



Barriers to Gaining Independence

Why don't victims of domestic violence "just leave?" Leaving may seem like a simple solution, however, it is rarely that easy. Each abusive relationship and each domestic violence case is complex and the dynamics are unique. There are many reasons why a victim may not be able to, or may not want to, leave an abusive partner.

Fear of harm — The victim may be afraid that the abuser will injure or kill a child, loved one, pet, the victim or themselves.

Lack of finances — Victims are often restricted from accessing financial resources, or the abuser may not permit a victim to work.

Lack of personal support — Abusers often isolate their victims from friends and family, so when the victim is ready to leave, there is no one there to help them out.

Lack of personal resources — The victim may not have the job skills or education required to support themselves. The victim may have been restricted from driving, working or even leaving the home alone, sometimes for years. They may have no phone or other form of communication. They have nothing.

Hope that the abuser will change — The victim may love the abuser and they may hope that the person will change.

Personal values — The victim may not want to get divorced or break up the family due to personal or religious values.

Past experience with abuse — A victim may have grown up in an abusive household and have the assumption that relationships are supposed to be that way.

Community ties — Safely leaving an abusive relationship may involve leaving a community where the victim has family ties, resources and community support. It may mean leaving an area that has spiritual meaning as well. This is especially true for tribal victims. They would be leaving an entire community and way of life.

If you or someone you know has experienced domestic or sexual violence, the CARE Program is here to help

Office Line: 541-444-9680

24 Hour Hope Line: 541-994-5959

Tobacco as Tradition

Traditional Tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes.

Traditional tobacco has been used by American Indian nations for centuries as a medicine with cultural and spiritual importance. Many Tribes maintain teachings and stories on the origin of tobacco. These teachings address tobacco in its purest form, today known as the tobacco plant *Nicotiana rustica*, and may include mixtures of other native plants.

One common teaching involves the importance of having good attitudes and thoughts while working with traditional tobacco.

Traditional tobacco is a medicine, which can be used in a prescribed way to promote physical, spiritual, emotional and community well-being. It may be used as an offering to the Creator or to another person, place or being. A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine. It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

Here are a few other examples of how tobacco was/is used for traditional purposes:

For our hunters, traditional tobacco would be used when our people would kill an elk or deer or when we would catch a salmon or trout. Tobacco would be placed at the location or close by so we can communicate with the Creator and give our thanks and appreciation, "Thank you for this elk or salmon as we will use it to feed our family."

For our gatherers, traditional tobacco would be used when our people would gather supplies so that we may use them to make our baskets or gather traditional medicines as we use it to heal. Tobacco would be placed at the location or close by so we can communicate to the Creator and give our thanks and appreciation, "Thank you, Creator, for these sticks or medicines that we may use them for our baskets or medicines to help us heal."

Tobacco is a powerful medicine, keep it traditional.

Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8669