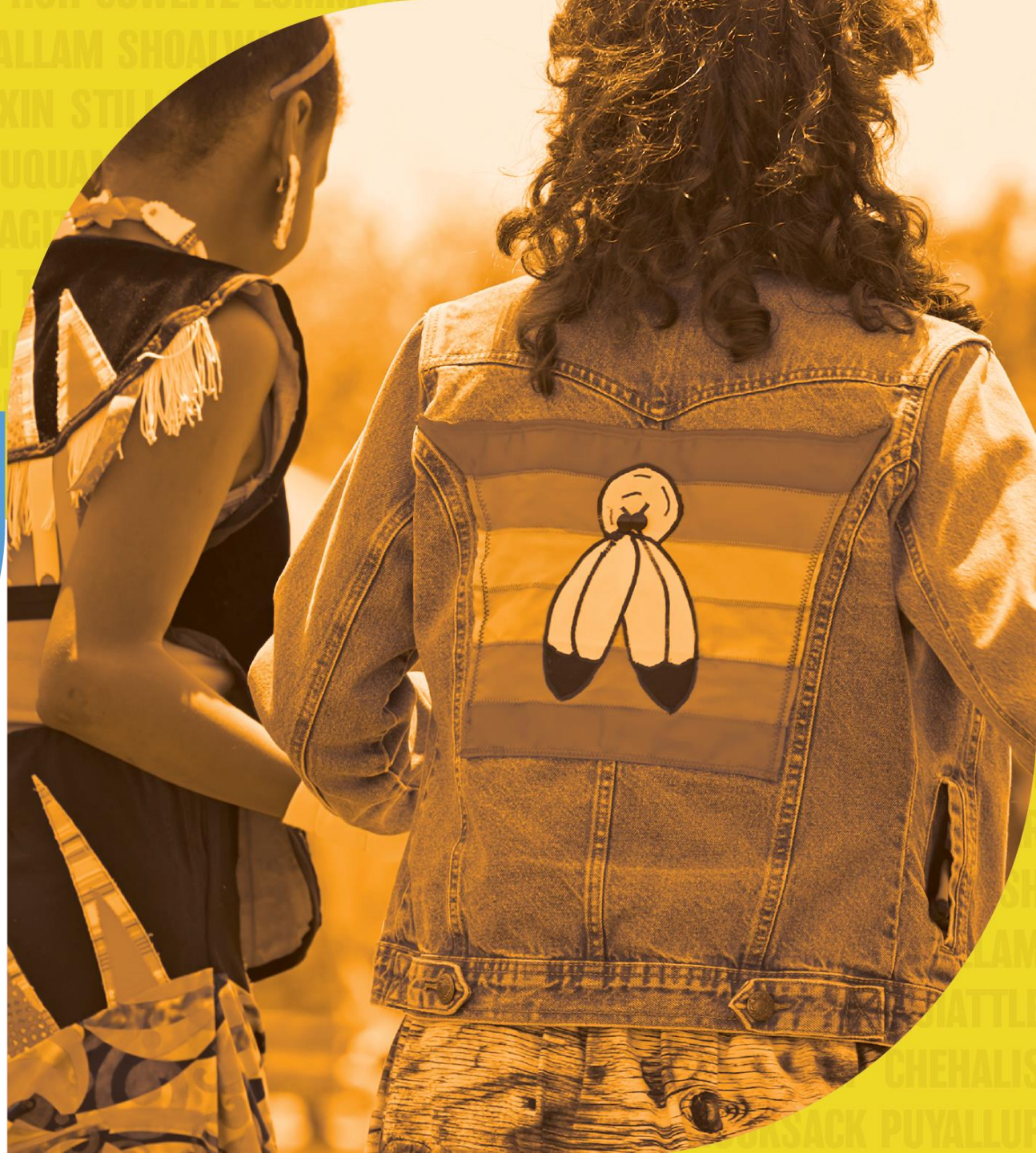


Supporting Youth, Preventing Bullying and Strengthening Families

Tribal Programs, Resources, and Community
Connection

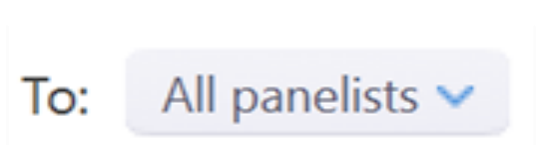
May 22, 2026



**NATIVE &
STRONG** | **Connection is
Prevention**

Technical Notes and Support

If you lose connectivity during the session, **open your original “join” link to regain access to the webinar.** If you experience technical difficulties, **send a note using the chat box in your bottom menu bar,** and we’ll assist you from there. **Enjoy the session!**



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Connection is
Prevention

Partners





What is the Native & Strong Campaign?

The Native & Strong campaign was developed in partnership with the 29 federally recognized tribes in Washington and the Washington State Department of Health (WA DOH). **Rooted in the belief that Connection is Prevention, this suicide prevention campaign is led by the leadership, wisdom, and priorities of Washington tribes, with the support of WA DOH.** Through this government-to-government collaboration, Native & Strong focuses on raising awareness, providing education, and sharing resources to support local efforts in preventing suicide and strengthening the well-being of tribal communities now and for future generations. To support this work DOH has contracted with Kauffman and Associates, Inc., an American Indian owned communications firm on community technical support, outreach, and campaign dissemination.

Connection is Prevention!

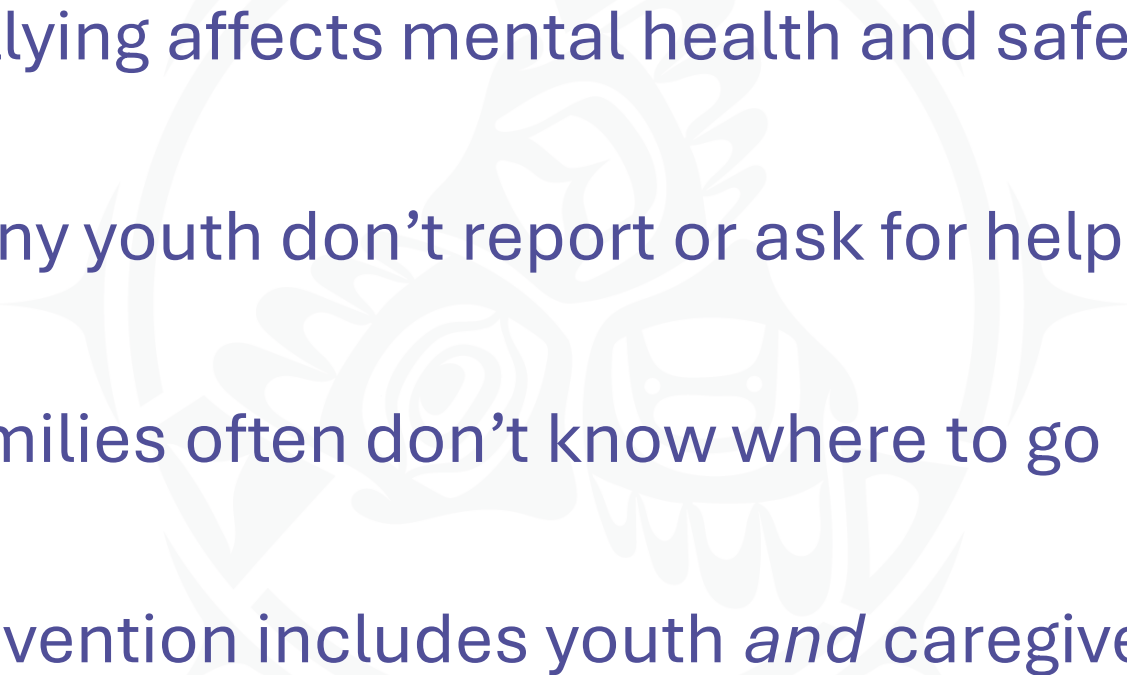



Welcome





Why This Matters

- Bullying affects mental health and safety
 - Many youth don't report or ask for help
 - Families often don't know where to go
 - Prevention includes youth *and* caregivers
- 
- 



Affects of Bullying on Kids

- Increased depression, anxiety or other mental health struggles
- Issues of self-esteem
- Physical feelings of illness such as stomach aches, headaches, other sickness or pain
- Sleeping problems
- Higher rates of risky behaviors such as smoking and using illicit substances
- Decreased academic performance, missing more school/certain classes or even dropping out
- Loss of interest in activities they once enjoyed
- More difficulty having healthy relationships as a youth and as an adult

Adapted from [Long-Term Effects of Bullying | StopBullying.gov](https://www.stopbullying.gov/long-term-effects-of-bullying)



Early Memories of Bullying



Home as a Safe Haven

- Ask them about their likes and hobbies
- Learn without judgement
- Get involved
- Ask yourself: Will my reaction to them support and strengthen them? Will they know they are valued here?





Teaching Anti-Bullying at Home

- Start now: It's never too early to begin the conversation
- Keep showing up
- Model kind and respectful behavior
- Teach them to speak up for themselves and for others
- Encourage them to do things they enjoy

Adapted from [Understanding the Roles of Parents and Caregivers in Community-Wide Bullying Prevention Efforts](#)





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Community Conversation Tulalip Tribes Family Haven

Meet Our Guest

ʔi čəx^w, syaʔyaʔ

I'm Elena Dan (they/them), a Swinomish tribal member with Coast Salish roots. My personal journey growing up away from our reservation and mental health struggles during childhood inspired my passion for Indigenous youth wellness. As the Teen Outreach Advocate at Tulalip's Family Haven, I mentor and support Native youth aged 12–24, helping them heal, build healthy coping skills, and reconnect with their families and community.





Tulalip Family Haven

Tell us about your work and role with youth in the community.



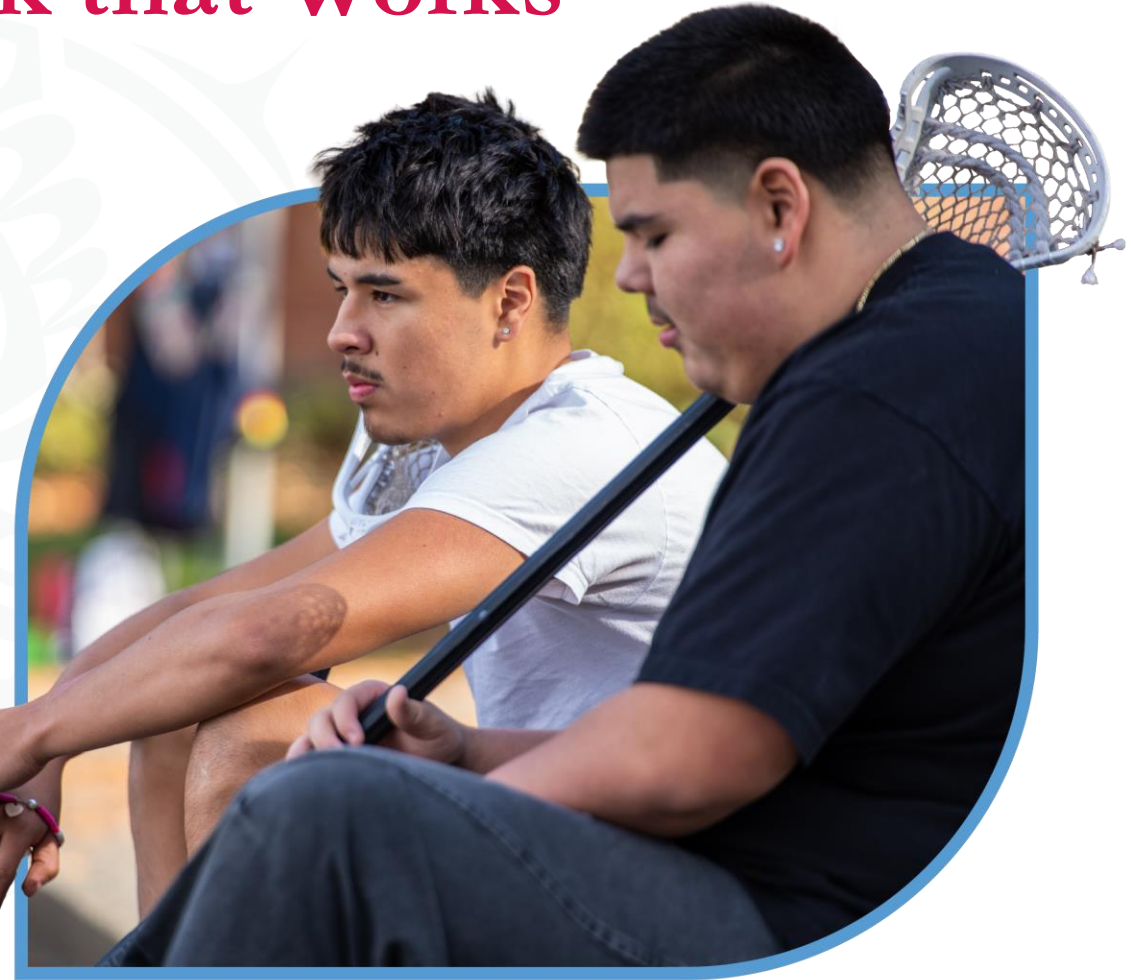
Bullying Today

What are you seeing our youth experiencing related to bullying or peer conflict?



Community Work that Works

What can you tell us about your programs, and how they are helping to support youth?



Culture as Prevention



Why is culture so important in prevention?

Words for Parents and Caregivers

Any departing advice for parents, caregivers or community members on how they can be supportive of their kids and teens?





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Youth Programs & Opportunities

Youth Programs & Opportunities

- Cultural camps & activities
- Youth leadership programs
- Summer employment opportunities
- Prevention-focused programs



Behavioral Health & Wraparound Support

- Tribal behavioral health programs
- Youth-focused treatment programs
- Wraparound services





How to Find Help

Locally

- Your Tribal health clinic
- Tribal or Urban youth services department (especially those living away from home)
- Tribal behavioral health office

National Parent Youth Helpline

855-427-2736 chat & text or email: [Contact - National Parent & Youth Helpline](#)

*Native Resource Hub (Washington only): Visit [Tribal Services | VOAWW](#) for a list of Tribal service profiles and 211 style information for Native people and their loved ones.

Native & Strong Lifeline-988 (phone, chat & text): **988 and press 4** when prompted, **text N8V to 988** (Washington only) or chat online at: [988 Lifeline Chat - 988 Lifeline](#)



Native Resource Hub and Tribal Profiles

Tribal Services | VOAWW

In partnership with Washington State Healthcare Authority (HCA) and tribal communities in Washington State, Tribal Services at Volunteers of America Western Washington (VOAWW) has compiled resources and information regarding healthcare, community, and crisis services available in each tribe.

The Tribal Profiles below include information such as: Geographical Information, Medical & Dental Services, Outpatient & Inpatient Behavioral Health (Mental Health and Substance Use Disorder) Services, Crisis Services, Community and Social Services, as well as Elder, Youth, and Cultural programs.

Tribal Profiles:

Peninsula and Pacific Coast

[Chehalis](#)

[Hoh](#)

[Jamestown S'Klallam](#)

[Lower Elwha Klallam](#)

[Makah](#)

[Port Gamble S'Klallam](#)

[Quileute](#)

[Quinault](#)

[Shoalwater Bay](#)

[Suquamish](#)

North Sound

[Lummi](#)

[Nooksack](#)

[Sauk-Suiattle](#)

[Stillaguamish](#)

[Swinomish](#)

[Tulalip](#)

[Upper Skagit](#)

[Samish](#)

Eastern Washington

[Colville](#)

[Kalispel](#)

[Native Project 2025](#)

[Spokane](#)

[Yakama](#)

South Sound, King, and South Cascades

[Cowlitz](#)

[Muckleshoot](#)

[Nisqually](#)

[Puyallup](#)

[Skokomish \(Coming soon!\)](#)

[Snoqualmie](#)

[Squaxin Island](#)

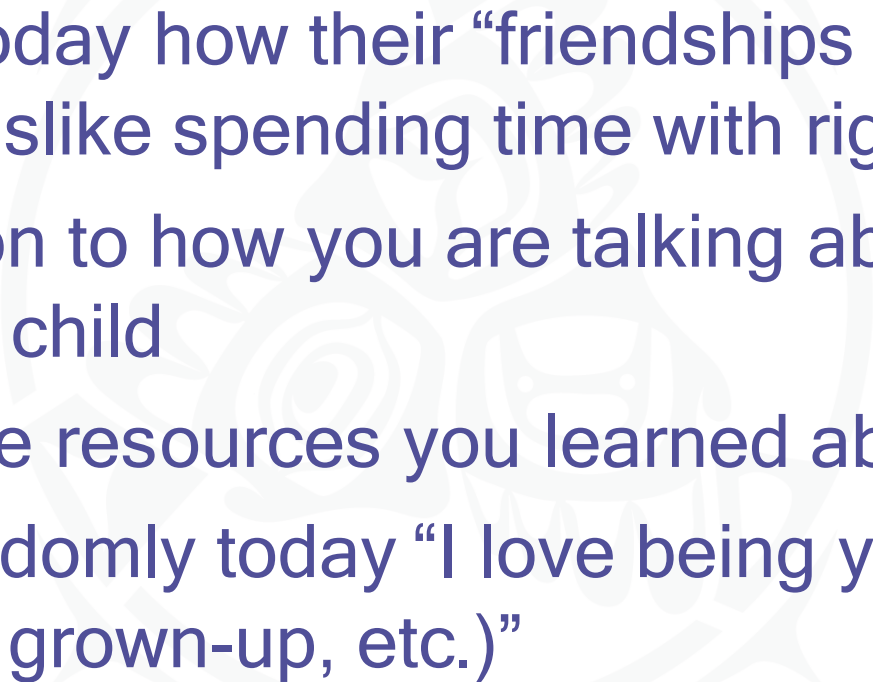

[Seattle Indian Health Board \(UIHO\)](#)

Click the button for a compiled list of Crisis Services for all tribes.

[Tribal Crisis Services](#)



Four Things You Can Do Today

1. Ask your kiddo today how their “friendships are going” or who they like and dislike spending time with right now
 2. Pay close attention to how you are talking about other people around your child
 3. Explore one of the resources you learned about here today
 4. Tell your child randomly today “I love being your (dad, mom, uncle, grandparent, grown-up, etc.)”
- 
- 



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Thank You!