

Squaxin Island Natural Resources - Shellfish Update 2025

Greetings, shellfish harvesters! On behalf of Squaxin Island Natural Resources and shellfish program staff, this article serves as an update for the 2024-2025 intertidal clam and oyster season (December 2024-November 2025). We have included annual harvest data for clams and oysters, intertidal program updates, other shellfish news, and options for communicating with Natural Resources regarding shellfish-related concerns.

Manila Clams

During the 2024-2025 season, the Tribe harvested 999,076 pounds of Manila clams. This means for the second year in a row the Tribe has harvested approximately 1 million pounds. This is a huge accomplishment as only 10 years ago the Tribe was harvesting about half that amount (see figure #1 on page 2).

The Tribe's annual clam harvest continues to increase over time due to a combination of factors: having access to more beaches (tribal, state and privately owned), more tribal harvesters participating in the fishery, naturally high productivity coupled with enhancement efforts, along with management strategies designed to create more harvester opportunity.

Shellfish program staff continue to survey new beaches and expand the private tideland program. Each year we survey about 100 private tidelands. "Survey season" begins roughly in March/April when lower tides are during the daytime and ends in September/October. This optimizes survey results as well as team availability.

Pacific Oysters

Shellfish program staff continue to explore options for growing and managing the wild Pacific oyster fishery. Wild Pacific oysters do not naturally recruit in the Southern Puget Sound on a regular basis, but rather episodically and sporadically. In fact, the Tribe started harvesting oysters again in 2016 after observing an unprecedented natural set in Hammersley Inlet and surrounding areas.

In 2025, we had 4 oyster picks total, which provided 70 individual harvester opportunities. Oyster picks are primarily done on state tidelands (the Dikes, Gallaghers, etc.) and occasionally on private tidelands. Typically, we do not schedule oyster picks in the summertime due to warmer weather. This is because *Vibrio*, a type of bacteria which can cause food borne illness, thrives in higher temperatures. Washington Department of Health restricts the time of year oysters may be harvested, so this creates a shorter window for scheduling oyster picks.

We continue to monitor localized populations of oysters in hopes of providing more harvester opportunity in coming years.

European Green Crab (EGC)

Squaxin Island Tribe was recently awarded a grant for monitoring Euro-

pean Green Crab (EGC). The EGC is a worldwide invasive species known for its voracious diet and destructive behavior. EGC invasion threatens native shellfish species, eelgrass beds, aquaculture industry, and other environmental and cultural values important to the Tribe.

European Green Crab have not yet been detected in Southern Puget Sound, but have now been spotted in Northern Puget Sound. Shellfish program staff are now monitoring for their presence to protect tribal resources, especially intertidal shellfish which are highly vulnerable to EGC. We are also developing infrastructure and resources necessary to respond to an eventual



Continued on Page 2

10 SE Squaxin Lane, Shelton, WA 98584
Change Service Requested

Mark your Calendar!

2026 Winter General Body Meeting

JANUARY 17, 2026
9:00 AM

Little Creek Casino
Sa-Heh-Wa-Mish Room

Don't miss this opportunity to meet with your Tribal Council Members!

If you have any questions please reach out to
Melissa at mpuhn@squaxin.us



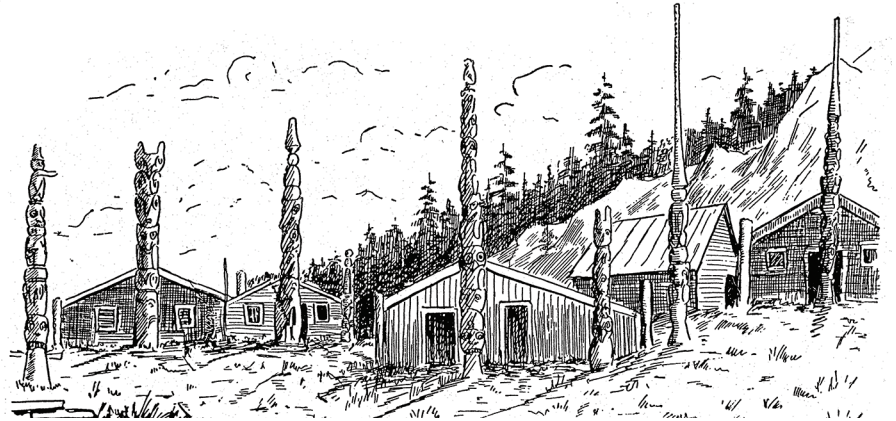
Squaxin Transit

(360) 280-7612 | (360) 480-1402 | (360) 432-3951



Tribal Council Feedback forms: squaxinland.org

Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page. Your valuable feedback will go directly to the director of the department and Executive Director, Erika Thale. Please take time to let us know what great ideas and concerns you have.



Squaxin Island Tax Site

BASIC RETURNS

February 9, 2026 -
April 7, 2026



By appointment only
Contact Lisa Peters to schedule
an appointment 360-432-3871

WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- Bank account and routing numbers for direct deposit of your refund
- A copy of last year's federal return, if available
- Identity Protection Pin (IP Pin) if you have one
- Wage and earning statements (W-2, 1099's)
- Other income documents
- Documentation for any expenses you may claim
- Form 1095-A, Health Insurance Marketplace Statement
- Anything that says IMPORTANT TAX DOCUMENT



Sponsored by Squaxin Island Tribe—Office of Housing

Squaxin Island Tribe's Office of Housing

Housing staff is available. Please do not hesitate to call or email with any questions or concerns.

The Office of Housing contact information:

- ⇒ Liz Kuntz – Housing Manager
⇒ Email: lkuntz@squaxin.us PH: 360-432-3937
- ⇒ Lisa Peters – Housing Counselor
⇒ EMAIL: lpeters@squaxin.us PH: 360-432-3871
- ⇒ Kristin Penn – Housing Occupancy Specialist
⇒ EMAIL: kpenn@squaxin.us PH: 360-432-3863
- ⇒ Ashly Sigo – Housing T-HOPE Specialist
⇒ EMAIL: asigo@squaxin.us PH: 360-432-3888
- ⇒ Gus Nilsson – Housing Enforcement Officer
⇒ EMAIL: gnilsson@squaxin.us PH: 360-432-3953
- ⇒ Guy Cain – Housing Maintenance Technician
⇒ EMAIL: gcain@squaxin.us PH: 360-432-3957
- ⇒ Richard Gouin – Housing Maintenance Technician
⇒ EMAIL: rgouin@squaxin.us PH: 360-432-3957
- ⇒ For Housing related emergencies call Maintenance
⇒ PH: 360-545-2768

Squaxin Island Tribe
Office of Housing
10 SE Squaxin Lane
Shelton, WA 98584





Squaxin Island

Tribal Council Meetings



Public Comment Period

SECOND & FOURTH THURSDAYS
Each month

Tribal Council is implementing a new Public Comment Period with every Council Meeting. This period will be a standing item on the agenda, from 9:15 - 9:30am. Attendees are encouraged to bring their comments in written form, and each individual's time will be limited.



REGISTER FOR THE PUBLIC COMMENT BY TUESDAY BEFORE THE MEETING:

Email Melissa Puhn to get on the Public Comment Period:
mpuhn@squaxin.us

Squaxin Tribal Court Survey

The Tribal Court is receiving an update to their Tribal Court Assessment, and the team wants to hear from you!

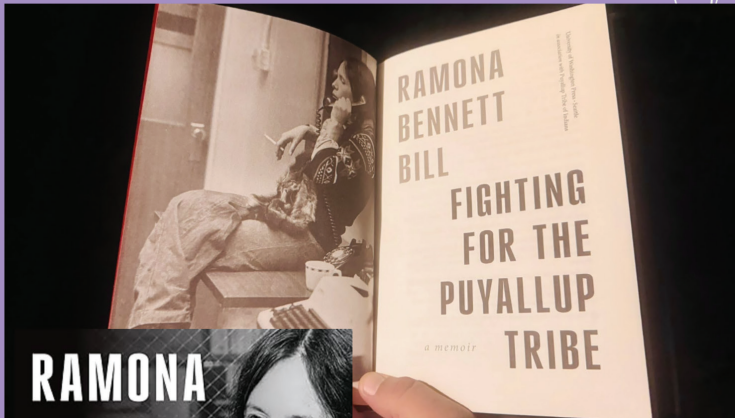


Tribal Court Assessments are intended to evaluate tribal court needs, provide recommendations for court improvement and to receive dedicated tribal court funding.

Please take this brief survey!

<https://www.surveymonkey.com/r/SquaxinTCA>

SQUAXIN ISLAND MUSEUM, LIBRARY & RESEARCH CENTER INVITES YOU TO MEET RAMONA BENNETT BILL



RAMONA BENNETT BILL
FIGHTING FOR THE PUYALLUP TRIBE
a memoir

Honoring Ramona's Legacy
Book Signing Event
Saturday, January 10, 2026 at 1:00 PM
Join us for a special book signing celebrating Ramona's journey.
Books will be available for purchase in the Museum Gift Shop.
Light snacks will be provided.

Squaxin Island Museum Library & Research Center
150 SE Kwuh-Deegs-Altxw
Shelton, WA. 98584
360-432-3839

Book sales are first-come, first-served; we will not reserve copies.



Questions? Contact:
TCACoordinator@whitenergroup.biz
or 360-688-1004

LINK: <https://www.surveymonkey.com/r/SquaxinTCA>

DO YOU NEED HELP?

The Tribal Council SPIPA Representative would like to encourage any tribal member who needs help paying for things such as car repairs, insurance, work clothes, special tools or anything related to employment to apply at Family Services for the Work Force Development or Vocational Rehabilitation Program. Call 360-426-9781.



HAPPY holidays



Congrats Hazel Lehman!

Hazel Lehman got quality work for November at Griffin Elementary! We are so proud of you and what a great student you are.



Hazel also performed in her 4th and 5th ballet and tap dance class. She is in her 3rd year at South Sound Dance. Mama and the family are so proud of you and look forward to your growth as a dancer!





Bordeaux

Tamike Krise - As we head into a new year, we want to share some highlights from the last two months of 2025 at Bordeaux Elementary. Our students were busy learning, creating, and connecting. They ended the year 2025 in a good way.

In November, our students celebrated Native American Heritage Month by creating cultural projects, practicing public speaking, and sharing parts of their heritage with their classmates. They also used words and phrases in Lushootseed and Twawduq, helping raise awareness of our languages in the school community.

Students also learned why this month matters — honoring our ancestors, building cultural pride, and understanding their role in keeping our traditions alive.

December brought winter spirit and community fun. Students enjoyed pajama days, holiday activities, and classroom events that brought everyone together. Even with the celebrations, our students stayed focused, wrapping up their assignments and finishing the 2025 school year strong. It was a fun and productive month.

We are ready to get into our new year 2026 feeling refreshed and motivated!

Important dates for January:

- January 5: Return from winter break
- January 14: 1.5-hour early release
- January 19: No school – Martin Luther King Jr. Day
- January 28: 3-hour early release



Native Ed. 4th graders getting prepped for our assembly!



Jeremiah and our 4th grade drum group



Finn Dorland and Matthew Plant as our 4th grade speakers



Our 4th grade Native Ed students!



Even the teachers go the opportunity to dance the Frog Song!



Oakland Bay Junior High

Caleb Kinzner - Hi all, it is now the start of the 2nd trimester at OBJH. Students are off to a fresh start again, so please make sure they stay focused in school after winter break ends to keep their strong start going.

I'm very proud of the work that all these students put in to get in all their missing work/tests at the end of the last trimester. I appreciate all of you parents/guardians who helped them through the 1st trimester, whether it has been setting expectations or just instilling them with confidence.

Please be on the lookout for syllabi that have gone home over these last two weeks, as they dictate students' grades for the first month.

As always, we are available upstairs at the education center for after school homework help from 3:00 p.m. - 5:00 p.m., Monday-Thursday, and I highly encourage students to come get some assistance.

For Native American Heritage month, we had a recognition assembly that students were able to participate in, and also had community members from Squaxin and Skokomish participate. The students took a lot of ownership in the preparation for this assembly, as well as attending the assemblies at OMS and Bordeaux.

Student of the month! The student of the month this month is Jayda Hawks. She has been a fantastic student so far this year and has carried that momentum into the new trimester. I anticipate her continuing her academic success not only for the rest of this year but into her freshman year next year also!



Shelton High School



Isabelle LeClair - Hello from SHS!

This month I would like to give a special shout out... Jessica Ryker! Jessica is a freshman here at Shelton High School and, so far, has been absolutely killing it! Jessica has had amazing attendance all trimester long and on top of that she finished off her first trimester with all A's, which is a very impressive thing to do!! She has managed to balance school and a winter sport! Jessica is on the girls JV basketball team!

We are so proud of you, Jessica, and all the hard work you have put into this school year!

Lastly, just wanted to remind our kids - since we have started a new trimester - if anybody needs help during or after school, please don't be afraid to reach out and get that little bit of extra support during those hard winter months of school!



Elianna and LJ Land acknowledgement



Jayda Hawks



Jeremiah George with OBJH students



Outside after OBJH Assembly



Olympic Middle School

Kiana Wily - haʔl sləxil ʔəsxid čələp. I hope everyone had a great holiday and happy new year! Are you ready and rested for the second half of the school year? We ended the school year in a really good way, with multiple celebrations, strong attendance, and an improvement in missing assignments. I'm looking forward to seeing what the rest of the school year brings. My goal for the end of next semester is for more of our students to achieve 0 missing assignments.



The OBJH boys standing with Barney at the assembly



Holiday fun



Satayla, Olivia and Barney invited their friend to Drum Group



OBJH Native Ed students visiting after the assembly



Taking the floor at our Native American Heritage Month Assembly



Jeremiah George leading our young drummer and dancers in song



Our kiddos and their schoolmates watching Cecilia share her dance



LEARNING CENTER



Teen Program

HAPPY NEW YEAR FAMILY,

I hope everyone is off to an amazing start to 2026.

On December 20th, the teen program wrapped up the year with an unforgettable winter outing at Oly on Ice in Olympia. For many of our teens, this was their very first time putting on skates... which meant plenty of wobbly knees, cautious first steps, and a whole lot of laughter echoing around the rink.

Even with the chilly air, the energy was warm and full of excitement. Some teens surprised themselves by picking up skating quickly, while others held onto the wall and each other for a little moral support. Watching our brand-new skaters learn, fall, get back up, and cheer each other on was both hilarious and heartwarming. These moments of resilience, connection, and pure joy are exactly what make the teen program so special.

Events like this continue to build confidence, leadership, and strong friendships within our youth community. We're grateful to all the teens who joined us for this winter adventure and made the day truly memorable.

Up Next: Teens vs. Adults Basketball Game — MLK Day!

As we roll into the new year, we're gearing up for one of our favorite annual traditions: the Teens vs. Adults Basketball Game on MLK Day, January 19th, from 1:00 - 3:00 p.m. This is always a fun, competitive, and community-building event and bragging rights are definitely on the line.

Whether you're cheering from the sidelines or hitting the court, we hope to see you there!

Keesha Vigil
Teen Program Manager
(360) 463-0681



Higher Education

If you haven't done so already, please turn in final grades from fall quarter/semester ASAP.

Also, if you have not completed your FASFA (2026-2027 school year), please do so ASAP.

FAFSA launched in October 2025 and is open until June 30th, 2026.

I hope everyone has a great winter quarter/spring semester.

If you have any questions regarding Higher Education or need assistance please feel free to contact me.

Thank you,
Mandy
Phone: (360)432-3882
Email: mvalley@squaxin.us

January 2026 Pool Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	let it snow			1 CLOSED For Holiday Break!	2 CLOSED For Holiday Break!	3 LS/OS: 8:30 AM - 5:30 PM
4 LS/OS: 8:30 AM - 5:30 PM	5 LS/OS: 8:30 AM - 5:30 PM	6 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	7 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	8 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	9 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	10 LS/OS: 8:30 AM - 5:30 PM
11 LS/OS: 8:30 AM - 5:30 PM	12 LS/OS: 8:30 AM - 5:30 PM	13 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	14 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	15 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	16 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	17 LS/OS: 8:30 AM - 5:30 PM
18 LS/OS: 8:30 AM - 5:30 PM	19 LS/OS: 8:30 AM - 5:30 PM	20 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	21 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	22 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	23 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	24 LS/OS: 8:30 AM - 5:30 PM
25 LS/OS: 8:30 AM - 5:30 PM	26 LS/OS: 8:30 AM - 5:30 PM	27 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	28 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	29 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	30 LS/OS: 8:30 AM - 4:00 PM ASP: 4:30 PM - 5:30 PM	31 LS/OS: 8:30 AM - 5:30 PM

Key:
 LS: Lap Swim
 OS: Open Swim
 EA: Elders Aerobics
 ASP: After School Program

Front Desk:
 360-432-3852
 (Call for recording of daily schedule)

Pool Office:
 360-432-3873

Non-tribal swim fees:
 \$5/visit
 or
 \$30/month for single pass
 \$45/month for family pass

Tribal members swim for free!



Schedule is subject to change at any time due to community/staff/youth events



After School Program

Kasia Seymour - **Winter is upon us.**

We hope you all had happy holidays!

Santa visited Squaxin youth and their families this year at our annual youth Christmas party. We held the event from 5:00-6:30 p.m. at the Tu' Ha Buts Youth Center. The gym was decorated to look like a winter wonderland, and it was magical! It was great to see all the youth and their families enjoying the food and festivities. We want to thank all the sponsors, Squaxin Island Tribal Council and Skookum Creek Tobacco. Thank you to all those who helped; we appreciate you.

On Monday, December 1st, youth got to bead the necklaces of their choice and go out to the playground to swing, slide, and have fun with their friends before it got too dark.

On Thursday, December 4th, the youth got to create their very own Christmas tree ornaments made from cinnamon dough. Each youth got to take a piece of the dough and put their hand print into it for their family. This turned out cool and smelled great.

On Friday, December 5th, the youth got to create a salted snowflake painting with water colors and salt. They also got to go swimming in the pool with their friends.

On Wednesday, December 10th, the youth created their very own miniature wreaths made from Douglas fir branches, bows or bells, and pinecones.

On Monday December 8th, we made beaded earrings to gift to someone they care for, and they all did a fantastic job!

We had some fun winter activities planned during the week before the holiday break . . . Monday, December 15th: gingerbread houses; Tuesday, December 16th: baking Christmas cookies; Wednesday, December 17th: DIY snowmen from socks and rice with felt noses and button eyes and mouth (they turned out adorable); Thursday, December 18th: Christmas movie night (we watched a movie that the youth voted for earlier that week.

Stay tuned for the upcoming after school calendar in January and weekly schedule on our Facebook page, Tu' Ha Buts Youth Center or join our Remind app! Text SquaxinTYC to 81010 - The Remind app will text our weekly hours and any urgent updates directly to your phones!



Lily and Eliza making mini button blankets



Youth during Kennedy Creek Field Trip in Nov



Alaiyah, Nation, Junior, Danielle and Evi playing Monopoly in rec room



Toby, Matayla and Oakland during field trip to Kennedy Creek shaking hands



Ziya enjoying Kennedy Creek



Kinley on field trip at Kennedy Creek



Juniper with the chum, Oakland, Hazel and Avaiah



All the youth checking out the Chum salmon



LEARNING CENTER



January 2026

Rec Room: 360-432-3986 | Kasia: 360-432-3801 | Kenna: 360-432-3895 | Sara: 360-432-3992 | Tanalee: 360-432-3819

			Closed for New Years Day	1	Closed No After School Program	2			
After School Program: 3:00-6:00pm Cultural Activity: Weaving	5	After School Program: 3:00-6:00pm Cooking Activity: Chocolate Peppermint bark	6	After School Program: 2:30-6:00pm Traditional Medicine: Cold and Flu Tea Swimming 4:30-5:30pm GSD Early Release @ 2:30	7	After School Program: 3:00-6:00pm DIY Letter Yarn Wrapping	8	After School Program: 3:00-6:00pm STEM: Winter Marshmallow experiment Swimming 4:30-5:30pm	9
After School Program: 3:00-6:00pm Cultural Activity: Weaving	12	After School Program: 3:00-6:00pm Cooking Activity: Goey Butter Cake	13	After School Program: 2:30-6:00pm Traditional Medicine: Immunity Gummies Swimming 4:30-5:30pm	14	After School Program: 3:00-6:00pm DIY Pony Bead Looms	15	After School Program: 3:00-6:00pm STEM: Tallest Tower Challenge Swimming 4:30-5:30pm	16
MLK Jr Day Hours: 8:30am-3:00pm Hot chocolate cookies, Ironing Beads, Painting, Tpeesin Playground and Games MLK Basketball Game Teens Vs. Staff 1pm	19	After School Program: 3:00-6:00pm Cooking Activity: Homemade Mini Pizzas	20	After School Program: 3:00-6:00pm Traditional Medicine: Eucalyptus Swimming 4:30-5:30pm	21	After School Program: 3:00-6:00pm DIY Winter Sensory bottle	22	After School Program: 3:00-6:00pm STEM: Sled and Slope Challenge Swimming 4:30-5:30pm	23
After School Program: 3:00-6:00pm Cultural Activity: Weaving	26	After School Program: 3:00-6:00pm Cooking Activity: Banana Bread	27	After School Program: 3:00-6:00pm Traditional Medicine: Immunity Gummies Swimming 4:30-5:30pm	28	After School Program: 3:00-6:00pm DIY Winter Oil Pastel Art	29	After School Program: 3:00-6:00pm Movie Night 4:30-6pm	30
Key: SSD – Shelton school District GSD – Griffin School District	After-School Mealtimes: Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm		Activity Time: 5:00-5:45pm		Swimming Wednesday & Fridays 4:30-5:30pm				

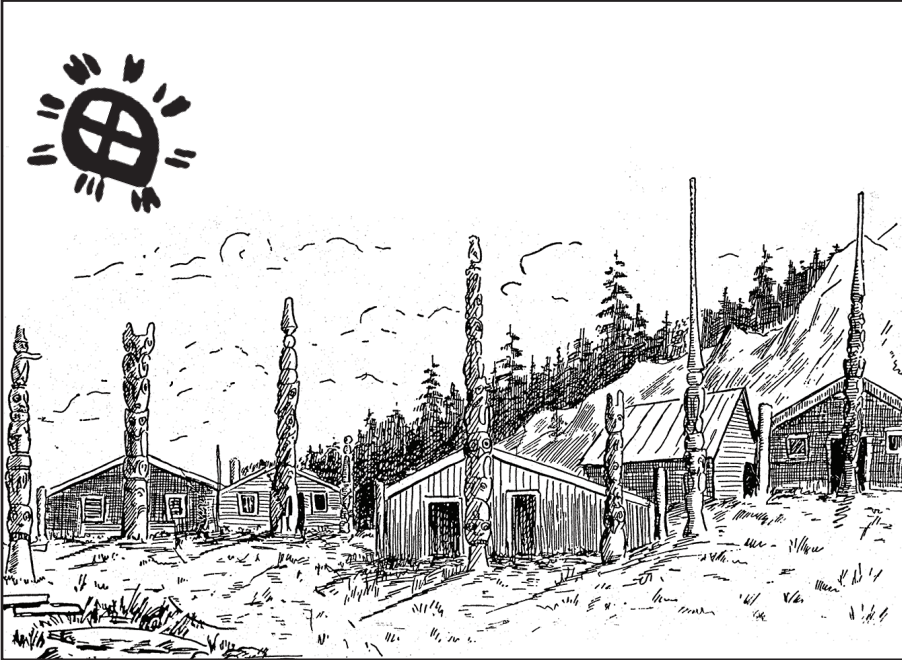
After-School & Recreation programs are Tobacco, Vape, Alcohol & Drug Free. This calendar and its activities are subject to change at any time



Sports / Basketball January 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Team meeting 9th: 12-18u: 4pm - 5pm 10u: 5pm - 6pm			1	2	3	4
Have a Great Winter Break!						
5 12-18u 3:45 - 5pm 10u 5-6pm	6 12-18u 3:45 - 5pm 10u 5-6pm	7 All Team Scrimmage	8 12-18u 3:45 - 5:30pm	9 Basketball Team meeting!	10 Open Gym 12-4	11
12 12-18u 3:45 - 5pm 10u 5-6pm	13 12-18u 3:45 - 5pm 10u 5-6pm	14 Open Gym for all ASP youth	15 12-18u 3:45 - 5:30pm	16 All Team Scrimmage	17 11u & 13u Basketball Tournament in Auburn	18
19 MLK Event: Adults vs. Youth Basketball Game	20 12-18u 3:45 - 5pm 10u 5-6pm	21 Open Gym for all ASP youth	22 12-18u 3:45 - 5:30pm	23 All Team Scrimmage	24 Open Gym 12-4	25
26 12-18u 3:45 - 5pm 10u 5-6pm	27 12-18u 3:45 - 5pm 10u 5-6pm	28 Open Gym for all ASP youth	29 12-18u 3:45 - 5:30pm	30 All Team Scrimmage	31 Open Gym 12-4	



PLEASE NOTE

The health clinic currently doesn't have DSHS onsite, but Tribal members can call
253-719-3208
or
360-968-9078
to get help with services.

Bingo Night

JANUARY 22, 2026

4-6PM

SQUAXIN ISLAND COMMUNITY KITCHEN

Join Patient Navigator Clara Hernandez for a fun filled evening playing Cervical Cancer Awareness Bingo. Learn about your health and how you can prevent cancer. There will be prizes, food and beverages!

If you have any questions, please call Patient Navigator Clara Hernandez @ 360.427.9006

Squaxin Island Health Clinic
CERVICAL CANCER AWARENESS EVENT

Squaxin Island Health Clinic Invites you to participate in our first ever Pap-A-Thon

When:
Tuesday January 20th, 2026
To make an appointment
Please call Clara Hernandez
at 360-427-9006

Screening Recommendations:

- Women ages 21 to 65 can be tested every three years
- Women ages 30 and older can be tested every five years if the procedure is combined with testing for HPV
- If you have certain risk factors, your health care provider may recommend more-frequent Pap test, regardless of your age

In the Pacific Coast
Cervical cancer is **x2** higher among American Indians/Alaska Natives compared to Non-Hispanic Whites

13.8	6.9
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Increased Risks

- HAVING HPV:** Almost all cervical cancers are caused by human papillomavirus (HPV)
- HAVING SEVERAL INTIMACY ENCOUNTERS**
- SMOKING**
- HAVING HIV:** Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- BIRTH CONTROL PILLS:** Using birth control pills for a long time (five or more years).

CONTACT YOUR HEALTHCARE PROVIDER OR PATIENT NAVIGATOR IF YOU HAVE ONE OR MORE OF THESE RISKS

Cancer is the second leading cause of death for AI/AN in the Northwest and nationwide.

#GetScreened #GetTested

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JAMA PATIENT PAGE

What Is Methamphetamine Use Disorder?

Methamphetamine (sometimes called *meth*, *ice*, *speed*, or *crystal*) is a highly addictive stimulant.

Illicitly manufactured methamphetamine is usually smoked but may be taken by injection, snorting, oral ingestion, or rectal administration. In 2019, there were 15 489 methamphetamine overdose deaths in the US, and slightly more than half of these deaths also involved opioids such as fentanyl.¹

Approximately 1% of the US population (2.6 million people) used methamphetamine in 2023. Methamphetamine use is more common among people who are male, in a sexual or gender minority group, experiencing homelessness, or using other substances (cannabis, opioids, cocaine, benzodiazepines, alcohol, and tobacco). Among US adults who have used methamphetamine, about half have stimulant use disorder (methamphetamine addiction).

Acute and Long-Term Effects of Methamphetamine Use

Acute methamphetamine toxicity (“overamping”) can cause chest pain, high blood pressure, palpitations, increased body temperature, impulsivity, delirium, and psychosis. Severe toxicity can cause stroke, kidney injury, heart attack, heart rhythm disturbances, tearing of the lining of the aorta, traumatic injury, and suicide.

Long-term use of methamphetamine increases the risk of heart disease, neurologic and psychiatric conditions (including cognitive impairment, schizophrenia, and Parkinson disease), sexually transmitted infections (STIs; such as HIV, syphilis, chlamydia, and gonorrhea), poor nutrition, and dental disease. Injecting methamphetamine increases the risk of acquiring HIV, hepatitis B, and hepatitis C and may cause infection of the heart valves (endocarditis) and bones (osteomyelitis).

Behavioral Treatments for Methamphetamine Use Disorder

Contingency management, which provides prizes such as gift cards or vouchers for cessation of methamphetamine use or engagement in treatment, is effective behavioral treatment for stimulant use disorder. Additionally, cognitive behavior therapy (CBT) and multicomponent therapy that includes individual therapy, community engagement, and social support may be helpful for people with methamphetamine use disorder.

Medications for Methamphetamine Use Disorder

There are no US Food and Drug Administration (FDA)-approved medications for methamphetamine use disorder. However, people with methamphetamine use disorder may benefit from nonstimulant medications such as bupropion, naltrexone, topiramate, and mirtazapine. For people who use methamphetamine frequently, stimulants such as amphetamines may help decrease methamphetamine use. However,

Methamphetamine is a highly addictive stimulant that can cause serious acute and long-term health effects. Methamphetamine can be smoked, injected, snorted, ingested orally, or administered rectally.


Potential effects of methamphetamine use


Acute and severe toxicity may cause

- Increased blood pressure
- Increased body temperature
- Delirium
- Psychosis
- Stroke
- Heart attack
- Traumatic injury
- Suicide

Long-term use increases risk of

- Heart disease
- Neurologic and psychiatric conditions
- Sexually transmitted infections
- Poor nutrition
- Dental disease

 Injecting methamphetamine increases the risk of acquiring HIV, hepatitis B, and hepatitis C and may cause infections, such as of the heart valves and bones.

 There are no FDA-approved medications for methamphetamine use disorder, but certain stimulant and nonstimulant medications may be beneficial. People with methamphetamine use disorder may benefit from behavioral treatments, general medical care, and harm reduction programs.

due to potential side effects, stimulants should be prescribed for methamphetamine use disorder only by specialists in addiction medicine or addiction psychiatry or similarly trained clinicians.

Medical Care for People Who Use Methamphetamine

Clinicians caring for people who use methamphetamine should monitor their blood pressure; screen for infectious diseases such as HIV, hepatitis, syphilis, gonorrhea, and chlamydia; ensure that vaccinations are up to date; and consider medications to prevent HIV (pre-exposure prophylaxis) and bacterial STIs (doxycycline postexposure prophylaxis). Psychiatric evaluation and treatment, including antipsychotic medications for people with symptoms of psychosis, should be offered, and co-occurring substance use disorders should be treated. Referrals to dental care and homelessness services, when appropriate, may help support overall health and well-being.

Harm Reduction for People Who Use Methamphetamine

Because methamphetamine overdose deaths often involve opioids (such as fentanyl), all people who use methamphetamine should be provided with naloxone, a medication that can reverse an opioid overdose. Harm reduction programs such as syringe service programs can help prevent complications of methamphetamine use.

FOR MORE INFORMATION

[Centers for Disease Control and Prevention](#)

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1. Leyde S, Tilhou AS, Tsui JI. Methamphetamine use disorder. *JAMA*. 2025;334(13):1192-1193. doi:10.1001/jama.2025.12007



COMMUNITY



1/1
Aaron Nathaniel Evans
Jessica Kaye Solano

1/2
Patrick Allen Braese
Sydney Marie Tuso

1/3
Nohea Robinson-Black

1/4
Aaron Matthew Raven Peters
Elias Dade Coley
Halia Marie Cooper-Lewis

1/5
Christopher Wade Stewart
Two Hawks Krise Young
Lincoln Villanueva

1/6
Moses Elijah Kruger
Samantha Ackerman
Sherry Lynn Haskett

1/7
Charlene Holly Blueback
Kaleb Darrell Krise
Melissa Rose Dawn Whitener
Zachery Gene Clark

1/8
Francis Arnold Cooper Jr.
Melanie Evelyn Sequak
Shila Mae BlueBack

1/9
Deanna Mary Hawks
Emmalee Georgena James
Janita Lee Raham

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Samantha Shantelle Armas
Stephanie Michele Peters

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Emilie Burgain
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Patricia Johnna Green
Seilyah Hernandez-Smith

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Julian Felix De La Cruz
Marvin Eugene Campbell Jr.

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John Edward Penn
Sheena Marie Lewis Glover

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Ashton Ryder Coble
Jesse Raymond James
Kayla Keniston

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Imalee Rose Tom

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Barbara Eileen Cleveland
Charlotte Sky Bradley
Tristan Isaiah Coley
Whitney Amber Jones

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David Norman Dorland
John Alan Ackerman

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Leonard William Hawks III
Santana Lee Krise

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Jacob Wesley Campbell
Traci Lynn Lopeman

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Shawnell Lynn McFarlane

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Margaret Catherine Henry
Percina Erin Bradley

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Dakodah Delaney Vigil
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Nutella Natt Obi
Robert Charles Lacefield

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Alohna Jean Clark
Amanda Rose Salgado
Cheryl Rae Melton
Guy Tatum Cain

1/29
Sharleina Elizabeth Henry

1/30
Buck Gene Clark Jr.
Mallie Moon-Ray Sanchez
Storm Bay Sigo

1/31
Brandon Lee Stewart
Nikolai Abraham Cooper



Need a Tribal ID?



Contact Aleta Poste:

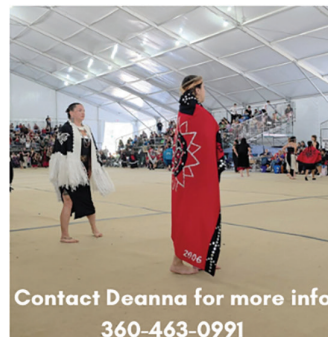
(360) 432-3923

acposte@squaxin.us




Culture Night
5pm
Wednesdays
Squaxin Community Kitchen

Bring your dancing feet,
drums, rattles & crafty hands



Contact Deanna for more info
360-463-0991





What's Happening

- LIHEAP** January 12
- GENERAL BODY MEETING** January 17
- CERVICAL CANCER AWARENESS EVENT** January 20
- CERVICAL CANCER AWARENESS BINGO** January 22
- WIC** January 5
- DIAPER DISTRIBUTION** January 9
- USDA** January 9



- COURT**
- Criminal January 27 Beginning at 9:30 a.m.
- Civil Court January 27 Beginning at 11:00 a.m.



Elders Menu

Fruit and salad at every meal

MONDAY 5:
Tomato Soup, Roast Beef Sandwiches

TUESDAY 6:
Clam Chowder, Crackers

MONDAY 12:
Tator Tot Casserole, Corn

TUESDAY 13:
Minestrone Soup, Biscuits

MONDAY 19:
Stroganoff, Brussel Sprouts

TUESDAY 20:
Baked Potato Soup,
Turkey Sandwiches

MONDAY 26:
Enchilada Casserole, Black Beans

TUESDAY 27:
Broccoli Cheddar Soup

WEDNESDAY 7:
Sandwich Bar, Chips

WEDNESDAY 14:
Chicken Broccoli Alfredo

WEDNESDAY 21:
Stuffed Bell Peppers

WEDNESDAY 28:
Tuna Sandwiches


THURSDAY 8:
Baked Chicken, Rice Pilaf,
Green Beans

THURSDAY 15:
Baked Potato Bar, Spinach

THURSDAY 22:
BBQ Ribs, Mac-N-Cheese,
Asparagus

THURSDAY 29:
Fajitas





EMERGENCY

CALL 9-1-1

FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

<p>Emergency Operations Center (EOC) Hotline <i>(Information only - no voicemail)</i> (360) 432-3947</p> <p>Community EOC Hotline <i>(Questions and voice mail message)</i> (360) 443-8411</p> <p>Emergency Management Coordinator (360) 443-8410</p> <p>Community Emergency Response Team (CERT) (360) 426-5308</p>	<p>Squaxin Police Department Office Hours Monday - Friday 8:00-4:00 (360) 432-3831</p> <p>PUD No. 3 Outage Hotline (360) 426-8255</p> <p>Mason County Police Dispatch Non-Emergency (360) 426-4441</p> <p>Mason County Fire Non-Emergency (360) 426-3348</p>
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AA MEETING
Wednesdays
7:30-9:00 p.m.
Elders Building



SQUAXIN ISLAND TRIBE
Diaper Distribution
At the SPIPA parking lot.



Jan 9, 11AM-1:30PM

Need diapers? Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

spipa.org

360.426.3990




Squaxin Island WIC
At the SPIPA IPC.
 WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:
Debbie Gardipee
360.463.4439
dgardipee@spipa.org
 SPIPA: **360.426.3990**

Next WIC date:
January 5, 2026
 SPIPA IPC

We will offer both phone and in person appointments. Date subject to change.



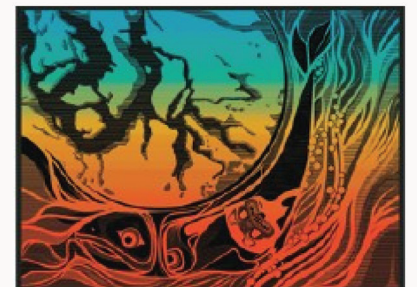
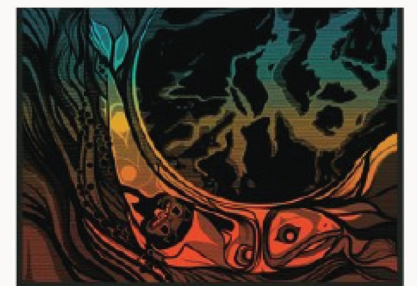
This institution is an equal opportunity provider.
 Washington WIC doesn't discriminate.



EIGHTH GENERATION
TRIBAL BLANKETS
NOW AVAILABLE!



Tribal Council is excited to offer a stunning selection of Eighth Generation tribal blankets—designed by Squaxin artists: Taylor Krise & Kimy Peterson



Blankets may be purchased at the Tribal Cashier Window and at the Squaxin Museum. Questions? Call 360-426-9781

Squaxin Island Tribe
USDA Foods

Delivery Date
1-9-2026
 At the SPIPA parking lot.

11am-1:30pm

spipa.org
360.426.3990

Unable to make the date? Call us to schedule an appointment.

