

# Andrew Eddings: Lessons in self-advocacy

By Diane Rodriguez

Andrew Eddings has been through it, “used to be an active alcoholic and drug addict” is how he put it. This makes his current position as a Tribal peer recovery mentor the perfect one because he knows what it takes to come out the other side clean and sober, which he’s been since 2008.

Andrew has used tribal programs for different things, including the Adult Vocational Training program to pay for books for a carpentry apprenticeship and truck driving school, the 477 Self-Sufficiency Program for General Assistance funding and the Alcohol & Drug Program for counseling.

He’s had several jobs in his career, many of which involved helping tribal members, including transporting people for medical appointments and serving as the first house manager of the men’s transitional living center in Siletz.

Andrew eventually was referred to training to become a peer recovery mentor. This is a 10-month process, followed by a practicum.

He moved to Portland to do the practicum at NARA through the tribe’s WEX program. NARA (Native American Rehabilitation Association) provides education, physical and mental health services and substance abuse treatment to American Indians and Alaska Natives.

A test followed the practicum and the tribe’s Education program paid for online practice testing, which paid off as Andrew passed the test to become a certified alcohol & drug counselor. He then got a job as a counselor at NARA, which eventually led to his working as a liaison between Oregon’s nine federally recognized tribes and NARA.

Andrew worked at NARA until the Siletz Tribe asked him to be a temporary counselor this summer. The peer recovery mentor position had just been created, so he interviewed for it and started in this mentor position in August, working at the tribe’s Portland and Salem offices.

“I try to guide the clients I work with to tribal services. I’ve been through what



Courtesy photo

Andrew Eddings

they’re going through, so I help them identify and overcome barriers they have – what’s preventing you from coming in?” he said. “I’ll help them make contact with all the services the tribe has to offer. Getting into other programs can get them a bus

pass. Then they can get around on their own. I guide them to being self-sufficient.”

His goal is to “help these people form their recovery communities. If three people have already come from Siletz and are staying in Portland, the next person who comes in, I want to get them hooked up with each other,” he said. “It empowers them as peers to work with each other. I think the missing part of A&D is that solid community. I help nurture a healthy community.”

Andrew learned how to reach out and ask for help. He wants others to learn to do the same.

“I learned the lessons of self-advocacy, at the same time reaching out for the help that’s offered. Administrators of programs present it to you to utilize and I wanted to utilize them as opportunities,” he said. “I would tell them that all the help is there to get, it’s up to you to go get it. Once you’re there, you’ll be guided to the next step. You don’t have to do it all by yourself, but you have to take the first step. Nobody can take steps for you, but once you do take those steps, you’ll have guidance.”

## 2018 funded orthodontic treatment screenings set, appointments needed



The 2018 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the dental department to be placed on a list.

The screening dates are April 16-17 and May 16-17, 2018. The program and amount of accepted applicants will be dependent on the funding for that year.

Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental checkups and the oral hygiene history of the patient, to name a few. We want the best results possible for the patient and thus place emphasis on these items in order to achieve it.

This is open to all ages who are CHS-eligible only. You must have a scheduled screening appointment during one of the four screening days to be considered.

Each year’s selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program. All applicants will be notified by mail if they have been chosen.

The unbiased selection process is performed under the guidance of an orthodontic specialist and participants are chosen through a committee.

Please contact the Siletz Dental Clinic at 541-444-9681 or 800-648-0449, ext. 1681, to be put on the list.

Confederated Tribes of Siletz Indians  
Tribal Maternal, Infant & Early Childhood Home Visiting Program  
Naytlh - 'a "We Carry the Children"

---

**How has the Siletz Tribal Home Visiting Program helped you and your family since participating?**

- ❖ “The home visiting program has helped prepare us for our new addition by letting us know what is to be expected before and after the baby comes and how to best deal with certain situations that come up.”  
– Andrea & Robert, 4 months in the program
- ❖ “I’ve learned all the things I thought I should know that I did not know already with the help and support of the program. Siletz Tribal Home Visiting Program helped me become a better mom.”  
– Shyann, 1 year in the program
- ❖ “I feel like Siletz Tribal home visits have helped me be more on track when it comes to my child’s development. Home visits have also helped me keep a better schedule, helping my whole family.”  
– Jennifer, 1 year and 9 months in the program
- ❖ “Getting the help when you’re a new parent is life-saving, to know you are doing it right and if not, finding out the right way.”  
– Samantha, 1 year in the program
- ❖ “The program has helped me to realize there are a lot of different ways to parent and there is always help if you are willing to look for it. The Siletz Home Visiting Program has helped make my life a little simpler just knowing I have resources to help me be the best mom I can be.”  
– Chandra, 1 year and 10 months in the program
- ❖ “The Siletz Home Visiting Program has helped me with my child’s growth, my motivation with being a parent and I’ve also established a friendship.”  
– Brinee, 1 year and 8 months in the program
- ❖ “Home Visiting Program helped us better understand the developmental milestones that our child is at and also the reassurance that each child is unique and not to be worried. The program has been helpful, especially with different resources also.”  
– Ale & Seth, 1 year and 1 month in the program
- ❖ “As a first-time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally.”  
– Janet, 1 year and 1 month in the program

If you are interested in or have any questions about our Siletz Tribal Home Visiting Program, please call Jessica Phillips, Program Coordinator, at 541-484- 4234.

### What to Do When Nothing Works: Real Solutions in Dementia Care

Hosted by CTGR Community Health and NorthWest Senior & Disability Services

Joyce Beedle, RN, BSN, has more than 35 years of professional experience and more than a decade of personal experience working with caregivers of people with dementia. She wants to help increase your understanding, reduce your frustration, and provide new ideas for your current care concerns.

**When:** Thursday, January 18, 2018 — 11:30- 4 p.m.

**Where:** Confederated Tribes of Grand Ronde - Tribal Gym  
**9615 Grand Ronde Rd, Grand Ronde, OR 97347**

**Who:** Family, friends, and caregivers of people who experience Alzheimer’s and other dementias

**RSVP:** Confederated Tribes of Grande Ronde Community Health  
**(503) 879-2078**  
Amy Crevola, NWSDS Family Caregiver Support  
**(503) 606-7620**

**Other** This is a free event with door-prize drawings.

**Info:** Lunch will be served before Joyce’s talk.