

Siletz Clinic: No-show optometry patients must use walk-in clinic

In the Siletz Clinic's Optometry Department, after one no-show patients will not be able to schedule appointments for six months.

Patients will have access to our walk-in clinic on the last Thursday of the month from 8:15 – 11:15 a.m.

Thursdays

Dec. 19

Jan. 30

Patients will be seen on a first-come, first-served basis.

Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional

Siletz: 800-600-5599 or

541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

Narcotics Anonymous Toll-Free Help Line – 877-233-4287

For information on Alcoholics Anonymous: aa-oregon.org

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.



Dec. 4 • 6 p.m.

Siletz Tribal Community Center
402 NE Government Hill Drive

Nesika Illahee Pow-Wow

Attention Siletz Tribal Artists

The Pow-Wow Committee is once again having a logo contest for the upcoming pow-wow in August 2020. All Siletz Tribal artists are encouraged to submit a pow-wow themed logo.

The winning logo artist will receive a cash prize of \$300 and a professional banner with your logo. The winning artist will have his/her logo highlighted on the Nesika Illahee Pow-Wow flyers and merchandise.

Please submit your artwork to the Cultural Education director's office at the Tribal Community Center or mail it to Confederated Tribes of Siletz Indians, Attn: Pow-Wow Logo Contest, P.O. Box 549, Siletz, OR 97380-0549.

All entries must be received no later than March 2, 2020.

Royalty Crown Proposals

The Pow-Wow Committee is now accepting proposals for 2020-2021 royalty crowns. Proposals are being accepted for Miss Siletz, Junior Miss Siletz and Little Miss Siletz.

Proposals for a crown are required to include art design, size of the crown and a bid for the crown or crowns of your interest. Proposals can be submitted for individual crowns, two crowns or you can submit a bid for all three crowns.

Crown proposals must be turned in to the committee no later than March 2, 2019.

Proposals can be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230, or 541-444-8230.

Dental Walk-In Clinic

1. Dental and Optometry a. First No-Show

Patient will receive a letter providing notice about the no-show appointment and their requirement to utilize the department's Walk-In Clinic for appointments. Walk-in availability is first-come, first-served. Patient will be required to utilize the Walk-In Clinic for six months, after which patient will be able to return to scheduling appointments.

The Dental Clinic will see walk-in patients every other Tuesday from 8:30 a.m. to 12:30 p.m. and 1:30 – 4:30 p.m. with check-in by 3:30 p.m. Patients will be seen on a first-come, first-served basis.

Services offered at the walk-in clinic include denture/partial adjustments and chairside relines, fillings, first step root canal, extractions and exams.

Walk-in dates

Dec. 10 and Dec. 24

Jan. 7 and Jan. 21

Excluded visit types: Partials, dentures, crowns, implants and hygiene appointments will need to be addressed during a regularly scheduled appointment with your primary dentist.



It takes **courage** to change. It takes **courage** to step up and help a friend.

Text **BRAVE** to 97779.

You'll receive videos, tips, and resources to fill your wellness toolbox.

We R Native is doing a study to evaluate a text messaging program for American Indian and Alaska Native teens and young adults (15-24 years old). The videos and text messages are designed to improve healthy relationships, mental health and wellness skills, and promote cultural pride and resilience.

- Are you American Indian or Alaska Native?
- Are you 15-24 years old?
- Can you receive text messages on your phone?

If you answered "yes" to these questions, we'd like your help!

To enroll, text BRAVE to 97779.

Participants will receive \$40 for completing 4 surveys over 9 months.

Questions? If you have questions, you can contact Stephanie Craig Rushing (email: scraig@npaihb.org).
We R Native Project Director, Northwest Portland Area Indian Health Board

To protect participants: Our study protocol has been reviewed by the Portland Area (PA) Indian Health Services' (IHS) Institutional Review Board (IRB) [1384639], a Tribal committee responsible for protecting the rights and welfare of research participants and NW Tribal members. If you have any concerns about your rights as a participant, please contact Thomas Weiser, MD, MPH, at 877-664-0604. Dr. Weiser is co-chair of the PA IHS IRB that reviewed this project.



After-hours crisis line now available at 541-444-8286 or 800-600-5599

Because mental health and relapse crises do not always happen during business hours, Siletz Behavioral Health has arranged a collaboration with an after-hours crisis line called Lines for Life.

On weekends and during the weekday hours of 5 p.m. to 8 a.m., the number to the Behavioral Health front desk is forwarded to Lines for Life, where you will be connected with a live mental health counselor.

The counselor will do everything he/she can to help de-escalate, advise and support.

Afterwards, this information can be shared with our mental health counselor so follow-up care can be provided.

Of course, if there is an emergency and you fear that you or someone else is in imminent danger, please call 911. That's always the fastest way to get help.