

April is Alcohol Awareness Month

By Jenifer Metcalf, Prevention Coordinator

Alcohol Awareness Month encourages communities to focus on alcoholism and alcohol-related issues by raising public awareness and educating people about the devastating effects alcohol can have on our youth, individuals and families.

References and Resources

National Council on Alcoholism and Drug Dependence – www.ncadd.org. Visit this website and find more information nationally on what alcohol does to our community and our youth.

- How old are kids when they start drinking alcohol?
Two of every 12 kids in the sixth grade said they had consumed alcohol in the past 30 days – two out of 12! (from the Addictions Mental Health, Student Wellness Survey 2010. Tribal Youth in Lincoln County)
- How old are sixth-graders?
The average age for Tribal sixth-graders in this area is between 11-12 years old.

Volunteer for Prevention Program

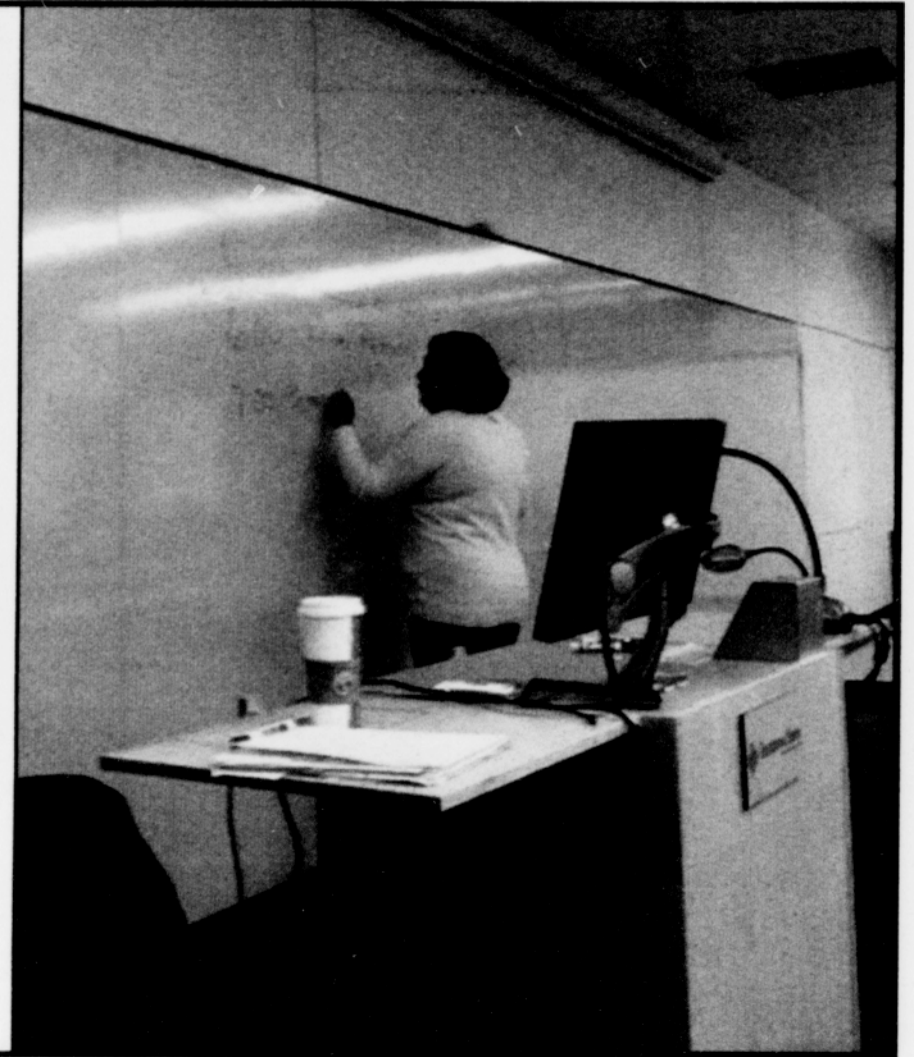
If you are interested in volunteering with the Prevention Program, here are some specific guidelines:

- Apply to be a Tribal Prevention volunteer at Human Resources. This will include agreeing to a criminal background check and a drug screen.
- Attend an orientation with Prevention staff to learn about ethics and program policies and procedures. A volunteer training program will be developed.
- For those with previous problems of alcohol/drugs, at least one year of living a clean and sober lifestyle is required.
- Participate in making a prevention video/DVD.
- All people to be filmed must sign an agreement to be filmed.
- The Tribal general manager and Tribal Council must approve of the final cut before it's released for public viewing.

Any question regarding this process, please contact Jenifer Metcalf, Prevention coordinator, at jenifer@ctsi.nsn.us or 800-600-5599 or 541-444-9618.

Courtesy photo by
Tina Retasket

Tribal member Lisa Norton teaches a class in social welfare policy at Portland State University. She taught during winter term and has been asked to return for spring term. These classes are in addition to her work on a doctorate degree in social services work in Indian Country. She is pursuing this degree through PSU's Ph.D. Program in Social Work and Social Research.



For information about Agent Orange, possible health-related problems and VA benefits:

Toll-free Helpline

800-749-8387, Press 3

www.publichealth.va.gov/exposures/agentorange/

TLC attitudes of gratitude: Deal with your problem, get ready for next one

By Lynn Whitlow

Over the years, the late Norman Vincent Peale has offered valuable guidance and information that continues to benefit thousands if not millions of folks. I recently ran across one of his quotes that pulled me out of my reverie: "There is only one group of people that don't have problems and they're all dead. Problems are a sign of life. So the more problems you have, the more alive you are."

None of us escape from problems. They are sometimes of our own making and sometimes not. What we do with them or as a result of them is up to us.

Do we make them bigger problems by our response or do we look at the problem, get rid of the "poor me" syndrome and figure out what is in our control to make the situation better or at least manageable?

Often the best solution is to change our attitude (oh no, not that again).

All too often we get to thinking "Why is this happening to me? No one understands." I hear this one a lot! Actually, exactly what is happening to you may not be happening right now to someone you are aware of, but be assured that others somewhere are going through similar experiences.

Just about everyone around you is experiencing some type of problem situation at any given moment. If nothing else, be thankful you are alive, deal with your problem and gear up for the next one. Life is an adventure!

TLC residents and a past resident are grateful for many things: "I'm grateful for the support I have in my life, my recovery team is so important to me and have helped pull me through the tough times

when I wasn't able. I'm so blessed. I'm so happy for my best friend, Elaine, who's doing so awesome and I'm truly inspired by her drive for life and her as a mother in recovery. Sometimes it seems as if my life is a puzzle, the pieces are all on the table and it's time to put it together. I'm grateful to be clean.

I'm grateful that I was able to move into my new apartment and for the friends and family that helped me move. I'm grateful for my friend, Nikki, whom I love. I'm grateful for my son and for this new chapter in our lives. I'm grateful for random dancing(!), for my job, and my carpool buddy, SBT. I'm grateful for the A&D program. Without them in my life I would not know how to be grateful or have the things that are possible in my life. I'm grateful for the housing program.

Others we have to be grateful for are our volunteers, Alice McCain and Denise Riding In. You are such an asset to the residents and the TLC program. We could use a few more with your heart and dedication.

Thank you so much to Papa and Sammy for bringing equipment to fill the big holes in our "temporary" driveway. One was threatening to swallow cars whole. These guys fixed it right up and we are so appreciative. It should last until the new street and access are built this spring or summer.

Tulips are popping out of the ground. Seems like new growth every day – looking forward to color! Thanks again to Sharla and Tre for getting those flowers in and to Ellen for taking care of the ones that someone forgot to bury. I'll say "thank you" again when they bloom.

Set your attitude on a happy spring!

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 Toll-Free Help Line – 877-233-4287

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

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement: We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.

April 6 • Noon
Behavioral Health Conf. Room

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Topics to be discussed: Underage drinking awareness for the community and bully prevention action in the community

Last month's CEDARR meeting was well-attended. If you are interested in becoming a CEDARR member, please feel free to contact Jenifer Metcalf. To fulfill our mission, your services are welcomed. Let's get together.