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Tribal members get discounts at RV parks

Tribal members receive a 15% discount on spaces at Logan Road RV Park located in Lincoln City, Ore. Call 877-LOGANRV or visit loganroadrvpark.com for more information.*

Tribal members receive a 15% discount on spaces at Hee Hee Illahee RV Resort located in Salem, Ore. Call 877-564-7295 or visit heeheillahee.com for more information.*

*Subject to availability



Adult Attention Deficient/Hyperactivity Disorder (Adult ADHD)

- Adult ADHD is a mental health disorder that may have a significant impact on relationships, school, and work performance.
- Many adults are not aware they have it – they just know that everyday tasks can be a challenge.
- Those with ADHD find it difficult to focus, prioritize and control impulses.

The following information from "Occupational issues of adults with ADHD" contains symptoms and possible workplace adjustments for adults with ADHD that STVRP may be able to advocate for or assist eligible program participants with:

Symptom	Attention and impulsivity
Possible Adjustment	Private office/quieter room/positioning in office, flexible-time arrangement, headphones, regular supervision.
Symptom	Hyperactivity/restlessness
Possible Adjustment	Allowing productive movements at work, encouraging activity, structured breaks in long meetings.
Symptom	Disorganization, time management, and memory problems
Possible Adjustment	Provide beepers/alarms, structured notes, agendas, regular supervision with frequent feedback, mentoring, delegating tedious tasks, incentive/reward systems, regularly introducing change, breaking down targets and goals, supplement verbal information with written material.

Adamou, M., Arif, M., Asherson, P., Aw, T.-C., Bolea, B., Coghill, D., ... Young, S. (2013). Occupational issues of adults with ADHD. *BMC Psychiatry*, 13, 59. <http://doi.org/10.1186/1471-244X-13-59>

This content is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns, or questions, seek the advice a qualified health professional.

Siletz News Letters Policy

Siletz News, a publication of the Confederated Tribes of Siletz Indians, is published once a month. Our editorial policy encourages input from readers about stories printed in *Siletz News* and other Tribal issues.

All letters must include the author's signature, address, and phone number in order to be considered for publication. *Siletz News* reserves the right to edit any letter for clarity and length, and to refuse publication of any letter or any part of a letter that may contain profane language, libelous statements, personal attacks or unsubstantiated statements.

Not all letters are guaranteed publication upon submission. Published letters do not necessarily reflect the opinions of *Siletz News*, Tribal employees, or Tribal Council.

Please type or write legibly. Letters longer than 450 words may be edited for length as approved by Tribal Council Resolution #96-142.

Please note: The general manager of the Siletz Tribe is the editor-in-chief of *Siletz News*.

Editor-in-Chief: Brenda Bremner
Editor: Diane Rodriguez
Assistant: Andy Taylor

CULTURAL SALMON FISHING

2018 SEASON

October 30 - December 28
Tribal License & Tag Required



CULTURAL FISHING SITES

- ◆ Euchre Creek Falls (off Hwy 229)
- ◆ Little Rock Creek (above hatchery)
- ◆ Drift Creek (off Hwy 101)

Tribal salmon tags can only be used to fish in posted areas at the cultural fishing sites above using only a dip net, spear or gaff hook. Cultural salmon season dates are 10/31/18-12/28/18. CTSI license/tags are available at Natural Resources Department, 541-444-8227.

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of **ANY** federally recognized Tribe in overcoming barriers to employment. We work with individuals who have disabilities and live within the Confederated Tribes of Siletz Indians' 11-county service area.

Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Résumé Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment



For more information about STVRP, please inquire at 800-922-1399. Services are provided in all area offices. however to inquire about services, ask to be transferred to the office nearest you that is listed below.

EUGENE AREA OFFICE	SALEM AREA OFFICE	SILETZ ADMIN. OFFICE
2468 West 11 th Ave. Eugene, OR 97402	3160 Blossom Dr NE, Ste. 105 Salem, OR 97305	201 SE Swan Ave. Siletz, OR 97380

EUGENE OFFICE – JERAMIE MARTIN, Program Director

SALEM OFFICE - DANA RODRIGUEZ, Program Aide; TONI LEIJA, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer

