

# Ask Raven: Many factors contribute to drug addiction

Hello Raven, How does somebody become addicted?

Great question! There are many factors that contribute to how a person becomes addicted to drugs.

Genetics can play a role, if it runs in the family a person may be at higher risk. Some studies done on animals show genetics are a factor.

The age a person starts using drugs also can play a role—the earlier the age of first illicit drugs use, the higher the risk is for that person to become addicted to drugs.

The human brain doesn't fully mature until the mid-20s, so when people use at an earlier age they are hampering the development of the brain. This can lead

to lack of healthy coping skills, ability to control emotions, impulse control and healthy decision making.

The environment a person grows up in also plays a role. If his/her home life was unhealthy, the risks of becoming addicted become much higher. More and more trauma in a person's life is shown to have immediate and potentially long-lasting effects on a person.

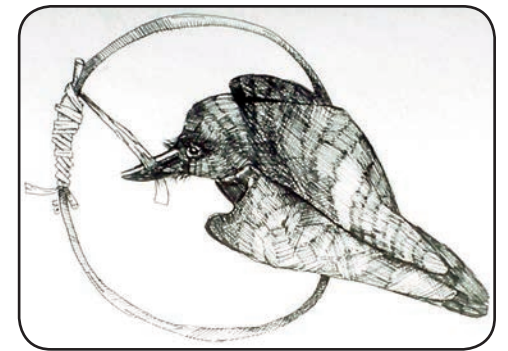
Some people start using drugs to self-medicate due to trauma, unhealthy home life, mental health or life-stressors, which can lead to addiction.

Historical and generational trauma of our Native people can contribute to a higher risk of addiction because of the

effects the historical atrocities had on our people. Loss of languages, cultural and spiritual practices, rites of passages, removal from ancestral homelands and genocide have affected all of our families.

Sometimes addiction can be iatrogenic in nature. This is when a patient ends up abusing or becoming addicted to a prescribed drug for a legitimate pain complaint. Currently, many lawsuits have been filed against pharmaceutical companies for lying about the addictive potential of opioid pain medications.

So to recap, there are many factors that can lead to a person becoming addicted to drugs. All of the areas addressed above can play a role, but just because you have expe-



rienced trauma or grew up in a troubled household doesn't mean you will struggle with addiction.

In the future, I will go more in-depth in each of these areas that play a role in becoming addicted.

Thank you for your great question, Raven

## Save the Date

### January 2019 Planning Community Meetings

Jan. 10 @ the Eugene Area Office

Jan. 17 @ the Siletz Tribal Community Center

Jan. 24 @ the Salem Area Office

Jan. 31 @ the Portland Area Office

All meetings start at 5:30 p.m.

Refreshments will be available.

## Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399

Salem Area Office – 503-390-9494

Salem Finance Office – 888-870-9051

Portland Area Office – 503-238-1512

Eugene Area Office – 541-484-4234

Contract Health Services (CHS) – 800-628-5720

Siletz Community Health Clinic – 800-648-0449

Siletz Behavioral Health – 800-600-5599

Chinook Winds Casino Resort – 888-244-6665

Chemawa Health Clinic – 800-452-7823

Bureau of Indian Affairs – 800-323-8517

Website – www.ctsi.nsn.us

## CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://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.

### Send applications to:

Confederated Tribes of Siletz Indians  
Attn: Human Resources Department  
P.O. Box 549  
Siletz, OR 97380-0549

Fax number: 541-444-8375 or 800-922-1399, ext. 1375

Human Resources: 800-922-1399, ext. 1274, or 541-444-8274

Website: [ctsi.nsn.us](http://ctsi.nsn.us)

Email: [hrdepartment@ctsi.nsn.us](mailto:hrdepartment@ctsi.nsn.us)

## Culture Craft Night Dentalium Stringing Class

### Siletz

Tribal Community Center  
Nov. 5 • 5-7 p.m.

### Eugene

Eugene Area Office  
Nov. 6 • 5-7 p.m.

### Portland

Portland Area Office  
Nov. 13 • 5-7 p.m.

### Salem

Salem Area Office  
Nov. 14 • 5-7 p.m.



Siletz Tribal members 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](mailto:budl@ctsi.nsn.us); 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments

## Culture Craft Night Nee-Dash 'vm-nitlh-ts'it (Feather Dance we are learning)



Come and learn to dance our traditional dances. The Feather Dance is handed down to us from our ancestors. Come and learn about our ancient dances and protocols. Tribal members and their families welcome.

### Siletz

Tribal Community Center  
Dec. 3 • 5-7 p.m.

### Eugene

Eugene Area Office  
Dec. 4 • 5-7 p.m.

### Portland

Portland Area Office  
Dec. 10 • 5-7 p.m.

### Salem

Salem Area Office  
Dec. 11 • 5-7 p.m.