

Parents can get the facts about the danger of adolescents using alcohol

By Jenifer Metcalf, Prevention Coordinator

For this month's article, I have chosen to give parents facts about alcohol – what it is, what it does to our bodies when consumed and the health hazards for our youth.

As I have stated in the past, I want the truth to be known so if you as a parent are faced with your children using alcohol, you can tell them what the results can be if they choose to continue.

The message is very clear: Alcohol use is very risky business for young people. The longer you delay alcohol use in your children, the less likely they are to develop any problems associated with it.

The information given here was gathered from different websites that are listed at right. Please check them out, they are great resources for parents to help with any problems you might have.

I also am available to help if needed. I can be reached at 800-600-5599 or 541-444-9618.

Alcohol

Alcohol is a depressant that comes from organic sources, including grapes, grains and berries. These are fermented or distilled into a liquid.

Alcohol affects every part of the body. It's carried through the bloodstream to the brain, stomach, internal organs, liver, kidneys and muscles. It's absorbed very quickly (in as little as 5-10 minutes) and can stay in the body for several hours.

Alcohol affects the central nervous system and brain. It can make users loosen up, relax and feel more comfortable or can make them more aggressive. Unfortunately, it also lowers their inhibitions, which can set them up for dangerous or embarrassing behavior.

Alcohol is a drug and is legal only for people over age 21.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 2.6 million young people do not know that a person can die of an overdose of alcohol. Alcohol poisoning occurs when a person drinks a large quantity of alcohol in a short amount of time.

A standard drink is:

- One 12-ounce bottle of beer or wine cooler
- One 5-ounce glass of wine
- 1.5 ounces of 80-proof distilled spirits

Health hazards

- People who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who wait until age 21. Each additional year of delayed drinking onset reduces the probability of alcohol dependence by 14 percent.
- Adolescents who drink heavily assume the same long-term health risks as adults who drink heavily. This means they are at increased risk of developing cirrhosis of the liver,

pancreatitis, hemorrhagic stroke and certain forms of cancer.

- Adolescents who use alcohol are more likely to become sexually active, which places them at greater risk of HIV infection and other sexually transmitted diseases.
- One study showed that students diagnosed with alcohol abuse were four times more likely to experience major depression than those without an alcohol problem.
- Alcohol use among adolescents has been associated with considering

planning, attempting and completing suicide.

For more information about talking with your children about alcohol, tips for handling peer pressure and warning signs of a drinking problem, please visit these websites:

- niaaa.nih.gov
- freevide.com
- theantidrug.com
- Keyword: Drug Help

TLC attitudes of gratitude: Summer memories about the Fourth of July

By Lynn Whitlow

Life, liberty and the pursuit of happiness. Fireworks lighting the night skies. Barbeques smoking, watermelon dripping. Friends, family and communities gathering to celebrate the day and enjoy each other.

July is here in its splendor and glory – hopefully with sunshine included! We need balance in everything, including the weather. The scale is sharply tipped toward cold and wet. We are grateful for the green and the reduced rate of forest fire danger, but we need sunny warm to dry our lungs and lift our spirits.

TLC residents practice gratitude and look for it in everyday situations. Some grates include: Tony Whitehead for generously giving my daughter her first toddler bed. I'm thankful to my case-worker for all her services – she helps me with important needs. Gratitude to my sponsor for being there anytime, loving me through all my process – always suiting up and showing up.

My thanks to Jen Butler for all her support and guidance. She's really helped

me break through some hard barriers in my education.

I'm grateful for my true friends in this community who help me when I'm struggling financially and emotionally. I am thankful I have the ability to be present and available to my family. I'm so loved and cared for. I'm so happy to have Jeremy, Rage, Chantel and family. I love you guys so much.

I'm grateful for my best friend, Elaine, who always inspires me and gives me so much hope. I'm grateful to my counselor who gives me much guidance – beyond the call of duty.

I love the whole A&D staff, who truly love me through my process of life. I am so thankful for my daughter, who is my everything and I would be lost without her.

We are thankful for our helpers – volunteer Denise Riding In and staff who stay over. Thank you to Maintenance for our grass being tamed and to Force Account staff for the final paint job on the shed. It looks great!

May each of you enjoy moments in the sun. If it's longer than that, use sunscreen.

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.

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: aa-oregon.org

Tribal children need foster parents

Do you value Siletz Native culture and want to help preserve it? If so, please consider fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas.

If you are interested, please contact Shawna Henarie, foster care certifier, at 541-444-8275 or 800-922-1399, ext. 1275; or visit ctsi.nsn.us, click on Tribal Services, then Employment & Social Services, then Indian Child Welfare.



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.

The last CEDARR meeting was held June 1 and six people attended. The Healthy Family Healthy Child Project did a presentation.

To better serve our community and fulfill our mission, we need all the involvement and participation from members of this community that we can get. There are no requirements to become a CEDARR member. Show up and share your thoughts with us.

July 6 • 5:30 p.m.
Behavioral Health Conf. Room

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Topic to be discussed: Hands Across the Bridge and community gathering