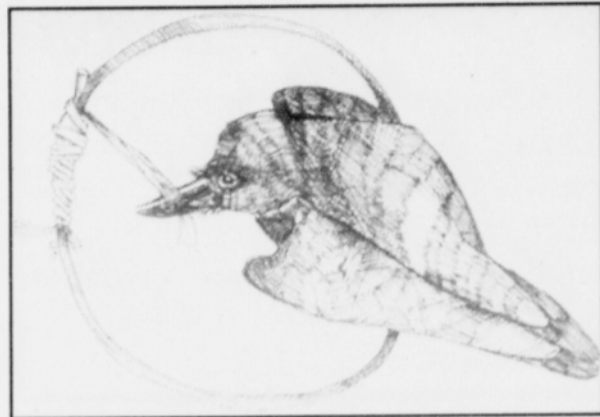


TRIBAL PROGRAM NEWS

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: Are hallucinative mushrooms dangerous? People are always talking about doing "shrooms" and I hear from other kids that they're safe because they're "natural," but I also heard of some people getting hurt. What can they really do to you? Confused

Dear Confused: It's good you wrote to me about this and I am glad to tell you what you are asking. The mushrooms you write about are considered psychedelic mushrooms.

The active ingredient in them is called psilocybin. Its chemical structure is similar to LSD. Some are very strong and others weak, so it's hard to know how strong they are just by looking at them.

When these mushrooms are eaten, the psilocybin crosses the blood-brain barrier. They usually cause nausea at first and eventually people will experience changes in sight, hearing, taste, touch – and the person is not in control of his or her behavior.

When we are not in control of our behavior, we can end up in unsafe situations very easily. The biggest danger to eating mushrooms is that many look alike and it can be easy to mistake these for poisonous ones that can cause death or permanent liver damage.

There are tribal cultures whose medicine people use these mushrooms in their ceremonies. They **never** use them outside of their ceremonies or without the guidance of a medicine person. That is another strong message to us that "shrooming" is very dangerous.

Thank you for writing. The next time you hear people talking about mushrooms being safe, please remind them that even though mushrooms do grow wild in our forests, many plants are not meant to be eaten.

Your ancestors knew what Native foods could be harvested and they did not eat these mushrooms for good reasons.

Raven

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

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

June 6 • Noon

Siletz Community Health Clinic Conference Room

We hope to see you there!

Prevention News

Reducing Underage Drinking: What Every Parent Can Do

How parents can help in our homes:

- Make sure your kids know what you expect regarding underage alcohol use. Set rules with clear consequences. Discuss and agree on them and follow through consistently.
- Refuse to supply alcohol to underage youth in your home or on your property. Supplying alcohol is an invitation for young people to drink illegally. Teen alcohol use is **not** a rite of passage into adulthood. In fact, alcohol has kept too many teens from becoming adults.
- Make sure that alcohol is not available at the other events your teen will attend. Talk to other parents and party hosts to ensure alcohol-free celebrations. Be proactive: If parents stand together on this issue, they will present a united front for teens.
- Think about where alcohol is kept in your home and how much alcohol you have on hand. Remember, almost 75 percent of seventh-graders who drink alcohol obtain it from their parents (with or without their knowledge).
- Create opportunities and activities in your home so your kids and their friends feel welcome.

A Word About Role Modeling

It's easy to think that kids don't watch what we do. But statistics tell us that parents and their behavior have a huge impact on kids.

Think about upcoming family get-togethers and social events. Are there situations where alcohol can be eliminated? Discuss it as a family. Make a decision on what's best for everyone, not necessarily on what's always been done.

If you choose to drink alcohol, follow the guidelines in the chart. They represent a model for low-risk drinking behavior. The key is to limit your alcohol intake so that you do not put yourself or others at risk.

A Guide for Good Role Modeling

Zero Drinks	Lowest Risk
Women	No more than 1 standard drink a day
Men	No more than 2 standard drinks a day

Teens are at reduced risk for alcohol problems when they have:

- A parent(s) or significant adult who is actively involved
- Adults who regularly support positive lifestyle choices and activities
- A sense of responsibility to others

Teens and Alcohol The Facts

Youth access to alcohol is a serious problem. The consequences are unhealthy, unsafe, and even life threatening.

Poor academic performance, injuries, traffic crashes, accidents, assaults, date rape, addiction, teen pregnancy, and death from alcohol poisoning are all associated with underage drinking.

There is no single solution. But adults and youth working together can have a dramatic impact in reducing the risks. Who is drinking?

- The average age when youth say they first tried alcohol is 12.8 years
- 61 percent of high school seniors say they consumed alcohol in the last 30 days.

Where Do They Get Alcohol?

- Nearly 90 percent of 10th-graders and 75 percent of eighth-graders say alcohol is "fairly easy" or "very easy" to get.
- Almost 75 percent of seventh-graders who drink alcohol obtain it from their parents (with or without their knowledge).
- About 65 percent of the students who drink buy their own alcoholic beverages.
- Teen-agers often find someone older to buy it, use fake ID and purchase it themselves, steal it from stores, or take it from their own homes.

Information provided by:

- SAMSHA (Substance Abuse and Mental Health Services Administration) and NIAAA (National Institute of Alcohol Abuse and Alcoholism)
- "Monitoring the Future Study" National Institute on Drug Abuse
- "Drinking Habits, Access, Attitudes, and Knowledge: A National Survey from the Surgeon General, "Youth and Alcohol: A National Survey"
- Oregon Department of Human Services and Office of Mental Health and Addiction Services Resource Center

The Law

The legal drinking age in all states is 21!

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 13th St.
Lincoln City

Thursday – 8-9 p.m.
St. Peter the Fisherman
Lutheran Church
1226 SW 13th St.
Lincoln City

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

Saturday – 6-7 p.m.
Siletz VFW
143 SE Eggbert St.
Siletz

Toll-Free Help Line – 1-877-233-4287