

## Celebrate Wellbriety; Look at Your Family Assets

by Crista Whittington

September is designated as "Wellbriety Month" by White Bison, a private non-profit Native-owned and -based prevention resource organization in New Mexico. Its primary goal is to have 100 Native communities in healing by 2010. This includes communities involved in the Sacred Hoop Journey.

Supportive of this effort is the A&D use of *The Red Road to Wellbriety*, full of stories and inspiration as a text used to aid those in recovery. In addition, sons and daughters of tradition, both culture-based youth prevention programs, will be implemented in the Siletz community.

Wellbriety holistically combines celebrating wellness **and** sobriety. As the prevention coordinator for the tribe, I collaborated with various departments and area office staff to tailor a wellbriety event appropriate for each office.

Some highlights from the event included Walt Klamath (an elder at A&D) telling stories and honoring a tribal member in wellbriety in Salem. In Portland, we had a potluck and enjoyed Toni Matt's whole wheat fry bread.

The Eugene event included an educational display on wellbriety. In Siletz, Delina John was honored with a Pendleton blanket for her commitment to wellbriety by last year's honoree, Jenifer Metcalf. This event also doubled as the Run to the Rogue registration, orientation, and dinner for all those participating the following weekend.

Each event was unique, but at all events we came together to honor and strengthen our commitment to live healthier lives free from the use of alcohol, tobacco (commercial), and other drugs.

I raffled off copies of *The Red Road to Wellbriety* and last year's wellbriety T-shirts. The T-shirts listed the four healing principles that were created as the guiding foundation for the first prevention efforts in Siletz nearly 10 years ago. I'd like to share them with you, in honor of Wellbriety Month.

### Four Healing Principles

- We will find support and resources to heal, renew, and rebuild.
- Our journey is linked to the past. We will use traditions, cultural values, and knowledge to strengthen ourselves and our community.
- We will send a message to educate our children and families about the harmful effects of alcohol, tobacco, and other drugs.
- The healing of the individual, the community, and the tribe go hand in hand and are inseparable.

### Look Closer at Your Assets

Your wellness "home-work assignment" is next. Don't worry – there's no wrong way to do it!



If you are an adult, answer as if you were a teen-ager. If you are a youth, view it as a checklist – together you can discuss and compare your answers.

The point is to see how many of these assets you and your family have now and can work together to create regularly in your lives. There are internal and external assets, each having four different groups of assets. These 40 assets have been identified as the building blocks that help young people grow up healthy, caring, and responsible.

This article will focus on the first six external assets that fall under **support**. Next month's focus will be empowerment.

### Support

1. **Positive Family Support** – Family life provides high levels of love and support.
2. **Positive Family Communication** – Young person and her or his parent/caretaker communicate positively and young person is willing to seek advice and counsel from them.
3. **Other Adult Relationship** – Young person receives support from three or more non-parent adults.
4. **Caring Neighborhood** – Young person experiences caring neighbors.
5. **Caring School Climate** – School climate provides a caring, encouraging environment.
6. **Parent Involvement in Schooling** – Parent/Caretakers are actively

involved in helping young person succeed in school.

Being a parent (and a youth) is tough work. We're here to support each of you and assist you in increasing your assets!

Together, our programs serve youth 8-18 years old and their families. Some of our specific programs and services include:

- Strength-based individual case management
- Ropes course and wilderness programming – rafting, kayaking, canoeing, hiking
- Culturally based cooperative programming with the health clinic and the Culture and Education departments
- Alcohol, tobacco, and other drug interactive education groups at Siletz Valley School and soon area high schools in Lincoln County
- Referral to individualized services and programs as needed



If you would like to volunteer with or connect as a youth participant with tribal prevention efforts, please contact Delina John, tribal youth prevention specialist, or Crista Whittington, ATOD prevention coordinator, at 541-444-8267 or 1-800-922-1399, ext. 1267.



Toni Matt makes whole wheat fry bread at the wellbriety event in Portland.

## November USDA Distribution Dates

Siletz		Salem	
Monday, Nov. 1	9 a.m. – 3 p.m.	Monday, Nov. 15	9 a.m. – 7 p.m.
Tuesday, Nov. 2	9 a.m. – 3 p.m.	Tuesday, Nov. 16	9 a.m. – 7 p.m.
Wednesday, Nov. 3	9 a.m. – 3 p.m.	Wednesday, Nov. 17	9 a.m. – 5 p.m.
Thursday, Nov. 4	9 a.m. – 3 p.m.		
Friday, Nov. 5	9 a.m. – 3 p.m.		

During October, we received our first delivery of fresh fruits and vegetables for the USDA distribution. USDA staff is proud and excited to bring fresh produce to our Siletz and Salem warehouses. We believe that the addition of top-quality fresh produce will greatly enhance the healthy foods that USDA provides.

