

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

May USDA Distribution Dates

Siletz

Monday, May 3	9 a.m. – 3 p.m.
Tuesday, May 4	9 a.m. – 3 p.m.
Wednesday, May 5	9 a.m. – 3 p.m.
Thursday, May 6	9 a.m. – 3 p.m.
Friday, May 7	9 a.m. – 3 p.m.

Salem

Monday, May 17	2 p.m. – 7 p.m.
Tuesday, May 18	9 a.m. – 7 p.m.
Wednesday, May 19	9 a.m. – 5 p.m.

Thank you Laura Bremner-Duarte for preparing another delicious entrée. Laura has been a great support person when it comes to nutrition education for our clients and showing useful ways to utilize the commodity food that we distribute.

This recipe came right off a can of peas that's given as a choice in the food package.

Easy recipe! Oriental Style Peas
1 (15 oz.) can of sweet peas, drained
2 tbsp. soy sauce
1 tsp. brown sugar
1/4 tsp. ground ginger
1/8 tsp. garlic powder
2 tbsp. chopped green onions

1 tbsp. oil
1/4 cup sliced water chestnuts, drained

Combine soy sauce, brown sugar, ginger, and garlic powder. In large skillet, stir-fry peas and onion in oil 3-5 minutes.

Add soy mixture and water chestnuts; cook and stir 1 minute.

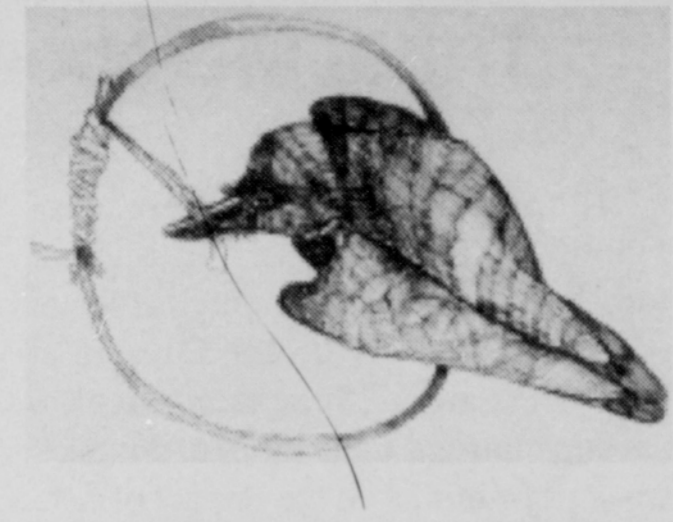
Makes 3-4 servings.

If you would like to find out if you might be eligible to receive USDA commodities, please call 1-800-922-1399 or 541-444-2532 and ask to speak to Kitti Hostler, USDA director, or Joyce Retherford, USDA clerk.

Happy meals! We hope you're eating nutritious and well-balanced meals.

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: I need to complete a drug and alcohol treatment program. How long would that take? Confused

Dear Confused: This is an important question and one that can change depending on several issues, which I'll list and explain.

Level of care: When you first get involved in treatment, you'll participate in an assessment process. At the end of it, your counselor will recommend a level of care that can include residential treatment or various intensities of outpatient treatment.

Treatment plan: After your assessment has been done, you and your counselor will complete a treatment plan. It will include goals and activities that will help you make changes in your life that support an alcohol- and drug-free lifestyle. Timelines for each activity will address how long your treatment will last.

Abstinence: The requirement for the minimum length of treatment is that you be alcohol- and other drug-free for

at least 90 days. Most people will have a urinalysis testing schedule on their treatment plan that will monitor abstinence.

Reassessment: Progress in treatment is constantly reassessed. You, your counselor, and the clinical supervisor all will be involved in evaluation to see if your level of care and treatment plan are working for you. We'll look at things like: Are you able to keep your scheduled appointments? Are you following through with the other activities on your treatment plan? Have your UAs been clean? Are you making progress on your treatment goals?

Outside mandates: If you're required to participate in treatment by the courts, your employer, your medical provider, child protective services, the Department of Corrections, your school, or someone else, you might benefit by staying in treatment longer until those issues are resolved.

Your need for support: Even if you're assessed as being ready for discharge and you've completed all treatment requirements, you might feel the need to continue in treatment. That's something this program will support and you'll be able to continue for as long as is helpful to you.

Announcement: If you think your child may be at risk for alcohol, tobacco, or other drug problems and/or juvenile delinquency behaviors, please call Delina or Crista at 1-800-600-5599 or 541-444-8286.

One of them will talk with you about risk factors and those things that help protect your child from developing those problems. They'll help you develop a prevention plan that will support you as a parent and provide your child with support for making good choices.

Summertime is often a time when young people get involved in experimenting with or increasing the use of alcohol and other drugs. If you're concerned about this, please call!

Attitudes of Gratitude

You might not realize just how much of a difference a few hours a month, or a donation of laundry soap or toilet paper, makes. When resources are limited, these services and donations make a **real difference!**

This month, we want to recognize the services of our loyal volunteers for spending several nights a month away from their homes and own cozy beds: Linda Tough, Jackie Ashley, Alice McCain, Janice Cameron, Joan Hartung, and Brycann Mickey. Thank you also to Selene Rilatos for continuing to offer support services several mornings a week.

We have a list of prospective new volunteers and will plan a training soon.

Other folks in the community continue to donate items that are much appreciated. Winds of Praise Broadcasting sent a check for \$60, 10 percent of its February advertising proceeds. Anonymous people donated dishes that we can use for our gatherings and circles.

Bill and Anita Wheeler sent up food and lovely cut flowers. The VFW Auxiliary and Marian Stoker donated towels, hygiene items, toilet paper, a new baking pan, and assorted kitchenware. Lynn Whitlow brought in a carafe coffee maker and decorative spice carousel, and Sandy Gordon donated

clothing. Alice McCain's chickens laid us a dozen fresh eggs.

Thanks to the generosity of so many, we only need a few more small items to improve the efficiency of our kitchen – a couple of glass, ceramic, or covered plastic pitchers; silverware, place settings for eight and/or some table knives; several serving bowls; and a cheese grater. We can always use toilet paper, paper towels, laundry soap, trash bags, and food donations.

If anyone out there wants to help us brighten things up outside, we would gladly accept bedding plants and/or flower bulbs. Happy Spring!