

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 Community Members: I didn't get any questions this month. Have you forgotten about me? I hope not!

Since I like to make noise and share my knowledge with you, I will go ahead and talk with you about something that we all hold dear to us – our children.

Not everyone may know, but many do, a lot of our children are using drugs and alcohol. They stop going to school, get into trouble, have problems with depression, have a lot of anger, and feel pretty lost and scared deep inside.

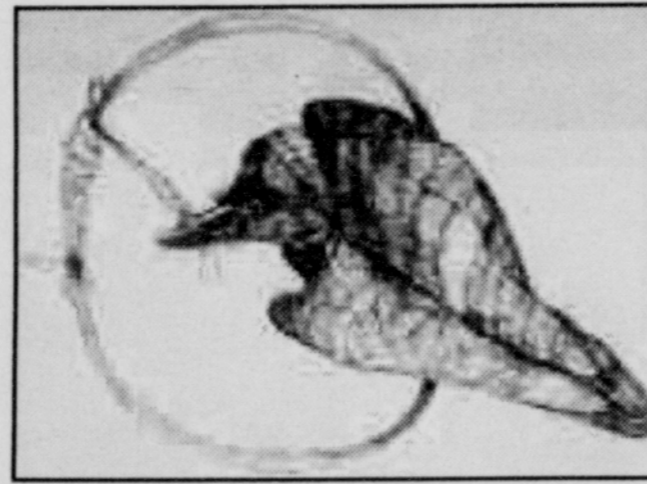
A raven who is a lot wiser than I am said these words. You may have heard them already, but reminders can be good. The words are, "Get between drugs and your child any way you can."

Open Your Heart and Home to a Tribal Child

The Siletz Indian Child Welfare Program needs good homes for tribal children within the 11-county service area.

Foster homes as well as relative foster homes are necessary to provide children in need with the parental care and nurturing that promotes the growth and development that our tribal children deserve.

If you are thinking of becoming a foster parent, relative placement, or just have questions, please contact Bekki Johns at 1-800-922-1399, ext. 1338, or 541-444-8338. Please call Bekki for an application or if you would like to learn more about available programs that provide specialized foster parent training.



There are lots of ways to get between drugs and your child. Here are some of them:

- Establish and enforce fair, clear rules and be consistent in adhering to them, even when your child is angry with you about it.
- Do not accept excuses for unacceptable behavior.
- Model honesty. Do not expect your children to keep your secrets. If you are engaging in behaviors that you are not proud of, admit it and do what you need to do to make changes so that you are a good role model for your child.
- Hug your child often and let them know you love them, even when they are misbehaving.
- Compliment your child whenever you have the opportunity. Recognize their efforts and successes.
- Admit that you make mistakes and forgive your child when he or she makes mistakes. Avoid yelling, blaming, shaming, whipping, humiliating, or threatening to abandon them.
- Help them think of ways to work through their own problems. If you have trouble doing so, talk with a counselor or elder who can provide guidance when needed.
- Be predictable. Establish a routine in your family life and stick to it. This applies to meals, bedtimes, and traditions.
- Remain informed about drugs and drug use. If you smoke or drink alcohol excessively, or use non-prescribed/illegal drugs, get 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

Announcements

If you think your child may be at risk of 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 these 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.

Meth Task Force Meeting

Dec. 1, 2004 – Noon

Siletz Tribal Housing Department

Male Volunteers Needed

We need you to volunteer, even once a year, to chaperone a youth prevention activity. We currently only have one male staff person who chaperones. Without more help, we will have to limit overnight activities for young men.

We will be glad to talk with you about the kind 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

A vacancy currently exists in one of the two counselor positions that serve the three area offices. If you have any questions about services, please call the Siletz office at 1-800-600-5599 or 541-444-8286.

Happy Holidays to all!
From the A&D staff – Walt, Sandy, Sue, Janet, Delina, Crista, Conrad, and Lynn

Nuu-wee-ya'

(our words)

Introduction to the Athabaskan Language

Open to tribal members of all ages

Siletz

Siletz Tribal Community Center
Dec. 7 – 6 p.m. to 8 p.m.
Jan. 10 – 6 p.m. to 8 p.m.

Salem

Salem Area Office
Dec. 14 – 6 p.m. to 8 p.m.
Jan. 11 – 6 p.m. to 8 p.m.

Portland

Portland Area Office
Dec. 6 – 6 p.m. to 8 p.m.
Jan. 4 – 6 p.m. to 8 p.m.

Eugene

Eugene Area Office
Dec. 1 – 6 p.m. to 8 p.m.
Jan. 3 – 6 p.m. to 8 p.m.

Tribal members who need help or instruction on cultural projects should contact the Siletz Culture Department. We can assist you prior to the language classes.

For more information, contact Bud Lane at the Siletz Cultural Department at 1-800-922-1399, ext. 1320, or 541-444-8320, or e-mail budl@ctsi.nsn.us; or Selene Rilatos at the Siletz Culture Department at 1-800-922-1399, ext. 1246, or 541-444-8246, or e-mail selener@ctsi.nsn.us.