

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 have been to treatment three times because of my legal problems. Every time, I have started using again after two or three months and thought I could stay out of trouble. I am getting older and I would like to stop using alcohol and drugs, but I'm afraid if I go to treatment again, it will be the same waste of time. Is there some kind of treatment that would work for me? Three-time loser.

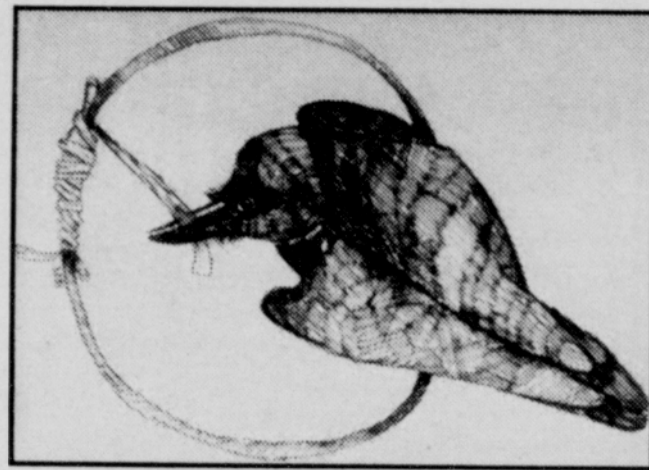
Dear Three-time loser: It's important that you begin to think of this thing you are struggling with as an illness, not a lack of willpower.

Alcohol and drug addiction is a progressive, fatal disease. It's also treatable and you are very possibly at the most treatable phase of your disease right now. Also, everyone arrives at a point of change at their own rate and in their own way. It sounds like you have come to that point, and it's important that you act on your desire to make a change by contacting a treatment professional.

You can make your decisions to stop your use of chemicals more solid by writing down your thoughts about some of the following questions:

1. If you continue to use, what do you see to be the outcomes?
2. In what ways have you, and your family, been harmed by your use?
3. What were you like before you began using alcohol and drugs?
4. What are the main differences in you of 10 years ago and you today?
5. What would be the best results you can imagine if you make a change?
6. In the past when things were better, what were you doing differently?
7. How would you like things to turn out for you and your family?

Whatever you do, don't give up! And please let me know how you are doing!



Dear Raven: I left my husband because he won't stop drinking and using drugs and I didn't want my children to grow up the way I did. Now that we are away from him, nothing seems any better. I am always tired and my children are fighting, getting in trouble, and out all night at times. I expected things to get better and they haven't. Did I do the right thing or not? Confused.

Dear Confused: You have made one of the most important decisions in your life by leaving a situation that was destructive to you and your children. And it's common for things to almost seem worse initially.

In some ways, your work has just begun and you will need to continue working with an alcohol and drug counselor as you and your family begin to recover. Some things to keep in mind:

1. Help yourself before you try to help your children. Once you have taken care of your own needs for support, you will be in better shape to help your family. Good self-care includes rest, exercise, and talking with others to share your feelings, problems, and concerns. Eventually, and with the support of others, you will be strong enough to help your children be a part of the recovery process in these ways.
2. Encourage your children to learn about alcoholism and drug addiction.
3. Find out what programs are available to your children in your community that are designed to provide support and prevention.
4. Ask your children to share their thoughts and feelings about what it has been like for them to live with alcohol/drug problems. Allow them the freedom to express their true feelings without judging.
5. Be supportive and loving with them, but don't allow them to use anyone's alcohol/drug problems as an excuse for irresponsible behaviors.

Siletz Tribal Alcohol & Drug Programs

Prevention, Outpatient Treatment, and Women's Transitional

Siletz: 1-800-600-5599 or 541-444-8286
Salem: 503-390-9494

Eugene: 541-484-4234
Portland: 503-238-1512

6. Talk with professionals when you feel you or your children may need additional support.

Community self-help resources also are available. Churches and other faith-based organizations, ALANON, and tribal cultural activities are all activities that can support people making positive changes in their lives.

Good luck and thanks for writing!

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 age 12 to 18 who are interested in learning to kayak should call Crista.

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

Tenas Illahe Child Care Center Offers Summer Program

If there is enough interest, the Tenas Illahee Child Care Program will offer a 10-week summer program for school-age children up to 10 years old.

To qualify, families must be willing to pay for a minimum of 42.5 hours per week of care at our regular rate of \$2.25 per hour. Any additional hours used would be charged at the regular rate.

For this program, families would be obligated to pay for the minimum

number of hours each week and there will be no refund for hours not used. In other words, you either use the hours or lose them.

This program will be limited to 10 children and will be filled on a first-come, first-served basis. Unless we fill all 10 slots, the program will not be offered.

Interested? Call DeAnn Brown at 541-444-2450 or 1-800-922-1399 to reserve your spot.

RV Park Manager Needed

Position: RV Park Manager (an independent contractor, not an employee of Siletz Tribal Business Corporation)

Contact: Dan Lundy, Siletz Tribal Business Corporation, 2120 NW 44th, Suite D, Lincoln City, OR, 97367; 541-994-2142

Duties

- Operate Logan Road RV park as an independent contractor
- Maximize guest service and corporate profit through good management practices

- Understand and assure that company policies are followed
- Prepare daily reports and other required reports
- Maintain adequate operating supplies
- Oversee and account for collection of monies
- Assure timely repair of facilities
- Oversee and manage integrated reservations program
- Responsible for all staffing
- Responsible for safety of staff and customers