

## Ask Raven

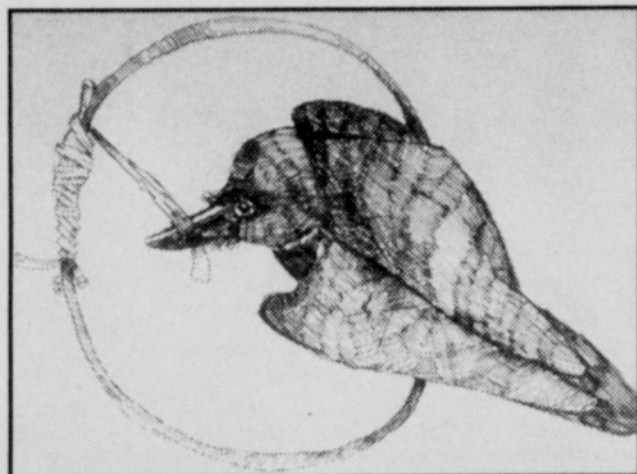
Raven will answer your questions about problems associated with alcohol, tobacco, and other drugs. Look for boxes in tribal offices with Raven's picture. You can leave your questions for Raven in these boxes. Those questions suitable for Siletz News will be answered here. If you want a confidential answer to a question, please leave an address and Raven will contact you.

Dear community members: Gee! It sure is quiet out there – no questions again this month! But we Ravens are a talkative bunch and we like to pass on wise words. So this month, I will pass on some of the wise words I hear as I fly over your communities.

- One step at a time may seem slow some days, but it gives me a chance to see where I am going and increases my chances of getting there in one piece.
- Letting go of old hurts makes room for new joys.
- Change is necessary sometimes. It can be difficult, but do not be afraid. If you follow your heart and think of others, the change will improve your life.
- Your happiness is largely dependent on the way you view yourself and the world around you.
- We are happier when we learn to see the other's point of view.
- Happiness is like a butterfly – try to catch it and it flees; sit quietly and it will light on your shoulder.
- When I used alcohol and drugs, I used people.
- The process of recovery is a healing of old wounds and the beginning of a new life. Forgiveness begins with myself.
- Sometimes our enthusiasm for change depends on our willingness to take a chance on tomorrow by risking what we have today.
- Perfection is a long way off, but improvement can be made to happen every day.

If you have any wise words that you want me to repeat, please put them in one of the Raven boxes.

Fondly, Raven



## 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 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

Jan. 5, 2005 – Noon

Siletz Tribal Housing  
Department Conference Room

## Male Volunteers Needed

Men, we need you to volunteer, even once a year, to chaperone a youth prevention activity.

We currently have only one male staff person who chaperones. Without more help, 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

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

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

## 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

## Clear Rules and Consequences All Year Long

Travel back in your heart to when you were a kid. Is there any other time when it was clearer



to you (or any child) if you had been "naughty or nice" than at Christmas time?

So a timely question to parents, caretakers and guardians – **Do you know (and how)** what your lovely little gifts from above have been up to this past year? If you do know, it's likely that your home, spiritual, and school communities are acting as those extra pairs of eyes and ears that have kept you in the loop.

We all like to be noticed and recognized for our efforts and feel appreciated when we are working hard and giving our goodness to others as we do to ourselves. Remember the class clowns and troublemakers in class? Maybe you were one of them? (Good or bad, attention is still attention and we all need it!)

As adults, we know Christmas time is about more than just presents; it's about enjoying and celebrating time with your family and friends. Celebrate well and celebrate sober!

**Parents:** Take a minute to think about how your kids might answer the following questions and guess for yourself – "naughty or nice." Building more assets in your child's life is the **biggest**

gift you could ever give them and it comes back to you.

We here at Prevention want to help you do that. Please call us and let us find a way to gift you all year long with a plan to increase your assets. See our contact information at right.

**Youth:** This is your chance to get your parents' attention and earn some points for being good. Hope you had a great break and we hope to see you in local and area office prevention activities this year. Come play with us in 2005 – we're actually a pretty fun bunch!

- My family has clear rules and consequences (curfew? where I am? who with?).
- My school has clear rules about how to behave and fair consequences when I don't.
- My neighbors share the responsibility to help my parents monitor my behavior.
- My parents/caretakers and other adults I know well model positive responsible behavior.
- My best friends model positive responsible behavior.
- My guardians/parents and teachers encourage and expect me to do well.

Delina John and Crista Whittington  
ATOD Prevention Program Staff  
CTSI Alcohol and Drug Treatment  
and Prevention Programs  
1-800-600-5599 or  
direct at 541-444-8286

## Open Your Home to a Tribal Child

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.