

Siletz Tribal Alcohol & Drug Programs

Prevention, Outpatient Treatment, and
Women's Transitional

Siletz: 1-800-600-5599 or 541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

TLC Attitudes of Gratitude

The Women's Transitional Living Center begins another month full of gratitude for the support we're receiving from the Siletz community and beyond.

First and foremost is appreciation for volunteers who provide overnight coverage and other services. Thanks go out to Jackie Ashley, Linda Tough, Alice McCain, Janice Cameron, Joan Hartung, and Selene Rilatos. Welcome back, Lisa Brown and Brycann Mickey. We couldn't do it without all of you!

Support also comes in the form of material items, which gratefully stretch the limited budget that we work within. Thank you to Cathy Russell, Senetilia McKinley, and the Special Services staff of the Lincoln County School District for their generous donation of towels, cookie cutters, paper products, laundry soap, and hygiene items.

Carol Lowe at the Logsdon Store and the Logsdon community donated food and paper products. Debby Fawver and the Siletz VFW Auxiliary provided hygiene items, Mary Kay cosmetics, and towels/washcloths. Lynn Whitlow provided food items, Paul Kirkland of Portland donated hygiene items, Paulina Burnette gave bathrobes, and Arlissa Rohn a pair of shoes. We appreciate each one of you and your caring generosity.

We still could use a few more volunteers to spend an occasional overnight. Also, if you have a special skill or gift that you would like to share with the women here, perhaps we could set up a session or series. We can always use household supplies.

Thanks for all you do for us! If you want to help out with one of our needs, please call Lynn at 541-444-8238 or 1-800-922-1399, ext. 1238.

Kids on the JOBS

Siletz tribal youth and others recently enjoyed a drizzly morning on Mill Creek studying native salmon runs monitored by Oregon State Fish and Wildlife. They're participating in Project JOBS (Job Opportunities Beyond School), funded by a grant from the Regional Investment Board.

Youth from grades five to 12 will receive career information and on-site experience about careers in forestry and natural resource management.

Some upcoming classes, projects, and field trips include, but are not limited to:

April

Oregon Indian Education Association
Career Fair
Canoe and Kayak Safety Training
Stream Testing Project
Community Garden

May

Career Classes – resumé writing,
interviewing, job conduct classes

June

Mountain House Historic Outdoor
Teen Camp

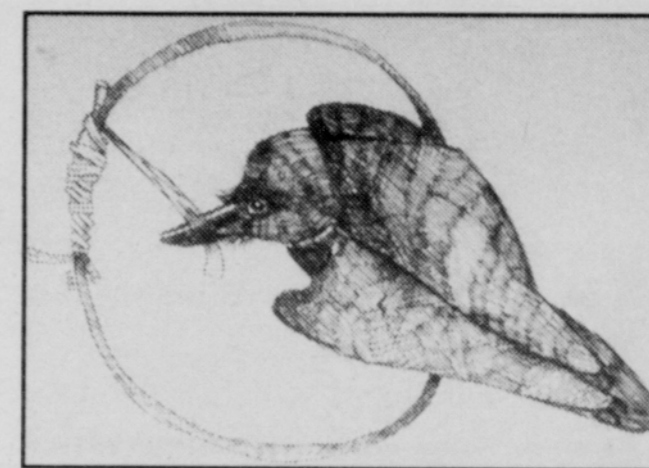
August

CCC Historic Outdoor Teen Camp
Youth Conference – career training for
our forests

We're also looking for adults who could share their expertise in forestry and natural resource management. For more information or if you would like your child involved, please contact DeAnna Pearl at 541-444-8395 or 1-800-922-1399, ext. 1395.

Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco, and other drugs. Look for boxes in tribal offices with Raven's picture. You can leave your questions for Raven in these boxes. Those suitable for Siletz News will be answered here. If you want a confidential answer to a question, please leave an address and Raven will contact you.



Dear Raven: Why do we have to attend NA or AA? Anonymous

Dear Anonymous: As I hear you say the words "have to," it makes me wonder if you're feeling that someone is forcing you into treatment or recovery. If that's true, programs do have a responsibility to help people find community support for recovery.

NA and AA are probably the most widely used community support systems and they're available in almost every community worldwide. In the words of someone who is actively involved in NA/AA, here's a good message for you to think about:

"As recovering people, it's our responsibility to surround ourselves with other recovering people to learn how to live without the use of alcohol and other drugs. We need the support of one another to make it work, to know that we're not alone and that it's possible to change our old ways and live a new life of freedom from active addiction. I hope this helps people better understand the reasons to get plugged into 12-step meetings to become productive members of society."

Good luck with your recovery experiences.

Dear Raven: My mom and dad smoked pot when they were teen-agers. They seem to be OK. They told me that weed today isn't the same as it was back then. How can that be? Signed, Carmin'

Dear Carmin': It's hard to know exactly what the strength is of drugs. That was true when your parents were teen-agers and it's still true today. Marijuana contains more than 400 potentially active chemicals. This makes it hard to predict its effects.

Those effects can be very different for each person and depend on the dose. We do know, though, that it only takes very small doses of marijuana to disorient the brain. Marijuana can affect

you in many ways and some of those can last your whole life.

If you're considering using it, please contact the tribal alcohol and drug program office closest to you to talk with someone about getting more information.

Dear Raven: What happens if I drink one glass of wine or beer while I'm pregnant? I hear that a little alcohol is actually good for you. Signed, Going to be a mom

Dear Mom: Since a baby's brain develops throughout the entire nine months of pregnancy, it's possible for any amount of alcohol to affect your baby throughout pregnancy.

The ways that your alcohol use during pregnancy can affect your baby include the possibility of infant death, developmental problems, abnormal growth, impaired brain development, and emotional delays. These things may cause low self-esteem, learning difficulties, problems managing behaviors, and poor judgment for the rest of your child's life.

This often is referred to as fetal alcohol syndrome and the specific effects depend on in which part of your pregnancy the alcohol makes contact with the developing fetus. Fetal alcohol syndrome and its related conditions are 100 percent preventable.

Congratulations on being a mother and for asking this important question. We all know that children are a sacred gift and sometimes we must depend on the strength and knowledge of others to provide a safe, healthy environment for that child before and after birth. If you need support during your pregnancy, tribal services are available to you. Please call us and we can help!

If anyone is interested in being involved in kayaking and canoeing, please call Crista Whittington at 1-800-600-5599 or 541-444-8286.