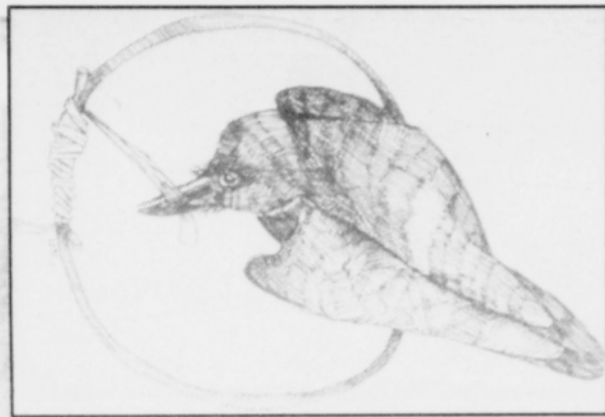


TRIBAL PROGRAM NEWS



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 above or mail them to:

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

Dear Friends: To those of you who drop me notes saying "Hi," I want to say "Hi" back to you! Thanks for your friendship! Raven

Dear Raven: People are always talking about how drugs are bad for kids. What about adults? By Anonymous

Dear Anonymous: Sometimes we focus on something, like how drugs and alcohol affect youth, and we forget to pay attention to the whole family and whole community. So I'm glad you are helping us remember to do that. I will answer your question with that in mind.

People of all ages suffer the harmful consequences of alcohol/other drug abuse and addiction. Here is some basic information:

- **Babies** who are exposed to legal and illegal drugs in the womb may be born premature and underweight. This drug exposure can slow the child's intellectual development and affect behavior later in life.
- **Adolescents** who abuse alcohol/other drugs often act out, do poorly in school and drop out of school. They are at risk of unplanned pregnancies, violence and infectious diseases.
- **Adults** who abuse alcohol/other drugs often have problems thinking clearly, remembering and paying attention. Their work performance and personal relationships suffer, and they may have legal and financial problems as a result of drug abuse. They too are at risk of infectious diseases and other health problems related to their use.
- **Parents'** alcohol/other drug abuse often means chaotic, stress-filled homes, child abuse and neglect. These conditions harm the well-being and development of children in the home and may set the stage for alcohol/drug abuse in the next generation.

Thank you for writing! And Happy Holidays! Raven

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Dec. 5, Noon
Siletz Valley School Library

This is a new location for our noon meetings. We hope to give students a better opportunity to be a part of CEDARR and we hope to see you there too!

Prevention

by Delina John, Prevention Coordinator

Underage Drinking Awareness

With the holidays just around the corner and your child/children having time off from school, it's a good time to talk with them about making healthy choices for themselves. It's hard growing up today in our toxic culture and the pressures of everyday life sometimes are hard to handle, especially for pre-teens and teens.

You as parents have an important role in helping them make positive, healthy choices to say "NO to ATOD." I have chosen this month's article to focus on **binge drinking and alcohol poisoning.**

It's important that we as parents have all the facts about what is happening in our communities so if we see signs of underage drinking, we can help. Let's all be part of that solution and let our child/children know what they could be facing if they choose to drink.

If you want more information on underage drinking or have questions regarding anything else, please call 1-800-600-5599 or 541-444-8267.

Binge Drinking Linked to 4,000 Deaths Annually

Binge drinking, defined as drinking too much alcohol too fast, has been linked to as many as 4,000 deaths every year from alcohol overdose. Until recently, deaths by alcohol poisoning were largely unreported in the media. Now that college campuses are required by law to publish all student deaths, people are learning more about the tragic effects of binge drinking.

Around the country, reports from victims' families and county medical examiners confirm that alcohol can be a lethal drug. And it's particularly true for teen-agers.

Of the first eight cases ever reported as alcohol poisoning, half were 16 years old or younger. At least half were first-time drinkers and had never been drunk before. Five of them were put to bed by friends or their own parents to "sleep it off," only to be found dead in the morning.

Tragically, what these friends and parents didn't know is that if a person drinks too much alcohol too quickly before falling asleep, the alcohol will shut down breathing and heart func-

tions, killing a person within hours. That's because of the physiological effects of alcohol, which suppresses nerves that control involuntary actions like breathing, heartbeat and the gag reflex.

Even after a person stops drinking, alcohol in the stomach continues to enter the bloodstream and circulate throughout the body. That's why binge drinking is especially dangerous, because many victims ingest a lethal dose of alcohol before losing consciousness. By the time they do lose consciousness, and even if friends and family rush them to a hospital, it may be too late.

Even if caught in time and the victim survives, alcohol poisoning often results in permanent brain damage.

Here's what can happen when a person drinks too much alcohol too fast:

- **Choking:** The victim chokes on his or her own vomit.
- **Breathing stops:** The victim's breathing becomes irregular and slows to a stop.
- **Heartbeat stops:** The victim's heartbeat becomes irregular or stops.
- **Hypothermia:** The victim's body temperature decreases, leading to cardiac arrest.
- **Hypoglycemia:** The victim's blood sugar level plummets and causes seizures.

Here are the critical warning signs of alcohol poisoning:

- Mental confusion: The victim is in a stupor, a coma or cannot be roused.
- No response: The victim does not respond or cannot feel pinching of his/her skin.
- Vomiting while sleeping
- Seizures
- Slow breathing: Breathing is less than eight breaths per minute.
- Irregular breathing: There are 10 or more seconds between breaths.
- Hypothermia: Low body temperature; victim is pale or has bluish skin color.

If you suspect that someone may have ingested a fatal dose of alcohol, call for emergency medical help immediately:

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

- Call 911.
- Stay with the victim.
- Keep the victim from choking on vomit by placing them on their side.
- Tell the emergency medical technicians exactly how much alcohol the victim drank- don't guess or minimize the amount!

Prompt medical attention is the only way to save a person's life if they have consumed too much alcohol. It can be deadly to try to reverse the effects of alcohol by drinking coffee, taking a cold bath or shower, sleeping or walking it off.

So once again the message is clear - **Talk to your child/children!** The more information you as the parent can give your child/children on the consequences of underage drinking, the better. It will give them the power to stay above the influence!

Have a safe and happy holiday season!

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