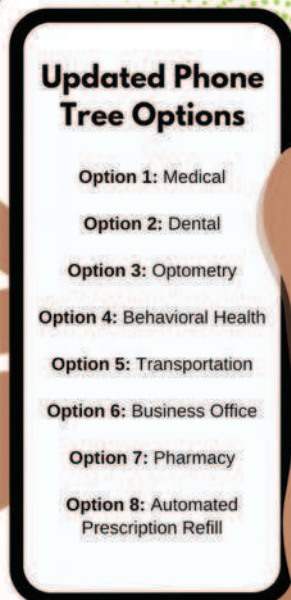


SCHC HAS UPDATED PHONE TREE OPTIONS

If you are trying to reach another department in the Siletz Community Health Clinic, please visit the CTSI website at

www.ctsi.nsn.us/tribal-services/healthcare/

to get the complete listing of Healthcare staff under contact information.



Updated Phone Tree Options

- Option 1: Medical
- Option 2: Dental
- Option 3: Optometry
- Option 4: Behavioral Health
- Option 5: Transportation
- Option 6: Business Office
- Option 7: Pharmacy
- Option 8: Automated Prescription Refill

You can reach Purchased/Referred Care (PRC) directly at 541-444-9677 or by email at SiletzPRC@ctsi.nsn.us.

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**

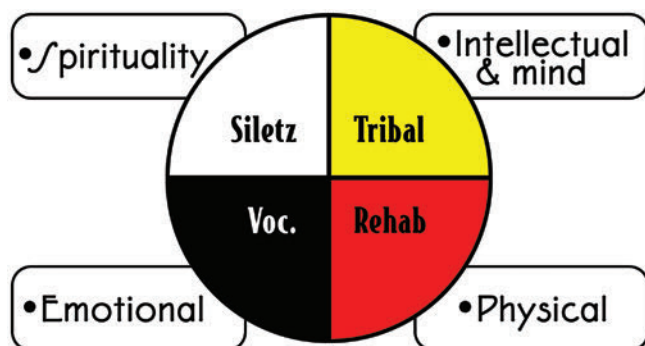
**For information on Alcoholics
Anonymous: aa-oregon.org**

Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of ANY federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

Examples of Services

- Guidance and counseling
- Referral to employment services
- Résumé writing
- Interviewing techniques
- Job coaching
- Culturally relevant and individualized services
- Evaluations, assessments and training placement opportunities
- Adaptive equipment



For more information about STVRP, please inquire at 800-922-1399. We also maintain resource and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

Makayla Jackson
Job Development Specialist
Eugene Area Office
2468 W 11th Ave.
Eugene, OR 97402
541-484-4234, ext. 1752

Toni Leija
Job Development Specialist
Salem Area Office
3160 Blossom Drive NE, STE 105
Salem, OR 97305
503-390-9494, ext. 1861

Tamra Russell
Self-Sufficiency Counselor 1
Portland Area Office
12790 SE Stark St., STE 102
Portland, OR 97233
503-238-1512, ext. 1411

Jamie Bokuro
Job Development Specialist
Siletz Area Office
201 SE Swan Ave.
Siletz, OR 97380
541-444-8266

#WinterReady

Winter storms can range from moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, ice, sleet and freezing rain. We want everyone to be #WinterReady – know your winter weather risk, be fire safe, travel with supplies and caution, and take steps now to prepare.

Before a winter storm hits:

- Download free smartphone apps, such as those available from FEMA and the American Red Cross, which provide information about finding warming shelters, providing first aid and seeking assistance for recovery.
- Be prepared for a power outage and for roads to become difficult to traverse.
- Ensure your medications are stocked and you are able to safely remain in your home.
- Install battery-operated carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- Be prepared to bring your pets/animals inside in the event of a winter storm. Move animals and livestock to a sheltered area with non-frozen drinking water.



During a winter storm:

- Keep your windows covered and insulated to keep heat in.
- Keep freezers and refrigerators closed to keep food from going bad.
- Do not use a gas stove or oven to heat your home.
- Have alternate plans for refrigerating medicines or using power-dependent medical devices.
- Know where warming shelters are located in case cold is extreme and you can't heat your home.



While traveling:

- Check your local weather and traffic reports before heading out.
- Have a point of contact who knows your route and anticipated arrival time, and ask them to check in.
- Keep an emergency supply kit in the trunk with supplies to keep you fed and warm.
- If stranded, run the engine for about 10 minutes per hour to run the heater and charge your cellphone. Open a window slightly to let fresh air in and avoid carbon monoxide (CO) poisoning.



While these are some steps you can take to prepare for a winter storm, get #WinterReady at [Ready.gov](https://www.ready.gov).

To use **mail order pharmacy** to order your refills after hours and on weekends: Call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.



Do you need help with OHP?

You don't have to leave your home to apply!
Applications can now be done online or over the phone.

Shop for health plans at
<https://or.checkbookhealth.org/>
or call direct at 855-268-9767.

541-444-9611