

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 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: Why do people do drugs anyways? Tylan Moore, age 10

Dear Tylan: This is a very, very good question. People do drugs for many reasons. Here are the most common ones:

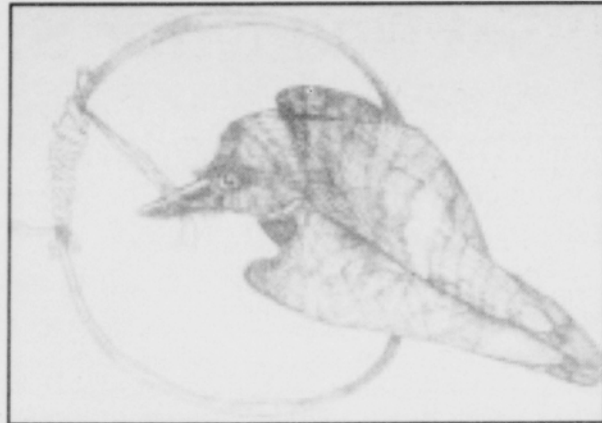
- Being a part of the group: Everyone likes to have fun. When people get old enough to go to parties and other activities with friends, they might decide to drink alcohol and use other drugs to be a part of the group.
- Feelings: Alcohol and other drugs allow feelings to come out. People sometimes make excuses for their actions by saying that because they were drunk or high, they didn't know what they were doing. People also use drugs to hide from uncomfortable feelings such as grief, shame, fear, anger, and self-pity.
- Addiction: Once people have used drugs, even for the first time, they can become addicted. When this happens, their brain and the rest of their body crave the drug. The craving can be so strong that people will do anything to get more drugs. The more they use drugs, the more addicted they become. It can be hard to imagine how strong addiction can be but when we listen to the stories of people who are in recovery, we begin to understand.

Thank you for asking this question, Tylan. I hope my answer has helped. Drug addiction is a disease and is complicated. I will share more about your question in upcoming issues. Please write to me again! Your friend, Raven

Dear Raven: I hope you've had a great summer. I have a question about alcohol use. I have a friend who has been drinking heavily (almost every day) for many years. This person continues to drink regularly today, but seems to have a lowered tolerance level. For example, years ago this person got drunk on about a 24-pack of beer. Today, they get staggering drunk on a six-pack or less (this person is not a drug user). I have actually seen this with several people. What is going on with them physically? Thanks, Chickadee

Dear Chickadee: There are four ways that the body tries to adapt to the effects of alcohol and protect itself. One of these ways is called "dispositional (metabolic) tolerance." This means that the body changes the way it metabolizes alcohol.

As a person drinks over a period of time, the liver adapts to create more enzymes to process the alcohol. This speeds up the time alcohol is eliminated from the



body so people need to drink more to get the desired effect of the alcohol.

Since liver cells are being destroyed by drinking and the aging process, the liver eventually becomes less able to handle the alcohol. A heavy drinker who could handle a fifth of whiskey at age 30 can become totally incapacitated by half a pint of wine at age 40 or 50. This process is called "reverse tolerance," which is what you describe.

I am sorry to hear about your friend. Let me know if you want to know about how people who care can go about doing an intervention. Yours, Raven

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.

They 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.

Male Volunteers!

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!

Meth Task Force Meeting

Sept. 7 – 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 a lot of people are concerned about the methamphetamine epidemic in this community. You can make a difference!

Please join us!



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

by Lynn Whitlow

Last month I promised an update on TLC construction projects.

I'm still smiling ... In addition to enjoying the newly spruced up decks, as of this writing the bathroom has had a wall with a pocket door installed for privacy. It's cleverly designed to allow natural light into the whole room.

The backyard fence is coming right along – nearly finished except for the gates. All should be finished in a few days. It looks very nice.

Folks in the community are still showing their support for our program, services, and residents by providing items we can use for the house or for personal use of residents. Lisa Brown gifted us with a *Rez-Robics* DVD. We still need a DVD player to use it.

Dorothy Chandler and Mary Parker donated two boxes of kitchen items, a pillow, blanket, and afghan. A number of these items were gratefully snapped up by a resident.

I was able to provide a table lamp to brighten another living room corner.

Sunshine Keck sent up a package of assorted combs. It's always good to have a couple extras around to replace those that escape from pocket or purse.

Chasta Weseman donated lots of clothing and household goods.

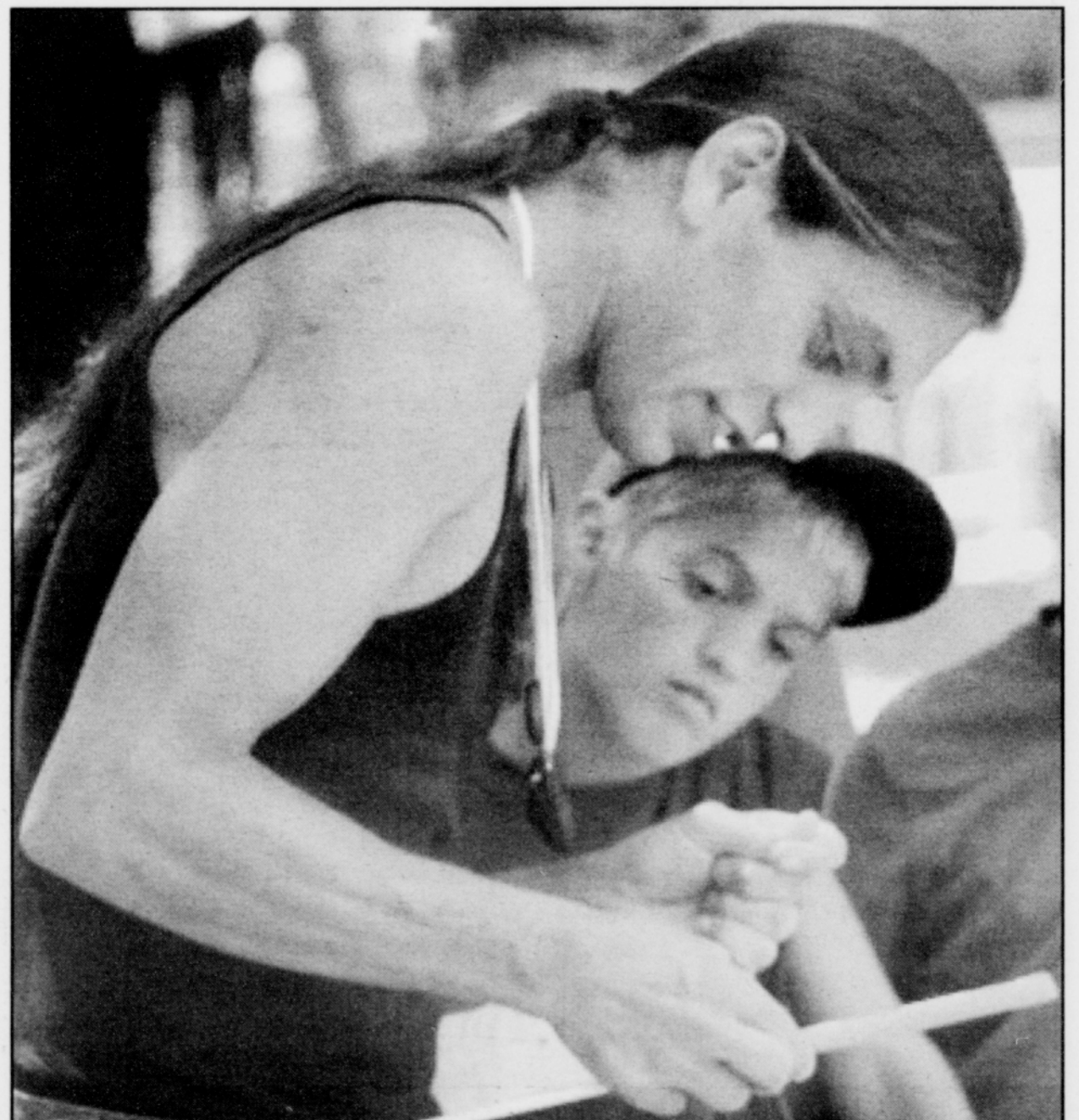
We're surely grateful for those faithful people who continue to provide overnight security for our residents: Jackie Ashley, Elizabeth Kosydar, Alice McCain, Carrie White, and Joan Hartung.

I truly appreciate these wonderful women and am looking for a few more clean and sober women to volunteer their time, once a week, once every two weeks, or to be on "on-call status" to cover overnight. The bed is very comfortable and the VCR is accompanied by many choice movies.

You can contact me at 541-444-8238 or 1-800-922-1399, ext. 1238, if you would consider giving to your community in this way.

Also, our Women's Talking Circle meets on the second Wednesday of the month. In September, that date is the 14th. If you are a woman in recovery at any stage, please join us. For information, call me at the number above.

Summer is nearly over. Enjoy and appreciate our warm fall days. Keep those sunny memories to pull out on a cold, drizzly January day.



Eddie Ehret shows Aaron Wawrak how to make a drum stick.