

TRIBAL PROGRAM NEWS

Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco, and other drugs. You can call in your questions to the numbers at right or mail them to Raven, P.O. Box 549, Siletz, OR 97380-0549.

Dear Raven: I am a single mom and have been in recovery for one year. I worry about my kids going down the same road. What can I do to make sure it doesn't happen? NA Mom

Dear NA Mom: I want to say how happy I am to hear from you and to know you are in recovery. Thank you for writing.

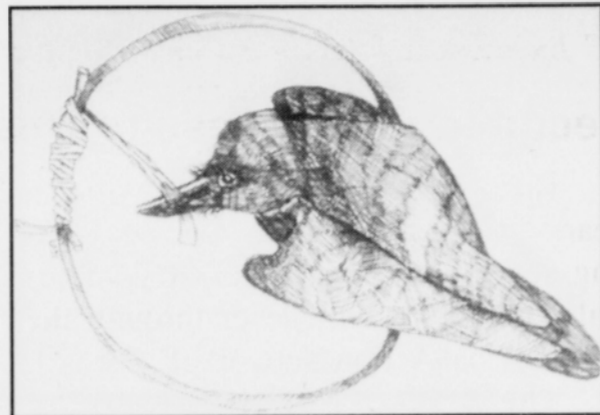
Yes, there are things you can do. One of the biggest challenges for recovering families is the time away from each other while the parents are attending self-help meetings. Meetings are what help keep parents in recovery, yet children can still feel that same sense of abandonment and isolation they felt when their parents were using/drinking. While programs of recovery teach valuable life skills, they do not necessarily provide a set of effective parenting skills.

The most important thing you can do for your children is to provide a secure and stable environment for them. Doing this will help prevent them from turning to tobacco, alcohol, or drugs.

If there are recovery activities that include the whole family, I encourage you to become involved with them. It will help your children feel included in your life and recovery, and also will give you more time together.

I strongly suggest you find out what parenting classes are available in your community. Some of them do include the whole family. If you take a parenting class, you may be pleasantly surprised at how interesting and fun they can be.

Good luck, NA Mom! Please write again anytime! Raven



Prevention

by Delina John

As the prevention coordinator for the tribe, my job is to decrease risk factors and increase protective factors in the community. You might be asking yourself, "What are risk and protective factors?"

- **Risk Factors** are characteristics of individuals, their families, schools, and community environments that are associated with increases in alcohol and other drug use, delinquency, teen pregnancy, school dropout, and violence.
- **Protective factors** are conditions that protect young people from the negative consequences of exposure to risks by either reducing the impact of the risk or changing the way a person responds to the risk. Building protective factors can reduce the likelihood that problem behaviors will arise.

Another part of my job is to be a supportive role model for the youth in our community and educate them in alcohol/drug prevention.

I wanted to share this information with you so that if needed, the Prevention Department can assist you as a parent or guardian. Our youth, our future generations, need to be educated about the dangers of alcohol/drugs and the harmful effects they have on our bodies.

As a Siletz Tribal member, I am committed to doing what I can to help my community. Thank you.

Parents – If you think your child may be at risk for alcohol, tobacco, or other drug problems and/or delinquency behaviors, please call Delina or Jenifer at 1-800-600-5599 or 541-444-8267.

One of us 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 the tools to make good choices.

The TLC is available to women once they have completed residential alcohol/drug treatment so they will have a safe and alcohol/drug-free home while transitioning back into their community. It's primarily funded by an ongoing state grant so we are obligated to follow the requirements of that funding.

- Residents pay 30 percent of their income to live at the TLC, which pays their rent. Residents are responsible to pay for their own food. Many are eligible for food

Siletz Tribal Alcohol & Drug Programs

Prevention, Outpatient Treatment, and Women's Transitional

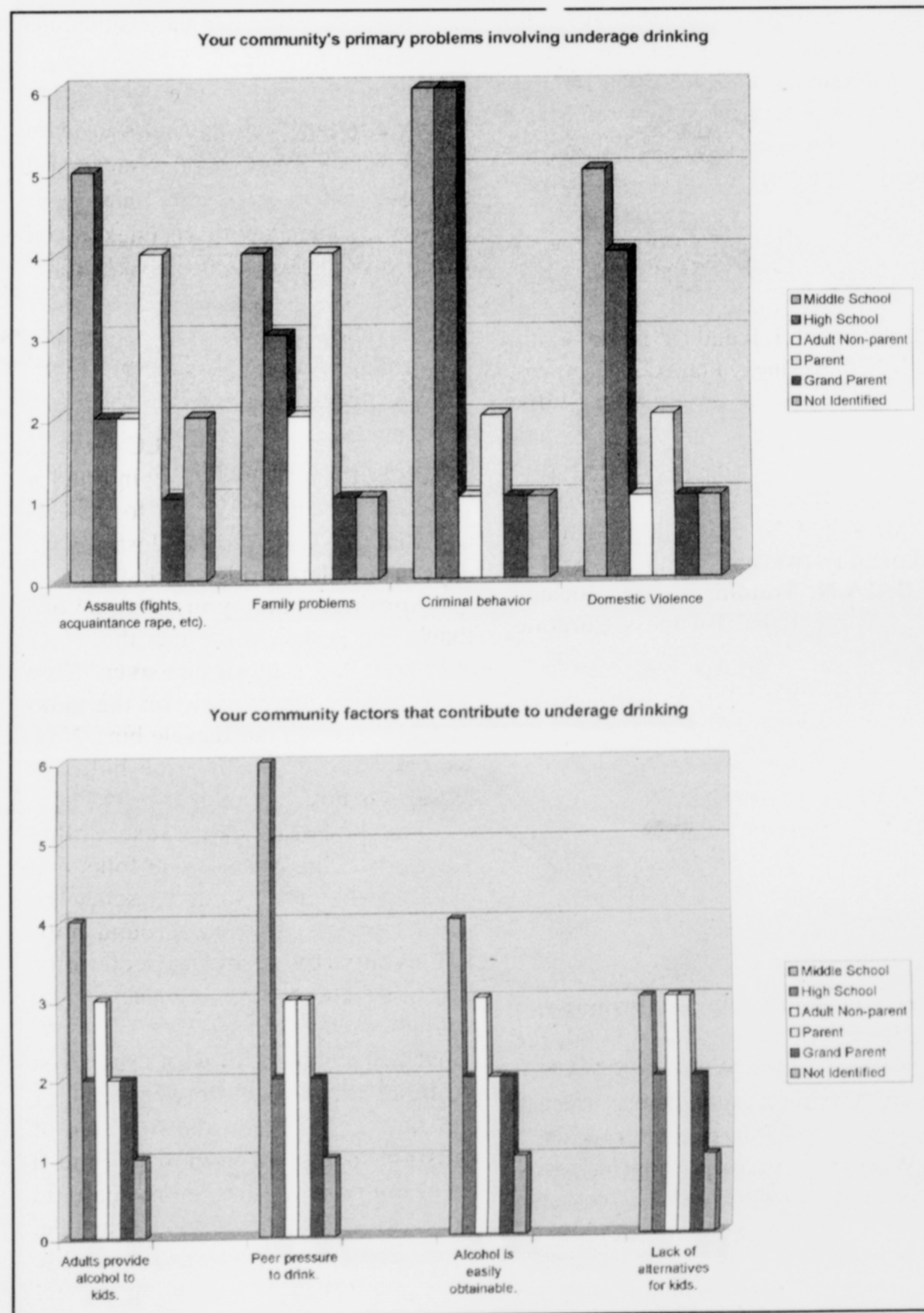
Siletz: 1-800-600-5599 or
541-444-8286
Eugene: 541-484-4234

Salem: 503-390-9494
Portland: 503-238-1512

Underage Drinking Survey Results

Following are the results of a survey called the Tribal Underage Drinking Community Profile that was given to the parents of middle and high school students and to non-parents. The students themselves also completed them.

Surveys were given out in the fall of 2005 and the spring of 2006. Survey results include a lot of areas, so this article will be the first of several. Look for more information in January!



TLC Report

stamps, which really helps while they are in early recovery.

- Residents have a treatment plan that outlines what their goals are and they are required to participate actively in that plan as long as they live at the TLC. Plans are individual to each resident and can include job search, schooling, parenting classes, domestic violence prevention classes, volunteer work, and mental health counseling. All residents are required to actively participate in aftercare,

outpatient alcohol/drug treatment, and community self-help activities.

- Women can stay at the TLC until they are ready to live independently. This timeline is different for each person and is continuously evaluated by the residents themselves, the TLC coordinator, and the primary counselor.

The need for funds to operate the TLC far outweighs our resources and we depend heavily on volunteers. Please call Lynn Whitlow if you have any interest in becoming a volunteer!

CEDARR

Community Efforts
Demonstrating the Ability to
Rebuild and Restore

Dec. 6 • Noon

Siletz Community Health Clinic
Everyone is urged to attend!

CEDARR Community Gathering

Dec. 12 • 6 p.m. to 8 p.m.

Siletz Tribal Community Center
Dinner at 6 p.m.
Panel of speakers follows

Speakers are people who are in recovery and willing to share their stories. Scott and Lela Buser of NARA are the guest speakers plus three Siletz community members who are willing to be part of the panel.

Please RSVP for dinner by
calling 1-800-600-5599 or
541-444-8267.