



SEATTLE INDIAN HEALTH BOARD

Holistic Care in a Native Way



A Leader in Wraparound Care

For over 50 years, we've cared for all people in a Native way. As a **Federally Qualified Health Center**, we serve all who come to our doors. We provide healthcare services rooted in Traditional Indian Medicine and access to supportive services that improve quality of life. As an **Urban Indian Organization**, we are part of the Indian Health Service.

SIHB is guided by IndigiKnow: the practice of holistic care for our relatives that pays equal attention to the mind, body, and spiritual components of a person's health. In addition, we recognize that true health requires collaboration across many areas—from medical and behavioral health to public health, policy, and more.

Visit us at the following locations:

 International District Clinic
611 12th Ave S., 98144

 Lake City Clinic
12736 33rd Ave NE
Suite 200, 98125

 Pioneer Square Clinic
124 2nd Ave S., 98104



Your care is just a call away

Schedule an appointment
206-324-9360

Learn more about the services you can
receive by visiting **sihb.org**

**If you are a current patient, contact
your care team through MyChart.**





A Whole Team Dedicated To Your Health

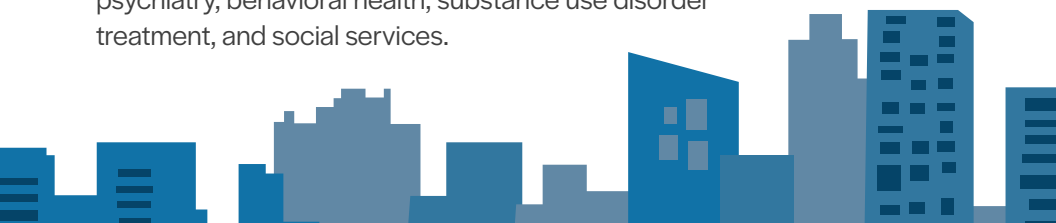
When you enter our doors, you're wrapped in care with a team of professionals who strive to keep all aspects of your health in balance. They get to know you in a holistic way—body, mind, and spirit—and you get to know them. You may see some, or even all, of your care team at each visit, depending on your need.

Each of our care teams is named for traditional Indian medicines: sage, juniper, sweetgrass, and huckleberry. If you're seen at the International District clinic, you become part of the Sage team or the Juniper team. Relatives at our Lake City clinic become part of the Huckleberry team, while people who go to our Pioneer Square clinic join the Sweetgrass team.

You choose your care team because you are in charge of your care. Each team consists of a:

- Traditional Indian Medicine Apprentice provides healing practices based on Indigenous knowledge
- Care Coordinator to access internal and external services
- Primary Care Provider for check-ups, illnesses, preventative services, and more
- Medical Assistant to monitor your health history
- Registered Nurse serves as a triage point, and provides wound care and injections
- Clinical Pharmacist runs care teams, medicine management, and health education
- Dietitian for nutritional needs
- Dentist to direct your oral healthcare
- Dental Hygienist to monitor your teeth and gums
- Clinical Social Worker provides medical case management

We also provide specialty care services in pediatrics, psychiatry, behavioral health, substance use disorder treatment, and social services.



Care that Centers You

Experience the excellent care that happens when you have access to a fully integrated team working together to provide culturally attuned health and wellness services just for you.



Services





Medical

High-quality, culturally attuned care

When you visit Seattle Indian Health Board, you'll be seen by a healthcare provider working hand-in-hand with the dedicated care team to provide you the best holistic care.

- Wellness check-ups, physical exams, and routine immunizations for all ages
- Prenatal care, childbirth education, and postpartum care
- Minor illness, injuries, mental health, and chronic disease care like diabetes, heart disease, and liver disease
- Pediatric care, with Saturday appointments available
- Reproductive and sexual health services, including confidential HIV testing and treatment
- Medication-assisted treatment for substance use disorders
- Available care for all stages of life from prebirth to you crossing over
- Nutrition services



Behavioral Health

Medicine for the body, mind, and spirit

Your mental, emotional, spiritual, and physical health all affect one another—so it's important to address them together. That's why we provide mental health services and substance use disorder treatment to support your well-being.

- Substance Use Disorder outpatient treatment
- Mental Health Counseling
- Intensive case management
- Traditional Indian Medicine referrals
- Integrated care and consultation with clinic care team
- Psychiatry services



1 TIM Apprentice

2 Care Coordinator

3 Family Medicine Doctor

4 Medical Assistant

5 Nurse

6 Clinical Pharmacist

7 Dietitian (RDN)

8 Dentist

9 Hygienist

10 Dental Assistant

11 Pediatric Doctor

12 Mental Health Counselor/
Case Manager





Support for holistic health and wellness

Social and environmental factors like food security and access to safe, stable housing can affect your well-being and quality of life. We offer a wide range of culturally attuned, confidential services to support you in living the life you need.

- Intensive case management, including mobile advocacy
- Housing services
- Support for unmet social determinants of health
- WIC, food, and transportation assistance
- Gender-based care
- Support for survivors of gender-based violence and domestic violence
- Support for survivors of sexual assault
- Health insurance enrollment: Assisting with enrollment in programs like Medicaid, Medicare, the Children's Health Insurance Program (CHIP), and marketplace plans



Dental Keeping you smiling

From check-ups and cleanings to crowns and root canals, our minimally invasive dental services protect the health and well-being of you and your smile. You can receive culturally attuned dental care at our International District clinic and Lake City clinic through our mobile care unit.

- Full dental exams
- Oral surgery, extractions, and root canals
- Teeth cleanings and fluoride treatments
- Fillings, crowns, and sealants
- Oral hygiene education and resources
- Pediatric dental care, which should begin by your child's first birthday





Traditional Indian Medicine

Indigenous knowledge-informed healing

Grounded in the principle that health is best achieved when there is balance between your physical, emotional, mental, and spiritual wellness, traditional medicine is at the center of every service we offer. Traditional Indian Medicine services are available to all people and include an array of healing practices that are based upon Indigenous knowledge.

- Consultations with traditional medicine practitioners
- Traditional food and plant medicine
- Individual and group cultural activities
- Smudging
- Ceremony



Pharmacy & Lab

Onsite lab work and pharmacy services

With our onsite pharmacies at all three clinics, you have access to our medical care and medication services in one visit. Under the 340B program, we provide significantly reduced prices for medications. You can access general pharmacy services—including prescriptions at significantly reduced prices—and medication management.

- Filling prescriptions
- Assistance for patients using outside pharmacies
- Sliding-scale discounts & insurance assistance
- Medication education resources

In addition, we have clinical pharmacists as part of your care team who offer you:

- Medication counseling and management
- Training for your new medications such as insulin



Nutrition

Good health starts with your insides

By embracing traditional Indigenous values and food principles, like eating a variety of whole foods and engaging in physical activity, our Registered Dietitians can help you achieve your health-related goals.

- One-on-one nutrition education & counseling
- Lifestyle management of chronic conditions, including but not limited to: diabetes, high blood pressure, chronic kidney disease
- Guidance on meal planning and grocery shopping
- Pediatric nutrition
- Pregnancy nutrition
- Lactation and infant feeding support
- Food resource navigation & healthy eating on a budget





Family Saturday

Held one Saturday every month, these clinic events offer pediatric and dental care, cultural programming, public health education, and community resources.



Elders Program

Cultural connection and direct service for our Native Elders

As a Native Elder in our community—age 55 years or older—you have a home at our International District clinic. Here you can gather with other Elders, connect with your community, and share your culture.

- Nutritious daily breakfast and lunch, coffee, and tea
- Talking Circles, plant medicine classes, and other cultural activities
- Access to and support of all our other health and human services



Youth Programs

Fostering future Native leadership through cultural connection and wellness

Internships

Interested in joining the next generation of American Indian and Alaska Native public health professionals? Apply for an internship or other learner programs at sihb.org.

Kiis Council

Native youth in Kiis Council develop leadership skills, build self-sufficiency, improve their wellness and positivity, and leverage local opportunities for Native youth in high school ages 14 to 19.

Our Mission

The mission of Seattle Indian Health Board is to advocate for, provide, and ensure culturally appropriate, high quality, and accessible health and human services to American Indians and Alaska Natives.

Receiving Care



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**Save our contact information
to schedule next appointment**