



Swinomish Tribal Community Washington State Incentive Grant 2nd Year Community-Level Evaluation 2000-2001

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Executive Summary

The Swinomish Tribal Community is one of eighteen recipients of the Washington State Incentive Grant (SIG). SIG funds are allocated to communities to prevent the use, misuse and abuse of alcohol, tobacco, marijuana and other drugs by Washington State youth. Community grantees are expected to make their local prevention system more effective by establishing prevention partnerships, using a risk and protective factor framework for data driven needs assessments, and by implementing and monitoring science-based prevention programs. Second year experiences of the Swinomish SIG project are reported here.

Progress toward SIG Community Level Objectives

Swinomish, a small tribe of 750 members in Skagit County, has seen an increased use of drugs and alcohol among its members. The Swinomish Reservation is located on Fidalgo Island across the Swinomish Channel from the town of LaConner. Alcohol use among members has been a problem for many generations and has now been compounded by the use of other drugs. Many tribal members believe that this is due in part to the loss of traditions and tribal ways. The community is trying to address these problems through cultural renewal, and have used their SIG project as part of that renewal.

Objective 1: *To establish partnerships...to collaborate at the local level to prevent alcohol, tobacco, marijuana, and other drug use, misuse, and abuse by youth.*

Partnerships around substance abuse prevention are relatively new to the Swinomish Tribal Community. There were several previously existing committees and governance organizations that addressed cultural and health issues. These entities meet to provide guidance to the SIG project. They include the following groups Swinomish Cultural and Environmental Protection Agency, the Swinomish Tribal Senate, and the Health Education and Social Services committee, among others.

Objective 2: *To use a risk and protective factor framework to develop a community prevention action plan...*

and...

Objective 3: *To participate in joint community risk and protective factor and resource assessment...*

The substance abuse prevention community that provides services to Swinomish youth uses the risk and preventive factor framework. The risk and protective factors addressed in the SIG project reflect community concerns, not only survey data from Skagit County, the schools, and the Tribal Court and Police. Tribal members feel that their SIG project reflects their community's unique cultural needs, not only the risk and protective factors provided in the model.

Objective 4: *To select and implement effective prevention actions...*

The programs selected do address the risk and protective factors selected as priorities by the SIG project. Programs selected were familiarity and through local development. The Sobriety Institute was familiar to Tribal members through past successful presentations. The Speaker's Forum was made up of locally known speakers. Canoe Club reintroduces a cultural practice that has been absent from Swinomish for eleven years.

Prevention program selection involved the Swinomish Tribal Senate, the community, and the LaConner School District. There was much debate over the use of a cultural approach to substance abuse prevention for the youth. Key to their approval was linking the programs to risk and protective factors, chosen based on data.

Objective 5: *To use common reporting tools...*

One of the requirements for participating in the SIG project was to participate in the Washington State Survey of Adolescent Health Behavior. Survey data provide cross-sectional substance abuse prevalence rates and measures of risk and protective factors among 6th, 8th, 10th, and 12th grade students. The LaConner School District complied with this requirement.

SIG monitoring of program level outcomes is done through the Everest program outcome monitoring system, which provides pre- and post-tests and results over the web. Everest pre- and post-tests were administered to SIG-funded program participants. During the first year, too few pre- and post-tests results were received to allow meaningful statistical analysis. Second and third year program level results are not yet available. Program participant numbers show a great many participants, but this does not necessarily reflect the success of the program. That success comes through the observed positive change of behavior throughout the community.

A tribal court officer made the following observation (paraphrased):

There has been fewer youth drug and alcohol cases the Swinomish Court System. The numbers are improving if ever so slowly. This is encouraging. I hope that one day I will be out of a job.

Conclusion

SIG brought to the Swinomish Community an approach to prevention that included cultural classes and activities. Prior to that, prevention programs were solely activity-based, giving young people acceptable alternatives to drugs and alcohol, but not focusing on instilling cultural values and traditions. The SIG program has involved the whole community, where in the past, substance abuse prevention programs were focused on youth only. SIG has helped to foster greater cooperation between the Swinomish Tribal Community, the town of LaConner, LaConner School District, and other area communities through participation in such community activities as Native American Day, school speakers forum, Swinomish pre-school native language program, and teacher training on Native American alcohol and other drug prevention.

Swinomish Tribal Community Community Level Evaluation Report, Year 2 with Year 3 updates

The Washington State Incentive Grant

The Swinomish Tribal Community is one of eighteen recipients of the Washington State Incentive Grant. The federal grant consists of a three year, \$8.9 million award from the Center for Substance Abuse Prevention to Washington State through a cooperative agreement with Governor Gary Locke's office. State agencies participating in SIG are committed to coordinating resources and reducing duplication of effort. Eighty-five percent of State Incentive Grant (SIG) funds are allocated to communities to prevent the use, misuse, and abuse, of alcohol, tobacco, marijuana, and other drugs by Washington State youth. In their efforts to reduce youth substance use, misuse, and abuse, it is expected that communities will reduce key risk factors and promote protective factors.

The goals and objectives of the *Washington State Incentive Grant Substance Abuse Plan* are listed in Appendix A.¹ They are summarized here:

Goals:

1. Prevent alcohol, tobacco, marijuana and other drug use, misuse and abuse by the state's youth.
2. Make the community-level system more effective.

Objectives:

1. Establish local prevention partnerships.
2. Use a risk and protective factor framework to develop a community prevention action plan.
3. Participate in joint community risk and protective factor and resource assessment.
4. Select and implement effective prevention actions.
5. Use common reporting tools.

Introduction

The SIG evaluation is intended to provide feedback to state agencies and communities on their progress toward the goals and objectives stated in the Washington State Incentive Grant Substance Abuse Plan. Evaluation reports are

¹ Governor's Substance Abuse Prevention Advisory Committee. 1999. *Washington State Incentive Grant Substance Abuse Prevention Plan*. Olympia, WA: Department of Social and Health Services, Division of Alcohol and Substance Abuse, State Incentive Grant Project.

provided as an integral part of that feedback. Research methods are described in Appendix B.

This report documents SIG-related activities for the Swinomish Tribal Community's second and third project year. It summarizes progress made toward achieving SIG's community level goals and objectives, established by the Governor's Substance Abuse Prevention Advisory Boards. The report also presents local prevention partners' ongoing challenges and successes in providing substance abuse prevention services for youth.

Background

Swinomish, a small tribe of 750 members in Skagit County, has seen an increased use of drugs and alcohol among its members. The Swinomish Reservation is located on Fidalgo Island across the Swinomish Channel from the town of LaConner. Alcohol use among members has been a problem for many generations and has now been compounded by the use of other drugs. Many tribal members believe that this is due in part to the loss of traditions and tribal ways. The community is trying to address these problems through cultural renewal, and have used their SIG project as part of that renewal.

Progress toward community-level objectives

Progress made toward the five community level objectives that were established by the Governor's Substance Abuse Prevention Advisory Committee is described in this section of the report.

Objective 1: To establish partnerships which include existing agencies and organizations, and families, youth, school, and workplaces to collaborate at the local level to prevent alcohol tobacco, marijuana, and other drug use, misuse, and abuse by youth.

Partnerships around substance abuse prevention are relatively new to the Swinomish Tribal Community. There were several previously existing committees and governance organizations that addressed cultural and health issues. These entities meet to provide guidance to the SIG project. They include the following groups:

- *Swinomish Cultural and Environmental Protection Agency (SCEPA):* This is a tribal committee set up to protect and preserve Swinomish cultural heritage. SCEPA's primary responsibilities are to determine what is Swinomish culture, who is capable to teach it, and how it is to be taught. The committee is composed of tribal elders, elected tribal leaders, and other community members. SCEPA is the oversight committee for all cultural programs. It serves to coordinate activities and efforts and inform other committees of SIG programs. The committee meets monthly. It provides direction to the Cultural Resources Coordinator, who functions as the local SIG project administrator.

- *The Swinomish Tribal Senate*, the governing body of the tribe, takes ultimate responsibility for the SIG project. The senate meets monthly. The Cultural Resources Coordinator and the chairperson of the SCEPA committee reports to the senate at these meetings.
- *The Health Education and Social Services (HESS)* committee is made up of tribal program leaders and senators, who confer monthly to coordinate projects and programs related to tribal members' health, education, and welfare.

Here is a list of all Swinomish prevention partners:

- SCEPA (Swinomish Cultural & Environmental Protection Agency)
- Skagit County Human Services
- LaConner School District 311
- Tribal Senate
- HESS (Health education Social Services)
- Swinomish Canoe Club
- Swinomish After School Youth Cultural Programs
- Swinomish Natives
- National Parks Service
- North Cascade Institute
- Swinomish AmeriCorps
- DASA Swinomish Youth Prevention
- Swinomish Language Committee
- Skagit Environmental Endowment Commission
- Upper Skagit Tribe
- Samish Tribe

Objective 2: To use a risk and protective factor framework to develop a community prevention action plan which reduces factors which put youth at-risk for alcohol, tobacco, marijuana, and other drug abuse and increase factors which protect or buffer youth from these risks.

and...

Objective 3: To participate in joint community risk and protective factor and resource assessment by collecting, assessing, and prioritizing community-level information for: a) youth alcohol, tobacco, marijuana, and other drug use, misuse, and abuse; b) risk and protective factor indicators; and c) existing resources and service gaps.

SIG sites used the risk and protective factor model in planning their prevention approaches. This model, developed by David Hawkins, Richard Catalano, and others at the University of Washington, categorizes influences that either increase the likelihood that a child will someday abuse substances or that help lessen the impact of those risks. Influences that increase the likelihood of substance abuse are known as risk factors; those that lessen the impact of risk factors are known as protective factors. Groups of risk and protective factors are categorized into domains of influence: community, school, family, and peer/individual. See Appendix C for a list of risk factors and protective factors, categorized by domain. Factors addressed by the Swinomish SIG project are italicized within the list.

The substance abuse prevention community that provides services to Swinomish youth uses the risk and protective factor framework. The risk and protective factors addressed in the SIG project reflect community concerns, not only survey data from Skagit County. Tribal members feel that their SIG project reflects their community's unique cultural needs, not only the risk and protective factors provided in the model.

The key focus of the Swinomish SIG project is the history of the people and renewing awareness of the impacts of this history as they relate to alcohol and drugs. Federal and state governments suppressed American Indian culture, removing children from reservations to boarding schools and punishing those who spoke their native language, sang native songs, or engaged in other cultural practices. Cultural values were lost, and people became vulnerable to alcohol. Alcohol had devastating effects on many generations of Swinomish people, destroying families and lives. The Swinomish people now feel that the only effective, long lasting prevention program is to bring back those values and teachings.

Recognizing that federal and state funding sources require them to use the language and data related to the risk and protective factor framework, the SIG project was based on risk and protective factor data, as well as other indicator data. The Tribal Court shared data on youth related records, and the LaConner School District provided some information, as well.

Objective 4: *To select and implement effective prevention actions that address priority risk and protective factors in the community by filling identified gaps in resources.*

Prevention programs can be categorized by a rigor scale created by the federal Center for Substance Abuse Prevention. Rigor is the extent to which the program has been shown through scientific research to be effective in different locales and with multiple populations. The highest rating is rigor 5; the lowest is rigor 1. Programs ranked as rigor 5 have been shown effective and replicable across venues and populations in published, refereed research journals or in a meta-analysis.² Recipients of SIG grants are expected to deploy at least half of their efforts in research-based programs, also referred to as best practices. However, there were no culturally based programs available that were also research based. Programs from the majority community have not worked because Tribal young people have not been able to identify with program contents.

Through Swinomish cultural teachings, SIG is using the sense of Tribal identity to strengthen and build self-esteem. Traditional teachings have brought about renewed awareness of who they are as a people.

² A meta-analysis is an examination of a number of published research articles about the same subject. Findings from these articles are compared and sometimes combined to enable drawing conclusions that individual research articles did not warrant when examined independently.

The programs selected do address the risk and protective factors selected as priorities by the SIG project. Programs selected were familiarity and through local development. The Sobriety Institute was familiar to Tribal members through past successful presentations. The Speaker’s Forum was made up of locally known speakers. Canoe Club reintroduces a cultural practice that has been absent from Swinomish for eleven years.

Prevention program selection involved the Swinomish Tribal Senate, the community, and the LaConner School District. There was much debate over the use of a cultural approach to substance abuse prevention for the youth. Key to their approval was linking the programs to risk and protective factors, chosen based on data.

Below is a table containing descriptions of Swinomish prevention programs.

Table 1. Swinomish SIG Prevention Programs

Programs and Components	Activities	
Canoe Journey		
Canoe Carving	Two master carvers from Chilliwack, BC carved two eleven-man canoes. They taught three community members to carve single man canoes. They also taught the youth the basics of canoe carving in an after school drop in basis. This activity took three to four months per canoe working three days a week. The master carvers taught basic carving skills, history of canoes, and ceremonies of carving.	
Canoe Club	Canoe Practice	Thirty-five Swinomish youth participated in canoe practice for four months prior to their first race. They practiced four days a week, running, canoe pulling and eating a special diet. They were taught canoe-paddling techniques, history of the canoes, navigational skills, tides, winds and water conditions.
	Canoe Stories	Tribal elders, Grandfathers and Grandmothers, attended each canoe practices and shared canoe stories, and the teachings of the canoe etiquette and techniques, history of Swinomish canoe club.

	Canoë Races	<ul style="list-style-type: none"> • Canoe racing season lasted four months from June through September. Swinomish traveled to ten different races throughout the region. At each race site, different races involving single paddlers, double, six man, eleven man, and different age group challenged Swinomish youth paddlers. • At the beginning of the race season Swinomish youth were not placing in the top three positions. But by the end of the season they were placing second and third and occasionally winning. A great improvement has occurred for such a young program. • Swinomish youth during the race weekend camped, learning to prepare their own meals, pitch their own tent and interact with other canoe clubs. The Swinomish community's support at these races provided the emphasis for their improvement.
Swinomish Language		
Swinomish Elders	Swinomish elders met one day a week to remember, speak, and practice the Swinomish language. They began to develop a curriculum for teaching the language to the youngsters. Each session was audiotaped to increase comfort level to technology and the recorded word.	
Language Summit in Colville, WA	A Group of Swinomish Elders traveled to Colville to attend a workshop on Native Language development for tribes in the state of Washington.	
Speakers Forum		
Boarding School Panel	During Treaty Day observance at the Skagit Valley Historical Museum, a panel of five Indian women who had attended Indian Boarding School shared their experiences.	
School Presentations	Once a month, a group of schoolchildren visits Swinomish to hear a presentation of Swinomish culture and history.	
Bill Mills and Floyd Westerman	Native American inspirational speakers spoke to Swinomish youth and the community during a community dinner. They also made presentations in the LaConner School District at the elementary and secondary level attended by all students.	

Alcohol/Drug Prevention Training	
National Men's Wellness Conference, Albuquerque, New Mexico	Thirteen Swinomish men attended a four-day conference. Men were chosen from the church communities, young fathers, and tribal leadership to attend. The workshop covered such topics as traditional cultural anger management, traditional alcohol and drug prevention, and communication skills.
Prevention Specialist Training by DASA.	The Swinomish Cultural Resources Coordinator attended a five-day training on developing and implementing prevention programs. Other topics included developing prevention videos for a wide variety of audiences and writing effective advertising for prevention programs.
National Native American Prevention Convention, Seattle	Attended by SIG program staff, the four-day convention included Native American presenters and participants. Three hundred people attended. Prevention presentations included alcohol and other drugs, mental health, and program development skills.
Swinomish Workshop	Twenty-five tribal members attended a local workshop titled, "Rediscovering the Culture for Mental Health."
Native American Day	Native American Day, a national holiday for native peoples, has become a holiday to the town of LaConner as well. To celebrate, the town of LaConner and Swinomish celebrate the day with exhibition canoe races, a parade, lunch and dinner, speakers, a Lummi Dance group, big drum, and bone games to honor the occasion. A thousand people attended the event in fall 2001.

Objective 5: To use common reporting tools which provide information on what works and what does not work to reduce youth alcohol, tobacco, marijuana, and other drug use, misuse and abuse.

Common reporting tools include the Washington State Survey of Adolescent Health Behavior and the Everest program outcome monitoring system. These tools are explained in the following paragraphs.

The Washington State Survey of Adolescent Health Behavior, also referred to as the school survey, is administered every two years in a representative sample of schools across the state. It is available to any other schools that are interested as well, at no cost. Funding for the survey is provided through tobacco settlement funds administered by the Department of Health. Washington State Survey of Adolescent Health Behavior data provide cross-sectional substance abuse prevalence rates and measures of risk and protective factors among 6th, 8th, 10th, and 12th grade students. Schools associated with SIG community grantees were required to participate in the survey. LaConner School District complied with this requirement.

Everest is a web-based, prevention program outcome monitoring system developed for SIG by the Division of Alcohol and Substance Abuse. SIG

community grantees have pilot tested Everest. The database design is based on findings from several prevention research studies in which Division of Alcohol and Substance Abuse has participated. It allows SIG grantees and providers to print out tests to be used as pre-tests and post-tests for measuring program outcomes. After administering the tests, answers for each question are entered by local staff over the web. Test results are immediately available to the community grantee and the program provider. Everest contains no identified data. Questionnaire responses are linked by a confidential code for each participant. This means that anyone reviewing the data in Everest would be unable to identify the answers that a particular person chose.

Program participant numbers show a great many participants, but this does not necessarily reflect the success of the program. That success comes through the observed positive change of behavior throughout the community. Everest pre- and post-tests were administered to program participants. During the first year, too few pre- and post-tests results were received to allow meaningful statistical analysis. Second and third year program level results are not yet available.

A tribal court officer observed the following (paraphrased):

There has been fewer youth drug and alcohol cases the Swinomish Court System. The numbers are improving if ever so slowly. This is encouraging. I hope that one day I will be out of a job.

Conclusion

SIG has provided a foundation for prevention activities that address a community concern related to youth both in school and at home. Youth and parents have been brought together in prevention. Tribal elders have spoken to the local SIG project administrator, expressing that they can already see the improved difference the program has made in the community. School district personnel stated that they see a new pride in native youth, more positive attitude. Youth, themselves, have expressed a greater sense of attachment to the community, and the feeling that someone cares about their well-being.

Swinomish AmeriCorps and the DASA Youth Prevention program are also working toward cultural renewal goals, using activity-based programs. The SIG program was the catalyst for these added efforts.

Youth who have participated in SIG-funded programs have been observed as interacting on a more regular basis with their teachers and with Tribal elders. Program participants no longer display their former disruptive and disrespectful behaviors. Adults perceive the youngsters as having learned the value of respect for self and others and a desire to learn the culture teachings.

SIG has brought about change in the community by focusing on Swinomish youth through cultural teachings and activities. It has raised their self-esteem and pride in self and community. It has increased awareness about prevention and youth

among the Swinomish Senate, Tribal Elders, and the LaConner School District. There is now a sense of awareness in the community that the health and well being of Tribal youth is a community responsibility.

Since its inception, the Swinomish SIG project has undergone many growing pains. Foremost has been the education of the Tribal Senate and community of the monetary restrictions of the grant, that the grant was not a pot of money that everyone could dip into. Requests for special projects have persisted throughout the three years. There have been heated debates between the local SIG project coordinator and tribal leaders over these funding requests.

If there were drawbacks in the project, it was in the planning and delivery of student activities and programs. In some instances the programs were hastily planned and carried out. Not enough time, planning, and thought went into pre-planning and program development. However, the organized structure of planning and basing program selection on data was praised by the local SIG project administrator as a useful model for other projects.

The SIG program has had a positive impact on the community. It has brought about an acceptance of the fact that culture is a very important tool in drug and alcohol prevention. Cultural renewal has been woven through all programs and is a part of prevention planning.

As a result of the Swinomish SIG project, Swinomish has begun to build a foundation for other cultural programs. There is a renewed interest in their stories, canoeing, and language. There is now an open dialog between youth and elders. Young people now have a greater understanding that the elders are “The Keepers of the Wisdom”.

An example of this is the play, *Maiden of Deception Pass*. A traditional, local Samish tale, this play was written locally and performed during the 2001 Native American Day to raves by both LaConner and Swinomish residents. Young Swinomish actors proved to themselves the worth of diligent work and practice. At performances at LaConner schools, the actors received standing ovations from their peers, which did wonders for their self-esteem. The play has served as a catalyst to bring the community together. It has empowered youth and elders to openly discuss Swinomish culture. The play has encouraged this dialog to blossom.

Learning and adjusting took place and the SIG project has become a success for the tribe to build on for the future. It is hoped that this program will serve as a model for future state and federal programs involving Indian tribes.

Appendix A:

Community-Level Goals and Objectives³

Goal:

Communities selected to receive State Incentive Grant funds will work to prevent alcohol, tobacco, marijuana, and other drug use, misuse, and abuse by the state's youth in these communities. They will develop and implement prevention plans, which will foster changes in the prevention system at the community level to make the system more effective.

Objectives:

1. To *establish partnerships* which include existing agencies and organizations, and families, youth, school, and workplaces to collaborate at the local level to prevent alcohol tobacco, marijuana, and other drug use, misuse, and abuse by youth.
2. To *use a risk and protective factor framework* to develop a community prevention action plan which reduces factors which put youth at-risk for alcohol, tobacco, marijuana, and other drug abuse and increase factors which protect or buffer youth from these risks.
3. To *participate in joint community risk and protective factor and resource assessment* by collecting, assessing, and prioritizing community-level information for: a) youth alcohol, tobacco, marijuana, and other drug use, misuse, and abuse; b) risk and protective factor indicators; and c) existing resources and service gaps.
4. To *select and implement effective prevention actions* that address priority risk and protective factors in the community by filling identified gaps in resources.
5. To *use common reporting tools* which provide information on what works and what does not work to reduce youth alcohol, tobacco, marijuana, and other drug use, misuse, and abuse.

³ Governor's Substance Abuse Prevention Advisory Committee (1999). *Washington State Incentive Grant Substance Abuse Prevention Plan*. Olympia, WA: Department of Social and Health Services, Division of Alcohol and Substance Abuse, State Incentive Grant Project.

Appendix B: Methods

Information Sources

Interviews:

Audiotaped interviews were conducted with lead agency contacts, as well as prevention service providers and community members. Interviewees were informed at the beginning of each interview that the audiotapes were confidential, were for the purpose of ensuring accuracy, and would be erased as soon as notes were taken from them. Questions were based on an interview guide, as well as related topics that arose during the interviews. Interview responses were compared and tallied to identify majority and minority opinions.

Meeting Observation:

The DASA Site Visit meeting was observed.

Document Review:

- a. Swinomish Indian Tribal Community Annual Report 2001 (attached)
- b. Swinomish Indian Tribal Community Senate Minutes
- c. Swinomish Cultural & Environmental Protection Agency Minutes
- d. Swinomish Court Youth Compliance Report (attached)

Analysis

Data analysis occurs throughout the research process in a case study, from the process of formulating the topic through the write-up. During and after interviews, information gathered is weighed in light of previous information. Questions and topics are modified as indicated by the new information. Data verification occurs through cross checking information from informants with that from other informants, documents, observation, and the researcher's journal entries.

Data analysis in a case study occurs by creating categories of information, broad at first, then becoming more specific. As familiarity with the study topic occurs, categories are related to one another and to theory. CSAP and COSMOS Corporation created broad data categories, around which interview questions and inquiry topics were framed. Data were gathered in the process of this evaluation with the intent of answering specific questions about system change in planning, providing, and evaluating prevention services for youth in local communities. Additional categories were added as it became apparent that they were of importance to the SIG community grantees.

Appendix C: Risk and Protective Factors, Categorized by Domain⁴

Note: Risk and protective factors addressed by the Swinomish SIG project are italicized.

Domains	Risk Factors	Protective Factors
Community	Availability of drugs <i>Community laws and norms favorable to drug use</i> Transitions and mobility <i>Low neighborhood attachment and community disorganization</i> Extreme economic deprivation	<i>Opportunities for prosocial involvement</i> <i>Rewards for prosocial involvement</i>
Family	Family history of the problem behavior Family management problems Family conflict Favorable parental attitudes and involvement in the problem behavior	Bonding: family attachment Opportunities for prosocial involvement Rewards for prosocial involvement
School	Early and persistent antisocial behavior <i>Academic failure</i> <i>Lack of commitment to school</i>	Bonding: attachment to school Opportunities for prosocial involvement Rewards for prosocial involvement
Individual	Rebelliousness Friends who engage in the problem behavior Favorable attitudes towards the problem behavior Early initiation of the problem behavior Constitutional factors	Healthy beliefs and clear standards Bonding: attachment to prosocial peers Social skills

⁴ Modified from *A Guide to the Community Substance Abuse Prevention Projects*. December 2000. Governor's Substance Abuse Prevention Advisory Committee. Available from State Incentive Grant Project, Division of Alcohol and Substance Abuse, Department of Social and Health Services, PO Box 45331, Olympia, WA 98504-5331 (ph: 360 438-8065) or Washington State Alcohol/Drug Clearinghouse (ph: 800 662-9111 in-state; 206 725-9696 Seattle or out of state).



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