

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: I come from a long line of alcoholics. I am afraid to drink but if I take a drink, what are my chances of becoming alcoholic? Signed, Scared of being alcoholic

Dear Scared of being alcoholic: You are not alone in feeling this way, considering your chances of becoming alcoholic are very high if you choose to drink.

There is a place that you can go to get support for family members of alcoholics. It's called Alan-non, Ala-teen, and Alan-non for family groups where you can talk about your concerns and also get the support you need living around active alcoholics.

Although we do not know of your location, you can look in the your local phone book in the white pages to find the closest meeting for support to help you make healthy choices for yourself.

The message is clear: Alcohol use is very risky business for young people. The longer you delay alcohol use, the less likely you are to develop any problems.

Thank you for taking the time to write with your concerns. This shows that you are willing to make the effort it takes to make change happen.

Signed, 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 or Jenifer Metcalf at 1-800-600-5599 or 541-444-8286.

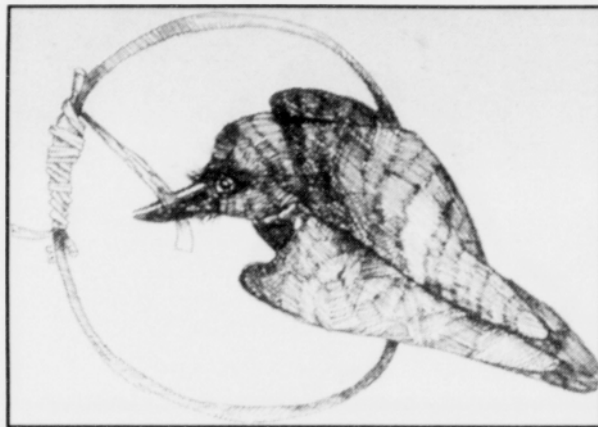
One of them will talk with you about risk factors and those things that help protect your child from developing those problems. They will help you make a prevention plan that will support you as a parent and provide your child with support for making good choices.

Meth Task Force Meeting

**Feb. 1 – Noon to 1 p.m.
Siletz Community 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!



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**

Underage Drinking Awareness

by Delina John, Prevention Coordinator

the more you will know about your child's friends and activities.

Connect with other parents. Getting to know other parents and guardians can help you keep closer tabs on your child. Friendly relations can make it easier for you to call the parent of a teen who is having a party to be sure that a responsible adult will be present and that alcohol will not be available. You're likely to find out that you're not the only adult who wants to prevent teen alcohol use – many other parents share your concern.

Keep track of your child's activities. Be aware of your teen's plans and whereabouts. Generally, your child will be more open to your supervision if he or she feels you are keeping tabs because you care, not because you distrust him or her.

Develop family rules about teen drinking. When parents establish clear "no alcohol" rules and expectations, their children are less likely to begin drinking. While each family should develop agreements about teen alcohol use that reflect their own beliefs and values, some possible family rules about drinking are:

- Kids will not drink alcohol until they are 21.
- Older siblings will not encourage

younger brothers or sisters to drink and will not give them alcohol.

- Kids will not stay at teen parties where alcohol is served.
- Kids will not ride in a car with a driver who has been drinking.

Once you have chosen rules for your family, you will need to establish appropriate consequences for breaking those rules. Be sure to choose a penalty that you are willing to carry out.

Also, don't make the consequences so harsh that they become a barrier to open communication between you and your teen. Make the penalty "sting" just enough to make your child think twice about breaking the rule. A possible consequence might be temporary restrictions on your child's socializing.

Finally, you must be prepared to consistently enforce the consequences. If your children know that they will lose certain privileges **every** time an alcohol use rule is broken, they will be more likely to keep their agreements.

Information for this article was gathered from the National Institute on Alcohol Abuse and Alcoholism, the National Institutes of Health, and the U.S. Department of Health and Human Services.

Some Web sites for parents to check out: www.parentingisprevention.com, www.theantidrug.com (AOL Keyword: Drug help), and www.health.org/nacoa.

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

Elder Council Meeting

**Feb. 11, 2006 – 2 p.m. to 5 p.m.
Chinook Winds Casino Resort**

**If you need a ride, please call Angela Ramirez
1-800-922-1399, ext. 1225, or 541-444-8225**

CTSI Jobs

**CTSI Employment Job Line
541-444-8296 or 1-800-922-1399, ext. 1296
Visit our Web site at www.ctsi.nsn.us**

Note: "Open Until Filled" vacancies may close at any time. The tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.