

# TRIBAL PROGRAM NEWS

## 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: My grown daughter is drinking so much she can't keep a job. She sometimes drinks and drives with her kids in the car and ever since I confronted her about it, she treats me like I am her worst enemy. Please help. I am getting desperate. Grandma.**

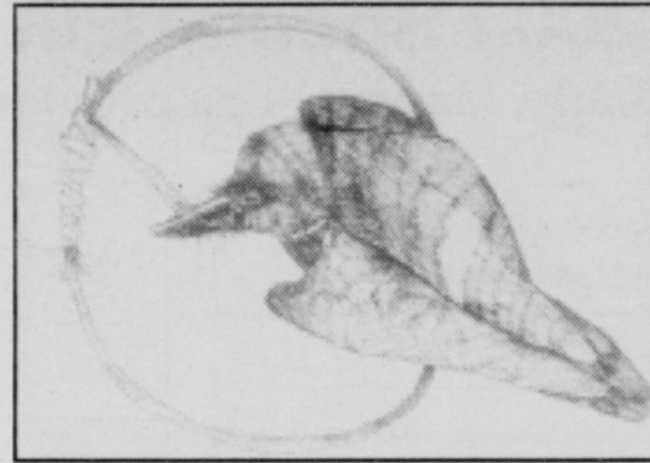
Dear Grandma: There is the possibility that an intervention might result in your daughter getting help. For an intervention to work, significant people in your daughter's life would need to participate in intervention preparation meetings with a counselor who has been trained in intervention. Please call a counselor in one of the offices listed above and discuss this option with them.

The issue of drinking and driving is another matter. If you have not been able to intervene successfully to prevent your daughter from continuing to drink and drive, I suggest you speak with a tribal law enforcement officer to see what other options you have. Many people hesitate to do this, but as you know the potential consequences of drinking and driving are injury, death, and imprisonment.

Alcohol and drug problems affect the entire family. The physical effects as a result of stress, worry, and depression can be severe. Please talk with a counselor or attend ALANON meetings. To find out where to find a meeting, look in your local newspaper or the white pages in your telephone book.

**Dear Raven: Drinking alcohol is the only thing that helps me when I have a lot of anxiety. Seems like it's better to drink once in awhile than to be miserable and cranky with my kids, but my husband just doesn't understand that. Frustrated**

Dear Frustrated: Some people have problems with anxiety that are actually caused by intoxication and withdrawal from alcohol and other substances. For



them, once they have been sober for a period of time, usually at least one month, the anxiety starts to lessen.

Others have anxiety problems separate from alcohol or other drug use. When they are clean and sober and have a strong support system, they still have severe anxiety. That anxiety can cause relapse and other negative outcomes.

The best thing you can do for yourself and your family is to stop drinking and see a counselor who will help you monitor your moods. Your counselor will refer you to a mental health therapist if you continue to have problems with anxiety.

## 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 the things that help protect your child from developing those problems. They will 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 or increasing the use of alcohol and other drugs.

## Kayaking

Siletz Tribal youth between age 12 and 18 who are interested in learning to kayak should call Crista.

## Meth Task Force

Methamphetamine Task Force meeting: Sept. 1 at 2:30 p.m. at the Siletz Tribal Housing conference room.

## Male Volunteers Needed

Men! We need you to volunteer, even once a year, to chaperone a youth activity. We currently have one male staff person who is chaperoning. Without more help,

## 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

we will have to limit overnight activities for boys and young men.

We will be glad to talk with you about the kinds of activities you are willing to chaperone. All volunteers need to have a criminal background check, so please **contact us now** if you have any interest!

## Area Office Services

Two counselors provide outpatient services to the area offices. Their schedules are as follows:



Gladys Staggs and Liz John

Conrad Douma in Salem on Monday, Tuesday, Thursday; and in Portland on Wednesday  
Lori Kraus in Eugene on Monday, Tuesday, and Friday; Salem on Thursday; and in Siletz on Wednesday

When services are needed on a day that no counselor is on duty, please call the Siletz office at 1-800-600-5599.

## Elders Make Beaded Brooches

by Kathryn Dick

The elders held six craft days learning to make beaded brooches. Classes

were held in Siletz, Salem, Springfield, Portland, and at the annual Culture Camp. At Culture Camp, 72 brooches were completed. The classes in the different areas were well attended with a total of 30 elders taking part. A big thank you to Liz John for all her patience and for teaching how to make the brooches.

## Another Year of Wisdom Happy Birthday!

Lillie Butler, 9/23  
Carl Caba, 9/26  
Wayne Case, 9/30  
Charlott Depoe-Herz, 9/21  
Earl Edmonds, 9/4  
Grant Gassaway, 9/5  
William Green, 9/14  
Oscar Hatfield, 9/17  
Robert John, 9/29  
Judy King, 9/25  
Georgia Knapp, 9/12  
Pamela Lane, 9/5  
Franklin Larsen, 9/9  
Danny Murra, 9/12  
Charles Orton, 9/14

Theresa Paez, 9/7  
Agnes Pilgrim, 9/11  
Linda Powell, 9/13  
Arneva Pyle, 9/9  
Kenneth Robertson, 9/18  
Ruben Sanders III, 9/15  
Lorna Scott, 9/25  
Lavera Simmons, 9/9  
Juanita Smith, 9/27  
Calvin Van Pelt, 9/4  
Sylvia Walker, 9/16  
Peter Wertin, 9/28  
Maria Westervelt, 9/12  
Diane Wheatley, 9/24

**Elder Council Meeting  
No meeting in September**

**The next meeting is Oct. 9, 2004  
Chinook Winds Casino Resort  
2 p.m. to 5 p.m.**