

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

Employment Services Program Lists Guidelines

Have you ever wondered what ESP means? Who qualifies? Or how to access benefits from ESP? Here are the answers to your questions.

ESP stands for Employment Services Program. It's a combination of programs that promote education, self-sufficiency, and employment to tribal members who live within the 11-county service area and meet the income guidelines for each component.

General Assistance and Temporary Assistance for Needy Families are grant assistance programs designed to meet the basic needs of individuals and families in need. Grant assistance is available for Siletz Tribal members only.

All adults are required to seek employment, medical treatment, A&D treatment, and attend GED or other classes that are identified by the client and worker to meet a 22-hours-a-week self-sufficiency requirement. The client and worker also identify exceptions to the 22-hour requirement.

Work Experience, Classroom Training, On-the-Job Training, and Direct Placement are open to tribal members of any recognized tribe, including descendents with proper documentation. These programs are designed to promote self-sufficiency.

Emergency Assistance is open to Siletz Tribal members who fit within 100 percent of the federal poverty guidelines. This service is open to individuals once every 12 months as long as they aren't currently on grant assistance.

Diverted Services is open to Siletz Tribal members who fear losing their job if they don't have specific items that keep them employable, i.e., driver's license, car insurance, tires, tools, etc. An individual must meet the criteria for this program, fit within 100 percent of

the federal poverty level, and have been on the job for at least 45 days.

ESP also has Summer Youth positions available. The family must meet federal poverty guidelines for youth age 14 to 21 to participate. Spots are limited, so please contact your nearest office to get additional information.

Each area office has staff that can help you apply for the services listed above. We look forward to serving you!

Siletz Staff: Shelley Christensen, director; Denise Jordan, ESP clerk I; and Jaimee Crowe and Valerie Hibdon, tribal services specialists

Salem Staff: Edwina Flagg and Cynthia Sheppard, tribal services specialists

Eugene Staff: Mary Haider, tribal services specialist

Portland Staff: Anna Renville, tribal services assistant; and Elizabeth Nava and Verdene Anderegg, tribal services specialists

Financial Aid Deadline Nears

Attention returning and potential adult vocational training and higher education students – June 30, 2004, is the deadline for applying for tribal financial assistance for the fall 2004 term.

For further information, please contact the education specialist for your area:

Portland – Katy Kaady, 503-238-1512

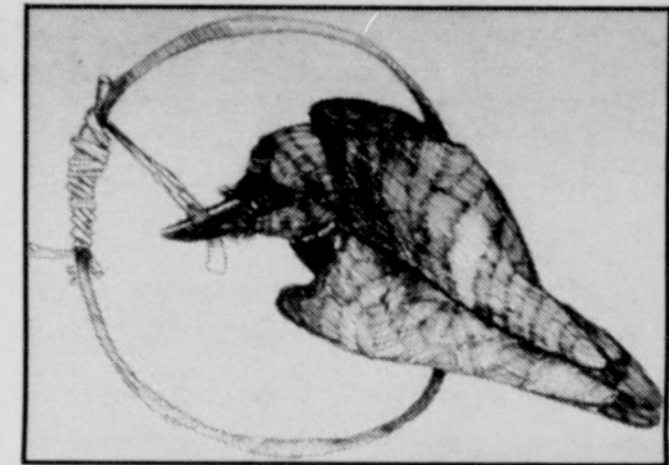
Salem – Sonya Moody-Jurado, 503-390-9494

Eugene – Nick Sixkiller, 541-484-4234

Siletz Area and out-of-area/state students – Mona Fisher, 541-444-9373 or 1-800-922-1399, ext. 1373

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: Sometimes I think my boyfriend is on something, but whenever I ask him about it he says he's not. I'm having a harder and harder time trusting him. Suspicious

Dear Suspicious: We can't always know for sure if someone is using drugs or drinking. There are three things that you can do to become more prepared in case you find out for sure that anyone you love has a problem with drugs and/or alcohol.

First, know the signs. Here are some of the most common ones:

- Not following through with responsibilities like school, a job, or family commitments
- Moodiness and changes in attitude
- Use of breath mints
- Bloodshot eyes
- Forgetfulness
- Weight loss
- Restlessness
- Sleeping a lot or not sleeping enough
- Defensive attitude
- Nervous energy

Second, learn ways to talk with the person about your concerns without accusing, blaming, or anger. A counselor or someone who has been there can help you with this.

Third, know your own limits and stick to them. If the person is acting in ways that you aren't comfortable with, let them know and don't spend time with them while they're acting in that way. This can be a hard thing to do. Talk with a counselor. He/she can help you set healthy boundaries for yourself. Your loved one will see that his/her behavior, whether it's related to alcohol/drugs or not, doesn't help him/her have good relationships.

Dear Raven: I've been told that I need to see a counselor for a problem.

My mom goes to this counselor and probably says things about me that aren't really true. I don't think I should see the same counselor as my mom, but I'm feeling pressured to. What should I do? No name

Dear No name: Counselors can usually see different members of the same family without it causing a problem. And sometimes it can help family members work out their differences.

Counselors are taught to be able to see things from several points of view and not make personal judgments. If this counselor is someone you respect, you might want to try having one or two counseling sessions with him/her to see if you feel comfortable. But, it's still your decision to make. It's important that you see a counselor whom you feel comfortable with and you're the best judge of that.

Announcements

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.

Kayaking: Siletz tribal youth between age 12 and 18 who are interested in learning to kayak should call Crista. She will be available to take up to six youth to "Boat Night" at the Newport Pool on Thursday nights from 7 p.m. to 9 p.m. **Sign up now to reserve your spot!**

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