

NEW SERVICES AVAILABLE

Mental Health Services & Life Alert

Mental Health Services

➤ What services are available?

- Counseling Services – individual or family
- Psychiatry Services
- Psychology Services
- Up to 8-visits annually (more if medically necessary)

➤ Who's eligible?

- Siletz Tribal members eligible for Purchased/Referred Care (PRC), formerly Contract Health Services (CHS)

➤ How do I get benefits?

- Call PRC at 800-628-5720 or 541-444-9648 to speak with Rhonda Attridge, PRC Tech I.

- Prior to making an appointment with a provider – confirm the provider will accept PRC as payment.
- Benefits are limited, first-come, first-served.

➤ What you need to know:

- After calling PRC for benefits, the patient will receive a letter with program details. The letter also provides information that the patient can give to their provider for payment processing information.
- You will not be required to use other resources first. This will allow you to go to a provider who does not accept Oregon Health Plan/Medicaid or your private insurance.

Life Alert

- Please contact your local community

health advocate (CHA) if you think you or another Tribal elder could benefit from Life Alert.

- Eligibility Criteria:
- Enrolled Tribal member eligible for PRC
- Work with CHA to determine need and apply for local services

➤ Steps to get Life Alert:

- Contact your local CHA –
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health condition, etc.)
- The CHA will assist you in applying for Life Alert at no cost through com-

munity options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

➤ You can reach the community health advocates at:

- Siletz – Amy Garrett or Hannah Glaser at 541-444-1030
- Salem – Cecilia Tolentino at 503-390-9494
- Eugene – Adrienne Crooks at 541-484-4234
- Portland – Verdene McGuire at 503-238-1512

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.

Siletz Tribal Behavioral Health Programs

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

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

Savvy Caregiver in Indian Country



Are you an unpaid caregiver for an elder with memory loss and thinking problems? If so, please join us for this free, six-week program that provides strategies, skills and group support for family members who care for loved ones living with Alzheimer's disease or another dementia.

Where:

Training will be done via Zoom

When:

Tuesdays, May 5 – June 9
from 3:30-5:30 p.m.

Who:

This program is for Native and non-Native family caregivers of persons living with a type of dementia or memory loss



For more information or to register, contact Suzy Deeds, family caregiver support specialist, at 503-304-3429 or suzy.deeds@nwsds.org. Once you are registered, you will be given a password to use with this Zoom link – <https://nwsds.zoom.us/j/97491883438>. To join by phone, please call toll-free 877-369-0926 and follow the prompts to enter the meeting ID – 974 9188 3438.

Poster contest
entries due by
June 30, 2020



3 age groups:
5-10, 11-13,
14-18

WHAT HOME MEANS TO ME
A POSTER CONTEST
FOR TRIBAL YOUTH

ALL FORMS OF ART ARE WELCOME;
HOWEVER IT DOES NEED TO BE POSTER
FRIENDLY. ONCE YOU'VE FINISHED YOUR
POSTER, SUBMIT A PHOTO OF YOUR
POSTER TO:

WILMANOAH@SEMTRIBE.COM

+

KRISTALCEDENO@SEMTRIBE.COM