

The new face of Behavioral Health includes familiar and new programs

By Tina Retasket, Acting Behavioral Health Program Administrator

Lots of changes are happening within the Behavioral Health Department. When the new clinic was built, a special wing was created downstairs named Behavioral Health. This wing has private access and comes complete with meeting rooms, offices and a waiting area for clients.

We are beginning to merge Alcohol & Drug, Prevention, Mental Health, TLC and the Office of Juvenile Justice Youth Program (OJJDP) into one Behavioral Health Department.

We are fortunate to have outpatient counselors Zeb Payne and Delina John in Siletz and Andulia WhiteElk in Salem/Portland; mental health therapists Mary-Beth Nickel in Siletz and our new therapist, Rachel Adams, in Salem/Portland; Dee Butler is our prevention specialist trainee in Siletz; Wylie Stokes is the Men's TLC coordinator and his counterpart is Jen Metcalf, the Women's TLC coordinator; Sharla Robinson is our OJJDP youth development director; Jacob Reid is our

new data coordinator/receptionist; and Ashleigh Ramirez, who is on temporary educational leave, is our service learning coordinator with the OJJDP grant.

Currently, the Tribe is searching for a Behavioral Health director to lead this department. In the interim, I have been asked to be the acting Behavioral Health Program administrator on a temporary basis and Janet Wicklund is providing clinical supervision to the A&D staff on a temporary basis until the Behavioral Health director position has been filled.

The staff can provide a broad range of services, from individual and family outpatient therapy to a number of group meetings. Addiction is a family issue, not just an individual issue, so we attempt to make services available for the entire family – youth and adults.

With the implementation of the Affordable Care Act, more people have insurance than before and the wait time for those interested in inpatient treatment is much shorter. We continue to place clients in American Indian-based treatment

centers, but other options are available for those with insurance and clients can be seen at other facilities.

Our staff will help clients find a suitable inpatient treatment program to meet their needs. Those who seek outpatient services can get them through individual and/or family therapy sessions and through attending a variety of group meetings, such as a Step Group (working on the 12 steps of AA/NA), Relapse Prevention groups, and Alcohol & Drug education groups.

We even have a Girls Group to help strengthen and support developing youth, which currently meets on the first and third Thursdays of the month.

Mary-Beth has been with the Tribe for about a year providing mental health services to individuals and families, youth and adults. She has served more than 50 ongoing patients to date. She offers a group meeting entitled Staying in the Window to help people build skills for coping and calming.

Recently, the Tribe was fortunate to recruit Rachel as the mental health therapist serving both the Salem and Portland area offices. Rachel is just beginning to assemble her client caseload, but she is well-qualified to assist our Tribal member clients in the area offices.

Dee and Sharla have been co-teaching a 12-week prevention curriculum to sixth-, seventh- and eighth-graders at the Siletz Valley School. We are excited about the prospect of planting seeds in the minds of our youngsters and working toward preventing them from reaching out to alcohol, drugs, tobacco, etc.

Dee, Sharla and Rachel recently participated with other staff in our very successful annual Youth Conference.

We're excited about all the changes happening in the Behavioral Health Department and want to make sure you are aware of all the resources available to you. Siletz area staff can be reached at 541-444-8286, and Andulia and Rachel can be reached at 503-390-9494 (Salem) or 503-238-1512 (Portland).

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

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

USDA distribution dates for December and bread recipe

Siletz

Thursday	Dec. 1	9 a.m. – 3 p.m.
Friday	Dec. 2	9 a.m. – 3 p.m.
Monday	Dec. 5	9 a.m. – 3 p.m.
Tuesday	Dec. 6	9 a.m. – 3 p.m.
Wednesday	Dec. 7	9 a.m. – 3 p.m.

Salem

Monday	Dec. 12	1:30 – 6:30 p.m.
Tuesday	Dec. 13	9 a.m. – 6:30 p.m.
Wednesday	Dec. 14	9 a.m. – 6:30 p.m.
Thursday	Dec. 15	9 – 11 a.m.

I posted this recipe on our Facebook page, but I will put it here too because it's that good.

Cloud Bread with Tuna Salad

3 eggs separated*
 3 tablespoons cream cheese (room temp)
 ¼ teaspoon baking powder (or cream of tartar)
 Optional: 1 tablespoon honey or natural sweetener, salt, garlic powder, rosemary

Preheat oven to 300 F
 Separate eggs; there must be no yolk in the white. In one bowl, mix together the egg yolks, cream cheese and honey until smooth.

In the second bowl, add ¼ teaspoon baking powder to the whites and beat the whites with the hand mixer on high speed until they are fluffy, form a nice peak and hold their peaks. Slowly fold the egg yolk mixture into the egg whites and mix carefully. You don't want to break the fluffiness of the egg whites too much.

Do the following as quickly as possible or the mixture may start melting: Spoon the mixture into 10-12 even rounds

onto a lightly greased baking sheet. Sprinkle with rosemary or favorite spices (I used dill) and put in the oven.

Bake for 18-20 minutes on the middle rack. Then, broil for 1 minute or until golden brown. Remove from oven and let cool. Put a dollop of tuna salad in the middle of each bread, roll it up and eat it.

*Indicates commodity foods used

Also, LIKE us on Facebook at Siletz Tribal FDPIR.

Joyce Retherford, FDP Director
 541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
 541-444-8279



2017 Standing Committees

Applications Due by Feb. 8, 2017

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to Feb. 8, 2017.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice) and 3 (third choice).

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|--------------------------------------|-------------------------------|
| ____ Education Committee (3) | ____ Housing Committee (3) |
| ____ Natural Resources Committee (3) | ____ Pow-Wow Committee (4) |
| ____ Health Committee (3) | ____ Budget Committee (1) |
| ____ Cultural Heritage Committee (3) | ____ Enrollment Committee (2) |

Committee appointments will be made at the Regular Tribal Council meeting in February 2017.

If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

Culture Craft Night

Dentalium Stringing Class

Dec. 28 • 5-7 p.m.

Siletz Tribal Community Center

Siletz Tribal members and their families are invited to come and learn how to string dentalium. All ages are welcome. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane, budl@ctsi.nsn.us; 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments

