

Sign up for health insurance if you don't have any

By Starla Brown, Patient Benefits Coordinator

Patient Benefits

- It's not too late to enroll in OHP (Oregon Health Plan) or a marketplace plan. I can help!
- Letters were sent to people who didn't have insurance showing in their chart. If you received one, please follow up with me. We may not have your insurance information or it could have been sent in error. These letters were sent to Tribal

members and community members who use the clinic. If you receive any kind of letter, email or call from me, I recommend making contact. I am here to help you keep your health coverage, including Purchased/Referred Care, formerly Contract Health. Most of the time when people lose coverage, it's because they have moved and did not update, didn't follow up with correspondence from the Oregon Health Authority or simply because a signature was missed. It is crucial to update any changes.

- Starting January 2019, all clinic patients without insurance will be required to apply for the Oregon Health Plan.
- For a name to be changed legally, it must be changed with the Social Security Administration. This includes name changes done in Tribal Court.
- Medicare letters should be coming soon! Remember to get them to Sara Bell-Tellez at 541-444-9670 or 800-648-0449 to update your reimbursement.



File photo

Starla Brown

Ask Raven: Considering inpatient residential treatment

Dear Raven: I have a family member struggling with addiction. Why should we begin considering inpatient residential treatment?

The goal of inpatient treatment is to create a foundation for the individual that includes learning healthy coping skills, enhancing ability-to-communicate skills

and finding a support system that will help them live a life in recovery.

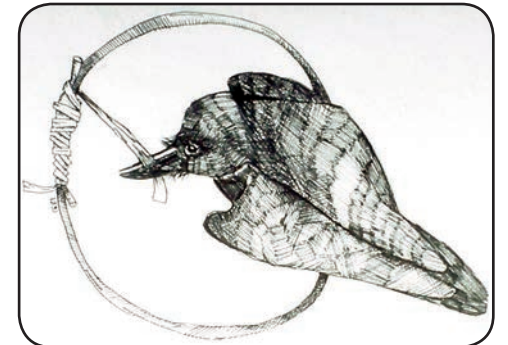
Once in residential treatment, individuals and counselors develop a treatment plan. This consists of specific areas to work on, e.g., learning healthy coping skills, learning relapse prevention skills and tools, physical health, mental health, healthy boundaries and goals directly

related to giving our clients the best chance to succeed in post-residential treatment. Residential allows clients to get intensive support and service to work on their treatment plan, which they often cannot get outside of this structure.

Residential facilities like NARA (Native American Rehabilitation Association) incorporate culture into their treatment, while others can offer trauma-based therapies. Each residential place has certain strengths that can be beneficial to a person and it's best to discuss your options with Tribal Behavioral Health staff.

People of all backgrounds and life circumstances attend these residential facilities, which often help individuals understand they are not the only one struggling with drug addiction and or traumatic life experiences. Residential treatment gives them an opportunity to access tools and support in order to work on themselves outside of the chaos that has often become their lives.

Once people complete residential treatment, they can access various resources.



The Siletz Behavioral Health Department has a team of people who are willing to help get individuals into treatment and help with housing options afterward.

Our only motivation is to help our people, our families and our community. We must heal from within. There are no quick fixes, but as a department backed by this community we can begin and continue the healing process. This department is staffed by our people for our people.

If you or a family member is struggling with addiction, you are not alone. Please reach out for help. Call Siletz Tribal Behavioral Health at 541-444-8286 or 800-600-5599.

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.

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.

<p style="text-align: center;">Siletz</p> <p style="text-align: center;">Tribal Community Center Dec. 3 • 5-7 p.m.</p> <p style="text-align: center;">Eugene</p> <p style="text-align: center;">Eugene Area Office Dec. 4 • 5-7 p.m.</p>	<p style="text-align: center;">Portland</p> <p style="text-align: center;">Portland Area Office Dec. 10 • 5-7 p.m.</p> <p style="text-align: center;">Salem</p> <p style="text-align: center;">Salem Area Office Dec. 11 • 5-7 p.m.</p>
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Elders Holiday Party will be held at the Siletz Tribal Community Center on Dec. 7 at noon.

Elders Council Meeting

Dec. 8 • 1-4 p.m. • Chinook Winds Casino Resort

For more information, contact the Elders Program at 800-922-1399, ext. 1261, or 541-444-8261.

Culture Craft Nights
Rope/String Making

<p style="text-align: center;">Jan. 7 • 5-7 p.m. Siletz Tribal Community Center</p> <p style="text-align: center;">Jan. 8 • 5-7 p.m. Eugene Area Office</p>	<p style="text-align: center;">Jan. 14 • 5-7 p.m. Portland Area Office</p> <p style="text-align: center;">Jan. 15 • 5-7 p.m. Salem Area Office</p>
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Siletz Tribal members and their families are invited to come and learn how to make string and rope the old way. 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; 541-444-8320 or 800-922-1399, ext. 1320.

Sponsored by the Education and Culture Departments