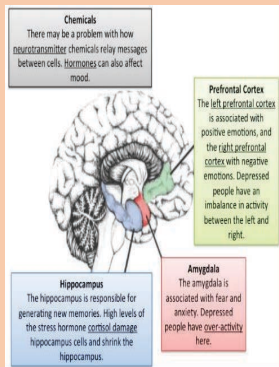


DEPRESSION DOESN'T NEED TO BE A BURDEN - IT'S TREATABLE!



Depression is a serious medical condition that affects thoughts, feelings, moods and behaviors, and gets in the way of a person's ability to work, study, sleep and eat.

Signs and Symptoms:

- ❖ Loss of interest or enjoyment in daily activities
- ❖ Persistent sad, anxious or hopeless mood
- ❖ Irritability or nervousness
- ❖ Feelings of guilt, fear or worthlessness
- ❖ Significant weight loss or gain due to appetite changes
- ❖ Overtired and decrease in energy levels
- ❖ Unable to sleep or too much sleep
- ❖ Unexplained crying spells
- ❖ Difficulty concentrating, remembering and/or making decisions
- ❖ Little or no interest in companionship or physical activities
- ❖ Thoughts of death or suicide

Empower Tribal Communities – Manifest Strength in Community, Culture, Traditional Activities

- Increase awareness of mental health & its connection to chronic diseases
- Conduct stigma awareness training
- Educate providers about unique mental health issues in Indian Country
- Advocate & implement policies that promote social justice, equity and equality
- Create and provide comprehensive, affordable health coverage
- Shift the focus of mental health care to prevention and early intervention
- Integrate traditional healing and spiritual practices with modern health care
- Develop a person-centered care philosophy and respect for family and community
- Health care providers treating Indians should familiarize themselves with their belief systems and traditional treatment for mental illness

Contact Rachel Endres, VRC in Siletz, 541-444-8218; or Toni Leija, VRC in Salem, 503-390-9494

For further information on Depression as a Disability, see <https://www.betterhelp.com/advice/depression/is-depression-a-disability/>



477-SSP Programs

For Enrolled member of Federally recognized tribes or descendants



Are you looking for work?

Why not sign up for **CORE** Services.

- Job Referrals
- Resumes
- Cover Letter
- Employment Counseling/Coaching
- Job Search Assistance
- Mock interview

Once you secure employment, apply for **Direct Placement** Within 7 days of hire date.

Support Services for:

- Required tools
- Uniforms / Clothing / Boots / Shoes
- Licensing - fees
- Transportation Assistance

Apply Today in your Area Office

Must meet eligibility criteria and services are available on a budgetary basis

| | |
|--|--|
| Siletz Administration Office Lincoln & Tillamook PO Box 549 Siletz, OR 97380 Phone: (541) 444-2532 | Salem Area Office Marion, Polk, & Yamhill 3160 Blossom Dr. NE Suite 105 Salem, OR 97305 Phone: (503) 390-9494 |
| Portland Area Office Clackamas, Multnomah, & Washington 12790 SE Stark Suite 102 Portland, OR 97233 Phone: (503) 238-1512 | Eugene Area Office Benton, Lane, & Linn 2468 West 11th Ave Eugene, OR 97402 Phone: (541) 484-4234 |



**Check the CTSI website for other services offered by the 477-Self Sufficiency Program

CTSI Jobs – Tribal employment information is available at ctsi.nsn.us.

How to access language materials online

Virtual speaking groups and beginning community classes have begun again. Contact Nick Viles (nickv@ctsi.nsn.us) for login information.

Ch'ee-la xwii-t'i
(Greetings everyone)

To assist Tribal members during this time of social distancing and the interruption of our normal schedules, this tutorial on how to access language materials and recordings from the Tribal website has been developed. I hope you and your families are safe and healthy during this time. Hopefully many folks can access these materials from the safety of their homes.

Go to www.ctsi.nsn.us. Enter in your roll number and last four digits of your Social security number to log on to the Tribal member access area. Click on "Our Heritage." On the drop down, click on "Language."

Lots of written and recorded materials are available in this section. The Nuw-wee-ya' (Our Words) Language Dictionary is on this page. You can click on the selection A to Z to look up written English language words and their Athabaskan equivalent.

Also on this page are Siletz Dee-ni Volumes 1, 2 & 3. Just click on "Study Materials" and scroll down. Volume 1 contains lessons on body parts, counting, relatives, foods and table talk.

In these lessons, the written word on the screen is accompanied by audio of

the word's pronunciation. Volume 2 contains animals, birds, colors, fish, greetings and goodbyes, insects, and trees and brush. Volume 3 contains lessons on sentence structure and word order.

Each lesson has a complete practical alphabet sound chart. All three volumes have a word document and audio recording for each lesson. Tests are available if you want to use them.

To access the Siletz Talking Dictionary, click on Siletz Language website. Drop down three lines and click on Talking Dictionary tab and click on it. The Siletz Talking Dictionary Page will appear.

Just below the words "Search for" is an empty white box. Type in the word you are searching for and click on the "search" button. The word and the Athabaskan equivalent will appear just below the search box. To hear the word being spoken, simply click on the red ear icon on the left side of the page.

You may have to wait a few seconds for the page and sound to load, depending on your connectivity. Some of the words also have pictures.

Also on the www.siletzlanguage.org website are 14 Language learning videos and many other culture-related videos, materials and curriculum.

477 Self-Sufficiency Program

Non-Needy Caretaker Relative (NNCR)

Assistance for caretaker relatives of a Siletz Tribal child/children

The program may assist with:

Financial assistance and support services to meet the needs of the Siletz child/children.

Who is a caretaker relative?

A caretaker relative is not the parent of a Siletz enrolled dependent child and is responsible for the care, control and supervision of the child.

Caretaker relatives can be related to the child in the following ways: blood relatives or culturally established family members.

Income Guidelines

Non-needy caretaker relatives do **NOT** have to meet income requirements to qualify.

However, if the caretaker is receiving ongoing financial assistance from the State or Tribe, the family will not be eligible for NNCR.

Example of an NNCR

A grandparent (or other relative) who is responsible for the care, control and supervision of a Siletz enrolled child who would like assistance to help meet the needs of the child.



Apply today!

Call your Area Office

Must meet eligibility criteria and services are available on a budgetary basis.

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|---|---|--|---|
| Siletz Office Lincoln & Tillamook 201 SE Swan Ave. P.O. Box 549 Siletz, OR 97380-0549 Phone: 541-444-2532 | Salem Area Office Marion, Polk & Yamhill 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 Phone: 503-390-9494 | Portland Area Office Clackamas, Multnomah & Washington 12790 SE Stark, Suite 102 Portland, OR 97233 Phone: 503-238-1512 | Eugene Area Office Benton, Lane & Linn 2468 W 11 th Ave. Eugene, OR 97402 Phone: 541-484-4234 |
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