

Ask Raven

Dear Raven: There are a lot of parents around here who refuse to believe that their youth are doing drugs, drinking, and causing problems in the community. These youth are on a negative path and could very well end up in jail, prison, or worse. How can we get through to these parents?
Unsigned

Dear Unsigned: It's normal for parents to want to believe the best about their children. As parents, we see the innocence in our children no matter how old they are and how troublesome their behaviors have become. I will share with you some do's and don'ts from this old Raven's point of view.

- Don't lecture.
- Don't make accusations unless you have proof.
- Don't try to talk with other parents about your concerns when you are angry.
- Do stay in touch with your caring.
- Do put yourself in the parent's shoes. Imagine how they might be feeling about the situation.
- Do maintain healthy limits about your home and what goes on there.
- Do invite other parents to community events that are intended to make this a safer community for everyone.
- And last, don't give up, even when it's hard.

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.

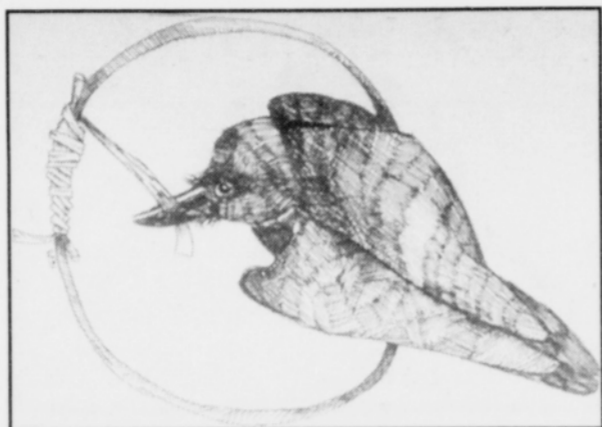


Other Activities

The summer activities are under way. If you would like to be notified about summer prevention activities, please contact Jenifer and Delina.

There still are openings for youth who are interested in learning how to use a kayak or a canoe. Please contact Jenifer or Delina to sign up.

If you would like to help with the A&D Program float for the pow-wow parade, please call us. We would love to have your ideas, artistic abilities, help, and involvement!



Underage Drinking Awareness

by Delina John, Prevention Coordinator
Parents, did you know:

- 47 percent of youth who drink before age 14 become alcohol-dependant.
- Underage drinking results in 3,200 deaths a year, killing four times as many youth as all illicit drugs combined.
- Alcohol is a depressant. One study showed that youth diagnosed with alcohol abuse were four times more likely to experience major depression than those without an alcohol problem.
- Youth who use alcohol are more likely to become sexually active, which places them at a greater risk of HIV infection and other sexually transmitted diseases.
- Favorable attitudes about drinking have been associated with youth initiating and continuing alcohol use.
- Researchers suggests that children are less likely to drink when their parents are involved in their lives and when both parents and children report feeling close to each other.
- Youth drink less and have fewer alcohol-related problems when their parents discipline them consistently and set clear expectations about drinking.

For awhile now I have been putting information in *Siletz News* for parents, grandparents, aunties, uncles, or just concerned community members to read regarding underage drinking and how harmful it is for our youth to engage in. I have decided to repeat some of these facts that I stress to you as very important to know and to share with your children.

Families have a powerful influence over a young person's decisions about whether or not to use alcohol. In fact, parents' disapproval is the **key** reason children give for not using alcohol.

I ask you to be a part of your children's lives, ask questions. Give them facts. **Let them know you care!**

Any questions, please feel free to call the Alcohol & Drug Department at 541-444-8267 or 1-800-600-5599 and ask for Delina or Jenifer. We are here to help.

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

In this fast-paced world we live in now, we often find ourselves more "human doings" than "human beings." There can be a variety of reasons we find ourselves in this predicament.

Probably none of us "planned" to be where we are. Sometimes we think we need to be involved in a lot of activities to "help" others. Or we just want to fill our time so we don't have to think about those things in life we would rather weren't there – situations, people, "stuff."

We might actually take great pleasure most of the time in being involved with many activities. No matter what the reason, when we get over-involved in activity we can end up extremely tired, stressed out, irritable, and feeling sorry for ourselves. Not good and definitely not a situation to promote gratitude.

We all need to stop and take time for ourselves. We need to relax, rejuvenate, stop and smell the roses (or some lavender, which has a calming influence).

It's not selfish to take care of yourself first. You will be no good to anyone if you're on your last nerve and feel like biting the head off the next person who looks at you. Make sure you are in a good physical, emotional, and spiritual place before you reach out to give someone else a hand.

You can do it! Come back having gratitude for life and what it brings you.

The TLC again wants to thank its faithful volunteers for being here. Gratitude to Alice McCain, Trish Morningstar, Pat Darcy, and Denise Riding In for the nights they sleep here. You are so appreciated!

Thank you to the crew at Public Works for helping us "fix" those little things that need repair. Thank you to the A&D staff for supporting residents and our activities.

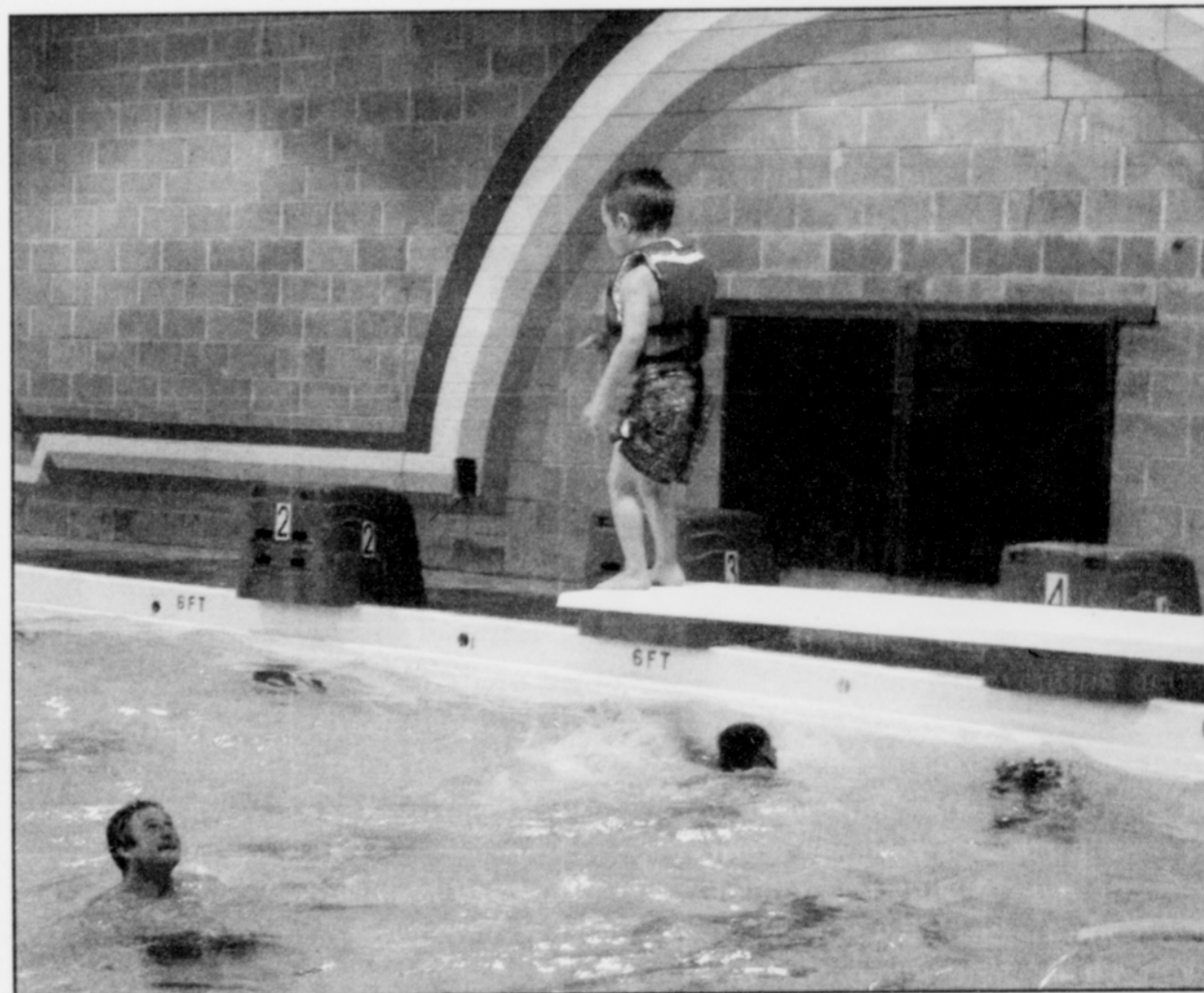
We do have an attitude of gratitude! And by the time this is printed we should have our new cook top installed! Now that will make us real happy – no more burned pancakes!

Meth Task Force Meeting

Aug. 2, Noon
Siletz Community Health Clinic
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!



Talon Grant gets ready to jump into the pool in Toledo. Sponsored by the Siletz Tribal Education Program, more than 50 kids spent the afternoon swimming in late June.