

TRIBAL PROGRAM NEWS

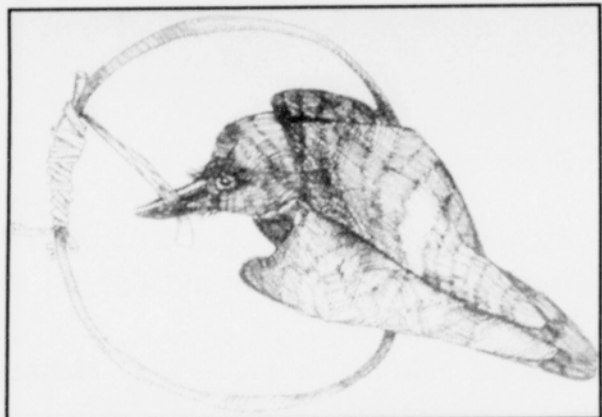
CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

April 2, Noon
Siletz Community Health Clinic

For more information, call 541-444-8286.

We hope to see you there!



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: How come some who are drug addicts take drugs supposedly to stop taking drugs? Isn't that just another addiction? Anonymous

Dear Anonymous: This is a great question. I will do my best to answer it, though this old Raven is not a doctor so I may miss some things.

Different types of medications can be useful at different stages of treatment to help a person stop abusing drugs, stay in treatment and avoid relapse. There also are drugs that help with the detoxification period that can be very difficult and in the case of alcohol, life threatening.

Some drugs, like methadone, have such a long and painful withdrawal period that most people are not able to

make it through that experience and they start taking the drug again just to make the pain and illness of withdrawal go away.

The drugs used to help people stay in treatment help reduce or prevent cravings and can have a calming effect on body systems. They can help people focus on counseling and other recovery activities related to early recovery.

Because stress is a common trigger for relapse, there are medications that help reduce stress-related triggers and help people avoid relapse.

Of course, there is no one drug that will help everyone and many people are able to have lifelong recovery without the use of these kinds of medications.

There are doctors now who are trained as addictionologists and they are very skilled at helping people decide if they really do need these medications, how long they need them and when to stop. I have been meeting some of these doctors lately and know they have a strong commitment to help people with addiction problems get free of these drugs (including alcohol).

I will write more about this when I learn more. Thanks for asking this question. I hope my answer was enough for now. Take care of yourself. Raven

Tribal Children Need You

Do you value Siletz Native culture and want to help preserve

it? If so, please consider fostering for the tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas.

If you are interested, please contact Shawna Nagunst, foster care certifier, at 541-444-8275 or 800-922-1399, ext. 1275; or visit www.ctsi.nsn.us/icw.html.



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

A&D Staff Changes

DeAnna Pearl has joined the Alcohol and Drug Program's team as the prevention coordinator. She currently is doing both tobacco prevention at the clinic and alcohol/tobacco/other drug prevention at the A&D office. DeAnna has great enthusiasm for her work and we are happy to have her!

We also have another new person on the prevention team. Denis Bosque has joined the A&D staff as the delinquency prevention specialist. Denis recently retired from police work. He brings to his new position a lot of experience working with youth who are getting into legal trouble and he has good insights and ideas about how he can become a resource to them and their families.

Denis is very familiar with the Siletz community and is happy to be back. Since he was hired, many people have expressed their happiness with having him back!

Other changes: The A&D outpatient program has made lots of changes. We now are providing sev-

eral groups a day Monday through Thursday and now are able to provide intensive outpatient treatment to those who need and want it.

We have had good feedback from program clients since making these changes. Office space and scheduling are still a bit of a challenge, but we are adjusting and working out the glitches as we go along.

The TLC is providing alcohol- and drug-free supportive housing now to four women and two children. Three other children visit their mother on weekends and we are looking forward to another child starting to have some visits at the TLC. We are "busting at the seams" but the residents are being very good sports about being cramped for space and the TLC is a happy and healthy home for women and children.

The TLC is always looking for volunteer staffing, so if you are a woman who wants to share your experience, strength and hope with others, please call Lynn Whitlow at 541-444-8238 or 800-922-1399, ext. 1238.

April is Alcohol Awareness Month!

by DeAnna Pearl, Prevention Coordinator

Turning on the Light

In 2006, Gov. Ted Kulongoski signed a document proclaiming April to be **Alcohol Awareness Month** in Oregon and encouraged all Oregonians to join in this observance. This was an effort to join the thousands of people who are shedding light on the ever-growing epidemic of underage drinking by our nation's youth.

Last October, students, teachers, business owners and Tribal Housing stepped up too! During Red Ribbon Week, Oct. 21-30, more than 1,000 red tulip bulbs were planted in Siletz and Toledo. During April, these tulips will begin to bloom. They are a visual reminder that we all need to make an effort to delay the damaging affects of alcohol on the developing brains of our kids.

Fact: Alcohol is the most commonly used and abused drug among youth in the United States, more than tobacco and illicit drugs. Although drinking by persons under age 21 is illegal, people age 12 to 20 drink almost 20 percent of all alcohol consumed in the United States.

More than 90 percent of this alcohol is consumed in the form of binge drinks. On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.

Youth who drink alcohol are more likely to experience:

- School problems, such as higher absence and poor or failing grades

- Social problems, such as fighting and lack of participation in youth activities
- Legal problems, such as arrest for driving or physically hurting someone while drunk
- Physical problems, such as hangovers or illnesses
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Physical and sexual assault
- Higher risk for suicide and homicide
- Alcohol-related car crash and other unintentional injuries such as burns, falls and drowning
- Memory problems
- Abuse of other drugs
- Changes in brain development that can have lifelong effects
- Death from alcohol poisoning

Reducing underage drinking requires continued community-based efforts to monitor the activities of youth and decrease youth access to alcohol.

Tribally sponsored programs offered year-round for youth, adults and families are always **A.T.O.D.** (alcohol, tobacco and other drug) free. These programs strive to provide safe, fun and educational activities to encourage healthy lifestyles. Everyone is welcome.

For more information, please contact me at 541-444-8267 or 800-600-5599.

