

TRIBAL PROGRAM NEWS

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

TLC Attitudes of Gratitude

There is little in life more gratifying than seeing someone you care about really "getting it" – figuring out what he or she has to do and how they need to be to keep themselves well – unless it's "getting it" yourself, for yourself. The process is often a slow, time-intensive one, beset with backslides and relapses.

Fortunately, people are capable of change, of working toward good in life. When they stumble and fall, many have learned to pick themselves up and continue the journey toward wellness.

No sugar coating – it's **not** an easy, comfortable journey. Much of it includes physical and emotional pain. Inner motivation, perseverance, and embracing support from others eventually can help one obtain sobriety, clarity of mind, inner balance, and spiritual peace.

Staying in recovery involves being humble, working the steps, participating in self-care, including attending sweat lodge ceremony, the church of your choice, 12-step groups, or other supportive self-affirmation activities. A heart of gratitude for all the positives in your life helps keep the journey headed in the right direction.

This is what TLC is all about – helping women who have taken the steps to seek

and complete treatment continue on that positive path to wellness. This is accomplished by providing a safe, structured, nurturing environment from which to face the challenges of a demanding world.

We are grateful to those in the community who support our program and residents by their generous gifts. Thank you to the Oregon Coastal Quilters Guild for five gorgeous handcrafted comforters, to Lynn Whitlow for two matching shower curtain sets and lamps, and to Kelley Ellis for a baby swing.

Our wonderful volunteers are to be celebrated: Alice McCain, Joan Hartung, Jackie Ashley, Selene Rilatos, and Carrie White. Thank all of you for your dedication.

The TLC needs more volunteers to sleep overnight. Volunteers offer emotional security just by being here, willing to lend a listening ear. It's not a difficult job, but it's richly rewarding both to the volunteer and to residents.

Call Lynn at 1-800-922-1399, ext. 1238, or 541-444-8238 if you are a clean and sober woman who wants to give back to your community in a way that makes a difference!

Nu-wee-ya'

(our words)

Introduction to the Athabaskan Language
Open to tribal members of all ages

Siletz

Siletz Tribal Community Center
July 14 – 6 p.m. to 8 p.m.
August – no class

Salem

Salem Area Office
July 12 – 6 p.m. to 8 p.m.
August – no class

Portland

Portland Area Office
July 6 – 6 p.m. to 8 p.m.
August – no class

Eugene

Eugene Area Office
July 11 – 6 p.m. to 8 p.m.
August – no class

Tribal members who need help 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 Culture Department at 541-444-8320 or 1-800-922-1399, ext. 1320; or e-mail budl@ctsi.nsn.us.

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 Raven: With all this talk about meth, it seems like we are not concerned about alcohol anymore. But I still see it affecting people in a terrible way. What are programs doing to deal with alcohol problems? Unsigned

Dear Unsigned: Yes, many people are very worried about the methamphetamine epidemic. It's important to know that both outpatient and residential substance abuse counselors are still very much aware that alcohol is still a problem for our people of all ages.

Alcoholism treatment continues to help people regain their health, develop a community support system for long-term sobriety, and a plan to prevent relapse. Often, recovering alcoholics need assistance with housing, employment, family counseling, and support from their religious/spiritual leaders in the community. Some people need mental health services to assist them in their recovery.

Scientists continue to research the effects of alcohol. One of the most recent has to do with how alcohol affects the brain. It's clear that heavy drinking has extensive and far-reaching effects on the brain, ranging from simple slips in memory to permanent and debilitating conditions that require lifetime custodial care. Even people who have quit drinking for a long period of time may develop liver disease and other conditions that are caused by alcoholism.

As well as the news about alcoholism and the body, we know that alcoholism continues to be very hard on family relationships. People who drink excessively have more incidents of legal problems and women who drink during preg-

nancy place their child at risk for fetal alcohol syndrome.

Prevention professionals are available to be a support to children who are at risk for alcoholism and related problems or who are suffering because of parental alcoholism.

Thank you for writing. These things are good to remember so that we, as a community, will not forget that alcoholism is a dangerous disease that affects the individual, family, community, and nation.

Raven

Announcements

From the A&D Program: Crista Whittington, prevention coordinator, has resigned and her last day was June 9, 2005. We appreciate Crista's contribution to the program and wish her well.

ATOD and Youth Delinquency Prevention

Parents, if you think your child may be at risk for alcohol, tobacco, or other drug problems and/or juvenile delinquency behaviors, please call Delina John at 1-800-600-5599 or 541-444-8286, or Christy Field in the Portland Area Office at 503-238-1512. Christy is now providing part-time prevention services in the Portland and Salem areas.

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.

Men! We still need adult male volunteers, even once a year, to chaperone a youth prevention activity. Please contact us if you have any interest!

The Confederated
Tribes of Siletz Indians
wishes you a safe
and happy



Meth Task Force Meeting

July 6 – 5:30 p.m.

Siletz Tribal Housing
Department Conference Room

The Meth Task Force is open to all community members, youth, and adults. We know that a lot of people are concerned about the methamphetamine epidemic in this community. You can make a difference!

Please join us!