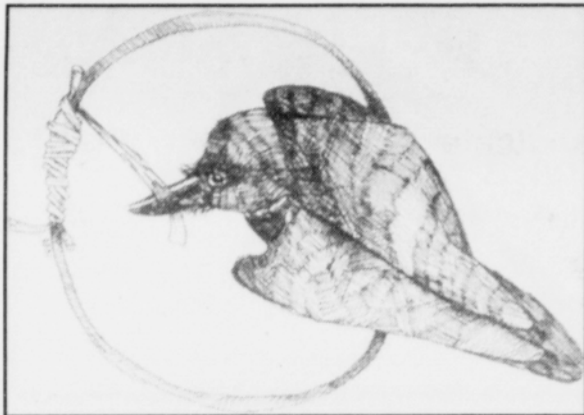


TRIBAL PROGRAM NEWS

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: It seems the meth lab problem is somewhat maintained in Siletz and Lincoln County. Now the problem is the users and abusers. I see the same people doing the same thing. They stop doing things only to take on prescription pills and alcohol. Us Natives cannot drink. What can we do? Signed, Part of the Solution

Dear Part of the Solution: There is a big difference between people who abstain from alcohol or other drugs for a period of time and people who are in recovery.

When people make a decision to abstain but do not make other changes in their lives, they often do what is called "switching addictions," or using another substance to which they have not yet developed an addiction. It's only a matter of time before they become addicted to that substance.

A recovery program includes a healthy mind, a healthy body, and a healthy spirit. People who stop alcohol/other drugs and develop a program of recovery have a good chance of maintaining a lifetime of recovery from alcohol and other drugs.

This is very important for us to talk about and I am glad you wrote to me. I hope to hear from others about this. If you are in recovery and have experiences to share, or if you have had problems switching from one drug or alcohol to another, please write to me and share your story with your community. Signed, Raven

Dear Raven: I have been reading the newsletter on underage drinking. I appreciate the awareness. What's frustrating is a majority of the underage drinkers in our tribal community have parental consent. How do we reach the tribal parents and community parents to let them know this cannot be tolerated? Signed, Frustrated

Dear Frustrated: There are two main reasons that parents will allow their children to drink.

The first one is that parents do not have all the information they need. Scientists who have studied alcoholism for many years have discovered that without

a doubt, the younger a person is when they drink alcohol, even in small amounts, the higher their risk is for becoming an alcoholic. This is because our bodies, including our brains, have not fully developed.

The other reason that parents will allow their children to drink is that the parents have developed an addiction to alcohol. Even in the early stages, this addiction will interfere with a person's ability to have good judgment

You say that this cannot be tolerated and I want you to know that your frustration is normal. A long time ago, an old Raven friend of mine wrote a prayer that will help you. It's called the Serenity Prayer. You probably know it.

The Serenity Prayer calls on us to "change the things we can." You can mentor a young person, be their friend. Listen to them. Show them you care. Model to them that life can be good without alcohol and other drugs.

The Serenity Prayer also guides us to "accept the things we cannot change." Frustration is stress and is not healthy for you. And you can do something about that! If you need information about how to deal with frustration and stress, write to me again. Signed, Raven

Dear Raven: Time and time again I have seen our Native people come out of prison and A&D treatment only to go straight back to what put them there in the first place. Drugs, violence, alcohol, and abuse in all types. A very low percentage make it out here in society while the greater percentage goes back or to jail countless times for parole violation. What can be done to be more resourceful and less judgmental when our people come home? What can family members do and share to be of support? Signed, Needing Helpful Tips

Dear Needing Helpful Tips: This is something that bothers many people and it's good you are asking about it.

When people go through residential alcohol/drug treatment, they are surrounded by support and spend every day focusing on recovery. When they are ready to leave, they feel strong and it can be very hard for them to imagine them-

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

selves ever going back to the life they lived before treatment.

We call this the "Pink Cloud Syndrome." Once the person is back in his/her home environment, it can be hours or days before all the triggers for his/her addiction seem to surround them.

Others are over-confident and think that they will be able to drink alcohol "socially" or control their use of other drugs. They don't think they need continued help and so they do not participate in aftercare treatment or community self-help/support groups.

Even though they have not been in the same kind of positive environment, people who come out of jail and prison often have the same unrealistic beliefs about what they will face when they transition back to their community. While we need more community resources for people in these situations, often they do not use the resources that do exist.

Here is what you can do if you have a loved one who is returning home:

- Help them with transportation to counseling appointments and self-help group activities.
- Listen to them when they need to talk and let them know you care.
- Be clear about your expectations and boundaries, especially if they are going to live with you. If those boundaries and expectations are violated, follow through with what you know is best for you.
- Understand that this person is dealing with a huge adjustment that may take a long time to get through.
- Find support for yourself through counseling, church, ALANON, the sweatlodge, or other community support resources.
- Never, ever, condone their use of alcohol or other drugs. Do not drink with them or around them. Invite them to do things with you that do not involve alcohol or other drugs.

You must be a very caring person to have written about this. Don't forget to care for yourself! Signed, Raven

Methamphetamine, Part 4 Meth and Aggression

A recent animal study on the effects of methamphetamine use gives us more information about why it is that people have a tendency to become more violent and aggressive when using methamphetamine.

This research tells us that meth causes an increase in what is described as "at-

tack behavior." It also clearly suggests that this attack behavior will continue for longer periods of time.

By sharing this information, we are not supporting animal research. Because of the increase in meth use and the incidents of violence that we suspect are related to meth use, however, we thought that this was important information to pass on.

If you live with a meth user who is showing signs of aggression, please talk to someone. Your safety is important.

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.

General Council Meeting

Feb. 4, 2006 – 1 p.m.
Siletz Tribal Community
Center
Siletz, Oregon
Agenda

Call to Order
Invocation
Roll Call

Approval of Agenda
Approval of Minutes
Program Reports
Gaming Distribution Ordinance:
Sharon Edenfield
Funeral Benefits: Cat Tufts
Tribal Member Concerns
Chairman's Report
Announcements
Adjournment

Meth Task Force Meeting

Jan. 4 – Noon to 1 p.m.

Siletz Tribal Health Clinic Conference Room
Please note this change in location!

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!