



Contact Us

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Tulalip Community Health

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Vision

We seek to improve birth outcomes within the Tulalip Tribal community by providing education and support resources that creates an environment of empowered, educated, and supported mothers and children.



Services

- Prenatal and postpartum patient advocacy
- Coordination of care with your entire support team
- Assistance in accessing support resources
- Home visits through Family Spirit Program offered to:
 - ◊ Pregnant women
 - ◊ Families with children aged 3 and under
- Lactation/breastfeeding education and support

Family Spirit Home Visiting

The Family Spirit Program is an evidence-based and culturally tailored home-visiting intervention delivered by Native American paraprofessionals as a core strategy to support Native parents from pregnancy to 3 years postpartum.

Family Spirit home visiting has been documented to achieve the following outcomes:

- Increased maternal knowledge
- Increased parent self efficacy
- Reduced parent stress
- Decreased maternal depression
- Decreased substance use
- Fewer behavior problems in children through age 3

