Hi·dasubabač Initiative

Our Culture is Our Answer
Who we are

Hi·dasubač in the Makah language means: A Makah lifestyle of conscious preparation for success in all endeavors by working to create balance in every aspect of one's life—spiritual, mental, physical, and emotional (Makah Cultural and Research Center).

The Makah Tribe is located on the most northwest tip of Washington State, we are also the most southern group of Nuu-chah-nulth. We refer to ourselves as qʷidiččaʔa·tx̌-- “people who live by the rocks and seagulls.”

Our office is located at the Makah Wellness Center. The Substance Abuse and Mental Health Services Administration (SAMHSA) funds our project through a grant called Native Connections. Native Connections is a grant focused on youth suicide and substance abuse prevention encouraging a cultural approach. We are currently in year three of five in our grant cycle.
Our staff

As of the end of September, there is only myself. We are in the process of hiring another full time position that will serve as the Youth Engagement Coordinator!

When I started out in this department we had the Circles of Care grant, in the past 3+ years I went from being the Youth Engagement Coordinator, then the Social Marketing Specialist, and now the Project Manager.

By working on these projects I have gained valuable insights on how we can promote wellness based on direct community feedback.
Our approach

We take a strength based approach to our prevention efforts, which means we want to emphasize on resiliency.

What makes our community resilient, just to name a few are: culture, family ties, resourcefulness, natural resources, our geographic location, traditional foods/medicines, etc.
2018-19 Goals Based on Our Community

Our new year started in the end of September. We have been busy working on our Strategic Action Plan (SAP) for the year. There are elements of our SAP that are required by SAMHSA but we are allowed to be creative with our approach based on the information we gather using the Community Readiness Model (CRM) and our protective factors.

This ensures that we are offering our community outreach that is based on our level of readiness and not another population’s that has a higher or lower need. By doing assessments every year and a half we are able to make adjustments.
Where We Are in Terms of Suicide Being an Issue

<table>
<thead>
<tr>
<th>Stages of Readiness</th>
<th>Description</th>
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<tbody>
<tr>
<td>1. No Awareness</td>
<td>SUICIDE PREVENTION is not generally recognized by the community or leaders as a problem (or it may truly not be an issue).</td>
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<td>2. Denial/Resistance</td>
<td>At least some community members recognize that SUICIDE is a concern, but there is little recognition that it might be occurring locally.</td>
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<td>3. Vague Awareness</td>
<td>Most feel that there is local concern, but there is no immediate motivation to do anything about it.</td>
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<td>4. Preplanning</td>
<td>There is clear recognition that something must be done, and there may even be a group addressing it. However, efforts are not focused or detailed.</td>
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<td>5. Preparation</td>
<td>Active leaders begin planning in earnest. Community offers modest support of efforts.</td>
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<td>6. Initiation</td>
<td>Enough information is available to justify efforts. Activities are underway.</td>
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<td>7. Stabilization</td>
<td>Activities are supported by administrators or community decision makers. Staff are trained and experienced.</td>
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<td>8. Confirmation/Expansion</td>
<td>Efforts are in place. Community members feel comfortable using services, and they support expansions. Local data are regularly obtained.</td>
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<tr>
<td>9. High Level of Community Ownership</td>
<td>Detailed and sophisticated knowledge exists about SUICIDE and SUICIDE PREVENTION prevalence and consequences. Effective evaluation guides new directions. Model is applied to other issues.</td>
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Next Steps - What We Would Like to Continue Building On:

- Providing awareness around suicide and substance abuse prevention
- Increasing awareness on available resources
- Breaking down stigmas around mental health and substance abuse
- Increasing the ability to appropriately respond/prevent crisis
- Providing healthy outlets

Need Help? WE CARE ABOUT YOU
Sophie Trettevick Indian Health Center is here to help our young Makah people feel supported and heard.
You are never alone.
Make an appointment today!
We can’t wait to see you!

We are here to help you!
- Health Education
- Recovery Support
- Family Counseling
- Mental Health Counseling
- Substance Abuse Treatment
- Call for other services!

Makah Wellness Center
360-645-2075
P.O. Box 410
100 Wellness Way
Neah Bay, WA 98357
How we’re doing it:

- Offering Traditional Foods and Medicines Classes: harvesting, processing, distributing
- Offering an apothecary dubbed the Plant Medicine Cabinet
- Offering community based trainings with a focus on trauma and resiliency
- Hosting After School Clubs that are culturally based
- Distributing topic relevant materials (Community Crisis Protocol, National Suicide Lifeline Hotline, etc.)
- Serving as an active member on the Makah Wellness Team
- Providing an active Youth Council
- Maintaining strong partnerships
- Providing resiliency screenings in partnership with Makah Behavioral Health
- Providing culture classes
- Building and maintaining internal and external partnerships
- Listening to what really helps our people HEAL!
Community Dinner
-qʷəpəʔəl-diš ?uxuʔ-ʔ xuʔuʔ-yakdiš
Our Culture Is Our Answer

Please join us for a traditional meal and program updates!

WE WILL NOT BE PROVIDING DINNERVERWARE
To carry on traditional sustainability efforts we ask that you bring your own dinnerware.
Suggested items: plate, bowl, cup, cutlery.
Please bring your wa-bit basket if you have one!

APRIL 23RD
5:30 PM
Community Hall
Bring your drum for dinner songs
Hosted by Prevention Team Staff

For more information contact:
Shayla Nagel, Prevention Specialist 360.645.2217
Marla Tolliver, MSP Coordinator 360.645.2293
Isabell Ides, Program Manager 360.645.2295

We acknowledge our location on the traditional territories of the Coast Salish peoples and specifically the Samish, Nisqually, and Puyallup tribes. We recognize their enduring presence in this Treaty Territory.

Make what humans have lands, ethics, 2009 photo by Andrea S. Wiler, Courtesy US special collections.

INDIAN HEALTH CENTER
Hi·dasubač Camp 2018
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Our Culture Is Our Answer

A two day opportunity to take part in cultural & leadership activities!

FOR YOUTH ENTERING 6TH & 7TH GRADE

SPACE IS LIMITED, to register your child on Facebook go to
https://www.facebook.com/MakéSSTHC/ 
https://geo.gil/forms/Lm7FrBoyxX7997Mu2

SAVE THE DATE!

JUNE
DROP OFF
20TH 9:00 AM
PICK UP
21ST 3:30 PM
BEIS
OVERNIGHT CAMP

Activities include:
- Singing
- Storytelling
- Traditional Games
- Weaving
- Hiking
- Traditional Foods Prep
- And MORE!

Registration due: June 15th, 2018
Limit 60 youth

For more information contact
MichaelLynn Kanichy, Project Manager
360.642.2167

Sponsored by:
TRADITIONAL FOODS AND MEDICINES FOR HEALING

DEVIL’S CLUB SALVE & TEA WORKSHOP

Join Isabell Ides in a make and take session

Come learn about the benefits and how to make salve out of one of our many traditional plants. We will also be mixing up some yummy teas to enjoy during the rainy season.

Each participant is welcome to take some of what we make. We ask that participants make some to put away for future use to have available for patients and as a Makah tradition have something special to offer our guests such as presenters, service providers, etc. to show our appreciation.

6:00-7:30 PM WEDNESDAY NOVEMBER 28TH MAKAH MARINA CONFERENCE ROOM

FOR MORE INFORMATION CONTACT ISABEL IDES, PROJECT MANAGER AT 360.645.2295

Please bring your favorite tea cup to be entered in the raffle.
Traditional and Local Foods

MUSHROOMS

WITH JESSICA LATORELLE & ISABELL IDES

Come learn:
How to safely harvest
Nutritional info
How to prepare

SUNDAY | 10.21 | 2-4 PM
Makah Marina

For more information contact
Isabell Ides, Project Manager
360.645.2295
First Annual Youth Health Fair

tiči·?eyiks
I will be healthy

August 2nd
8:30 AM - 12:00 PM Grades K-5
1:00 PM - 4:00 PM Grades 6-12

Makah Wellness Center

A family event featuring: health information, games, healthy snacks, door prizes

Get your SPORTS PHYSICAL, no appointment necessary!
(parent/guardian must be present)

If you would like to be a vendor for the youth information booth, please email Glenda Butler, Acting Integrated Health Director at 360.649.3298
Learn how to make číłapsit

WOMEN’S WHALE OIL MAKING WORKSHOP

At this workshop you will learn the tradition of processing one of our important food sources. Participants will assist in making oil for community use and will be able to take some home.

Bring an apron and wear comfy clothes
For safety reasons no children please

Sign up for 1 of 2 Classes Offered

8 Spots Available Each Class

January 26 & February 2

10 AM

Makah Community Hall

To sign up text Bobby Rose 360.640.0477 or call Isabell Ides 360.645.2295
We asked our Makah kids: "What makes you happy?"

"SPENDING TIME WITH MY FAMILY"
ANONYMOUS MAKAH YOUTH

At the Hi•dasubač Community Dinner, 50% of the kids said family, friends, and cousins make them happy. What makes you happy?
WE ASKED OUR COMMUNITY... "WHAT MAKES YOU HOPEFUL?"

"To see youth learning and practicing their culture. They are our leaders of tomorrow."

Makah Elder at the Hidasubać Community Dinner June 2014
350 Makah community members filled out our Culture and Services Survey

If you could dream the dream, what would the Makah community look like if it were it’s healthiest and happiest?

From left to right: Makah Days, Potlatches, Traditional Food Gathering (hunting, fishing, and harvesting) and Traditional Plant Gathering, Canoe Journeys, Drumming and Singing, Traditional Art, Storytelling, Sweats, Bone Games, Medicinal/Spiritual Gathering, and Canoe Racing.

Makah health is community coming together and sharing our remedies.

Makah Community Member at Bringing Our Minds Together As One 2017

Data from 2014 Makah Tribe BRFSS Summary

We would be drug free, rich in culture, peaceful and a prosperous community.

Hiwasabac Initiative: Culture and Services Survey Participant
Want to chat?

If there is anything that sparks your interest or if you would like to work together on a project please let me know! I am open to ideas on how we can best support our communities.

360.645.2295

isabell.ides@ihs.gov

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šu·- finished