

9 Tribes Prevention Camp involves Native youth from throughout Oregon

By Ashliegh Ramirez, Prevention Coordinator Assistant

On June 15, 10 Siletz Tribal members headed to the B'nai B'rith camp in Lincoln City, Ore., to attend a five-day Prevention Camp for all nine Tribes within Oregon. Eight were able to attend along with a group from NARA.

On day two of our camp, we learned about gambling, its positives and the negative effects. They broke us into small groups to discuss various topics centered on gambling, including "How does gambling effect your spirit?"

Different methods of gambling were introduced, the current methods versus the traditional methods. A Warm Springs Elder discussed how traditional forms of gambling quickly morphed into a destructive form of play within her family.

We were taught the original purpose for traditional gambling and the healing it can have. After this workshop, the Warm Springs Elder taught us how to play a stick game and we played for some hours.

On the third day, we learned about substance abuse. Brian Frejo spoke to us on this particular topic.

Brian explained the way substance abuse changed his growing up. This was done in a motivational way that helped the youth understand there are ways to avoid falling into this cycle that Tribal members have such a difficult time getting out of.



Courtesy photo

Doug Barrets, Carter Mason, Sierra Ferguson, Louis Ferguson, Felisha Howell, Izaiah Fisher, Misti Warren, Sage Butler, LaVonna Butler, Carl White, Syanne Kaiser, Bladesin Luledjian, SuSun Fisher, Ronald Butler Jr. and Rusty Butler participate in a feather dance on the beach during the 9 Tribes Prevention Camp.

Hearing from Frejo was such a delight because of his grand achievements as an individual and as an American Indian. It was inspirational. Frejo was a constant reminder to never sell yourself short and to never let circumstances define your path.

On the fourth day, we learned about suicide. This was one of the harder topics, but I feel it was the most effective.

The most important information learned in this particular workshop was the QPR method (Question Persuade Refer). Not only were the youth taught to recognize signs somebody might be struggling with suicidal thoughts, they were also taught how to go about finding help.

This workshop was about teaching youth how to normalize the word suicide because so many times in our society we tiptoe around the word. By normalizing it, you give those around you permission to speak freely.

Following this workshop, everyone participated in a talking circle broken up into boys and girls. It was here that those who were once afraid found the strength to speak up and depend on their peers.

The talking circle allowed us chaperones and other adults to show the youth that people who can help them with their struggles are within each Tribal community.

This camp was not just constant workshops. There were opportunities to swim,

play basketball and lacrosse, rock climb, zip line and so much more. We learned about our neighboring Tribes in Oregon and the different traditions we all have.

Siletz was able to show and explain a little about Nadosh and its significance to us. Warm Springs shared their way of praying before and after meals, and Coos and Grand Ronde shared about the significance in their canoe journeys.

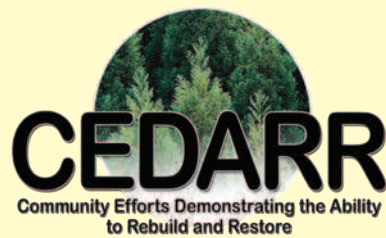
The youth in attendance ranged from extremely culturally engaged at home to knowing very little about their Tribe. By having everyone together, I believe the youth all learned something, whether it was about their own Tribe or about Tribal diversity.

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.



July 9 • Noon

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Over-income home rehabilitation grant program opens

The Over-Income Rehabilitation Construction program funds over-income families with a \$5,000 grant for construction rehabilitation on the primary residence they own or families who have possessor rights to their home.

Rehabilitation refers to repairs or renovations to the home, but does not include appliances, saunas, hot tubs, swimming pools, driveways, fences, etc.

Over-income refers to Tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self-Determination Act (NAHASDA). These are listed above:

1	2	3	Base 4	5	6	7	8
\$36,848	\$42,112	\$47,376	\$52,640	\$56,851	\$61,062	\$65,274	\$69,485

If you are a Siletz Tribal member and have not received an over-income grant, call the Housing office to request an application.

Applications, including proof of current annual income, enrollment and proof of homeownership with the Tribal member's name on it, must be submitted to the Housing office by July 31, 2015, at

4:30 p.m. Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department.

Qualified applicants will be placed in the lottery drawing, which will be held during August on a date approved by the Tribal Council.

If you have any questions, call Jeanette Aradoz at 800-922-1399, ext. 1316, or 541-444-8316.

If you have not sent in an application for your child to attend **Siletz Tribal Head Start**, it's not too late. Call 541-444-2532 or 800-922-1399 to request that an application be sent to you.

Applications also are available on the Tribal website (ctsi.nsn.us) and at the Siletz, Salem and Portland area offices.

Maude and Alfred Lane Family Reunion at Crooked River Ranch, Oregon

There is a get-together at the Sandbagger Saloon and Restaurant
Aug. 14 (Friday), 4-9 p.m.

Family BBQ at Crooked River Ranch's MacPherson Park
Aug. 15 (Saturday) • 2 p.m. to sunset

Bring your favorite beverages
BBQ will be provided. Side dishes welcome!

Please RSVP/call Linda & Greg Merrill for info at
(home) 541-548-2452, (cell) 541-598-6683 or
crookedwillowm@gmail.com

Lodging info and RV/camping info available - reserve early!

I have reserved a block of tee times, so if you want to play golf on the morning of the 15th, let us know.

See you soon!

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