



# Two Reasons Why We Don't Trust People



## Becoming More Trustworthy

Trust is critical to health work and especially difficult to achieve in vulnerable and historically marginalized communities because trust entails risk. And trusting is becoming even harder two years into COVID-19. We know that engagement strategies to listen deeply are required for healthy communities and to impact systems change. **So how do we become more trustworthy during times of isolation and uncertainty?**

*"There are two reasons why we don't trust people: we don't know them, and we know them."*

PHPDA grantees work hard to consistently build trust at every interaction

with their individual members and carefully maintain each hard-earned relationship by centering their services on community and cultural humility. Here are some guiding words by two grantees:



# CHIEF SEATTLE CLUB

## Native-Led Trust Building

[Designing mental health programs](#) for homeless American Indians and Alaska Native communities requires an intimate program based around trust. [Chief Seattle Club \(CSC\)](#) takes time building trust with each member, establishing a foundation for long-lasting 1:1 relationships - even during a pandemic.

CSC's Team describes their cultural model of becoming more trustworthy, incorporating consistent standards into their programs:

- **Embrace each member with humility and compassion**, their whole person, identities, experiences, and generational memories.
- **Lead with Native worldviews** uniquely grounded on Native cultures, traditions, and beliefs.
- **Serve with responsibility and integrity.** Intentionally meet and commit to unique needs of Native individuals and their journey towards wellness, spirituality, stability, and wholeness.
- **Cultivate partnerships** with others who can bring critical resources and localized guidance, acknowledging that members have needs that CSC cannot meet.

[Full Story](#)



## Radical Hospitality

Focused on **radical hospitality**, [Recovery Café](#) creates a welcoming community. "We all need a place to love and be loved, to know and be known, and to feel a sense of belonging." The Café Team creates authentic relationships with all their members, recognizing that **the opposite of addiction is not sobriety but connection.**

Transparency and warmth are major components of the [Health Center program](#). Knowing that COVID-19 accelerated substance use and impaired recovery progress, Recovery Café provides a safe space to practice new behaviors, create healthy relationships, and embrace ways without self medication. Recovery Café is a place where people can make mistakes, be forgiven, and welcomed back; a community that sees the best in people.

[Full Story](#)



# CELEBRATING 40 YEARS

FOR BETTER HEALTH

April 13 at 4:00 PM  
at Pacific Tower



## Get to Know Us!

On April 13 at 4:00 PM, we'll recognize our visionary founders and share the work of our trusted grantees and Pacific Tower partners who are all working to make our communities thrive.

Join us in-person! We'll have guest speakers, snacks, and a chance to **put your hands on constructing our 40th year mosaic.**

We anticipate completing and displaying the mosaic by the end of November. There will be more opportunities to partake in the building of the mosaic, between our opening and final events.



Raised near the Pacific Tower Campus, [Angelina Villalobos \(179\)](#) is an experienced community muralist who designed our final mosaic image. We're excited to unveil her final image in April.

[Learn More](#)



## Take Our Survey

We want to be trusted to do more than just provide funds and we wish to hear from you.

**How can we improve our quarterly newsletters?**

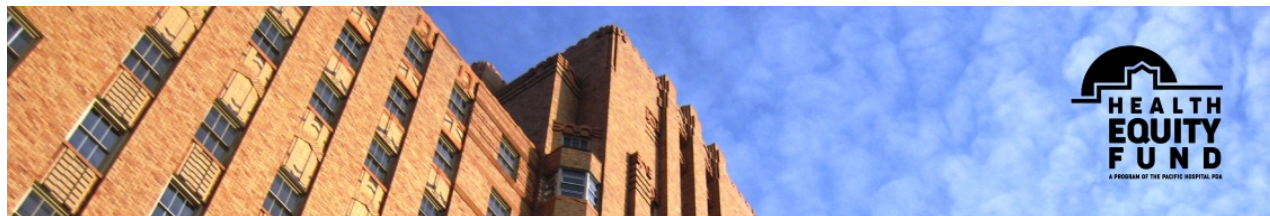
**Tell Us!**



*"More trust is not the solution for lack of trust; the solution is more trustworthiness. When we make ourselves more trustworthy, we make it possible for others to trust us more. Let trustworthiness be our solution, and trust be the result."  
- John Kim*

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### **About Pacific Hospital PDA**

The Pacific Hospital PDA partners with community organizations to improve access to health care services in Seattle/King County.

In 1981, the City of Seattle chartered the Pacific Hospital PDA, placing in its trust the Pacific Hospital and surrounding campus, a historic Seattle landmark. The Pacific Hospital PDA leases the property. The lease revenues are used to increase access to health resources and to improve health outcomes in King County.

### **Contact**

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