

Prevention programs have long focused on reducing particular risk factors or conditions associated with child abuse and neglect. Prevention services are also recognizing the importance of promoting protective factors – circumstances in families and communities that increase the health and well-being of children and families.

These factors help parents who might otherwise be at risk of abusing or neglecting their children find resources, supports or coping strategies that allow them to parent effectively, even under stress.

The following protective factors have been linked to a lower incidence of child abuse and neglect:

- **Nurturing and attachment.** When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive.
- **Knowledge of parenting and child and youth development.** Parents who understand how children grow and develop and know the typical developmental milestones can provide an environment where children can live up to their potential.
- **Parental resilience.** Parents who are emotionally resilient have a positive attitude, creatively problem solve, effectively address challenges and are

less likely to direct anger and frustration at their children.

- **Social connections.** Trusted and caring family friends provide emotional support to parents by offering encouragement and assistance in facing the daily challenges of raising a family.
- **Concrete supports for parents.** Parents need basic resources, such as food, clothing, housing, transportation and access to essential services that address family-specific needs (such as child care, health care and mental health services) to ensure the health and well-being of their children.
- **Social and emotional competence.** Children with the ability to positively interact with others, self-regulate their behaviors and communicate their feelings have relationships that are more positive with family, friends and peers. Children without these tools may be at greater risk for abuse.

- **Get to know your neighbors.** Problems seem less overwhelming when support is nearby.
- **Help a family under stress.** Offer to babysit, help with chores and errands, or suggest resources in the community that can help.
- **Reach out to children in your community.** A smile or a word of encouragement can mean a lot.
- **Be an active community member.** Lend a hand at local schools, community or faith-based organizations, children's hospitals, social service agencies or other places where families and children are supported.
- **Keep your neighborhood safe.** Start a neighborhood watch or plan a local community event such as a neighborhood picnic. You will get to know your neighbors better while helping to keep your neighborhood or children safe.
- **Learn how to recognize and report signs of child abuse and neglect.** Reporting your concerns may protect a child and get help for a family who needs it.

How can you help? Parenting is one of the toughest and most important jobs and we all have a part in ensuring that parents have access to the resources and support they need to be successful. Entire communities play a role in helping families find the strength they need to raise safe, healthy and productive children.

Here are some things you can do to help:

Safe, stable and nurturing relationships are the foundation to healthy child development and preventing child maltreatment. Everyone in the community can help children be safe.

!! MAIL ORDER SERVICE AVAILABLE !!

WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS LIVING WITHIN THE 11-COUNTY SERVICE AREA.

Please note that this service is not eligible for the "Auto-Fill" program. ALL "Auto-Fill" prescriptions must be picked up at the pharmacy.

THANK YOU PHARMACY STAFF

General Council Meeting

May 7, 2016 • 1 p.m.

Siletz Tribal Community Center
Siletz, Oregon

Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes

Tribal Council Committee Reports

Tribal Members' Concerns

Chairman's Report

Announcements

Adjourn

For more information about the Siletz Tribal language program, please visit siletzlanguage.org.

SOCIAL SECURITY DISABILITY/SSI

Everything You Wanted to Know

- How do you qualify for Disability and/or SSI
- How to apply for benefits
- The appeal process
- What you need to know when receiving benefits
- How to create and use your *mySocialSecurity* account and other online services

Please create & print out your personal *mySocialSecurity* account for this workshop at ssa.gov/myaccount

When: Wednesday, May 18, 2016
Time: 10 a.m. – Noon

Speaker: Kimberly Herrmann is a public affairs specialist with the Social Security Administration (SSA). Having worked as a claims representative and in the Leadership Management Program, Kimberly has extensive experience with SSA's many programs and conducts educational seminars and trainings throughout Oregon.

A FREE Workshop by the Social Security Administration



Location:
Siletz Community Health Clinic (Upstairs – Shell Room)

Confederated Tribes of Siletz Indians

Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve Native families that are either expecting or have infants under the age of 12 months, continuing through the child's third birthday. We travel throughout the 11-county service area of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is evidence-based and culturally sensitive to Native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39-month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons) and healthy living (12 lessons). While this may seem like a big commitment, the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence-based curriculum. For the full benefits of the program, we would like to provide all 63 to our families. As a thank you for participating in our program, we offer some incentives that we will be happy to share with you upon enrollment in our program.

During your participation, if you feel like the timeline of lessons is too often, we can adjust the home visits to accommodate your schedule while still keeping the programs timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff, we would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

201 SE Swan Ave., Siletz, Oregon (covering Siletz and the coastal range)
Danelle Smith, Home Visitor: 541-444-9603 or 541-270-1027
2468 W 11th Ave., Eugene, Oregon (covering the Willamette Valley area)
Jessica Phillips, Program Coordinator/Home Visitor: 541-484-4234 or 541-222-9503

