

A HEALTH TEXT MESSAGING SERVICE FOR
AMERICAN INDIAN AND ALASKA NATIVE
TEENS AND YOUNG ADULTS

WERNATIVE

For weekly health tips, contests, and life advice
text NATIVE to 24587

Topics include:

- Teachings from Native leaders
- Wellness and Life Balance
- Family Relationships
- Mental Health
- Tobacco, Drugs and Alcohol
- Violence and Bullying
- Peer Pressure
- Sexual Health
- Healthy Relationships
- School Pressures
- Getting Help
- Quizzes, polls, and discussions
- Scholarships, conferences, internships

*Standard rates apply. It's just like texting your friends and family.

In 2012, the Northwest Portland Area Indian Health Board will launch a companion website: www.wernative.org. The site is being designed for Native youth, by Native youth, to encourage healthy behaviors, share youth-friendly media and current events, increase cultural identity and pride, and share the positive impacts Native youth are having on their communities.

Funded by the National IHS HIV Program

For more information, please contact
Jessica Leston: jlestone@npihb.org or visit us at: <http://www.npihb.org/epicenter/project/projectredalona>



Courtesy photo by Dean Ingram

Jane John (fourth from right), family and friends attend the American Bandstand-themed New Year's Eve celebration at Chinook Winds Casino Resort.

Important information , deadlines for the college-bound Tribal senior

February

- First semester grades and mid-year reports are sent to some colleges.
- Check your school counseling office or ASPIRE center for scholarship information.
- Complete scholarships.
- Check with colleges applied to for verification they have received all necessary documents. Continue to monitor status of submitted applications.
- Check to see if your mid-year transcripts have been sent to the schools to which you have applied.
- Wrap up any scholarship applications, essays and activities chart (for OSAC). Early bird deadline is in February for OSAC.

March

- Check for three Tribal scholarships at ctsi.nsn.us.
- Complete scholarships.
- Start working on Tribal higher education or adult vocational training grant

application. This can be found on the Tribe's website and is due June 30.

- Review the Student Aid Report (SAR).
- You should start receiving admission responses.

April

- Send thank you notes to people who have helped you.
- Make final decision about which college or university you will attend.
- If you decide to decline enrollment to a college or university to which you have been accepted, send notice indicating this to the college's admissions office.

May

- This is the deadline for final decisions for universities.
- Send letter of intent to registrar.
- Line up a summer job.
- Attend your Senior Awards Night.
- Review any award letters and be sure you understand the terms and conditions that accompany each type of aid.

- If necessary, arrange for housing and a meal plan (at school).
- Send thank you notes to any person/committee from which you received a scholarship.

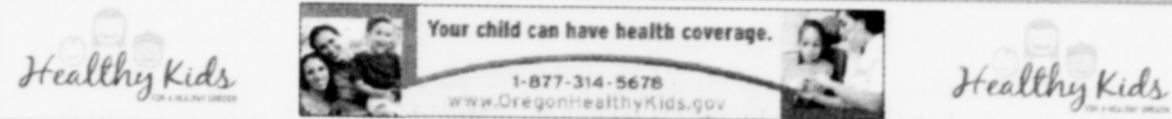
June

- Tribal higher education and adult vocational training applications are due June 30!
- Attend graduation – congratulations!
- Make arrangements for your final grades to be sent to colleges and universities.
- Good luck!

Applying for Tribal education funds?

Some requirements and deadlines to keep in mind

1. The once-a-year annual deadline for funding is June 30 of each year (for funding for the upcoming fall semester or academic year).
2. Students must apply for FAFSA (Free Application for Federal Student Aid) at fafsa.ed.gov between Jan. 1-31 each year. Your application for Tribal funding will not be accepted if you do not meet this deadline.



Contract Health Service requires uninsured Tribal children to apply for OHP/Healthy Kids for coverage

Healthy Kids provides no-cost, low-cost and full-cost health coverage options for uninsured Oregon children and teens up to age 19. Coverage lasts for one full year and covers all health needs, including doctor visits, dental care, vision, mental or behavioral health services, prescriptions and more. Children will not be turned away because of pre-existing conditions or be put on a waiting list.

American Indians and Alaska Natives who qualify for the low-cost option do not pay a monthly premium. No family makes too much for Healthy Kids. Even middle-income families can qualify for coverage on a sliding scale. For example, a family of four can earn as much as \$67,200 per year and may qualify for the low-cost option.

| Enrollment Guideline Based on Family Size/Income | No-Cost | Low-Cost | Full-Cost |
|--|--------------|-------------------|-----------------|
| Family of 2 | \$0-\$29,568 | \$29,568-\$44,280 | \$44,280 and up |
| Family of 3 | \$0-\$37,248 | \$37,248-\$55,776 | \$55,776 and up |
| Family of 4 | \$0-\$44,928 | \$44,928-\$67,248 | \$67,248 and up |
| Family of 5 | \$0-\$52,608 | \$52,608-\$78,780 | \$78,780 and up |

Siletz Contract Health Service requires patients to apply for alternate resources when they are provided at no cost to the patient. Healthy Kids is considered an alternate resource.

If a person does not apply for alternate resources when available, they can be denied Contract Health benefits. A person can apply for Healthy Kids by calling CHS at 800-628-5720 to request an application, go online to oregonhealthykids.gov and complete the application or call Healthy Kids directly at 877-314-5678 to request an application.

CHS workers can help you complete an application or refer you to the Siletz benefits coordinator.