

Culturally Responsive and Specific Services



The following is a list of evidence-based services that are available to Native and Black/African American families in Washington state. Services vary from offering basic needs support to improving family functioning, offering substance use prevention, and more.

Services for Native Families	Providers	Age of Child	Areas Served	Length of Service	Service Description
Positive Indian Parenting	Lummi Nation www.lummi-nsn.gov/node/Website.php?PageID=215 Volunteers of America Western Washington (VOAWW) www.voaww.org/tribalservices American Indian Community Center (AICC) www.aiccinc.org	Birth to 18 years old	Whatcom County (Lummi Nation) Statewide Telehealth (VOAWW) Spokane County (AICC)	Eight to 10 weeks	Positive Indian Parenting (PIP) draws on the strengths of traditional Indigenous child-rearing practices using storytelling, cradleboards, or other traditional methods of wrapping babies, harmony, lessons of nature, behavior management, and the use of praise. It also addresses the historic impact of boarding schools, intergenerational trauma, grief, and forced assimilation of parenting practices. PIP empowers Native families to reclaim their right to their heritage and to be positive parents. This program is delivered in a traditional, weekly group format, weekly telehealth, or in weekend workshop format depending on the provider. The following are the eight PIP sessions: 1. Traditional Parenting 2. Lessons of the Storyteller 3. Lessons of the Cradleboard 4. Harmony in Child Rearing 5. Traditional Behavior Management 6. Lessons of Mother Nature 7. Praise in Traditional Parenting 8. Choices in Parenting



Washington State Department of
CHILDREN, YOUTH & FAMILIES

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Positive Indian Parenting and Triple P Hybrid	Tulalip Tribes www.tulaliptribes-nsn.gov/Dept/FamilyHaven	12 to 18 years old	Snohomish County	Six months	This program combines lessons from Positive Indian Parenting and the Positive Parenting Program (Triple P). This program is designed for Tulalip tribal members who like traditional cultural practices. This program is delivered over one and a half to two-hour sessions in the home one to three times per week, then moves to bi-weekly and monthly over a three-to-six-month timeframe.
The Credible Messengers Program/ Weaving Wellness	Quinault Nation https://quinaultindiannation.com/356/Wellness-Court	12 to 17 years old	Pacific, Grays Harbor, and South Jefferson (Queets) Counties	Six months	The Credible Messengers program is a mentorship service for at-risk youth designed to promote effective and culturally informed skills to assist youth in managing emotions, thoughts, and behaviors. The Credible Messengers Mentor begins meeting with family two to three times a week to assist with stabilization and then weekly after that. All Credible Messengers have lived experiences as members of the Quinault Community. Each mentor receives clinical supervision from the University of Washington and is trained to utilize therapeutic tools from Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Motivational Interviewing.
Port Gamble In-Home Services	Port Gamble S'Klallam Tribe https://pgst.nsn.us/children-family-services	Birth to 18 years old	Kitsap County	Four to six weeks	This in-home intervention service uses the Homebuilders Model Standards (www.dcyf.wa.gov/sites/default/files/pubs/PPS_0060.pdf) with S'Klallam culture and traditions as a foundation of practice. These services are intended to improve family functioning to promote the child or youth's health, safety, well-being, and welfare while supporting the family so they can stay together and allow children to remain or return home. Families and children are eligible for this service when a child is in an out-of-home placement and can be reunited within 14 days. Families will meet with the in-home service practitioner at least weekly but may meet more frequently depending on the needs of the family.
Tlingit Language Lessons Native Youth Olympics (NYO)	Tlingit & Haida https://tlingitandhaida.gov	Language Lessons: Birth to 18 years old NYO: 12 to 18 years old	Statewide, Telehealth King County (NYO)	12 Weeks	Tlingit Language Lessons: Weekly virtual sessions ending in in-person session at the local Tlingit & Haida Washington office where families play in a family game show night and use the language skills they practiced in their sessions. Native Youth Olympics: An in-person program where Native youth learn traditional athletic games, practice skills such as sportsmanship and develop healthy natural and social supports. A group of 10 qualifying youth will make up "Team Washington" and will have the opportunity to participate in the Traditional Games Competition. (https://nyogames.com/nyo-games)

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Pilimakua Family Connections Program	Hummingbird Indigenous Family Services www.hummingbird-ifs.org/programs/pilimakua	28 weeks pregnant up to 3 years old	King, Pierce, and South Snohomish Counties	Up to 3 years old	The Pilimakua Family Connections Program provides Indigenous-centered services to support the physical, social-emotional, cognitive, and cultural health of Indigenous children and families. Home Visits: Weekly, biweekly, or monthly visits with a Pilimakua Home Visitor to discuss topics around the family and child, do activities, and hold space. Parent Groups: Frequent structured groups for Indigenous Parents and Caregivers to come together to connect, hold, and learn with each other. Emotional Peer Support: Visits and virtual support with an Indigenous Emotional Peer Support Specialist. Community Connection Events: Events with the community to bring families together and do cultural activities rooted in child development.
Full Circle-Family Spirit https://familyspiritprogram.org/	The Patrick Group https://www.tpgfamilyservices.com	28 weeks pregnant up to 3 years old	King, Pierce, and Thurston Counties	Six months	The Full Circle Program is a Wraparound Home Visiting support program for new parents that includes Family Spirit Home Visiting curriculum. Culturally Responsive Support: Through partnerships with local tribes and an elders panel, the program brings youth, parents, and tribal elders together to reconnect with their heritage and traditions. Family Spirit: Participants will receive weekly home visits to discuss topics such as prenatal care, infant care, infant and child development, toddler care, family, and healthy living. Crisis Intervention and Stabilization: Facilitators work closely with community resources, tribal partners, and an elders panel to address the immediate needs of the family. Transition Planning: As the family progresses through the program the focus will shift to ensure that families have the skills and tools needed to maintain their stability and safety independently. Transition planning includes setting up a maintenance plan and identifying community resources that the family can access after the program. Ceremonial closure: At the end of the service, each family will be honored with a blanket ceremony symbolizing their connection to their culture and the protection and pride they have gained through the program. Follow-up and Long-Term Support: Follow-up contacts are made at 30 days, 60 days, 90 days, and six months after the service ends to check on the family's progress and offer additional support if needed.

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Healing of the Canoe	SaltFire/Healing of the Canoe Training Center https://healingofthecanoe.org	Birth to 18 years old	Kitsap County	Three months	A life skills and substance abuse prevention program for families with tribal youth. This program consists of 14 sessions conducted over weekend retreats using the Pacific Northwest Tribal Canoe Journey as a metaphor for life utilizing traditional stories, cultural activities and speakers from the community within each session. View the complete list of sessions at https://healingofthecanoe.org/curriculum

Services for Black/African American Families	Providers	Age of Child	Areas Served	Length of Service	Service Description
Family Comes First	Intercultural Children and Family Services www.iccfs.org	Birth to 18 years old	King and Pierce Counties	Eight to 10 weeks	Family Navigation: Service Navigators monitor and support family participation in services, conduct regular check-ins, ensure the family has access to basic needs support and resources to support family wellness and stability. This is specific to each family and varies from daily, weekly, or monthly depending on family needs. Chicago Parent Program (CPP) (www.chicagoparentprogram.org): A virtual, evidence-based parenting program developed in Chicago by parents and grandparents to strengthen parenting skills and confidence in supporting young children's behavior, health, and wellbeing. Key components of the Chicago Parent Program: • Unit 1: The Value of Attention • Unit 2: Using Your Authority Wisely • Unit 3: Managing Stress Bring Back the Dads Fatherhood Engagement Groups: Virtual and in-person, 12-week fatherhood engagement group that addresses topics such as fostering a positive relationship with your child's mother, appropriate discipline, protecting and providing, navigating child support and the court system, effectively engaging with social workers, attorneys, providers and the courts, and serving as a positive role model.

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Family Resiliency Services	Greater Destiny 253 www.greaterdestiny253.org	Birth to 18 years old	Pierce County	Three to 12 months	Comprehensive Case Management: Basic Needs assessment and development of a family stabilization plan, crisis stabilization, ongoing case management, resource navigation, parent coaching, and assistance in completion of goals. Practitioner meets a minimum of one time weekly with a family but can meet more frequently depending on family needs. Culturally Responsive Parenting Workshops: Parenting workshops that will include topics such as positive discipline strategies, communication skills, building resilience, promoting cultural identity, and addressing systemic barriers. “Give Parents a Break”: A one-to-two-hour respite care service provided monthly. This provides caregivers with the opportunity to engage in self-care activities that promote relaxation while their children are in safe and supportive hands.
Reaching Us	James Matthew Commission Foundation www.jmckids.com	7 to 16 years old	Pierce and Thurston Counties	12 weeks	Service Navigation: Navigators will assign father and adolescent mentors, conduct needs assessment, conduct resource navigation, and develop a case plan with the family. Mentors will work with the family throughout the duration of the service. Culturally Relevant Financial Literacy: All families will have the opportunity to participate in workshops that teach budgeting, saving, and managing debt. Culturally Responsive Parenting Classes: During the 12-week service, families participate in parenting classes that reflect their cultural contexts and teach effective parenting techniques as well as child development.