

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: What do you think about medical marijuana. My uncle says marijuana is medicine from the Creator, but other people say it's a drug that people just use to get high. (Unsigned)

Dear Friend: I don't want to say anything against anyone's religious or spiritual beliefs. Some people do believe marijuana is medicine from the Creator.

Many other people who have used marijuana say that they became addicted and have had problems because of it. There are also people who believe that the medical marijuana laws are too vague and those people are working to clear them up.

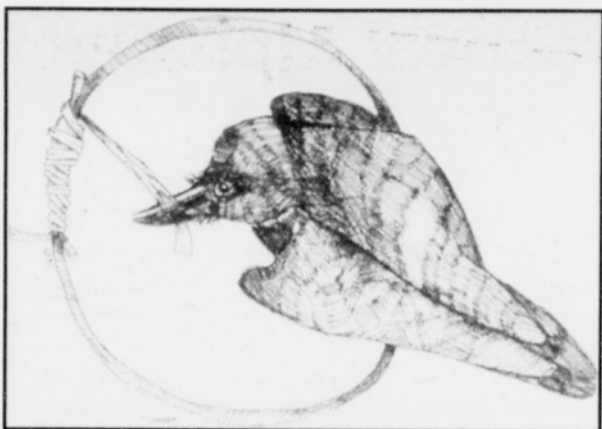
Unfortunately, none of the money that is made from medical marijuana fees goes to drug treatment and prevention, even though the state of Oregon made more than \$600,000 on these fees in 2005.

Most people in Oregon who have a medical marijuana card got it because they reported they have physical pain. I hope you never need to take it or anything else for pain, but if you do, please talk with the medical provider you trust.

There are doctors who are just writing prescriptions for medical marijuana. They don't treat the whole person and don't seem concerned if the person has addiction problems or if they are having other problems as a result of their marijuana use.

Here are some of those problems people can have because of marijuana use and addiction.

- When under the influence of marijuana, people have a hard time tracking moving objects and dealing with "the trailing phenomenon." This means that the person sees an after-image of a moving object. The problem of not tracking moving objects, "trailing," and the sedative effect of marijuana means people have a harder time doing things that require depth perception and good hand-eye coordination. This makes it hard for them to do things like play baseball.
- Marijuana also causes a temporary disruption of the secretion of the male hormone testosterone that will cause an imbalance in young men who are in puberty or problems for men who want to become fathers.
- Smoking four to five marijuana "joints" is as hard on the lungs as a full pack of cigarettes and causes both chronic bronchitis and cancer.



- Marijuana has been shown to slow learning and disrupt concentration, leading to what is called "amotivational syndrome." This means people with marijuana addiction have a hard time being motivated to do things like go to school, do homework, get a job, or do other day-to-day activities. The brain will say to the person, "Forget it! You don't have to do those things."

Medical marijuana is one thing we may never all agree on. It's important that we respect each other's beliefs, gain knowledge, and prevent addiction so we will protect ourselves today and also protect our future generations.

Thank you for writing. Raven

September is Wellbriety Month, Also Known as Recovery Month

- Wellbriety Dinner, Sept. 6, 6 p.m. (Also the Run to the Rogue registration), Tribal Community Center in Siletz
- Oregon Recovery Month events, Sept. 16, Bush Park in Salem. The Native American-specific events will be held at 11 a.m.! Watch for flyers about this event or call the A&D office for more information!

October is Red Ribbon Week!

Red Ribbon Week, which usually occurs in the last week of October each year, is a national initiative of prevention and education about the dangers of drugs and alcohol. During this week, students all over the country make pledges to live drug- and alcohol-free.

Red Ribbon Week is the most far-reaching and well-known drug prevention event in America. The National Family Partnership, which coordinates Red Ribbon activities nationally, estimates that more than 80 million Americans participate in Red Ribbon events.

The first Red Ribbon Celebration was organized in 1986 by a grassroots organization of parents concerned about the destruction caused by alcohol and drug abuse.

The red ribbon was adopted as a symbol of the movement in honor of Enrique "Kiki" Camarena, an agent with the U.S. Drug Enforcement Administration who was kidnapped and killed while investigating drug traffickers.

The campaign has reached millions of children and has been recognized by

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

the U.S. Congress. Many children in schools are given red ribbons to wear, usually saying a drug-free motto.

Events will be held at Siletz Valley School and in schools across the country.

ATOD and Juvenile 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.

CEDARR Meeting

(Community Efforts Demonstrating the Ability to Rebuild and Restore)

Change in date and location!

Sept. 6, 5 p.m.

Siletz Tribal Community Center – Picnic Tables

CEDARR (formerly 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!

TLC Attitudes of Gratitude

by Lynn Whitlow

As I write tonight, just hours after participating in TLC's monthly Women's Talking Circle, I reflect on the awesome sharing that occurs in that circle. It does not matter whether there are two or 12 in the circle – it's always a powerful experience.

Personally, I look forward to this evening every month. Sharing a meal with other women, using meal preparation as skill building for a TLC resident wanting to hone her cooking skills, celebrating good news and accomplishments, or having empathic ears and hearts to hear fears and accept tears – all leave me in awe of the humble power women have that helps us give strength to and gain strength from one another. It's also a reminder to all of us what we have to be grateful for.

If you are a woman within walking or driving distance to the TLC, please join us this month. We normally meet on the second Wednesday, but it's wise to call ahead to make sure, if you are not on the GroupWise system (notice goes out a week ahead). The number is 541-444-8238 or 1-800-922-1399, ext. 1238.

We are missing the smiling face and the strengths that Denise Riding In brought to the TLC as our weekend staff person. She needed time for family. We wish her well and are grateful for the time she shared with us and the

strengths she brought to the TLC. We would welcome her back at any time.

We welcome Trish Morningstar, one of our volunteers who has contracted to provide weekend staff coverage through December. We look forward to having her here.

Volunteer participation is an essential service to our residents. We need to have overnight coverage, mostly for emotional security for residents – volunteers who can visit, share a television program, a movie, a meditation, or just "be" here.

I started as a TLC overnight volunteer when TLC first opened its doors to residents. I loved it and still love my work here. We need women volunteers who would like to give to their community in a way that makes a difference.

We mostly need women who are willing to spend a night, once or twice a month or, ideally, one night a week to sleep on the most comfortable bed in the Siletz Valley and wake up to a magnificent view!

Thank you to our current active volunteers – Alice McCain, Trish Morningstar, and Denise Riding In. We look forward to Pat Darcy's return after a summer break.

Volunteer training is a short, painless process. If you are interested in serving your community, please give me a call at 541-444-8238 or 1-800-922-1399, ext. 1238!