriate
- ◆ Crisis Intervention, when available and appropriate
- ◆ Co-sponsoring healthy community activities

If you have suggestions on how we can better serve the community, please let us know.