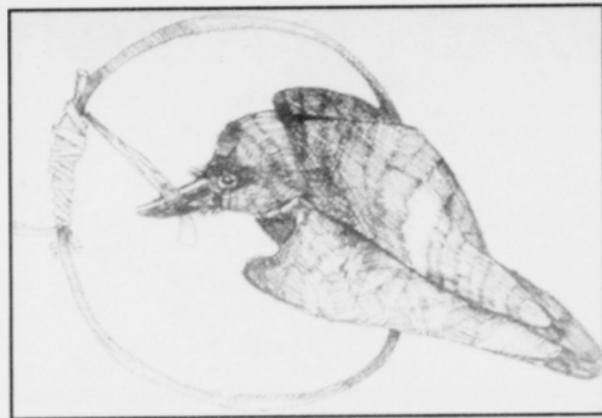


TRIBAL PROGRAM NEWS

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 heard there is medicine people can take that keeps them off of alcohol. By Anonymous

Dear Anonymous: Yes, there is a drug called Naltrexone that doctors can prescribe for some people to help reduce the craving for alcohol. It must be taken every day or it will not be effective. There also is a similar injectable drug that can be taken every 30 days.

The important thing that doctors will tell you if you are interested is that treating any addiction with medication

alone is not advised. That would be like someone with a heart condition taking their heart medicine but still eating whatever they want, not having an exercise program and living a high-stress life.

These drugs may help people who are doing everything their counselor recommends but who still are having difficulty managing their craving.

I hope I have given you the information you were looking for. If not, please write again or talk with your primary care physician.

Sincerely, Raven

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Oct. 3 – Noon
Siletz Community Health Clinic Conference Room

We hope to see you there!

TLC Attitudes of Gratitude

by Lynn Whitlow

What do you have to be grateful for? Can you and do you find something every day to give thanks for? How often do you stop and think about the good things in your life, to focus on the positives instead of getting dragged down by the negatives – the unpleasant events or disasters that strike our life?

Even optimists can get into a “poor me” mode if they/we don’t really focus daily on the good in our lives. Make out a list and put it somewhere that you will notice and read often. See if focusing on your joys and blessings will help you out when the blahs, barbs and blows occur in your life.

I asked a TLC resident what she had to be grateful for in her life today. It only took her a few seconds to roll off the following list of blessings in her life: I’m clean and sober, I’m grateful for my family, my Mom, and a good man in my life. I’m grateful that I’m a mom, for my children, for you and what you’ve done for me, for God. I’m grateful for being Native American, for another chance in life, and for being able to change.

How quickly can you list at least 10 things you are grateful for? Start now.

At TLC we are grateful to Vera Lafferty for donating some current read-

ing material and to John Spence for the gift of salmon. Thanks to both of you!

Thank you to A&D staff for taking time to help residents with needs. Thank you to volunteers Alice McCain and Stephanie Rilatos for gifting us with your time and company. Thank you, Trish, for providing weekend “extras” with your big smile. All of you are much appreciated.

Women, please join us at TLC for our monthly Talking Circle. It’s always a blessing for the women who attend. Take your burdens off your shoulders and share them with us.

Recently a women’s domestic violence support group has been started in the area. If you would like more information, give me a call (541-444-8238) and I’ll pass on contact information to you. This is a confidential group.

We can always use new volunteers at the TLC. Make a difference in your community. Giving of yourself to others takes some focus off yourself and your concerns. It feels good to help others. Try it. Give me a call at 541-444-8238 or 1-800-922-1399, ext. 1238.

Fall is in the air. Put an extra blanket on the bed!

Attention! Important Announcement!

On Oct. 9, 2007, at 7:30 p.m. on all major television stations throughout the state of Oregon, a community awareness media roadblock called *Crystal Darkness* will be shown. It will tell the truth about meth. You don’t want to miss this!

Red Ribbon Week is Oct. 23-31.
Check with your local school for activities.

Prevention

by Delina John

Substance abuse prevention works to boost protective factors and eliminate or reduce risk factors for alcohol, tobacco and other drugs. Prevention programs are designed for various ages and can be designed for individual or group settings, such as the school and home.

There are three types of programs:

- **Universal Programs** address risk and protective factors common to all children in a given setting, such as a school or community.
- **Selective programs** target groups of children and teens who have factors that further increase their risk of alcohol, tobacco and other drug use.
- **Indicated programs** are designed for youth who already have begun abusing drugs.

When prevention programs are properly implemented by schools and communities, the use of alcohol, tobacco, and other drugs is reduced. Such programs help teachers, parents, and health care professionals shape youths’ perceptions about the risks of drug abuse.

While many events and factors affect trends, when youth perceive alcohol, tobacco and other drug use as harmful, they reduce their level of abuse.

We at the Siletz Tribal Prevention Program use screening tools to help you get a clear picture of your youth’s risk and protective factors. We then can work with you and your youth to develop a confidential prevention plan that includes services to meet each young person’s individual needs.

The Siletz Tribal Prevention Program works side by side with other tribal programs, community resources, and schools to create a healthier community and be a resource to youth and families.

The Four Healing Principles are our guides to how we provide the services

and programs for youth in the community. 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 Program team works hard to provide the best possible services to community members and believes that anything is possible for our youth. If you have any questions or need services, please call 1-800-600-5599 or 541-444-8286 and ask for me.

A list of activities or services we can provide is as follows:

- Community education
- Youth leadership
- Ropes course
- Outdoor activities, including hiking, kayaking, canoeing or whitewater rafting
- Family and individual prevention planning
- Siletz Community Accountability Board (CAB)
- Support services to incarcerated youth

*Some information in this article provided by National Institute on Drug Abuse (NIDA)

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