

# 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 below or mail them to:

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

Dear Raven: I was wondering if an adult who's department may put on activities (not necessarily the Prevention Department) for tribal youth who sometimes will say this is an alcohol- and drug-free event needs to live an alcohol- and drug-free lifestyle? I ask this question only because, myself personally, I feel if someone is working in Prevention or is a volunteer for events hosted by either Prevention or their department, they should be living an alcohol- and drug-free lifestyle. I feel that they are misrepresenting the whole purpose of alcohol and drug awareness to our children if they are lukewarm. To me, their behavior tells our children, "Do as I say, not as I do" and completely defeats the hard work of A&D and Prevention, and that's just wrong. I know we can't tell people what to do when they're not at work but if you don't practice what you preach, what are you teaching my children, your children, and all our youth? A Concerned Parent

Dear Concerned Parent: Thank you for writing. This is a very important question and one that can be hard to talk about.

It's hard to "walk our talk." We need to support each other by working together as a team with youth so that when one of us is struggling with behaviors that contradict what we tell youth, the other team members can reach out and help.

It takes a whole community to help our children be safe and learn about making good choices. Sometimes adults who want to help support youth may not be ready to be the kind of role models youth need.

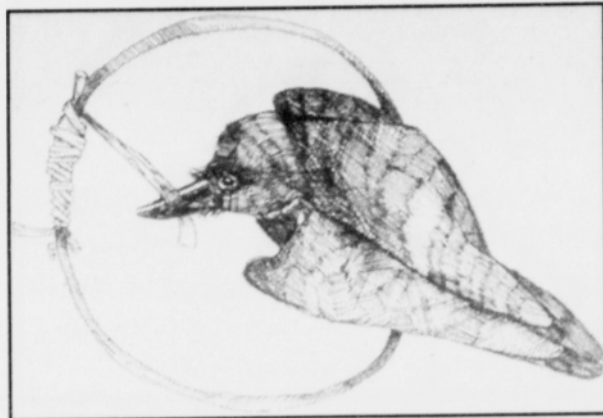
When that happens it can be hard to know what to do. Usually when people are not living the kind of life they want to be living, it's a sign they need help.

## Narcotics Anonymous Meetings

Monday - 7:30-8:30 p.m.  
Atonement Lutheran Church  
2315 N Coast Highway (101)  
Newport

Tuesday - 7:30-8:30 p.m.  
TLC - A&D Building  
565 Old River Road  
Siletz

Tuesday - 8-9 p.m.  
St. Peter the Fisherman  
Lutheran Church  
1226 SW 13<sup>th</sup> St.  
Lincoln City



As I have said in the past when others have written to me, it takes courage to let people know when we are concerned about them and when we think their actions are harmful to others.

If you have done that and nothing has changed, let someone know who is in a position to make sure that youth have good role models.

Thank you. Raven

Dear Raven: I am afraid of talking about my problems to any adults who work at A&D or the clinic. If I do, the adults will talk to each other about it and then before long everybody will know about it. I need to talk to somebody, but who can I trust to keep it confidential? Teen Confidential

Dear Teen: I am glad you wrote to me about your concerns. I don't know if you have already had an experience talking to someone at A&D or the clinic. There are laws at both places that protect patient's confidentiality. All staff are required to be professional and follow those laws strictly.

I know this is a small community and it can seem like people talk. I do **strongly encourage** you to talk to someone at the clinic or the A&D Program about your concerns. You can start out asking about confidentiality. Once you do talk with someone about it, you will know more if you feel comfortable with this issue.

I don't know your age. If you are 14 or older, you can see an A&D counselor without parental permission. No information can go out to **anyone** without your written permission. You can receive health care without parental permission at the age of 18 and the same kind of confidentiality laws apply.

There are exceptions to all confidentiality laws, especially regarding child abuse. Any counselor or health

care professional can explain these laws to you.

**The most important thing is to give someone a chance.** There are lots

of people who are trustworthy and who will listen to you and care about you. Thank you so much for trusting me by writing. Raven

## CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

May 2 • 5:30 p.m.  
Siletz Community Health Clinic  
Conference Room

Please attend!  
We need you!

## TLC Attitudes of Gratitude

by Lynn Whitlow

Just when I wonder, "What could I possibly write about gratitude this month," I get hit over the head with a situation of my own doing to undo ... not a pleasant task.

You probably have done the same thing yourself - opened your big mouth and said something that hurt another person's feelings unnecessarily. One of the hardest things for human beings to do is to admit we are wrong, that our actions are inappropriate and unacceptable.

I said something to a friend whom I do care about and I regretted it about as soon as I said it. No matter how sincere and heartfelt the apology, the damage is done as soon as the words slip through the lips. The wound still scars the heart and healing can be slow. What I needed was an attitude adjustment **before** I opened my mouth.

An attitude adjustment is an ongoing affair. We constantly need to be aware of how we are feeling and not let our attitudes get so negative that we hurt others with them.

I still feel like crying over the pain I caused my friend (I hope I will be forgiven and that we are still friends). I knew I was feeling peevish and angry so I should have been talking to my Higher Power before I opened my mouth.

Attitude adjustments come from recognizing our blessings and acknowledging them. We keep grocery lists and prayer lists. Why not keep a

"Gratitude List" and refer to it daily. We can share our "gratitudes" with a trusted person - a friend, sponsor, or family member.

Gratitude can start with the simple, necessary things in life - **life** itself (my personal favorite), a place to live, regular employment or other income, a cool glass of water, lunch, family, friends, a warm bed, clean air, the trill of a songbird, the sun after a wet spell, the rain after a dry period, or an tulip opening after a long winter.

The list can go from there. The important thing is to read it, add to it, and **use** it to keep our attitude a positive one, even when adversity strikes - and adversity will strike.

Another tool to keep us on track with attitude is the Serenity Prayer - "God, grant me the serenity to accept the things I cannot change, Courage to accept the things I can, And wisdom to know the difference." What strength and hope there is in knowing we have a Higher Power to help us handle anything that comes up in our life.

Periodically at the TLC, residents will write down several things for which they are grateful. Usually those lists are very basic, involving safe people, secure housing, children, and recovery.

Some of those safe people they refer to are TLC staff, including volunteers Alice McCain, Stephanie Rilatos, Denise Riding In, and Levi Simmons, as well as A&D, clinic, and SSP staff. Thanks to all of you!

Thank you also to Mary Parker for the baby afghan and outfits she sent over for residents.

The TLC still is seeking women who are willing to volunteer to spend some time here. The training is easy to understand and spending time visiting with the residents is rewarding. The sleepover bed is very comfortable.

Especially if you are a woman in recovery, your experience is invaluable to our residents in strengthening their recovery. Give me a call at 541-444-8238 or 1-800-922-1399, ext. 1238, if you are interested in volunteering or have any questions about TLC services.

## Siletz Tribal A&D 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

Toll-Free Help Line - 1-877-233-4287