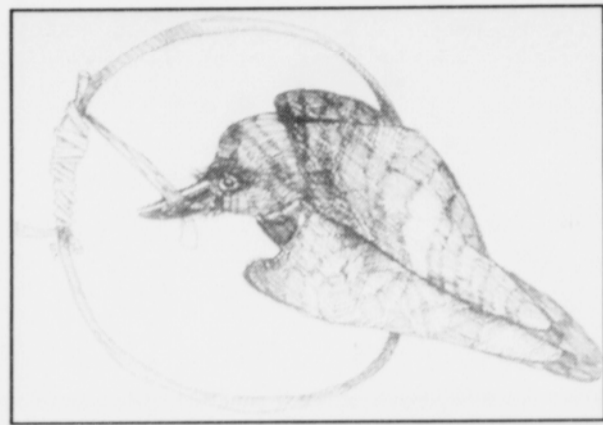


TRIBAL PROGRAM NEWS



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 at right or mail them to:

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

Dear Raven: How can I get information on how not to drink ever? From Tre

Dear Tre: I am very happy to give you some information about how to not drink ever. And I am glad to know you are thinking about this. I know you have been a big help to your mom. Here are some important things to remember:

- Make a list of the people you know who give you lots of love and support and whom you can talk to.
- Find a sport and something creative that you enjoy doing.
- Find someone who needs your help and help that person as often as you can.
- Tell the truth, even when it would be easier to tell a lie.
- Work hard in school.
- Learn about your culture and your Tribal history.
- Respect your mom, your teachers and other Elders.
- Learn to enjoy reading.
- Make good friends and be a good friend.
- Be a kind person to yourself and to others.
- Learn how to be a good listener.
- Remember that you are a really good person who is able to do great things in your life.
- And if you ever feel like you might drink, if you feel sad or mad or lonely, talk to someone who will listen and care and support you.
- And write to me whenever you want. When you hear a raven calling out from a high tree, it might be me saying "hello." Raven

Dear Raven: How do we help a friend who's on drugs and is going downhill fast. We love her and want to help. She feels like I'm doing her wrong, back-stabbing her. I love her and want her to stop. She always wants money, my car, and when I tell her no she freaks out. Help me. Siletz Sister

Dear Siletz Sister: Thank you for your question. When people are active in their addiction, they have a hard time seeing beyond their own needs. They often are blind to others' feelings, thoughts and love. They seek out what

will benefit them and help support their addiction.

This is a very hard thing for loved ones to witness. Often loved ones have a hard time understanding the disease of addiction and the hold it has on the person. I urge you to always remember that your friend has a disease. Do not take her behavior and anger personally.

For you, Siletz Sister, it's important to not get caught up in her disease. There are ways for you to learn how to detach, with love, from the behaviors and not the person. A program for you to look to for help and support is AI-ANON. AI-ANON provides 12-Step meetings for the family and friends of people with addictions. In those meetings you will find others who are going through the same things you are. They will be able to share their experience, strength and hope with you.

To find an AI-ANON meeting near you, look in the white pages of the phone book, check the section of your newspaper that lists community meetings, or call the Siletz Tribal A&D Program at 800-600-5599 and they will help get that information for you.

When you take care of yourself in this way, you will be in a very good place to help your friend when she has made the decision to get help. In the meantime, stand firm on saying "no" to loaning money and the use of your car.

There are many other ways to be a good friend. Offer her a place to visit you that is alcohol and drug-free. Listen to her when she is hurt and scared. Continue to love her despite her behavior in her addiction. Continue to be the good friend that you are. And let me know how you are doing. Raven

Dear Raven: My daughter came home with a list of activities offered by the Youth Prevention Team for spring break. I know the team is a combination of several CTSI departments, like Tobacco Prevention, Housing, A&D Prevention, Education and more. They offer so much and I want her involved.

My child does not get into trouble at school or is "at-risk" to use drugs, tobacco or alcohol. I heard you have

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

May 7, 5:30 p.m.
Siletz Community Health Clinic

For more information, call 541-444-8286.
We hope to see you there!

Siletz Tribal A&D Programs

Prevention, Outpatient Treatment and Women's Transitional

Siletz: 800-600-5599 or 541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

to be labeled "at-risk" to attend these functions. Is that true? Mom of a Great Kid!

Dear Mom: Congratulations on your daughter's success as a person and student. She must have a lot of support from her family and friends.

What I know is that anybody can sign up for these programs and nobody is singled out. These great folks plan long ahead of time to provide a wide range of activities for everyone with many levels of skills.

When planning, they use a guide addressing risk and protective factors today's youth deal with. Every activity is planned to bolster leadership skills, community involvement, mentoring, cultural identity and self-expression, not to mention offering programming

that is alcohol, tobacco and drug-free. This is key!

I know you say, how does ice skating or a dance fit in this plan? When you get kids – Tribal youth and other Native kids – together from the 11-county service area, they start to recognize each other and increase their group identity. Often, it's when an adolescent or pre-teen feels alone that they begin unhealthy lifestyle choices that can have an impact on them for the rest of their lives.

Sign your daughter up and often. Get her involved in the opportunities that are offered in your community. Remember, anyone under age 10 will need to have an adult chaperone, but they are welcome to come too! By the way, the summer calendar is coming out soon so watch for it! Raven

What is CAB?

by Denis Bosque, Delinquency Prevention Specialist

The **Siletz Tribal Community Accountability Board** is a culturally specific diversion opportunity for Siletz Tribal youth. CAB volunteers provide diversion supervision. They work with the youth and his or her family to develop a diversion plan that:

- Utilizes available Tribal resources
- Encourages Tribal values that support positive decision-making

- Holds youth accountable for their actions

CAB volunteers are Siletz Tribal members who model positive behaviors in their community. The board is guided by a staff coordinator and appointed by a staff advisory group. A Tribal Council member serves as an advisory group member.

If you are interested in becoming a volunteer by serving on the CAB, please call 541-444-8267 or 800-600-5599.

Narcotics Anonymous Meetings

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

Friday – 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

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

Tuesday – 7:30-8:30 p.m.
St. Peter the Fisherman Lutheran Church
1226 SW 13th St., Lincoln City

Saturday – 6:30-7:30 p.m.
St. James Episcopal Church
2490 NE Hwy 101, Lincoln City

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

Toll-Free Help Line – 877-233-4287