

# ORGANIZATIONAL PHILOSOPHY

Yellowhawk is committed to the health and wellbeing of the Confederated Tribes of the Umatilla Indian Reservation (CTUIR) members and other eligible American Indians/Alaska Natives who rely on health services. Good health is the foundation upon which a strong community is built.

Health, in simple terms, means harmony of the physical, mental, emotional, spiritual, social and cultural aspects of life. Quality of life depends on a balance and blending of each of these aspects.

We are committed to preserving traditions that support resilience yet remain mindful that future generations will provide resources for greater self-sufficiency.

Through awareness and enlightenment, we encourage the community to participate in programs and education. Armed with these tools, the community will keep alive this vision for future generations.



ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

Our vision is to aid our Tribal community to achieve optimal health through a culture of wellness.

It is our mission to empower our Tribal community with opportunities to learn and experience healthy lifestyles.



## CONTACT US

46314 Timíne Way  
PO Box 160  
Pendleton, OR 97801  
541.966.9830  
info@yellowhawk.org  
www.yellowhawk.org

**DIRECT: 541.240.8670**

**Callers with life-threatening emergencies, call 911 or visit the nearest emergency room immediately. When Yellowhawk is closed, service providers available are urgent care clinics located in the local or surrounding area.**

**For after hours assistance with a mental health crisis, please call 988 or text HELLO to 741741 or contact Community Counseling Solutions at 541.240.8030**

**National Suicide Prevention Lifeline  
800.273.TALK (8255), or 911.**

# BEHAVIORAL HEALTH DEPARTMENT



**YELLOWHAWK**  
TRIBAL HEALTH CENTER

**988** SUICIDE & CRISIS  
**LIFELINE**

# BEHAVIORAL HEALTH DEPARTMENT

The Behavioral Health Department at Yellowhawk Tribal Health Center promotes mental health, wellness, and balance. We help our people – from children to elders – maximize positive aspects of their lives while minimizing risk factors.

The team at Yellowhawk is passionate about quality behavioral healthcare and we know the importance of having compassion for those we serve. Working together with our patients and families, we encourage the best possible outcomes with ongoing planning for success throughout the treatment experience.

The services can help with problems such as depression, family conflicts, anxiety, phobias, substance abuse, relationships, and adjustment to difficult life situations such as grief and loss. Our experienced, qualified, staff are trauma-informed and trained to deal with the most difficult problems using professionalism, sensitivity, and strict confidentiality.

Behavioral Health Services at Yellowhawk have expanded over the years and the department continues to grow.



# BEHAVIORAL HEALTH PROGRAMS & SERVICES

## Mental Health Services

- Outpatient mental health counseling (individual, group, & family)
- School-based mental health counseling for children and youth
- Wrap around mental health support for children/youth ages 0– 22 and their families
- Suicide prevention programming
- Integrated mental health/primary care

*Integrated mental health counseling for acute needs through medical department*

## Chemical Dependency Services

- Outpatient substance use disorder treatment (individual & group)
- DUII Treatment Program
- Co-Occurring Disorder Services
- Women's and Men's Talking Circles
- Problem Gambling Services
- Chemical Dependency prevention programming

## Pinánaykukt "Gathering Oneself Together" Program - Sober Transitional Housing (STH)

- A wrap-around support system during the duration of the participants' stay
- Alcohol and drug free home
- Supplemental support system during recovery

## K'usiinmí Tawtnúkt Horse Medicine Program

- Equine therapy allows people to seek relief from mental health/substance use problems by spending time interacting and communicating with horses.
- Helps to manage conditions like anxiety, stress, depression, trauma and substance use disorders.

# OUR TRAINED PROFESSIONALS ARE HERE FOR YOU.

*Be Here*

*Be Safe*

*Care for Self*

*Care for Others*

*Speak your Truth*

*Set Goals*

