

# Rilatos joins county sheriff's office

By Andrea Taylor

Congratulations to Sidney Rilatos for accomplishing her career goal! Sidney graduated from Siletz Valley Early College Academy class of 2014 and recently gained an associate degree in criminal justice.

On July 3, 2017, shortly after graduation she started her training with the Lincoln County Sheriff's Office and was sworn in as a new corrections deputy on July 28.

Previous experience in her field includes going on "ride-a-longs" as a high school senior and during college, riding with both the Oregon State Police and the sheriff's department. She also finished an internship with the sheriff's office prior to graduating.

"I did everything! I was in animal services one week, working at the jail the next, patrol, emergency management, you name it. It was awesome," she said. "I was always interested in the criminal field, even more after I started going to school for it and learning every part of the job."

One of Sidney's favorite things about being a corrections deputy is interacting with people, helping out in any way she can.

The most influential people she can attribute her success to is her family, noting "The biggest push I have had in my life for getting my degree would be my parents, Rob Rilatos and Lisa Rilatos. They both were very supportive of me when I told them that I wanted to work in law enforcement."

Rob described his daughter as "always being an independent person who loves the outdoors." Both are excited for her, saying "She started talking about it in high school, I would say definitely around her junior year. We're very proud. We couldn't be more proud of her."

Starting in October, Sidney will attend a six-week police academy course and will return to her current position. As for any other future plans, Sidney is happy where she. "Right now, I am just staying focused on the job. I don't really have any other plans. I'm going to keep my focus on where I am at."

You've done a great job, Sidney—keep it up!

If you or someone you know is doing something commendable and want to share it, contact Andy Taylor at [andreas@ctsi.nsn.us](mailto:andreas@ctsi.nsn.us); or 800-922-1399, ext. 1293, or 541-444-8293.



Courtesy photo from Lincoln County Sheriff's Office  
Lincoln County Sheriff Curtis Landers (left) and Sidney Rilatos

Free child ID kits from the Oregon State Police  
503-934-0188 or 800-282-7155, [childidkits@state.or.us](mailto:childidkits@state.or.us)

Tribal website: [ctsi.nsn.us](http://ctsi.nsn.us)  
Enrollment page found under: Government Listings, then Enrollment

## REDUCE OVERDOSE. PRESCRIBE RESPONSIBLY.

OVERPRESCRIBING LEADS TO MORE ABUSE AND MORE OVERDOSE DEATHS.

**4x** increase in sales of prescription opioids since 1999.

In that same time more than **165,000** people have died from overdose related to prescription opioids.

**REFER TO THE CDC GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN FOR RESPONSIBLE PRESCRIBING OF THESE DRUGS<sup>1</sup>**

- 1 USE NONOPIOID THERAPIES**  
Don't use opioids routinely for chronic pain. Use nonopioid therapies alone or in combination with opioids. Only consider opioid therapy if you expect benefits for pain and function to outweigh risks.
- 2 START LOW AND GO SLOW**  
When opioids are used, start with the lowest effective dosage and short-acting opioids instead of extended-release (long-acting) opioids.
- 3 FOLLOW-UP**  
Regularly assess whether opioids are improving pain and function without causing harm. If benefits do not outweigh harms, optimize other therapies and work with patients to taper opioids.

**CDC GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN**

LEARN MORE: [www.cdc.gov/painmanagement/guidelines/](http://www.cdc.gov/painmanagement/guidelines/)

## KNOW THE RISKS

AS MANY AS **1 IN 4** PEOPLE receiving prescription opioids long term in a primary care setting struggles with opioid addiction.

**MANAGE YOUR PAIN, MINIMIZE YOUR RISK.**

Don't give up on managing your pain. It is essential to get your life back. Talk to your doctor about ways to manage your pain that don't involve prescription opioids, such as:

- Nonopioid pain relievers, such as acetaminophen (Tylenol) or aspirin (Aspirin) or ibuprofen (Advil)
- Physical therapy and exercise
- Cognitive behavioral therapy
- Certain antidepressants and anticonvulsants

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