

Health Department



Pathways to Healing

Emotional Trauma is a normal response to a deeply distressing or disturbing event. It can leave a person with feelings of helplessness or hopelessness. Trauma can diminish a person's sense of self and can have long lasting effects. A person who has experienced trauma may also experience depression, sleep disturbances, anxiety, panic attacks, flashbacks, shame, anger, trust issues, and many other conditions which can continue long after the initial traumatic event. While it may sometimes feel like trauma has no end, there are many pathways to healing. There are several options to choose from, some are simple and can be practiced at home, others are offered within the Siletz community or individually. Each person's path to wellness will look different and be unique to their own personal preferences and experiences. If you are looking for ways to heal or have someone in your life who is seeking healing, there are some great ideas below.

Get Out & Moving

- Exercise, specifically something rhythmic that engages both your arms and legs like walking, running, swimming, basketball or dancing.
- Deep breathing and gentle stretching can be relaxing
- Do something outside of your home that brings you joy and comfort
- Get involved in a cause you are passionate about
- Participate in social activities and events with people you feel safe with

Ceremony & Culture

- Connecting with culture and ceremony is an essential piece of healing
- Attend events and activities hosted by Tribal programs
- Practice or learn traditional arts and crafts
- Attend talking circles, sweats and ceremonies
- Get involved in language or dance classes
- Share your cultural knowledge or skills with others & help to pass on important traditions

Connection

- Reach out to your support system, connect with the people who love and care about you
- Connect with your community, get to know the people around you, find people who share your beliefs and interests
- Volunteering can be a great way to challenge the sense of helplessness that often accompanies trauma
- Reconnect with old friends
- Join a support group to talk with other people who have had similar experiences

Find a Professional

There are many options for professional help available at the Siletz Community Health Clinic, some of the options are:

- Reach out to a counselor for support and therapy options
- Speak with a healthcare provider
- Reach out to an Alcohol and Drug Counselor for assistance with substance use
- Contact the Medication Assisted Therapy Program to discuss options
- Contact the CARE Program for Domestic Violence & Sexual Assault services

541-444-1030

One great way to start the healing process is by letting go of something you have been holding on to. The CARE Program is hosting a **Letting Go Ceremony on December 18th** at the Siletz Dance House at 6pm. It will be a time to send off prayers and thoughts and start the new year off with a sense of renewal.



World AIDS Day

December 1st is World AIDS Day, an opportunity to work together to stop new HIV infections, support those affected by HIV, and remember those who have lost their lives to HIV related diseases.

Everyone has an HIV status, and knowing your HIV status will help you plan for the future. If you test negative for HIV, you can take steps to help you remain HIV negative. If you test positive for HIV, you can seek medical treatment earlier, gain access to HIV care, treatment, and support, as well as reduce the risk of transmitting to others.



Why Get Tested? To protect yourself and others. Learning your status and getting treatment early can help you stay healthy. You can have HIV and not know it. The only way to know for sure is to be tested.

Who Should Get Tested? HIV testing is recommended for everyone, regardless of age, gender, or risk. HIV testing should be as normal as getting a blood pressure check or cholesterol screening. Ask your doctor for an HIV test.

How is the Test Done? There are several different types of HIV tests that can be done using blood, oral fluid, or urine. Some tests take a few days to get the results. Rapid HIV tests can give you results in about 20 minutes.

You have the power to help stop the spread of HIV. Know Your Body. Know Your Status. To find an HIV testing site near you, visit www.hivtest.org or call the CDC's National STD/HIV Hotline at: 800-CDC-INFO (800-232-4636)

Know your status

6 out of 10 Oregonians don't know their HIV status

For a **FREE 15 minute HIV test** contact:
Francisca Rilatos
franciscar@ctsi.nsn.us
541-270-9643

