

ESP Holds Successful Seminar

by Bob Jensen, ESP Director

August 27 and 28 were busy days for the Employment Services Program staff and 88 ESP superstar clients. The fifth annual Increasing Your Success Seminar was held at the Holiday Inn Express in Albany. For the first time in recent years, the seminar was held for two days.

The idea behind Increasing Your Success (IYS) seminars is to help ESP clients gain valuable skills and education in order to begin competing for jobs on the open market. Increasing Your Success also helps ESP clients meet other clients and hear success stories from individuals who have successfully completed one of the many ESP programs.

The first day of the IYS seminar included some outstanding sessions. Nancy McCrary, program manager, started the seminar with a prayer. Tribal Chairman Delores Pigsley was the keynote speaker. She had a spellbound audience as she related her own employment struggles and the successes she finally achieved after many years of hard, dedicated work.

Craig Whitehead, pow-wow coordinator, and Robert Kentta and Selene Rilatos, both CTSI Cultural staff, presented a session on ceremony and healing. Many thought-provoking questions were asked.

The afternoon was filled with various sessions, including learning skills for resume writing, job interviewing, and searching for a job. We also had an in-depth session on the many services that the tribe provides for its members, including Kitti Hostler's presentation on the USDA's donated commodities program.

DeAnn Brown, Head Start director, presented information on the services available to our preschoolers through Head Start. Health Director Judy Muschamp shared details on the numerous health and wellness services offered through the tribe's Health Department. Dave Litchy and Patricia Puma shared information on tribal Housing programs, including Welfare to Work and Section 8.



Top: Nancy McCrary (l), Tacey Casey, Shelley Christensen, Trevor Trachsel, and Nora Moore help people register for the seminar.

Above: Craig Whitehead (l, standing), Robert Kentta, and Selene Rilatos conduct a session on ceremony and healing.

The afternoon began with the awarding of incentive payments and achievement certificates to many ESP clients who have achieved milestones in their goals of self-sufficiency. Each received a certificate as well as an incentive, which ranged from meals, free video rentals, and gift certificates to cash awards.

Other important sessions included Intervention Specialist Angela Clarke's presentation about depression and how to spot it, and a presentation on the help that can be provided through the Veteran's Workforce Investment Program. One of the last sessions that afternoon was called Moving On, which featured three former ESP clients who have successfully completed their ESP objectives and now are very successful in their chosen careers.

The second day was equally as busy. The keynote speaker was Don Chapin, who has long been an advocate for protecting and guiding people who are or have been victims of domestic violence. He talked about each person's ability to control his or her destiny.

Following his presentation, participants attended the breakout session of their choice.

These sessions again were geared toward learning more about how to become self-sufficient. There were sessions on writing cover letters and thank you letters to prospective employers and reducing the burden of paying child support by finding suitable employment.

Other sessions focused on helpful hints on changing a person's lifestyle to overcome barriers that many people face when they are unemployed and desperate, including some excellent ways to live within a budget.

A session on how domestic violence affects everyone was presented to a large audience, as was a session



USDA Distribution in October

Siletz

Monday, Oct. 8	9 a.m. - 3 p.m.
Tuesday, Oct. 9	9 a.m. - 3 p.m.
Wednesday, Oct. 10	9 a.m. - 3 p.m.
Thursday, Oct. 11	9 a.m. - 3 p.m.

Salem

Monday, Oct. 22	4 p.m. - 7:30 p.m.
Tuesday, Oct. 23	9 a.m. - 7:30 p.m.
Wednesday, Oct. 24	9 a.m. - 5 p.m.



given by the tribe's Alcohol and Drug Program. Terry McDowell talked about incorporating tribal traditions in overcoming the effects of drug and alcohol addiction and how to begin the healing process from these devastating and deadly addictions. The second day ended at noon with everyone receiving gift certificates to McDonalds so they could have a meal on the way home.

The Increasing Your Success Committee - Laurie Brown-Godfrey, Valerie Hibdon, and Danelle Smith - worked hard on this event. Laurie brought her expertise from working on this event for the past four years. The ESP Program expects continued success in this event and will hold it on an annual basis.