

TRIBAL PROGRAM NEWS

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.

Tribal Youth Attend Camp OSSOM

On Oct. 4-6, 2001, our team "Jus Na Chu's" (hummingbirds) attended Camp OSSOM at the McKenzie River Conference Center. Youth attending included Richard Lafferty, Max Hill, Lynetta Benedict, Shantel Hostler, and Liana Keizer, along with advisors Lisa Brown and Natasha Kavanaugh.

This fall, despite multiple barriers, Oregon Student Safety on the Move (OSSOM) continued to offer quality leadership training to youth and adults through Camp OSSOM, formerly known as the Oregon Teen Leadership in Prevention Institute.

OSSOM, a program of Oregon State University's College of Health and Human Performance, sustained its positive youth development program through a variety of miraculous supports, such as devoted volunteers and funding from the Emily Knudson Family Policy Program.

Seizing a unique transitional moment, Director Debbie Slover solicited restructuring ideas from students and advisors. Excited by the opportunity, campers went the extra mile to cooperate and share. OSSOM staff members are confident that with change will come a more solid funding base. The end of October, however, will tell the story.

Camp OSSOM is extremely important to developing assets in youth. Its 3.5-day experience is unique because it simulates what it's designed to create – a healthy community.

Workshops reflect pertinent topics related to creating a healthy community and are taught in a variety of ways. Given the events of Sept. 11, a highlight for those who attended a diversity workshop came as an instructor shared his personal story of how he overcame his parents' prejudice.

In general, Camp OSSOM focuses on how leadership styles and gender processes contribute to a healthy community. During each activity, individuals use both action and process to work through individual and group barriers, and discuss the dynamics of different leadership styles.

In addition to honoring gender and leadership differences, Camp OSSOM creates an environment where individuals can experience two prevention tools: The 7 Jewels of Prevention and the Circle of Prevention.

Adventure Group (students and staff – advisors and camp director) activities are designed to demonstrate the need for the 7 Jewels, which include respect, cooperation, teamwork, trust, recognition, responsibility, and communication.

The Actions Teams (students, advisors, and staff) create a community prevention plan using a planning strategy of the Circle of Prevention, which includes information dissemination, prevention education, alternatives, community-based processes, environmental or social policy, and problem ID and referral.

For information about Camp OSSOM or the Rex Putnam and Sandy OSSOM chapters, contact Sylvia Milne, YST enhancement coordinator, at 503-546-6503.



Ronda Ramsey, Dolores Roles, and Danise Barker

Contract Health Services News

The CHS Department is pleased to be fully staffed. We welcome new employees Ronda Ramsey, CHS tech II; Danise Barker, CHS tech II; and Dolores Roles, CHS tech II. They are your authorizing officials for CHS.

The alphabet is split three ways. **Ronda** takes care of patients with last names starting with **A-I**, **Dolores** has **J-Q**, and **Danise** has **R-Z**. Please contact them directly at 541-444-1236 or 1-800-628-5720 (closed Tuesday afternoons) to ensure prompt attention for authorization.

Pharmacy Benefits Change: Beginning Jan. 1, 2002, pharmacy benefits will be limited to \$500 when purchasing at a retail pharmacy and an unlimited dollar amount when mailing in your prescriptions.

Please call if you need help with the mail-in pharmacy distribution. Joella Strong will be happy to assist you with any questions. If you have questions about a prescription that already has been mailed in, please call Pequot's number on the back of your card.



Youth from Siletz combine with those from Nestucca to form an Actions Team at Camp OSSOM.