



The didgʷálic (deed-gwah-leech) Wellness Center - owned and operated by the Swinomish Indian Tribal Community – is a multi-specialty community health organization that provides counseling, medication, primary care, and social services to both Native and non-Native patients with substance use and behavioral health disorders.

didgʷálic Wellness Center Treatment Model

- Developed with input from elders, individuals with opioid use disorder (OUD) and their families, tribal service departments, and health care providers
- Incorporates evidence-based and community-tested practices
- Staff work with clients in care teams using a harm reduction approach
- Providers aim to understand clients' needs and hopes for improving their health-without requiring that they stop using substances to receive services
- Staff work to meet patients' needs through removing barriers to care

Our Services

- didgʷálic is the only substance use treatment center in the nation that offers the following fully integrated services all under one roof:
 - ✓ Personalized, intensive OUD counseling by certified professionals
 - ✓ Full-service medication-assisted treatment (MAT)
 - ✓ Primary medical care
 - ✓ Hepatitis C screening and treatment
 - ✓ Behavioral and mental health services
 - ✓ Psychiatric diagnosis and medication management
 - ✓ Acupuncture
 - ✓ Social worker case management
 - ✓ Group counseling and classes
 - ✓ Tribal cultural activities
 - ✓ Medication lock-box training
 - ✓ Intra-nasal Naloxone training and distribution
 - ✓ Dental care (beginning Jan. 1, 2021)

Integrated Multi-specialty Care Teams

- Each patient receives care from nursing staff, a medical provider, a substance use disorder professional, a mental health counselor, and a social worker
- Patients meet monthly with their full care team to discuss challenges to recovery
- Twice per week all care team staff meet to discuss new enrollees and devise solutions to patients' treatment issues

Through combining evidence-based medicine, Tribal community knowledge, and patient-centered strategies, we are saving lives and reuniting families.

Addressing Barriers to Care

- Through listening to the needs of our community members, it became apparent that it was essential to address clients' barriers to care. As such, the following are core elements of our treatment model:
 - ✓ Free on-site childcare during visits
 - ✓ Free transportation to/from visits
 - ✓ Free assistance with insurance enrollment
 - ✓ Transitional housing
 - ✓ Case management
 - ✓ Private medication appointment rooms
 - ✓ Thoughtfully designed physical spaces to ensure patient comfort and safety
 - ✓ Culturally competent care
 - ✓ Free clothing bank

The didg^wálič Treatment Model for OUD stems from the philosophy that unless barriers to care are addressed, patients will remain excluded from accessing the care they need.

Services for Incarcerated Individuals

- didg^wálič serves as an alternative treatment option for community members charged with drug-related offenses
- This prevents community members from being placed in facilities that lack adequate OUD treatment

The Impact

Within one year:

- didg^wálič reached its capacity of 250 clients
- Opioid overdoses among tribal community members dropped 50%
- Over 75% of clients were retained in the program
- Patients were able to regularly keep appointments at the clinic, meet the goals of their treatment plan, and successfully walk the path to recovery

Additional Resources

- didg^wálič Wellness Center is committed to sharing information about our OUD treatment model with the hope that it will help others grow their own successful programs
- Visit didgwalic.com to:
 - ✓ View our educational print materials and videos
 - ✓ Learn more about our free in-person trainings for health care teams