

Prevention includes healing principles, keeping drugs out of kids' reach

By Jenifer Metcalf, Prevention Coordinator

Welcome back to school, all you students. Hope you have a great 2012-2013 school year.

Prevention is about raising protective factors. The philosophy of the Siletz Tribal Prevention Program is based on four healing principles:

1. Healing from problems associated with alcohol, tobacco and other drugs

comes from within – ourselves, our Tribe and our community. We will find the support and resources to heal, renew and rebuild.

2. Our journey is linked to the past. It is with our traditions, cultural values and today's knowledge that we will be able to restore, mend and strengthen ourselves and future generations.

3. We will educate our children about the harmful effects of alcohol, tobacco and other drugs from the time they are in their mother's womb until they pass from this world. The health, success and well-being of future generations depend upon the strength of our message.

4. Healing of the individual and Tribe go hand in hand. The well-being of the

Tribe is inseparable from the well-being of the individual.

In years past, we have had town halls in our community and with partnering prevention agencies in Lincoln County. The most recent town halls in the past two years have been on opiate epidemiology and how opiate use and abuse is on the rise. On July 25, 2012, the Centers for Disease Control declared a national opiate epidemic.

Opiate-based prescriptions declared an epidemic by the CDC

Wednesday, July 25, 2012, by Ben

(NaturalNews) There has been a recent epidemic of opium-addiction that is growing fast as one of America's drug problems. The CDC says this is not coming from foreign cartels, traffickers or drug dealers, but from the pharmacy that so many visit for prescribed medicines.

These opiate-based drugs include Vicodin, Oxycontin, Oxycodone and other opioid pain relievers. The CDC says that last year alone, enough of these drugs were prescribed to medicate each and every American adult with "five mg of hydrocodone (Vicodin and others), taken every four hours, for a month and have led to over 40,000 drug overdose deaths."

Currently, there are more overdose deaths from these prescribed drugs than heroin and cocaine combined. Furthermore, the consumption of these drugs is costing health insurers approximately \$72.5 billion annually. As many people know, the problem also lies in the fact that the underlying causes are not being managed, but rather just the pain when it comes to painkillers like these.

Opiate-based drugs are by far the most addictive painkillers available and sadly, people who take these medications to cope with legitimate pain can find themselves becoming addicted. Even the doctors who prescribe these medications are at risk – some studies show that as many as 10 percent of the doctors who are prescribing these painkillers can become addicted.

Why are these painkillers so addictive? The opiates themselves and the effect they have on the human brain are the reason.

The opiates found in these prescription drugs create and release artificial endorphins in the brain, creating warm and good feelings. With regular use, the brain stops making these endorphins and the only way the user can experience the same feeling is to continue taking these drugs.

After the body stops producing these endorphins, the user now must take these drugs to avoid feeling bad. It isn't used as a way to feel good anymore, but rather to avoid negative feelings.

It is unfortunate that these addictions are becoming common and there are many factors that contribute to this epidemic. Part of the problem lies in doctors, where they may find it more efficient to prescribe medication to help the pain instead of spending more time on the underlying cause of the pain.

Another problem is the patients, demanding immediate relief from pain rather than allowing doctors to follow steps in properly curing them. Government too could better police prescriptions to ensure that this problem isn't spiraling out of control.

If all these elements worked together, there would be a much greater chance to eliminate this unfortunate epidemic. The end result is tragic for patients, when there are so many options of alternative medicine or natural remedies without depending on prescribed medications.

Sources for this article include:

- huffingtonpost.com
- michaelshouse.com
- cdc.gov/Features/VitalSigns/MethadoneOverdoses/

Parents, protect your teens from opiate addiction

The prescription drug epidemic in the U.S. is leading to an increase in heroin use for those who can no longer afford or obtain prescription opiates – especially among teens.

"Parents should not hesitate to force their kid to seek help for this," said Dr. Joe Gay, an Athens, Ohio, psychologist who treats addiction, noting the "ever-present danger" of overdose. "This is such a critical condition and it's progressive. It's important to get help as soon as you can."

Studies show that the earlier opiate addiction is treated, the greater the chances for long-term abstinence, said Dr. Lynn Fiellin, a Yale internist who treats and studies addiction.

To read the full article, *For parents: Opiate use warning signs and getting help*, from MSNBC, visit vitals.msnbc.msn.com/_news/2012/06/07/12091788-for-parents-opiate-use-warning-signs-and-getting-help?utm_source=Join+Together+Daily&utm_campaign=b09b5f4572-JT_Daily_News_Voters_in_California&utm_medium=email

To read the full article, *Opiate addiction: How prescription painkillers pave the way to heroin*, from MSNBC, visit vitals.msnbc.msn.com/_news/2012/06/06/12091427-opiate-addiction-how-prescription-painkillers-pave-the-way-to-heroin?lite

Please take the time to look at these articles on the Internet. If you are concerned for your children or a loved one, please contact someone in your area so they can help you protect your family or friends.

More information on this issue for the Siletz/Lincoln County area will be discussed at our upcoming CEDARR Coalition meeting. At our last meeting, a patrol deputy from the Lincoln County Sheriff's Office attended and spoke about the opiate epidemic on the rise in this county.

Prevention starts at home. Parents – talk to your children about the risks of drugs and alcohol. Talk to your children about being honest and kind with words and actions.

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

USDA distribution dates in October

Siletz

Monday	Oct. 1	9 a.m. – 3 p.m.
Tuesday	Oct. 2	9 a.m. – 3 p.m.
Wednesday	Oct. 3	9 a.m. – 3 p.m.
Thursday	Oct. 4	9 a.m. – 3 p.m.
Friday	Oct. 5	9 a.m. – 3 p.m.

Salem

Monday	Oct. 15	1:30 – 6:30 p.m.
Tuesday	Oct. 16	9 a.m. – 6:30 p.m.
Wednesday	Oct. 17	9 a.m. – 4 p.m.
Thursday	Oct. 18	9 – 11 a.m.

You can reach us at our Siletz warehouse at 800-922-1399, ext. 1393 or ext. 1279, or you can call direct at 541-444-8393 or 541-444-8279.

Joyce Retherford
USDA Food Program Director
Lisa Paul
USDA Clerk/Warehouseman

Turkey Chili

- 2 pounds diced, fully cooked turkey roast*
- 1 can diced tomatoes*
- 1 can tomato sauce*
- 2 cans black beans (with juice)*
- 2 cans kidney beans (with juice)*
- 2 bell peppers, diced*
- 1 onion, diced*
- 2 palms-ful chili powder
- 1 teaspoon cayenne pepper
- Salt and pepper to taste

Saute onion and pepper together in a big pot. Add diced turkey roast and heat through. Add remaining ingredients; simmer for 30 minutes.

*Foods found in the FDPIR commodity food package

Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men'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

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.

Oct. 3

Noon

Siletz Public Library
255 SE Gaither
Siletz

