

A message of hope from Behavioral Health

By Jacob Reid, Data Coordinator/
Receptionist

The story goes that the most valuable tool in the Devil's Toolbox is "despair." Not greed, not anger, not hatred. Despair.

When we lose hope, we lose our light and we can often lose ourselves. Therefore, it's extremely important that you understand that no matter what valley you're walking through, whether it's addiction or depression or some other dark and empty place, there is hope.

There is more than this and you are more than this. There is no reason you should do this alone. Our Tribe can be a

source of strength and here at Behavioral Health, we have ways to help.

We have two outpatient counselors in Siletz, Zeb and Delina, who offer individual and group counseling. These groups, including topics such as Living Skills and A&D Education, can help build a sense of community and personal strength.

At the Salem Area Office, our A&D counselor, Andulia, will be starting up a new group called "Women's Generations Group." This will be an education/support group focusing on issues of boundaries, addictions, healthy choices and co-dependency.

For those want to improve emotional

and mental health, we have two mental health counselors, Mary-Beth in Siletz and Rachel in Salem/Portland. They offer individual counseling to adults and children and can help work through issues such as grief, depression, anxiety and trauma.

Please also remember that much of your personal strength and wellness is inseparable from the strength and wellness of your community. Healing is the shape of a circle. When you help elders, youth, neighbors, etc., you also help yourself.

By going outside of yourself and participating in community events and activities such as language classes, Siletz Community Garden, CEDARR, Run to

the Rogue, etc., you are filling in an emptiness that is often left behind from years of addiction and trauma.

On March 22, we will lead a community drug-free march that starts at Siletz Valley School. You are invited to participate and more information will be provided via posters as we get closer to the event (see below). This is open to the entire community and we encourage you and your families to participate.

There is hope, for you and for our community. If you have questions or are interested in services, please call the Behavioral Health Department at 541-444-8286 or (toll-free) 800-600-5599.

Contract Health Services – Preventing Denials

1. When using CHS, you must have every appointment pre-authorized by obtaining an authorization number within 24 hours of services rendered.
2. If you are going to a specialist appointment (not your primary care physician), it must be approved through Gatekeeping. This means your doctor must fax

referrals and chart notes by Tuesday of each week for consideration on Wednesday morning. If approved through Gatekeeping, you must then obtain an authorization number from your CHS worker within 24 hours of the appointment.

3. When going to the ER or urgent care, you must notify CHS within 72 hours (3 business days) of the visit. The ER

and urgent care must be a last resort; if the service is deemed inappropriate, CHS will not cover the services. You must utilize your primary care doctor when possible.

4. CHS requires you to apply for alternate resources. This means you are required to apply for the Oregon Health Plan if you do not have other insurance, such as Moda, Blue Cross Blue Shield or

Medicare. If you are over-income for alternate resources, you can provide that proof to CHS and they can issue a waiver for that year.

CHS Phone Numbers

Toll-free: 800-628-5720

Local: 541-444-1236

Fax: 541-444-9645

Siletz Community Health Clinic Registration Form Information

Siletz Contract Health Registration applications are different from the Enrollment forms. You are required to update annually with Contract Health Services, regardless of if anything has changed.

CHS also requires you to update your application if any information changes. Addresses, name changes, phone numbers, employment and insurance information can be changed by completing an updated application. An application must be filled out for each individual person.

You also can access an application by going to ctsi.nsn.us, hover over Tribal Services, click on Health Care, scroll to bottom of the page then download registration form.

The following documentation is needed for various changes

• Name change

If you have a name change, we need legal documentation in the form of a state ID card, marriage certificate, divorce decree or other court documentation.

• Moving back into the 11-county service area

When you move back into the service area, we require you to provide documentation of your physical address. We accept a state ID with the **current physical address** listed or a utility bill in **your** name with the **current physical address** (we do not accept Tribal ID, envelopes addressed to your address or any other form of documentation with a P.O. Box on it).

• Newborn child

If you are registering a newborn child, please provide a copy of one of the following:

- Hospital announcement with both mother's and father's names printed
- Birth certificate
- Newspaper announcement with both mother's and father's names printed

If you currently have any private insurance (Blue Cross, OHP, HMO, Medicare, HMA, etc.), please provide a copy of the front and back of your insurance card with your registration form.

Failure to update your registration annually may leave you responsible for any and all of your health care bills. Your Caremark card (Pequot) may subsequently be held in our office until you have updated.

Please be sure to fill out the entire application. Do not forget to sign and date the application as this may hold up your registration process. You can return your form with proper documentation either by mail to Siletz Contract Health, P.O. Box 320, Siletz, OR 97380. Or you can fax to 541-444-9645.

If you have any questions, please call CHS at 541-444-1236 or 800-628-5720.

The Siletz Clinic is 100 percent tobacco-free.

Behavioral Health, Prevention to host a Healing March for community

This march is about taking a stand together as a community against drug misuse and abuse.

As a community, we continue to feel the negative impact of drug addiction in our families, homes, schools, workforce, businesses, churches and on our streets. This negative impact is at the very center of many of our problems in our community.

By marching, we are saying we see drug abuse destroying our community and we see the need for change. This march shows that as a community we want to heal our community.


We encourage everyone to participate. Come and march if you can or just come

and support this important event in any way you can. We will provide dinner after the march at the Tribal Community Center.

- March 22 • 12:45 p.m.
- Siletz Valley School Gym
 - Opening Prayer/Drum
 - Speakers
- Start marching at football field
 - We will march through Siletz 2 different routes/2 groups
 - Each group will have drummers and singers, loud speaker, posters and banners
- Community dinner – all are welcome at the Tribal Community Center

Healing March

March 22, 2017
Starts at 12:45 pm
@ Siletz Valley School
Gym



We are in need of drummers, singers and concerned community members. Join us and take a stand against drug abuse & march for a drug-free community!

Walk with us and be a part of healing our community. The march will close with a dinner at the Tribal Community Center - All are welcome

COMMUNITY PARTNERS

- Sheriff's Office
- Siletz Valley School
- Siletz Neighborhood Watch
- Lincoln County Prevention
- Siletz Gospel Tabernacle
- Siletz Fire Department
- City Hall

For more information call Dee Butler at 541-444-9618 or Ashleigh Ramirez at 541-444-8286