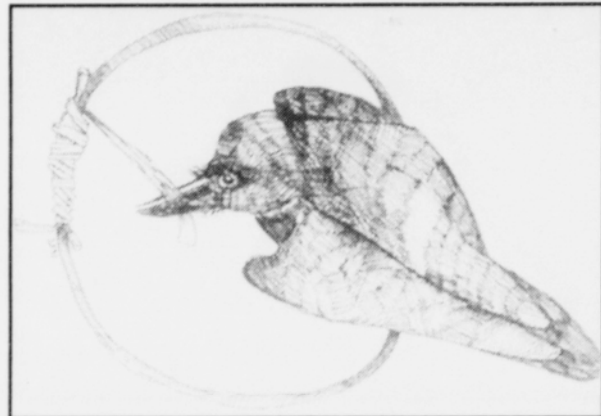


Ask Raven

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 love someone who drinks a lot and sometimes he uses drugs. He does good for awhile and then I find out he has been sneaking around behind my back. This has caused so many problems and we have a baby now. Why can't he see what it is doing to us? I love him but I am getting so frustrated and I don't trust him anymore. From, Unsigned

Dear Unsigned: What you are seeing is a common symptom of addiction. That is denial. Denial is the way the addicted brain has of making sure it will get more of the drug (alcohol is a drug too).

The addicted brain will send messages to the person's consciousness that minimizes the seriousness of the addiction or makes excuses for continued drug use even when there have been negative consequences.

Here are some examples of denial: It's not that bad; everyone I know does it; I can control it; I can quit anytime; I don't do it very often; other people drink way more than I do; I need it because I am in pain; there is nothing else to do; alcohol is legal; marijuana is natural.

Some people with an addiction problem are not honest with themselves about the seriousness of their problem. Others are aware of it, but are not honest with others because they

don't want anyone to tell them they are concerned or give them an ultimatum.

Denial is a difficult thing to deal with in a relationship with a loved one. And the first thing to go is trust because there is no longer honesty in the relationship. But there is hope.

Everyone with an addiction problem can get help. But it's up to the person to decide he or she is ready to accept the help. Even people who are mandated to a treatment program may resist accepting the help and just go through the motions until they complete treatment. But addiction treatment providers do not give up. The help is there, waiting for that moment when the person reaches out for help.

For you, as a family member, it's very important that you take care of yourself and your child. Your frustration can turn to anger and resentment very easily and this is not healthy for you as a person and as a mother.

Please talk to a counselor who understands addictions or go to an ALANON meeting, a self-help program of recovery for family members. If your loved one sees you are willing to get help, maybe eventually he will too.

Remember, you are not alone. Others have found help and you can too.

Thank you for writing. Please let me know how you are doing. Raven

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

July 2, 5:30 p.m.
Siletz Community Health Clinic

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

Where Are They Getting It? Youth Access to Alcohol

by DeAnna Pearl, A&D Prevention

Fact: According to the Oregon Healthy Teen Survey, 69 percent of AI/AN youth said it was easy to get alcohol.

Where are they getting it, you ask? Of the youth who reported they drank in the last 30 days, 51 percent marked they had obtained alcohol from these top three sources: a party they attended, from friends who are older than 21 and from friends under age 21.

Unfortunately, 29 percent reported they are getting it from a parent, taking it from home without permission and getting it from a brother or sister.

How do I limit my child's ability to obtain alcohol? Here are some suggestions:

✓ **Monitor alcohol use in your home.** If you keep alcohol in your home, keep track of the supply. Make clear to your child that you don't allow unchaperoned parties or other teen gatherings in your home. Encourage him or her to invite friends over when you are at home. The more entertaining your child does in your home, the more you will know about your child's friends and activities.

✓ **Connect with other parents.** Getting to know other parents and guardians can help you keep closer tabs on your child/children. Friendly relations can make it easier for you to call the parent of a teen who is having a party to be sure a responsible adult will be present and alcohol will not be available. You're likely to find out that you're not the only adult who wants to prevent pre-teen/teen alcohol use - many other parents share your concern.

✓ **Keep track of your child's activities.** Be aware of your pre-teen/teen's plans and whereabouts. Generally, your child will be more open to your supervision if he or she feels you are keeping tabs because you care, not because you distrust him or her.

✓ **Develop family rules about teen drinking.** When parents establish clear "no alcohol" rules and expectations, their children are less likely to begin drinking. While each family should develop agreements about teen alcohol use that reflect their own beliefs and values, some possible family rules about drinking are:

1. Kids will not drink alcohol until they are 21.
2. Older siblings will not encourage younger brothers or sisters to drink and will not give them alcohol.
3. Kids will not stay at teen parties where alcohol is served.
4. Kids will not ride in a car with a driver who has been drinking.

The Good News: Only 5 percent of the youth reported they are getting their alcohol from grocery stores. Retailers are doing a great job of checking identification to reduce sales to minors.

www.parentingisprevention.org
www.theantidrug.com (AOL Keyword: Drug help)

CTSI Jobs

CTSI Employment Job Line

541-444-8296 or
800-922-1399, ext. 1296

Visit our Web site at
www.ctsi.nsn.us

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

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

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 - 7:30-8:30 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

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

Toll-Free Help Line - 877-233-4287

