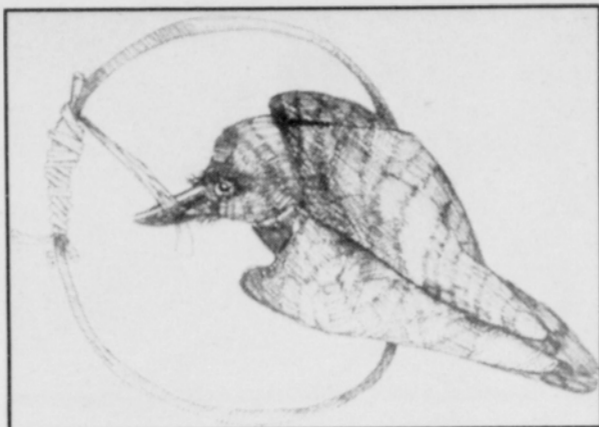


## Ask Raven

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 some people get into residential treatment pretty fast and other people have to wait a long time. That seems wrong. Signed, Frustrated

Dear Frustrated: Most people do not have private insurance or the Oregon Health Plan to help pay for residential treatment. In most cases, tribal funding is not available to pay for residential alcohol/drug treatment.

Because of the lack of funds to pay for treatment, most people are put on a waiting list with a program that has publicly funded beds. Some programs you may have heard about include NARA (Portland), Willamette Family Treatment (Eugene), and Crossroads (Roseburg).

Once a person has had a full assessment and pre-treatment physical exam, including going back to get the TB test read, the counselor can get that person on a waiting list at one of those programs. Sometimes we get lucky and a bed becomes available within a matter of weeks. Other times, it's months before a person can get in. It depends completely on the number of referrals a program is getting at that time.

I want to assure you that counselors work hard to get people into treatment.

I also want to give you another important message, about pregnant mothers. We all know that women who drink alcohol and use drugs during their pregnancy put their children at risk of physical, behavioral, and learning problems that can affect them their whole lives. Because of this, **women who are pregnant are placed at the top of any waiting list for residential treatment.**

So, Frustrated, I know this information probably does not ease the frustration people feel when they are ready for treatment and have to wait. I do hope it helps you understand why that happens.

What we all can do is support the people who are waiting to go into treatment. Help them get rides to see their counselor or other activities like AA, NA, church, and cultural activities. Listen to them without judging. Let them know you care.

Thanks for writing. Let me know if you have other questions about this difficult issue. Raven

### Methamphetamine, Part 2 Recovery

**There is hope for recovery.** With that said, it's important to know that the first year or more of recovery is not easy for the meth addict.

The effects of meth on the brain are serious. Sometimes the brain will restore

some of the damage and other times, the damage is lifelong. Pictures of the brain of a meth addict while actively using and then after a year of being clean and sober show that the brain is still impaired.

Recovering addicts have trouble thinking about more than one thing at a time, or "multi-tasking." They have trouble learning new information and a hard time remembering things they have recently learned.

Counselors, family members, and other people who are part of the recovering addict's support system need to adjust their expectations. Long conversations can be trying for the newly recovering addict. Visual (seeing) learning is better for them than auditory (sound) learning.

Recovering meth addicts often have problems with anxiety and depression as a result of changes in brain chemistry. Many may need medication for a time to treat these symptoms.

#### Dental Problems

There is a new term that describes the dental condition of longtime meth users – "meth mouth."

Meth is the worst drug for teeth because it constricts blood vessels in the mouth. This reduces blood flow and immune protection, so teeth do not get the nutrients they need and are more prone to infection.

Meth users often grind their teeth without even knowing it, which is very hard on those teeth. So when people suffer from meth mouth, they have mouth

### Meth Task Force Meeting Nov. 2 – 5:30 p.m. Siletz Tribal Housing Department Conference Room

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

If you have questions or need more information, please call Janet or Delina at 541-444-8286 or 1-800-600-5599.

You can make a difference!

**Please join us!**

When you update your address with the Enrollment Department, it **does not** mean we are notified of the new mailing address in the Siletz Tribal Housing Department's Rental Assistance Program (RAP). The Enrollment Department does notify the Accounting Department, however, for per capita and Contract Health Service for medical.

## 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

sores and tooth decay. This can interfere with sleep and cause stomach problems.

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

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.

#### 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!

### Underage Drinking Awareness

#### Make a Difference – Talk to Your Child About Alcohol

Parents, your child looks to you for guidance and support in making life decisions – including the decision not to use alcohol. Alcohol is a drug and it's dangerous!

#### The Risks of Alcohol

For young people, alcohol is the No. 1 drug of choice. In fact, teens use alcohol more frequently and heavily than all other illicit drugs combined.

Although most children under age 14 have not yet begun to drink, early adolescence is a time of special risk for beginning to experiment with alcohol.

While some parents and guardians may feel relieved that their teen is "only" drinking, it's important to remember that alcohol is a **powerful mood-altering drug!**

Not only does alcohol affect the mind and body in often unpredictable ways, but teens lack the judgment and coping skills to handle alcohol wisely. As a result:

- Alcohol-related traffic crashes are a major cause of death among teens. Alcohol use also is linked with youthful deaths by drowning, suicide, and homicide.
- Teens who use alcohol are more likely to become sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex than teens who do not drink.
- Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault, and robbery.
- Teens who drink are more likely to have problems with school work and school conduct.
- An individual who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

The message is clear: Alcohol use is very risky business for young people. The longer children delay alcohol use, the less likely they are to develop any problems associated with it. That's why it's so important to help your child avoid any alcohol use.

I will give parents information on underage drinking awareness from month to month. To be a helpful resource, I am offering my services to any parent who wants to know more about the effects of alcohol and other drugs on their child.

If you do, please contact me, Delina John, Prevention coordinator at the Siletz Alcohol & Drug Department, at 1-800-600-5599 or 541-444-8267.

## Has Your Mailing Address Changed?

Recently, we had active applicants who had moved and did not notify us of their current mailing address. The applications, therefore, were in jeopardy of becoming inactive because of no response. It's the tribal members' responsibility to notify the Siletz Tribal Housing Department of their current mailing address.

If you have any questions, you can reach the STHD office as follows:

Mailing Address: P.O. Box 549, Siletz, OR 97380-0549  
Physical Address: 555 Tolowa Court, Siletz, Oregon  
Direct/Front Desk: 541-444-8322  
Toll-free: 1-800-922-1399, ext. 1322  
Fax: 541-444-8313