

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 below or mail them to:

Raven
P.O. Box 549
Siletz, OR 97380-0549

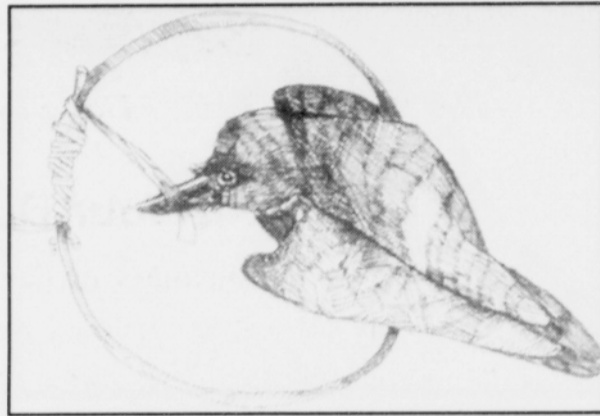
Dear Raven: My sister has had drug problems for a long time. She is pregnant now and I suspect she has been using again. What will happen to the baby if she continues to use drugs? Worried Sister

Dear Sister: It's good that you are concerned for your sister and for the baby. Here is what we know: What the mother takes, the baby gets.

The stress caused by drugs affects the way that the baby's brain develops. There are critical times during brain development that cause improper brain development. This leads to developmental delays, including delay in physical skill abilities; hypersensitivity or lack of sensitivity; language problems; eating problems; lack of self-help skills, such as slow to toilet train; sleeping problems; attachment problems, including lack of empathy, rage, negative self-image, and poor boundaries; poor impulse control, hyperactivity, tantrums, and mood swings; anxiety issues; aggression; sexualized behavior; and poor social skills with peers.

I would like to hear from you to know if you are able to talk with your sister about your concerns and offer your support. Consider talking with a counselor before you talk with your sister so you can be sure you are not approaching her with anger or shame. The counselor also can tell you about resources that are available to your sister to support her during and after her pregnancy.

If you do not already attend the monthly CEDARR meetings I encourage you to start. It's a good feeling to participate in a community coalition that is working to making your community safer. Raven



ATOD (Alcohol, Tobacco, and Other Drugs) Prevention

by Delina John

Siletz Valley School, Tribal Prevention staff, and Lincoln County are working together on the Methamphetamine Awareness Project (MAP).

This project gives interested middle school students an opportunity to participate in making meth awareness videos that could be chosen for broadcast on a major television station.

Update: The poster contest for the No Meth, Not Here campaign is complete. The top three winners were Kendra Mura, Darian Dorman, and Kayla Stokes.

Together with the three winners and project participants, the signs are being made. When they are finished, the signs will be distributed throughout Lincoln County.

We do not have a date yet for the premiere of the videos at the Performing Arts Center in Newport. We will notify the community when we know the dates for this exciting event!

In 1999 a Prevention Planning Group of tribal staff and community members developed the **Four Healing Principles**. These serve as the mission statement and guide staff in their work. They are:

- Healing from problems associated with alcohol, tobacco, and other drugs comes from within – ourselves, our tribe, our community. Together we will find the support and resources to heal, renew, and rebuild.
- Our journey is linked to the past. We will use traditions, cultural values, and knowledge to strengthen ourselves and our community.
- We will send a message to our children and families about the harmful effects of alcohol, tobacco, and other drugs.
- The healing of the individual, the community, and the tribe go hand in hand and are inseparable.

The Siletz Tribal Prevention Team currently consists of Delina John, prevention coordinator; Jenifer Metcalf, youth development specialist; DeAnna Pearl, tobacco prevention coordinator (541-444-9659 or 1-800-648-0449, ext. 1659); and Angela Martin, resident

advocate/rental program supervisor (541-444-8311 or 1-800-922-1399, ext. 1311).

They are starting a Half-Day Club at Siletz Valley School. Club members will meet on March 21 and then every third Wednesday of the month when school is only in session for half a day.

Staff and club members will plan activities. So far, button making and bicycle safety activities are scheduled.

Parents, this club is for all community youth age 8 to 18. We will meet at the Siletz Library from 1:30 p.m. to 4 p.m. Please encourage your youth to participate!

CEDARR

Community Efforts
Demonstrating the Ability
to Rebuild and Restore

March 7 • 5:30 p.m.
Siletz Community
Health Clinic

Please attend!
We need you!

Delinquency Prevention

by Jenifer Metcalf

The Community Accountability Board (CAB) is active and serving tribal youth who are in legal trouble and eligible for diversion.

CAB volunteers meet with the youth and parents/guardians to develop a culturally specific diversion plan to help the youth have a positive diversion experience and give back to their own community. Currently, CAB is serving two tribal youth.

Volunteers are always needed. If you are age 18 or older, a positive role model in your community, and interested in being a resource to tribal youth, please contact me at 1-800-600-5599 or 541-444-8267.

Volunteer training is provided. All volunteers must fill out an application and agree to a criminal background check.

Parents ... If you think your child might 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.

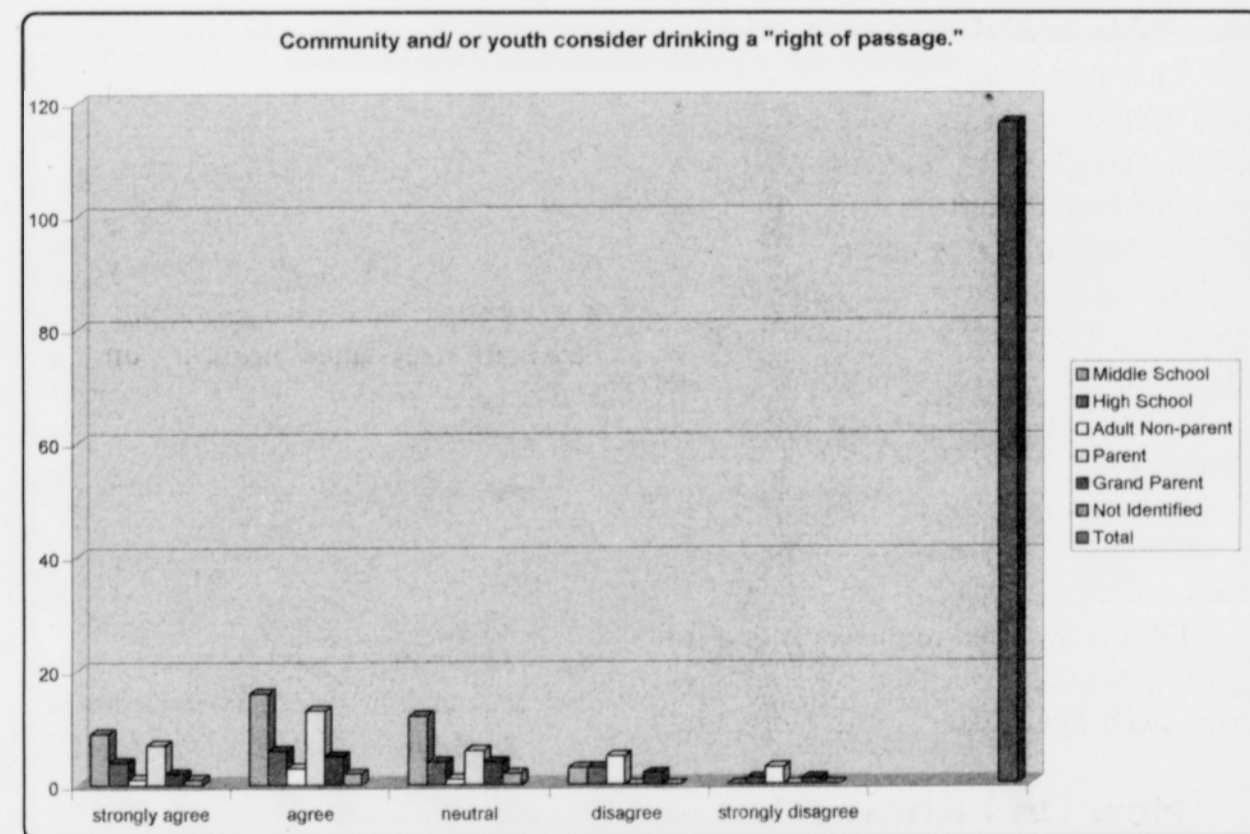
One of them will talk with you about risk factors and those things that help protect your child from developing those problems. They will help you make a prevention plan that will support you as a parent and provide your child with the tools to make good choices.

Underage Drinking Survey Results

Following are more results of the survey called the Tribal Underage Drinking Community Profile, given to the parents of middle and high school

students and to non-parents. Students themselves also completed them.

Surveys were given out in the fall of 2005 and the spring of 2006. Look for more survey information in April!



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

Are drugs a problem in your life?

Narcotics Anonymous

We can help. You are not alone.
Please call 1-877-ADDICTS to get meeting times and places.