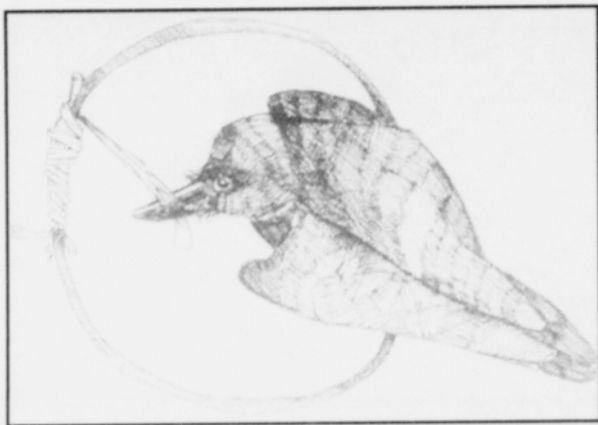


TRIBAL PROGRAM NEWS

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 have a niece who is getting in trouble. Does she need to be picked up by the police to get someone to help? **Unsigned**

Dear (Unsigned) Auntie: There are different kinds of help and Siletz Tribal programs have people who can help even if your niece does not get into legal trouble. Prevention staff from the Alcohol and Drug Program, clinic or Housing all work together to help youth who are having trouble at home, school or out in the community.

I encourage you to call Denis Bosque or DeAnna Pearl at 541-444-8267 or 800-600-5599. One of them will talk with you and your niece's parents about the best way to approach your niece. They also will tell you about youth activities that might help redirect your niece to making better choices about how she spends her time and who she spends it with. It will take adult family members to help get her involved.

You have taken the first step. Keep it up! It's good to know there are concerned aunties like you watching out for youth. Raven

Dear Raven: What is the difference between being sober and sobriety? **Unsigned**

Dear Unsigned: Being sober means that the person is not drinking but is not working a program. When I say "working a program," I mean that the person is not changing anything else in his or her life except that he or she has stopped drinking. It's often said that people who are "on the wagon" are stagnant and they are not gaining anything even though they have stopped drinking.

People who are not working a program often become moody, angry, resentful and depressed. This is sometimes described as a "dry drunk," meaning the person acts a lot like they did when they were drinking.

In sobriety, people continue education about themselves, learning how to manage feelings in a good way. They start to take responsibility for their own lives and their own happiness, stop being a victim and blaming others for their problems, and they usually develop a spiritual program that helps guide them through their life in a way that has meaning to them.

Spiritual programs can include church, traditional ceremonies like sweat lodge, meditation or the communion found in AA and NA meetings. Many people will do all or several of these things to have a strong spiritual program.

A lot more can be said about sobriety or recovery. I encourage those of you who are in sobriety or recovery to write to me so I can share your words with others.



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 NE 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

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Aug. 6, Noon
Siletz Community Health Clinic

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

Use, Misuse, Abuse and Addiction

Clearing It Up for Parents

by DeAnna Pearl, A&D Prevention

You hear it all the time: "It was just kids down by the river drinking." Or "It's just a thing kids do to pass the time." No big deal, right?

According to a community survey, the No. 1 reason kids drink is because of parent apathy. When does experimenting move to addiction? Let's take a look at the different levels as defined in the Substance Abuse and Alcohol Treatment Manual.

Substance Use: The intake of alcohol, tobacco or other drugs (ATODs) without experiencing negative consequences – any drug can be "used" according to this definition. The type of drug taken and the characteristics of the individual, however, contribute to the chance of experiencing negative consequences.

For example, it's illegal for minors to drink alcohol if not under the direct supervision of their parent or guardian. Therefore, any use by a minor is considered abuse and the probability that students will experience negative consequences from drinking alcohol may be far greater than that chance for an adult. Prevention is helpful.

Substance Misuse: When a person experiences negative consequences from the use of ATODs. Many people overuse alcohol at some point, become ill and experience the symptoms of a hangover. This is misuse. Even drinking to inebriation on an infrequent basis can cause severe negative conse-

quences: MIPs, auto accidents, loss of control, regretful sex, etc. Prevention can be helpful.

Substance Abuse: The continued use of ATODs in spite of negative consequences. For example, in spite of experiencing negative consequences of use, such as MIPs, auto accidents, loss of control, regretful sex, etc., a person still chooses to abuse ATODs. For people who do not have an alcohol, tobacco or other drug problem, getting an MIP or suffering the wrath of their parent or care provider would be so disturbing that they would avoid ATODs altogether or at least refrain from using them. Intervention is suggested.

Addiction/Dependence: The "compulsive" use of ATODs, regardless of the consequences. Intervention is essential.

If a person uses ATODs on an occasional basis, the probability of negative consequences is far less than if one uses on a daily basis. Further, you may know heavy ATOD users who don't appear to experience negative consequences. The probability of experiencing negative consequences, however, is directly related to the frequency and level of use.

Unfortunately, it's possible that a person could be a daily, heavy user and not experience negative consequences that are obvious to others. I say "obvious" because people may be damaging their health without anyone being aware of this for a long period of time.

How can parents change the course of their child's view on ATODs? Parents are first in the line of defense against ATOD abuse and addiction. Speak out and often against underage use of ATODs. Delaying the use of substances in a growing child is the No. 1 way to help prevent damage to a growing brain while heading off possible addiction in the near future.

If you or anyone has questions or are in need of information, you can contact me at 541-444-8267 or 800-600-5599 or e-mail adprev@ctsi.nsn.us.

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

CTSI Jobs

CTSI Employment Job Line

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

Visit our website 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.