

## 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: What alcohol and drug services are available in the area offices? Signed, Need to Know

Dear Need to Know: Outpatient treatment services in the area offices are the same as in the Siletz office. They include:

- Evaluation/assessment
- Referral
- Alcohol/other drug education
- Individual counseling
- Family treatment
- Adolescent treatment
- Urinalysis/saliva testing

Other services based on staffing and staff availability include:

- Cultural/traditional counseling
- Women's specific treatment
- Intervention
- Recreational therapy

The Salem office has a full-time counselor. His name is Conrad Douma.

Portland and Eugene offices have half-time counselors. Christy Field is in Portland and Hal Darst is in Eugene.

Because of limited staffing, alcohol and drug treatment services in the area offices are for Siletz Tribal members only. Because addictions affect the entire family, family members are encouraged to participate in treatment even when they are not Siletz Tribal members.

Prevention services for Siletz Tribal members are available in the area offices by appointment. To request those services, call Jenifer Metcalf at 1-800-600-5599 or 541-444-8286.

If you have any questions about services in the area offices, please call Janet Wicklund. She is the program director and can answer those questions for you.

Thanks a lot for writing to me! Raven

### Methamphetamine

This is the first in a series of articles about methamphetamine and the effect the meth epidemic has had on the tribal community and its members.

#### What is meth?

Meth is a strong central nervous system stimulant. Chemicals used to make meth include alcohol, ether (engine starter), red phosphorus (matches/road flares), iodine, trichloroethane (gun scrubber), sodium metal, muriatic acid, sodium hydroxide (lye), ephedrine (cold tablets), toluene (brake cleaner), sulfuric acid (drain cleaner), salt, lithium (batteries), MSM (cutting agent), methanol/alcohol (gasoline additives), anhydrous



ammonia (farm fertilizer), pseudo-ephedrine (cold tablets), and kitty litter.

#### How is it used?

It's snorted (inhaled through the nose), injected, and smoked.

#### What else is meth called?

People who use meth often call it crank, speed, crystal, or ice. There are other street names for it; these are the most common.

#### How would I know if someone was on meth?

Signs of meth use include dilated pupils, sweating, dry mouth, flushed skin, and tremors/shakiness.

#### What are some of the long-term (up to two years) effects of meth use?

Meth can cause imbalances in the brain that can last one to three years. As a result, people often have trouble with anxiety and depression that can be so severe it affects their ability to work, attend school, parent, have fun doing the things they used to enjoy, and maintain healthy, loving relationships.

Meth can cause permanent and irreversible damage to the pleasure and reward pathways, causing a lifetime of problems with depression. Neurological (brain) problems that are caused by meth still are not completely understood.

People also can experience skin sores, tooth decay, weight loss, unpredictable and sometimes violent behavior, uncontrollable body movements similar to Parkinson's disease, and intestinal problems.

Watch for more information on methamphetamine in future issues. If you are

## 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

looking for specific information, please put your questions in the "Ask Raven" boxes that are located in all tribal offices.

### ATOD and Youth Delinquency Prevention

Jenifer Metcalf has joined the prevention team! She brings a lot of enthusiasm and commitment to the program!

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 or Jenifer Metcalf 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 make a prevention plan that will support you as a

parent and provide your child with support for making good choices.

### Oct. 23-31 is Red Ribbon Week!

The Siletz Tribal Prevention Program will join others across the nation in providing fun activities and creative approaches to anti-drug education. Red Ribbon Week participants promote positive choices, good character, and a healthy lifestyle for children of every age.

If you want to get involved in Red Ribbon Week activities, please call Delina or Jenifer!

### 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!

## TLC Attitudes of Gratitude

by Lynn Whitlow

Looking out my window at a spectacular end-of-summer day and remembering the nip in the air this morning – that promise of fall to come.

Thinking that we are blessed to have, at least at the moment, lovely sunshine, moderate temperatures, minimal rain, **no hurricanes**, and normal pace of life.

Grateful that we, as a whole, are not wondering where family members are, whether or not our houses still exist, if we still have a job, how are we going to pay bills or buy basic needs, where dinner is coming from – or if it's coming, if we are going to be attacked, if we can get a change of clothing, a shower, a bottle of water.

There is a lot of sorrow for those in the Southeast attached to my gratitude. I am grateful that as a tribal employee, I have the option of having part of my paycheck deducted to help survivors of Hurricane Katrina, knowing that the money will get to where it will do the most good. Most of all, grateful for life.

I'm also grateful that the tribe has this wonderful facility to offer women who have had the courage to work through addiction issues, who have graduated from a treatment program, and who want to continue in their recovery in a safe, drug-free environment. Having a nurturing, supportive living environment can make all the difference.

We have folks in the community who care and think of us when they have extra items to share. Debbie Broadwell and an anonymous donor gave us some very nice clothing.

Mary Parker and Dorothy Chandler shared kitchen items, and Anita Wheeler

gifted our house with two and a half dozen lovely long-stemmed roses. What a treat! Our current resident loves flowers as much as I do, so we were very appreciative!

Diane Rodriguez shared some very nice travel samples and luxury soaps. Bev Youngman supplied us with a bag of quality reading material. We appreciate all of you.

Most of all, gratitude goes out to those wonderful women who continue to support the TLC and its residents by being here – sleeping over to provide that extra feeling of security that comes with having another human soul present. Thank you to Jackie Ashley, Alice McCain, Joan Hartung, Carrie White, Elizabeth Kosydar, and Lisa Brown.

We could use a few more dedicated women to help share those duties. Please call me at 1-800-922-1399, ext. 1238, or 541-444-8238 if you would like to volunteer some service.

We also have a Women's Talking Circle each month, on the second Wednesday at 5:45 p.m. for our potluck dinner and 6:30 p.m. for the Talking Circle. Call the same number for information or directions.

Hope you all enjoy a wonderful autumn. By the time you read this, there should be piles of fallen leaves. Go crunch a bunch but don't make the mistake I did a few – quite a few – years back.

That pile looked mighty inviting, so I took a flying leap into it. Whomp! It was as hard as the ground under it. Good news is nothing broken and I learned a valuable lesson about the physical properties of leaf piles!

### Meth Task Force Meeting

Oct. 5 – Noon

#### Siletz Tribal Housing Department Conference Room

The Meth Task Force is open to all community members – youth and adults.

We are now in the process of developing some new goals. If you would like to be part of a group of people who are working on goals for the task force, please call Janet or Delina at 541-444-8286 or 1-800-600-5599.

You can make a difference!

Please join us!

