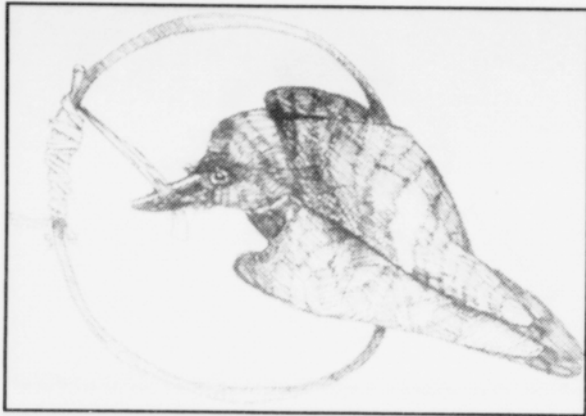


TRIBAL PROGRAM NEWS



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: My cousin has been struggling for months with her 16-year-old son. He frequently skips school, going possibly 2-3 days a week, gets into fights and has been expelled from nearly every school in the county. He is failing many of his classes and prefers to stay home in bed or play video games all day.

She spends hours of her time looking for him on a regular basis, only to bring home a disrespectful adolescent who trashes her and her home out of anger. He is on probation for beating up people at school and within the community. She believes he is using some type of drug but is not sure because she can't get the probation officer to do a UA and he drinks alcohol frequently.

I know she feels like giving up at times, but loves him so much she just can't turn away. This youth is a Tribal member. Is there someone who can really help her with her situation and how, as this has caused so much strain within her family that she and her husband are nearing divorce.

She also has a younger sibling living in the same household who is displaying questionable behaviors as well, skipping school and falling grades, and I feel will be lost soon if not already. I don't want to see this family fall apart because they are hard-working, wonderful people and at their rope's end.

Unsigned

Dear Unsigned: There is no easy answer to the situation you described, but I will give you a start.

There are things parents can do without the involvement of outside resources. Taking away the video games when grades are failing is one example of parents having good boundaries in the home. Attending parenting classes is probably something that would help these parents a lot, both in their parenting and to help them co-parent instead of being pulled apart. To find out about parenting classes, call DeAnna Pearl or Leah Sutter Eversole at 800-600-5599 and one of them will help you find classes in your area.

This young man is on probation, failing in school, is probably involved in some type of alcohol/drug use and clearly has some issues related to anger

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

and depression. Your cousin can ask for a meeting with people from the school, prevention staff, alcohol/drug counselors, mental health providers and the juvenile department to get together and decide on a strategy to try to help this young person get the help he needs with involvement from the family. Parents can bring their children into the Tribal alcohol/drug counselors and ask that a UA be done. It's not necessary to depend on the probation officer to do this.

Your cousin's son did not get to this place overnight and he will not get the help he needs and get back on track overnight either. It's important that the parents do not see him as the only problem in the family who needs to change. If there is going to be a change, everyone has to participate in the change process and take responsibility for their part of how things got to be where they are and how they can change.

With that kind of commitment, outside help and a lot of hard work, this family can get to a healthy place. They are fortunate you are concerned.

Raven

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

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

Siletz Tribal Language Project

The Siletz Tribe is pleased to announce the award of a two-year Administration for Native Americans Native Language Preservation and Maintenance Category II grant to develop an Athabaskan language curriculum for Head Start through the fifth grade.

As a Tribe, we have lost more than 90 percent of the ability to speak the Native language, Athabaskan. This is the first step of many on a long path to address this tragedy.

It is the goal that the curriculum developed at the pilot project site, Siletz Valley School, will be largely available upon the completion of a successful project.

We are seeking input from Elders who have an interest in Athabaskan language curriculum development. Please contact Bud Lane at 541-444-8230 or 800-922-1399, ext. 1230; or Cova St. Onge at 541-444-1036.

Hvm' Chi'

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

Feb. 4 • Noon

Siletz Community Health Clinic Conference Room

Agenda: White Bison Trainings – Where do we go from here?
Please attend!

Teens Finding Their Way on a Slippery Road

by DeAnna Pearl, A&D Prevention Coordinator

Deal with Daily Pressures and Stressors

According to the Partnership for a Drug-Free America, teens in the United States are using drugs and alcohol to deal with the pressures and stress of school.

In a 2007 Partnership Attitude Tracking Study, 73 percent of youth asked stated this fact, indicating teen perceptions of motivating factors for using drugs. The top three reasons are:

- 73 percent – deal with stress
- 65 percent – feeling cool
- 65 percent – feeling better about themselves

Good News! Drug use among teens is on a steady downward trend of overall drug abuse. This also includes alcohol and cigarettes. Over the past decade, however, studies have shown a steadily changing trend in what teens think of as the motivations for using drugs. The "to have fun" idea is declining while the motivations to use drugs to solve problems are increasing.

Unfortunately, teens' ongoing intentional abuse of prescription and over-the-counter medications remains a serious concern, as many teens mistakenly believe the abuse of medicines is less dangerous than the abuse of illegal drugs.

According to Steve Pasierb, CEO of the Partnership for a Drug-Free America, "Whether it's to get high or deal with stress, or if they mistakenly believe it will help them perform better in school or sports, teens don't realize that when used without a prescription, these medicines can be every bit as harmful as illegal street drugs."

On the flip side, a 2007 Partnership study of parents' attitudes about teen drug use, released last June, showed that parents severely underestimate the impact of stress on their teens' decisions to use drugs.

Only 7 percent of parents believe that teens might use drugs to cope with stress. It's ironic that an average parent spends a lot of time worrying about what they don't want for their child – drug use, early sexual activity, physical abuse, gangs, drinking, dropping out of school ... argh! How do we cope?

Take a moment – Visualize what you do want for your child. Write it down, type it up or draw it out. Ask your child what they envision for themselves. Share your vision with your child. Plan how both of you can work together to make it happen.

Oftentimes, this vision does not include alcohol, tobacco or other drugs. Still don't know what to say? A website called TimeToTalk.org has information on how to help parents start and maintain open, honest dialogue with their kids about the risks of drugs and alcohol.

In Siletz and around the state of Oregon, parenting classes focusing on families with kids ages of 10-14 are being offered. The Strengthening Families Project offers communication-building exercises for both the youth and parents separately and then creates an opportunity to practice these new skills together.

In Siletz, a second series of classes starts Feb. 17 and runs for seven fun-filled weeks. If you would like more information on classes where you live or in Siletz, contact me at 541-444-8267 or 800-600-5599; or e-mail adprev@ctsi.nsn.us.

(Excerpts taken from Partnership for a Drug-Free America press release, Aug. 5, 2008; www.drugfree.org)