



## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Heartbeat Family Support Services

**ADDRESS:** 102 E Division St., Arlington, WA 98223

**CONTACT:** <http://www.heartbeatsupport.org>

**GENERAL GOALS:** Heartbeat's mission is to strengthen and support families by providing educational and supportive programs and events. Heartbeat believes it is essential to provide innovative programs to meet the needs of our community. It is important to remain independent to be able to be flexible and change strategies as the needs of the community change.

**SPECIFIC USE FOR THIS AWARD:**

With the funds received we were able to maintain our basic operating expenses of phone service and internet, which is essential for us to operate. It also covered our web site expenses and licensing expenses. We have no paid staff and operate completely by volunteers.

We thank the Tulalip tribe for helping support all our efforts, we consider the goal of keeping children connected to their culture of the most importance. Even more so since DSHS recently cut all the efforts in providing anything for their care givers and we are now the only one providing this service in the entire state. We continually meet care givers that have had no assistance in knowing how to keep their children connected to their culture. We are often asked to come to eastern Washington to provide trainings but are limited by funding. However, we are now offering care givers assistance/training in creating a culture plan via Skype.

For more information see the attached pages from Heartbeat Family Support Services.

## Heartbeat Family Support Services

Final Report for Tulalip Tribe for Funds received 5/30/14

Q1 2014 14.2

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The funding supported our Cultural Connections program for Native children in foster care, it helped fund our major summer event Tribal Revival. This year we had 81 people attend. Children shared with their case workers and families stories of their experience for weeks. The most popular activity was the canoe rides, where the children learn how to ask to come ashore in the traditional way and children on shore learn how to greet the canoes in the traditional way. Additional activities included 2 Shawl Making workshops (24 students) and a collaborative effort with Everett Community College to have a mini culture day prior to their Coastal Jam, an event that always honors the families caring for our shared children. (50 attended)

One of our board member (Chryss James a retired DSHS social worker and relative care giver) attended the State Conference for care givers to give a training on how to care for Native children in care and assist them in writing Culture Plans, a tool that gets care givers to look at how they are keeping their children connected to their culture and what they can do to improve. Ms. James was one of the social workers who developed this tool. (25 attended).

We also sponsor some families in the community during the holiday season. In 2014 we served in our programs a total of 338 people.

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We look forward to the coming year. We have been approached by youth at Tulalip Heritage High School to volunteer to meet their volunteer requirement for graduation. This has sparked an idea that we are working on. The High School students must complete a major project and complete a set amount of volunteer hours to graduate. We are meeting with the school to collaborate on a project where the student's graduation project is to develop a curriculum to teach our foster children about culture. Our experience has been that children and adults learn best by hearing from our young people, and one of our major mission goals is to teach our youth about giving back to their community.

Also we have partnered with The Center for Wooden Boats on their Canoe Journey this July. Since this is a small Canoe Journey it is great opportunity to have our children involved. Currently we are working with our youth on giveaway gifts they can give people at the landing celebration.

Again we thank you for your support,

Maddy Krygier & Chyrss James

Co - Executive Directors

Heartbeat Family Support Services

# Heartbeat Family Support Services 2014

