

Welcome to the Prevention Dimension

Shu'-yi'-de-ghayt-nin'sh

Shu'-yi'-de-ghayt-nin'sh means
 We are getting well
 Shu' (sounds like "shoe")
 yi ("i" is a long "a" sound)
 de (short "e" like in "den")
 ghayt (sounds like "kite")
 nin'sh (long "e")

The articles and information you see here are offered as a way to increase communication and share information, knowledge, and humor. We welcome questions, suggestions, and artwork from youth age 12 to 17.

Please contact Lisa Brown at 1-800-600-5599, or 541-444-8238 to turn in articles or information that may be printed in an upcoming issue of Siletz News. You also may e-mail documents of interest to lisab@ctsi.nsn.us.

Prevention Strategies Work

A study reported in the Nov. 8 issue of the Journal of the American Medical Association (Volume 284, No. 18) shows that communities that undertake comprehensive prevention strategies can effectively reduce alcohol-related traffic crashes and injuries from crashes and assaults.

Relative to matched comparison sites, three intervention communities experienced marked reductions in alcohol-related crashes, nighttime injury crashes, injuries due to assault, and assaults that required hospitalization, as well as in self-reported alcohol consumption, heavy drinking, and drinking and driving.

For more info on this, contact Lisa Brown at 1-800-600-5599, ext. 238, or 541-444-8238, or go to this Web site: <http://www.open.org/~nfatc/announcements.htm#riskydrinking>.

Conference on Tobacco Use Set

The conference is in Portland, Ore., on Aug. 6-8, 2001. For more info, go to www.npaihb.org/tobacco/wtpp.html.

Conference highlights include traditional use vs. commercial tobacco addiction, funding opportunities, smoking cessation, chewing tobacco, networking, youth and tobacco. The conference is sponsored by the Northwest Portland Area Indian Health Board: 503-228-4185, fax: 503-228-8182, email: rbristol@npaihb.org. Scholarships are available to cover conference costs.

Youth presenters wanted. Attend the Violence Prevention (VP) Summer Institute on July 10-12, 2001, with the presentation scheduled for July 12. Please call 1-800-600-5599, ext. 238, or 541-444-8238 and leave a message with your phone number, address, and e-mail address. You will receive an application and confirmation if you are selected to attend.

Internet Treatment Locator Launched

The site helps people quickly find the location, phone numbers, and driving directions for the nearest drug and alcohol treatment facilities. Dr. Nelba Chavez, SAMHSA administrator, launched the site in January 2000 at the 68th winter meeting of the U.S. Conference of Mayors.

"Just by typing in a ZIP code, the searcher can quickly retrieve detailed information on the location and services offered by nearby treatment facilities," said Dr. Chavez.

The Substance Abuse Treatment Facility Locator can be found on the SAMHSA Web site by clicking on "Looking for help with alcohol, drug, or mental health problem" and then "Substance Abuse Treatment Facility Locator."

Conferences for Youth

Oregon Teen Leadership Prevention Institute (Camp OSSOM) – High school students: Sept. 29 - Oct. 2, 2001; Middle school students: Oct. 4-6, 2001; Registration fee: \$200 member or \$225 non-member

Annual OSSOM Advisor Training Institute – November 2001

Annual OSSOM middle school prevention conference – March 2, 2002

Annual OSSOM high school prevention conference – April 17, 2002

Annual OSSOM all-night high school conference – April 17, 2002

Registration packets will be posted at www.orst.edu/dept/ossom/.

Make a Four Directions Bracelet

The beads in this bracelet represent the following: The colors of the four directions and the races of people (if they were to be grouped into four colors), black, red, yellow, and white. Green is for Mother Earth and all that exists on the earth, and blue is for the sky, the air we breathe, and all that lives in the sky.

The bracelet teaches us about our prayers, how we must pray for all the races of people to live in harmony, and also for the well-being of the earth and sky, all the while hoping that we can learn to show respect and be kind to our earth, all of creation, and all other people with whom we have relationships and who are represented as our relatives.

Our elders tell us of how each person has a spirit, and to respect our spirit for if our spirit feels unsafe, it will leave us. When we drink alcohol or use drugs, we are not being safe and our spirit will not be with us. This project reminds us of our connection and responsibility to Mother Earth, our Creator, and our Spirit.

Remember, it is also your responsibility, if someone admires your bracelet, to tell them this story. And most importantly, remember ... *All One Creator ... All One Earth ... All One Family. Mitakuaye Oyasin*

Lisa Brown, Owner, Native Creations. Native - Siletz, Shasta, and Pitt River Modoc

Directions

1. Large: 11 sets of 3 black, 3 white to remind us of choices we make in life good and bad, which is one way the Creator helps us to learn.
2. Then 1 big green bead for the earth, then 7 of each of the colors to represent the directions and races of people, 1 big blue bead for the sky.
3. To complete, add 11 sets of 3 black and 3 white once again, to remind us of how the Creator teaches us balance by showing us negative and positive; bend wire.



L to r: Curtis Butler, Doug Barrett, Lisa Brown, Stephanie Barrett, Phil, and Trina Butler make four directions bracelets.