

CARE Program Overview and Success

Wow, it's so amazing to see the transition of things in 2022. Reflecting on the past 2½ years, the CARE program has done outstanding things. CARE maintained both its normal services throughout the pandemic as well as supported the COVID-19 response.

Any time or day of the year, CARE offers survivors of interpersonal violence advocates to come alongside them during rough times and help them navigate their safety, healing and support services.

This can be as simple as listening to someone's story during a crisis call to getting them an emergency hotel to escape domestic violence, with food and assistance in obtaining a restraining order. It can be more complex and nuanced, such as our trauma retreats that offer a reflection on what happened to us and help us step into being.

Supporting the COVID-19 response meant calling elders to help connect them to grocery services and pharmacy delivery, and ensuring they knew the symptoms and resources for COVID-19. It also meant

helping to lodge displaced families during the wildfire response, calling elders to help ascertain if they had an escape route and help fleeing should the fires enter into their area, and helping lodge and grocery shop for families sick and affected by COVID-19.

CARE remains among the staff that showed up every Friday to support the COVID-19 vaccine clinics. This was an intensive task during 2021, meaning staff did their normal work and still were present to process the hundreds of people who came through to receive vaccinations.

The Health Committee was instrumental in tasking CARE with mental health and anxiety support for Tribal members. From this task, CARE developed the Winter Art Gathering of 2021 and enhanced decompression group services.

Today, CARE continues to support healing and reflection through digital storytelling opportunities, the Missing and Murdered Indigenous People's Art Share, and hosting the Letting Go ceremonies to provide release for Tribal members.

We currently have two advocates, one for domestic violence and one for sexual assault, and an education and outreach specialist. Between both advocates, they have successfully provided services for more than 300 people. As the Tribe slowly opens up we are providing a lot more outreach and education activities and will continue to build on this.

CARE's mission is to provide safe space, direct support services for fleeing and healing from interpersonal violence and crime survivorship, and most importantly, coming alongside survivors to meet them wherever they are in their journey of recovery.

We encourage everyone to remember our services are free, centered in a harm reduction lens and available 24/7, 365 days a year to support you.

Here are some of the highlights of our outreach efforts so far this year:

January was Human Trafficking Awareness Month: The program hosted a virtual event to talk about the facts and stories of human trafficking and how it affects everyone in some way.

February was Teen Dating Violence Month: Care and Tribal Behavioral Health partnered to work with Siletz Middle School and Toledo High leadership to provide information and virtual activities on healthy vs. unhealthy relationships.

April was Sexual Assault Awareness Month: CARE collaborated with the Diabetes, USDA, Community Health and Tobacco Prevention programs for a virtual healing wellness event. This provided community and Tribal members with virtual shawl making, virtual fitness

activities, information on sexual assault/domestic violence and consent, cooking is healing for trauma, a 5K run/walk, ceremonies and more.

May was Missing and Murdered Indigenous Peoples Awareness Month: We currently have three known Tribal members who are missing (see the May issue of *Siletz News*) and our main focus is to spread the word and provide education. We went to Toledo High and spoke at the Indian Education assembly on MMIP. We put on a virtual MMIP art share for 50 Tribal members to share their arts and crafts with each other.

Some of the upcoming events and outreach we present includes:

August: If you come to the Nesika Illahee Pow-Wow, join us as we host a red shawl honor dance in honor of survivors of domestic violence and sexual assault.

September: We will have activities surrounding the Every Child Matters movement, so keep a look out for that in next month's newspaper.

October: During Domestic Violence Awareness Month, we will host several events throughout the month and will have more information on these soon.

November: We will host an honor dance at the Restoration Pow-Wow. It's also Native American sexual assault awareness month. We will have an education and outreach table at the pow-wow, so come by and see us!

December: At the annual Harm Reduction Conference, we will focus on domestic violence and sexual assault through a harm reduction lens.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians –
800-922-1399

Salem Area Office – 503-390-9494

Portland Area Office – 503-238-1512

Eugene Area Office – 541-484-4234

Purchased Referred Care (PRC) –
800-628-5720

Tribal Veterans Rep – 541-444-8330
or 541-270-0569

Siletz Community Health Clinic –
800-648-0449

Siletz Behavioral Health – 800-600-5599

Chinook Winds Casino Resort –

888-244-6665

Chemawa Health Clinic – 800-452-7823

Bureau of Indian Affairs – 800-323-8517

Website – www.ctsi.nsn.us

Tribal Parenting Workshops!



Presented by the CTCLUSI Social Services Department in partnership with the Confederated Tribes of Siletz Indians, Cow Creek Band of the Umpqua Tribe of Indians and the Klamath Tribes

GUEST PRESENTER

LORRAINE BRAVE

from *Brave Transitions*

TOPICS INCLUDE:

Social Media & Technology Concerning our Children

Traditional Behavior Management (Discipline Techniques)

Learning from Mother Nature – Our Teacher

Helping our Children & Youth with Mental Health Struggles

Guiding Lessons in Story Telling (Along with Invited Guest from Klamath Tribes)

Child Development through the Teen Years

~Via Zoom~

Link will be emailed to you
after registration

Tuesdays, 6-7:30pm

Sept. 13, 20, 27

Oct. 4, 11, 18, 2022

RSVP by Sept. 5

Lori Christy, 503-390-9494

loric@ctsi.nsn.us

Jessica Hibler, 541-484-4234

jessicah@ctsi.nsn.us

"Lead your family with kindness, love and gratitude"

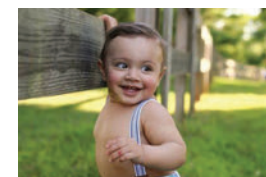
(Quoted from Native American Fatherhood and Families Association)

Is Home Visiting for YOU?

- Are you expecting a baby or have an infant under age 1?
- Do you live in our 11-county service area?
- Are you or a household member a federally recognized American Indian or Alaskan Native?

If you answered yes to these questions, Home Visiting might be for you!

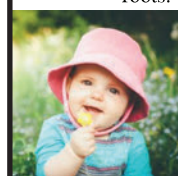
Our Home Visiting Program uses a culturally sensitive, evidence-based curriculum providing parenting and life skills for successful and positive parenting. We can connect you to community resources as needed. For more information, contact Lori Christy, home visitor, at loric@ctsi.nsn.us, or 503-390-9494 ext. 1863.



Summertime = Outside Time

Summertime can be a great time for you and your family to get outside, move a little, enjoy nature and spend time with family. While outside:

- **Talk to your baby** about all that you see, names things, describe them. Hearing your voice is reassuring to them and your words help them learn about the world and gain language skills.
- **Explore.** Let your baby or toddler touch things such as pine cones and tree bark, and crawl through the grass or walk barefoot to feel the texture. At the beach, touch the sand, feel the smoothness of wave-tossed rocks. Watch closely to see how they respond. Some children are more sensitive to textures and may need to be introduced slowly to things. You will want to supervise your baby closely as they explore, especially if they put things in their mouth.
- **Listen** to the sounds of nature and community, birds calling, wind blowing, a train in the distance or a tinkling wind chime.
- **Have a picnic.** Bring a blanket to spread on the ground and enjoy a snack or picnic lunch. Eating outside can be grounding and draw us back to our roots.



- **Blow bubbles.** Before you head out grab some bubbles to bring along. Bubbles are so much fun to see sparkle and glisten in the sunlight. Chasing them is a great activity for toddlers.
- **Create memories.** Doesn't matter if the time you spend outside is active or relaxing, it is sure to create some great memories for you and your children.

