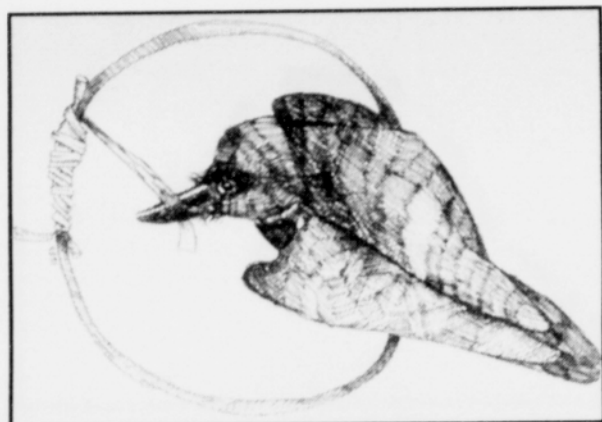


TRIBAL PROGRAM NEWS



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 Raven: I have heard that drugs deplete your bones and stay in your skin and hair. How long before you can truly say you are healthy? A Curious Recovering Addict

Dear Curious Recovering Addict: First of all, it's great to hear from recovering folks. Congratulations and thank you for your gift to yourself, your family and the community!

Yours is a very interesting question, both scientifically and spiritually. Let's start with your hair.

Chemical traces of most psychoactive drugs can be detected almost as long as the hair stays intact, even decades after the drug has been taken. Hair analysis actually can give a picture of the degree of drug, telling us if the person has used drugs occasionally or had addictive use. More research is being done on the accuracy of hair testing but already a number of businesses, including casinos in Nevada, are using it as pre-employment drug testing.

There is less I can tell you about bones and skin, but if I discover anything in the future I will write to you about it.

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

There is a lot to say about how drugs – including alcohol – affect all parts of the body, but how long the skin and bones hold onto the drug is a mystery to me at this time. Our skin and bone cells are constantly changing. We make new cells as old ones die.

Some brand new information about the long-term effect on bones is that binge or heavy drinking will increase the chance of developing osteoporosis because alcohol disrupts two molecular pathways that are responsible for normal bone metabolism and maintenance of bone mass. Certain genes that are important for maintaining strong and healthy bones are disturbed by alcohol exposure.

Your question about how long before you can say you are truly healthy is a great one. Today we have not talked about mental, emotional and spiritual health. As you pay attention to your physical health, which is a very important thing to do, I also want to honor the work I know you must be doing in your recovery in other ways.

Being honest and kind with yourself and others in recovery reduces stress and also will help you to be physically healthy. So my friend, eat well, get enough rest, work hard and take care of your daily responsibilities, laugh as often as you can and cry when you need to.

Think of yourself as a healthy person and allow the healing to happen in its time. Fondly, Raven

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

Dec. 3 at Noon
Siletz Community Health Clinic Conference Room

Barbara Dougherty and the newly hired drug-free communities coordinator will be at the meeting to talk with us about our partnership with Lincoln County under this grant. This will be an important meeting for CEDARR. Hope to see you there!

Bending Not Breaking Building Resiliency in Our Kids

by DeAnna Pearl, A&D Prevention Specialist

Oftentimes when working with youth and families, questions or comments are made like, "Why do some people abuse alcohol, tobacco and other drugs (ATODs) and some people do not?" Or "If I can make it through without using drugs or alcohol, anybody can!"

These comments and questions are speaking to the issue of resiliency, learning how to bounce back when the odds are stacked against you.

Current research is showing us that having personal resources, not just money, can make a person more resilient. Helping a young person identify his or her strengths is a great way to help him or her become resilient and resist or delay the use or abuse of alcohol, commercial tobacco or other drugs.

The resiliency approach is not new to the prevention world and in fact is seen as a best practice – one that is seen to make the most difference. Also, there is another option to look at ways to make a difference: 40 developmental assets.

These are broken down into two parts, internal and external assets. They are created in an effort teach kids to bend with the wind of peer pressure, negative community norms and historical family trauma, while encouraging them not to turn to ATODs to deal with daily stressors.

Dr. Ruby Payne, founder & CEO of aha! Process, Inc., has put together

what she calls "10 Personal Resources." These resources are a way to identify and increase personal strengths:

1. Integrity – what you say is what you do!
2. Financial – not only having money but how to save it and spend it wisely.
3. Emotional – you can be alone when times are bad without being harmful to yourself or others.
4. Mental – you are able to learn and understand what is happening around you.
5. Spiritual – believing in a higher power, believing you are here for a purpose and giving back.
6. Physical – the ability to take care of oneself and make healthy choices.
7. Support systems – having access to know-how and/or people to find out for you.
8. Positive relationships and role models – people in your life who help you stay on a good path and help guide. (Note: Some role models can be harmful just by doing one thing and saying another.)
9. Knowledge of hidden rules – knowing the rules you want to live by, the rules the community wants you to live by and the rules your family wants you to live by. Example, you choose not to use ATODs but in your peer group, it's seen as "cool" to drink while underage. Planning ahead of time on how to deal with this can help you deal with the pressure.
10. Desire and persistence – when we want something badly enough, when the outcome has meaning for us, we stick with it until we reach our goal.

Do we have to have all 10 of these to be resilient? Or adhere to the 40 developmental assets? No. Some might have more than others to help balance out the assets or resources they are lacking. The simple act of identifying them, though, can give strength and hope to young people while they navigate the maze of their brain-developing years.

For more information on the 40 development assets, visit the Alcohol and Drug page of the Oregon State Prevention Programming website at www.oregon.gov. You also can contact me at adprev@ctsi.nsn.us or call 541-444-8267 or 800-600-5599.

Parent Project Funds Available Through End of Year

by Bonnie Petersen

The Parent Project is a program that provides limited spokesperson consultation for parents whose child(ren), as a result of concerns for the safety and welfare of the child(ren), are under the jurisdiction of the Siletz Tribal Court. It is funded through excess gaming revenue and funds are available through Dec. 31, 2008.

A parent is eligible for the Parent Project each time any of the following occurs:

- A service agreement is initiated through the Indian Child Welfare Program.
- The child(ren) are removed from the home of the parent(s) and the case is under the jurisdiction of Tribal Court.

- Clients with open active ICW cases under the jurisdiction of Tribal Court at the implementation of this project.

Parents who need to access this program must contact ICW staff to request a written referral. Clients submit the written referral to Tribal Court staff, who determines eligibility. If a parent is eligible, court staff will provide a written authorization to take to a spokesperson/attorney at the time of consultation.

Each parent is eligible for up to two hours consultation time at a reimbursement rate of \$100 per hour. At the conclusion of the consultation, an invoice and a copy of the approved eligibility determination must be delivered within 30 days

to Confederated Tribes of Siletz Indians, Tribal Court, Attn: Parent Project, P.O. Box 549, Siletz, OR 97380-0549.

This consultation time can be used to provide legal advice with regard to Indian Child Welfare issues only. It cannot be used to represent any client in Tribal Court or to provide any other service.

**Narcotics Anonymous Toll-Free
Help Line – 877-233-4287**

**For information on Alcoholics
Anonymous: www.aa-oregon.org/**