

The word “diverse” gets used a lot in describing differences in the American melting pot, and words that are overused lose their meaning. Yet there is no better word to describe American Indian and Alaska Native culture. Despite similarities and links, each of the more than 560 federally recognized Tribes is unique.

Cultural diversity is what makes living and working in these communities unique. How well you fit in depends a lot on you. If you’re open-minded as you learn about the Native people and their heritage, you’ll take an important first step toward establishing your Indian health career and enriching the lives of some 2 million American Indians and Alaska Natives.

This side of our guide offers you a broad overview of key aspects of Tribal culture; on the other side is a list of all Indian health facilities within each of the 12 geographic IHS Areas.

## TODAY’S NATIVE COMMUNITIES

While many American Indian communities live in the Southwest, the sweep of Native cultures in the United States extends across the country, from Oregon to North Carolina, from north to south, from Maine to Florida and from Washington State to California.

Tribal communities are spread across the vast state of Alaska, each featuring its own traditions and beliefs. Indeed, more than half of the 560 federally recognized Tribes live in Alaskan village communities. Each Tribe/community has its own unique name. When referring to the group as a whole, the appropriate term is American Indian for the lower United States and Alaska Native for Alaska.

Moreover, many American Indians and Alaska Natives, young and old, have chosen to adopt mainstream American life. There are American Indian and Alaska Native communities in large cities throughout the United States. Thus, not all American Indian and Alaska Native people are traditional or Tribal or rural. Multiculturalism is a pervasive aspect of life everywhere. Most American Indian and Alaska Native people speak English, but many also speak Spanish, French and other languages in addition to their Native languages.

## CULTURAL IDENTITY AND AWARENESS

For many American Indians and Alaska Natives, awareness of their cultural identity is central to their lives and gives direction and meaning to everything they do. This kind of intense awareness has been lost in many modern societies that tend to think globally. It begins with the family and reaches outward to the Tribal community and beyond to the larger concept of being part of the Native peoples of America.

Individuals most often view themselves as part of the community, which encompasses the family, clan and Tribe. Some members refer to themselves as Cherokee or Navajo or Hopi, unlike people in mainstream America who say they “live” in a certain town or city. A few Tribes have alternate names — for example, among the Navajo, some prefer to call themselves “Dine” instead of “Navajo.”

Membership in an extended family is vitally important. The concept of kinship is critical to one’s personal identity and sense of social belonging. Within the complex network of familial and clan relationships, the concept of shared responsibility can be very strong. This is especially important for Indian health clinicians to understand.

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While many elders have a traditional cultural identity and many young people consider themselves “modern,” that is not always the case and should not be presumed. A lot of young people embrace or are newly connected with their cultural roots and are extremely traditional and Tribal in their outlook and identity. There are, of course, individuals who do not physically appear to be Native or may no longer be culturally linked with their heritage.



## PERSONAL INTERACTION

In many American Indian and Alaska Native communities, a handshake is as much an accepted form of greeting as it is elsewhere. But even this simple greeting requires a degree of cultural awareness. A strong, heavy grip can send a negative message of aggressiveness. Using a gentler grip shows respect.

The sharing of food is a widely accepted sign of greeting and welcome among Native people. In fact, food sharing is a central feature of most social gatherings and is a great way to meet people and develop relationships. If you are offered food or drink in a family home, always accept graciously.

Introductions are also observed with cultural protocol. Following an initial introduction, there often is a period of silence. Quiet time and observation are a natural part of social interaction, though it can sometimes make a newcomer feel uncomfortable. It is best to resist the urge to fill those short periods of quiet reflection with conversation.

If you become an Indian health clinician, you might notice that patients avoid direct eye contact with you. That’s because respect for an elder or someone in an authoritative position, like a clinician, is often shown by gazing downward or even looking away.

## RESPECT FOR TRADITION

American Indian and Alaska Native societies have rules of etiquette that have evolved over centuries. These accepted social modes of interpersonal conduct cover virtually every aspect of daily life. They differ for every Tribe and sometimes vary even within Tribes, so visitors need to learn the local customs. Community members realize they have complex social protocols and are usually pleased to help a newcomer adjust.

Gender awareness is important. There are many unwritten rules about social interactions between the sexes. From conversing to touching to making eye contact, the rules for man-to-man social interaction are very different than for man-to-woman social interaction. The rules also change according to marital status.

Social etiquette is particularly important with regard to festivals and ceremonial events. Dances, songs, chants, ceremonial items and actions have enormous significance.

It is best to avoid touching any object or entering into any of the ceremonial activities unless invited. For example, you might be offered a blessing with smoke, but you should not step forward or ask for it unless it is offered.

What’s more, you should never take photographs or film an event without explicit permission. Also not considered polite are finger pointing and public displays of emotion, whether tears or exuberant joy.

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Authority comes with age. Elders are community leaders with high social status and are treated with deference. For instance, food is served first to older members of an Indian community. Younger people, including clinicians, should always show respect in their words and actions when interacting with elders.

Uniforms command respect, too. Veterans, for example, are held in high regard. This also applies to the Commissioned Corps of the US Public Health Service (USPHS), one of the three options for a career path in the Indian Health Service.

Respect is also given to people in positions of authority, such as teachers, religious figures and community leaders, most of whom are elders. In addition, physicians and other clinicians are seen as having a position of authority, but there is a drawback: As authority figures, clinicians find that patients sometimes say what they think the clinician wants to hear instead of what needs to be known about specific health matters. This can be a problem that needs to be handled with tact and a keen understanding of cultural nuances.

Often, formal meetings begin and/or close with a prayer or brief ceremonial statement by a Tribal elder. Sometimes the elder is offered a small gift as a token of thanks and respect.

## UNIQUE WAYS OF COMMUNICATING

Listening is just as important as talking during a conversation. Tribal members may say only what is necessary or may provide more-direct comments. Silence is used quite often and does not indicate a lack of understanding or refusal to speak. Rather, the silence is used to process and gather thoughts before speaking. People coming from outside the Tribe should be aware of this and be open to free-ranging rather than linear communication. It’s also a good idea to moderate the tone, speed and volume of your voice to match how others in the conversation are speaking. Deferring to elders in the group, allowing them to speak or respond first, is another conversational rule.

Indirect speech is a common way of communicating. Pointed questions and answers that constitute conversation in other cultures are not always acceptable in American Indian and Alaska Native cultures. Thus, one technique often used for conveying information about a personal or community matter is storytelling. Instead of speaking directly about an issue, the speaker weaves an imaginative tale that conveys the information he or she wants to pass on. These stories can be original creations, versions of traditional stories or oral traditions (stories of a Tribe’s origin and customs).

Another way to convey a message is to use humor. This technique might be chosen if the speaker wants to suggest something helpful or provide information that might be embarrassing for the recipient to hear if it was said directly or if the subject might be painful to either party. This same kind of correction or nudging toward something helpful can take the form of light-hearted teasing.



Visitors interacting with community members should also watch for body language, which is another powerful means of communicating. Body language varies greatly from place to place and person to person, but it is wise to watch for signs of discomfort in nonverbal gestures.

Direct criticism of another person is usually avoided in conversation, as it can be seen as disrespectful or disloyal. Family and Tribal ties can further complicate this sensitive type of communication. If a speaker feels that criticism or disagreement needs to be voiced, a prelude of pleasant, friendly discussion should be offered first.

Similarly, a clinician may need to provide a patient’s diagnosis and potential complications in an indirect way without referring specifically to the patient’s condition. This allows the patient to acknowledge on his or her own that the diagnosis could affect him or her in the way discussed.

On some reservations, family involvement in the health care setting reaches beyond immediate family. An appointment in such cases includes not only the patient and provider but immediate and extended family. Therefore, it’s good practice not to ask the family to leave the room unless requested by the patient.

In addition, the concept of “clock time” or “calendar time” sometimes is vague or irrelevant in Native communities: The larger picture of time as a lifetime continuum can override clock time. This perspective sometimes presents difficulties in scheduling appointments. If a patient agrees to a specific appointment date and time, he or she might do so out of politeness without actually committing to being there. Also, avoid looking at your watch frequently or appearing to be in a hurry during meetings or conversations.

## RELIGIOUS CONSIDERATIONS AND SPIRITUALITY

A strong sense of spiritual connectedness colors American Indian and Alaska Native community life. Spirituality includes contemporary mainstream religions, primarily Christianity, and traditional religions dating from before European contact. Often, contemporary and traditional beliefs are practiced hand in hand.

Whether based around a church or a traditional religious practice, spirituality is usually community-oriented rather than observed privately by individuals. Spirituality is integrated into daily life, family life and community events in the form of ceremonies, spiritual meetings and religious practices. It is an essential part of a community’s identity. Some American Indians and Alaska Natives perceive the world around them through the lens of spiritual “oneness” with nature.

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In every Tribe and community, there are individuals with religious status and authority, either traditional or contemporary, whose wisdom and counsel are sought for personal guidance and community decisions. Often these are Tribal elders, rather than anyone with a religious title.

Many ceremonial events practiced throughout the year are steeped in spiritual significance, inspired by past generations and Native traditions. One way to show respect is to refrain from touching ceremonial objects. It is often considered sacred or taboo to discuss specific spiritual practices and beliefs with outsiders, and it is impolite for visitors to ask intrusive questions about such practices.

For those who follow a strictly traditional way of life, there can be a mystic element in which dreams and visions are examined and valued. “Lifeways,” defined as a manner of life or way of living, as well as other spiritual approaches to living in harmony with nature, guide many American Indians and Alaska Natives.



## Cultural Highlights for Indian Health Professionals

A Reference Guide to American Indian and Alaska Native Culture

## A LONG HISTORY

Tribal governments represent sovereign nations and can make and enforce their own laws, particularly with regard to public health and safety. These laws are superseded by federal law and a majority of state laws, however; as a result, jurisdiction over legal matters can become very complicated.

While the relationship between the US government and the American Indian and Alaska Native people has not always been a positive one, it is progressing in the right direction so that all can work together for the greater good of all American people.



Indian Health Service  
Division of Health Professions Support  
5600 Fishers Lane  
Mail Stop: OHR (11E53A)  
Rockville, MD 20857  
Phone: (301) 443-4242  
IHSRecruiters@ihs.gov

www.ihs.gov/careeropps

Indian Health Service  
Health Professions Recruitment  
@IHS\_Jobs

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## ALASKA AREA

Health services are delivered to **nearly 148,000** Alaska Natives through a network of Tribally operated hospitals, health centers and clinics. Tourists travel from around the world to see this majestic landscape, experience Alaska Native cultures and enjoy a full range of outdoor activities that health professionals practicing in the Alaska Area have at their doorstep.

### ALASKA

Alaska Native Medical Center, Anchorage  
Anikkan Inuit Iluagutaat Sub-Regional Clinic (Unalakleet Health Center), Unalakleet  
Annette Island Health Center, Metlakatla  
Bartlett Regional Hospital, Juneau  
Dena'ina Health Clinic, Kenai  
Kanakanak Hospital, Dillingham  
Ketchikan General Hospital, Ketchikan  
KIC Tribal Health Center, Ketchikan  
Maniilaq Health Center, Kotzebue  
Norton Sound Regional Hospital, Nome  
Saint George Village Clinic, St. George Island  
Samuel Simmonds Memorial Hospital, Barrow  
Sand Point Health Center, Sand Point  
SEARHC Mt. Edgecumbe Hospital, Sitka  
Tanana Health Center, Tanana  
Yakutat Community Health Center, Yakutat  
Yukon Flats Health Center, Fort Yukon  
Yukon-Kuskokwim Delta Regional Hospital, Bethel

## ALBUQUERQUE AREA

The Albuquerque Area provides health services to American Indians in a number of distinctly different Tribal groups, including the renowned pueblo communities with their ancient cultures and colorful ceremonial events. Travelers from around the globe seek out the famous high-desert community of Santa Fe. The Area offers a full range of outdoor activities from desert trekking to mountain skiing.

### COLORADO

Denver Indian Health and Family Services, Denver  
Southern Ute Health Center, Ignacio  
Ute Mountain Ute Health Center, Towaoc

### NEW MEXICO

Acoma-Canoncito-Laguna (ACL) Hospital, San Fidel  
Alamo Health Center, Magdalena  
Albuquerque Indian Hospital, Albuquerque  
Canoncito Health Center, Canoncito  
Dulce Health Center, Dulce  
Isleta Pueblo Healthcare Center, Albuquerque  
Jemez Health Center, Jemez Pueblo  
Laguna Health Center, New Laguna  
Mescalero Indian Hospital, Mescalero  
Picuris Health Location, Taos Pueblo  
Pine Hill Health Center, Pine Hill  
Santa Clara Health Center, Espanola  
Santa Fe Indian Hospital, Santa Fe  
Santo Domingo Health Center, Santo Domingo  
Taos-Picuris Health Center, Taos Pueblo  
Zia Pueblo Health Station, Zia Pueblo  
Zuni Comprehensive Community Health Center, Zuni

## BEMIDJI AREA

The 34 federally recognized Tribes of this northern-tier region are served mainly through Tribally operated health centers and health stations and five Urban Indian programs. The "sportsman's paradise" of the Great Lakes offers some of the best boating, fishing and water sports in the nation, while the unspoiled forests of this Area make for great hiking, camping and hunting.

### MICHIGAN

Ellen Marshall Memorial Center, Brimley  
Grand Traverse Band Family Health Clinic, Peshawbestown  
Hannahville Health Clinic, Wilson  
Hessel Community Health Center, Hessel  
Keweenaw Bay Health Center, Baraga

Lambert Tribal Health Center, St. Ignace  
Little River Band of Ottawa Indians Tribal Health Services, Manistee  
Little Traverse Bay Bands of Odawa Indians Health Clinic, Petoskey  
Manistique Tribal Health Center, Manistique  
Marquette Tribal Community Health Center, Marquette  
MBPI Health and Human Services, Dorr  
Newberry Tribal Community Health Center, Newberry  
NHBP Health Department, Fulton and Grand Rapids  
Nimkee Memorial Health Center, Mt. Pleasant  
Pokagon Band Department of Health Services, Dowagiac  
Sault Ste. Marie Tribal Health Center, Sault Ste. Marie  
Watersmeet Medical Clinic, Watersmeet

### MINNESOTA

Cass Lake Hospital, Cass Lake  
Center for American Indian Resources, Duluth  
Grand Portage Health Clinic, Grand Portage  
Min-No-Aya-Win Health Center, Cloquet  
Ne-la-Shing Health Clinic, Onamia  
Nett Lake Clinic, Nett Lake  
Ponemah Health Center, Ponemah  
Red Lake Comprehensive Health, Red Lake  
Red Lake Hospital, Red Lake  
White Earth Health Center, White Earth

### WISCONSIN

Bad River Dental Clinic, Odanah  
Ho-Chunk Health Care Center, Black River Falls  
Ho-Chunk House of Wellness Clinic, Baraboo  
Lac Courte Oreilles Health Center, Hayward  
Menominee Health Clinic, Keshena  
Oneida Community Health Center, Oneida  
Peter Christensen Health Center, Lac du Flambeau  
Forest County Potawatomi Health and Wellness Center, Crandon  
Sokaogon Chippewa Health Clinic, Crandon  
St. Croix Tribal Health Clinic, Webster  
Stockbridge-Munsee Health Center, Bowler

## BILLINGS AREA

The Plains Tribes living on reservations and in surrounding urban communities are served through a mix of IHS, Tribal and Urban Indian health facilities. This "big sky" Area is home to some of the world's greatest natural wonders, including Yellowstone and Glacier National Parks and the Rocky Mountains. It would be hard to find better skiing, snowboarding, snowmobiling and other winter sports, and there is just as much to do during warmer weather in this Area's beautiful natural environment.

### MONTANA

Blackfeet Community Hospital, Browning  
Chief Redstone Health Clinic, Wolf Point  
Crow/Northern Cheyenne Hospital, Crow Agency  
Eagle Child Health Center, Hays  
Flathead Tribal Health and Human Services, St. Ignatius  
Fort Belknap Hospital, Harlem  
Heart Butte Health Station, Heart Butte  
Lame Deer Health Center, Lame Deer  
Lodge Grass Health Clinic, Lodge Grass  
Polson Health Center, Polson  
Pryor Health Station, Pryor  
Rocky Boy Tribal (Chippewa-Cree) Health Center, Box Elder  
Ronan Health Clinic, Ronan  
St. Ignatius Health Center, St. Ignatius  
Verne E. Gibbs Health Center, Poplar  
Wolf Point Health Center, Wolf Point

### WYOMING

Arapahoe Health Center, Arapahoe  
Fort Washakie Health Center, Fort Washakie

## CALIFORNIA AREA

This Tribally operated health system provides comprehensive care services to the largest population of American Indians and Alaska Natives in the country through contracts under which the Tribes operate their own facilities, programs and services. The Area is as varied as the state of California, from deep redwood forests to panoramic desert landscapes, and offers outdoor activities of every kind involving sun, sand, sea, mountain and desert.

### CALIFORNIA

Chapa-De Indian Health Program, Auburn  
Center Valley Indian Health Clinic, Clovis  
**Desert Sage Youth Wellness Center, Hemet**  
Feather River Tribal Health, Oroville  
Feather River Tribal Health, Yuba City  
Grass Valley Clinic, Grass Valley  
Greenville Rancheria Tribal Health Program, Red Bluff  
Indian Health Center of Santa Clara Valley, San Jose  
Jackson Medical Clinic, Jackson  
K'ima:w Medical Center, Hoopa  
Lake County Tribal Health Consortium, Inc., Lakeport  
Lassen Indian Health Center, Susanville  
Mariposa Medical Clinic, Mariposa  
Native American Health Center, Inc., Oakland  
Northern Valley Indian Health Clinic, Chico  
Northern Valley Indian Health Clinic, Red Bluff  
Northern Valley Indian Health Clinic, Willows  
Northern Valley Indian Health Clinic, Woodland  
Pit River Health Service, Inc., Burney  
Redding Rancheria Indian Health Clinic, Redding  
Round Valley Indian Health Center, Inc., Covelo  
Sacramento Native American Health Center, Inc., Sacramento  
San Andreas Medical Clinic, San Andreas  
San Diego American Indian Health Center, San Diego  
Santa Ynez Tribal Health Clinic, Santa Ynez  
Shingle Springs Tribal Health Clinic, Shingle Springs  
Sonoma County Indian Health, Santa Rosa  
Sonora Medical Clinic, Sonora  
Southern Indian Health Council, Inc., Alpine  
Table Mountain Medical Clinic, Friant  
Toiyabe Indian Health Project, Inc., Bishop  
Tule River Indian Health Center, Inc., Porterville  
United American Indian Involvement, Inc., Los Angeles  
United Indian Health Service, Inc., Arcata  
Warner Mountain Indian Health Clinic, Fort Bidwell

## GREAT PLAINS AREA

Hospitals, health centers, health stations and satellite clinics provide services to reservations in this region. The Great Plains' awe-inspiring natural attractions and landmarks include Badlands National Park, the Black Hills and Mount Rushmore National Memorial. Health professionals in the Great Plains Area have access to world-class parkland and wilderness famous for fishing, hunting, hiking, rock climbing, horseback riding, ice skating and skiing.

### IOWA

Meskwaiki Health Center, Tama

### NEBRASKA

Carl T. Curtis Health Education Center, Macy  
Fred LeRoy Health and Wellness Center, Omaha  
Nebraska Urban Indian Health Coalition, Omaha  
Santee Sioux Health Center, Niobrara  
Winnabago Hospital, Winnebago

### NORTH DAKOTA

Elbowoods Memorial Health Center, Newtown  
Fort Totten Health Center, Fort Totten  
Fort Yates Hospital, Fort Yates  
Quentin N. Burdick Memorial Health Care Facility, Belcourt  
Spirit Lake Health Center, Fort Totten  
Trenton Community Health Clinic, Trenton



### SOUTH DAKOTA

Eagle Butte Hospital, Eagle Butte  
Flandreau Santee Sioux Tribal Health Center, Flandreau  
Fort Thompson Health Center, Fort Thompson  
Kyle Health Center, Kyle  
Lower Brule Health Center, Lower Brule  
McLaughlin Health Center, McLaughlin  
Pine Ridge Hospital, Pine Ridge  
Rapid City Indian Hospital, Rapid City  
Rosebud Hospital, Rosebud  
Wagner Health Center, Wagner  
Wanblee Health Center, Wanblee  
Woodrow Wilson Keeble Memorial Health Care Center, Sisseton

## NASHVILLE AREA

Geographically, the Nashville Area is the largest of the continental Indian Health Service Areas. A great many Tribal cultures and Tribally run clinics are included in this broad sweep of territory from the Canadian border in Maine to the tip of Florida and westward to Texas. In their free time, health professionals in the Area enjoy boating and fishing on the Great Lakes, skiing in New England, camping and rock climbing in the Great Smoky Mountains and off-road exploring in Louisiana.

### ALABAMA

Poarch Creek Health Clinic, Atmore

### CONNECTICUT

Mashantucket Pequot Health Center, Ledyard  
Mohegan Health Administration, Uncasville

### MASSACHUSETTS

Mashpee Wampanoag Health Service Unit, Mashpee

### FLORIDA

Big Cypress Clinic, Clewiston  
Brighton Health Clinic, Okeechobee  
Hollywood Health Center, Hollywood  
Immokalee Health Clinic, Immokalee  
Miccosukee Health Clinic, Miami

### LOUISIANA

Coushatta Health Station, Elton  
Jena Band, Trout  
Tunica Biloxi Tribe of Louisiana Health Program, Marksville

### MAINE

Houlton Health Center, Houlton  
Indian Township (Peter Dana Point) Health Center, Princeton  
Mimac Service Unit, Presque Isle  
Penobscot Health Center, Indian Island  
Pleasant Point Health Center, Perry

### MISSISSIPPI

Choctaw Health Center, Choctaw

### NEW YORK

Cattaraugus Indian Reservation Health Center, Irving  
Lionel R. John Health Center, Salamanca  
Oneida Healthcare Center, Oneida  
St. Regis Mohawk Health Service, Akwesasne

# INDIAN HEALTH FACILITIES

## NAVAJO AREA

Covering more than 25,000 square miles across portions of the states known as the "Four Corners" (Arizona, Colorado, New Mexico and Utah), the Navajo Nation is the largest reservation-based Indian Tribe. The geography of this spectacular region is mostly high desert; it encompasses the landmarks of Monument Valley, Canyon De Chelly and the Grand Canyon. Clinicians serving the Navajo don't have to travel far to enjoy all the outdoor pursuits this scenic area offers, including camping, hiking, hunting, skiing and kayaking.

### ARIZONA

Chinle Hospital, Chinle  
Fort Defiance Indian Hospital, Fort Defiance  
Four Corners Regional Health Center, Red Mesa  
Inscription House Health Center, Shonto  
Kayenta Health Center, Kayenta  
Pinon Health Center, Pinon  
Tsaile Health Center, Tsaile  
Tuba City Regional Health Care Corporation, Tuba City  
Winslow Indian Health Care Center, Winslow

### NEW MEXICO

Crownpoint Healthcare Facility, Crownpoint  
Dzilth-Na-O-Dith-Hle Health Center, Bloomfield  
Gallup Indian Medical Center, Gallup  
Northern Navajo Health Center, Shiprock  
Pueblo Pintado Health Center, Crownpoint  
Tohatchi Health Care Center, Tohatchi

## OKLAHOMA CITY AREA

Serving some 40 Tribes and Tribal organizations, the Oklahoma Area rural and Urban Indian hospitals, clinics and health centers are spread throughout an environment of lakes, small mountain ranges and prairie vistas. Health professionals live and practice in rural settings, small college towns and large cities. This diverse Area offers good school systems, cultural facilities and a vast array of outdoor recreational opportunities for hunting and fishing, boating and water sports, hiking, golf and horseback riding.

### KANSAS

Haskell Health Center, Lawrence  
Hunter Health Center, Wichita  
Kickapoo Nation Health Center, Horton  
Potawatomi Nation Health & Wellness Center, Mayetta

### OKLAHOMA

Anadarko Health Center, Anadarko  
Ardmore Health Clinic, Ardmore  
Atoka Choctaw Nation Health Clinic, Atoka  
Bearskin Health Center, Wyandotte  
Black Hawk Health Center, Stroud  
Carnegie Health Center, Carnegie  
Cherokee Nation Amo Salina Health Center, Salina  
Cherokee Nation Redbird Smith Health Center, Sallisaw  
Cherokee Nation Sam Hider Community Clinic, Jay  
Cherokee Nation Three Rivers Health Center, Muskogee  
Cherokee Nation Vinita Health Center, Vinita  
Cherokee Nation W.W. Hastings Hospital, Tahlequah  
Cherokee Nation Will Rogers Health Center, McDermitt  
Cherokee Nation Willma P. Mankiller Health Center, Stilwell  
Chickasaw Nation Medical Center, Ada  
Choctaw Nation Indian Hospital, Talihina  
Citizen Potawatomi Health Center, Shawnee  
Claremore Hospital, Claremore  
Clinton Indian Health Center, Clinton  
Creek Nation Community Hospital, Okemah  
El Reno Indian Health Clinic, El Reno  
EuFaula Health Center, EuFaula  
Hugo Health Center, Hugo  
Idabel Health Center, Idabel

### NORTH CAROLINA

Cherokee Indian Hospital, Cherokee

### RHODE ISLAND

Narragansett Indian Health Center, Charlestown

### SOUTH CAROLINA

Catawba Service Unit, Rock Hill

### TEXAS

Alabama-Coushatta Health Center, Livingston

## PORTLAND AREA

Indian Health Care Resource Health Center, Tulsa  
John Anderson Health Center, Broken Bow  
Kanza Health Center, Newkirk  
Kickapoo Health Center, McCloud  
Koveta Indian Health Facility, Coweta  
Lawton Hospital, Lawton  
Little Axe Health Center, Norman  
McAlester Health Center, McAlester  
Miami Health Center, Miami  
Okemah Health Clinic, Okemah  
Oklahoma City Indian Clinic, Oklahoma City  
Okmulgee Health Center, Okmulgee  
Pawhuska Indian Health Center, Pawhuska  
Pawnee Health Center, Pawnee  
Poteau Health Clinic, Poteau  
Purcell Indian Health Clinic, Purcell  
Rubin White Health Clinic, Poteau  
Sapulpa Health Center, Sapulpa  
Stigler Choctaw Health Clinic, Stigler  
Tishomingo Indian Health Clinic, Tishomingo  
Wagona Health Center, Wagona  
Wewoka Indian Health Center, Wewoka  
White Eagle Health Center, Ponca City

### IDAHO

Benawah Medical Center, Plummer  
Kamiah Health Center, Kamiah  
Kootenai Health Station, Bonners Ferry  
Nimipou Health Center, Nez Perce, Lapwai  
Not-Issoo Gah-Nea Indian Health Center, Pocatello

### OREGON

Chemawa Health Center, Salem  
Cowlitz Community Health Center, Coos Bay  
Coq Creek Health and Wellness Center, Roseburg  
Grand Ronde Health and Wellness Center, Grand Ronde  
NARA Health Clinic, Portland  
Klamath Tribal Health Clinic, Chiloquin  
Wada Tika Health Center, Burns  
Warm Springs Health and Wellness, Warm Springs  
Yellowhawk Tribal Health Clinic, Pendleton

### WASHINGTON

Chehalis Community Clinic, Oakville  
Chief Kila Wellness Center, Forks  
Colville Indian Health Center Nespelem, Nespelem  
Cowlitz Tribal Health Clinic, Longview  
Inchelium Health Center, Inchelium  
Jamestown S'Klallam Family Health Center, Sequim  
Lummi Indian Health Center (Bellingham), Bellingham  
Muckleshoot Tribal Clinic, Auburn  
Sophie Trettevick Indian Health Center, Neah Bay  
Nisqually Health Clinic, Olympia  
Nooksack Tribal Health Clinic, Everson  
Omak Indian Health Center, Omak  
Port Gamble S'Klallam Tribe Health Facility, Kingston  
Quinalt Nation Tribal Health Facility, Queets  
Roger Saux Health Center, Taholah  
Seattle Indian Health Board Health Center, Seattle  
Shoalwater Bay Tribal Clinic, Tokeland  
Skokomish Tribe Health Center, Skokomish  
Sophie Trettevick Indian Health Center-Makah, Neah Bay  
David C Wyncoop Memorial Clinic, Wellpinit  
Squaxin Island Health Clinic, Shelton  
Stilagamish Health Clinic, Arlington  
The Squamish Tribe Wellness Center, Squamish  
Swinomish Tribal Health Center, La Conner  
Takopid Health Center, Tacoma  
Tolt Community Clinic, Snoqualmie  
Tolt Community Clinic, Carnation  
Tulalip Health Center, Marysville

### CALIFORNIA

Chemehuevi Clinic, Havasu Lake  
Fort Yuma Health Center, Winterhaven

### NEVADA

Ely Health Station, Ely  
Fallon Paiute-Shoshone Health Clinic, Fallon  
Fort McDermitt Health Station, McDermitt  
Las Vegas Paiute Health Station, Las Vegas  
Newe Medical Clinic, Ely  
Owyhee Community Health Facility, Owyhee  
Pyramid Lake Tribal Health Center, Nixon  
Reno Sparks Shoshone Paiute Health Center, Reno  
Walker River Health Center, Schurz  
Washoe Tribal Health Center, Gardnerville  
Yerington Tribal Health Center, Yerington

### UTAH

Fort Duchesne Health Center, Fort Duchesne

## PORTLAND AREA

Some 150,000 American Indians receive comprehensive health care through Tribal health facilities, Urban Indian organizations and Indian Health Service facilities throughout the forested terrain of the Pacific Northwest. From rugged seacoasts to snow-capped mountains, the region is famous for its abundant recreational opportunities; most Indian reservations are located among these prime spots. Health professionals can enjoy their free time camping, hiking and hunting in unspoiled forests, skiing some of the best slopes in the country or just relaxing beside a pristine mountain lake or coastal shore.

### IDAHO

Benawah Medical Center, Plummer  
Kamiah Health Center, Kamiah  
Kootenai Health Station, Bonners Ferry  
Nimipou Health Center, Nez Perce, Lapwai  
Not-Issoo Gah-Nea Indian Health Center, Pocatello

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Cowlitz Community Health Center, Coos Bay  
Coq Creek Health and Wellness Center, Roseburg  
Grand Ronde Health and Wellness Center, Grand Ronde  
NARA Health Clinic, Portland  
Klamath Tribal Health Clinic, Chiloquin  
Wada Tika Health Center, Burns  
Warm Springs Health and Wellness, Warm Springs  
Yellowhawk Tribal Health Clinic, Pendleton

### WASHINGTON

Chehalis Community Clinic, Oakville  
Chief Kila Wellness Center, Forks  
Colville Indian Health Center Nespelem, Nespelem  
Cowlitz Tribal Health Clinic, Longview  
Inchelium Health Center, Inchelium  
Jamestown S'Klallam Family Health Center, Sequim  
Lummi Indian Health Center (Bellingham), Bellingham  
Muckleshoot Tribal Clinic, Auburn  
Sophie Trettevick Indian Health Center, Neah Bay  
Nisqually Health Clinic, Olympia  
Nooksack Tribal Health Clinic, Everson  
Omak Indian Health Center, Omak  
Port Gamble S'Klallam Tribe Health Facility, Kingston  
Quinalt Nation Tribal Health Facility, Queets  
Roger Saux Health Center, Taholah  
Seattle Indian Health Board Health Center, Seattle  
Shoalwater Bay Tribal Clinic, Tokeland  
Skokomish Tribe Health Center, Skokomish  
Sophie Trettevick Indian Health Center-Makah, Neah Bay  
David C Wyncoop Memorial Clinic, Wellpinit  
Squaxin Island Health Clinic, Shelton  
Stilagamish Health Clinic, Arlington  
The Squamish Tribe Wellness Center, Squamish  
Swinomish Tribal Health Center, La Conner  
Takopid Health Center, Tacoma  
Tolt Community Clinic, Snoqualmie  
Tolt Community Clinic, Carnation  
Tulalip Health Center, Marysville

## TUCSON AREA

Dramatic scenery characterizes the Tucson Area, where elevations range from 1,400 feet in the Santa Rosa Valley to nearly 8,000 feet on Baboquivari Peak. Popular recreational activities include camping and backpacking in nearby deserts and national forests and skiing on the famous slopes of the White Mountains and Mount Lemmon. The city of Tucson abounds in cultural opportunities, as well as recreational options, including golf, tennis and horseback riding.

### ARIZONA

Pascua Yaqui Health Center, Tucson  
San Simon Health Center, Sells  
San Xavier Health Center, Tucson  
Santa Rosa Health Center, Santa Rosa  
Sells Hospital, Sells