

New director hired for alcohol program

by Donna Behrend

Jeannette Murray is a recovering alcoholic. That recovery is a "life-long" endeavor, says Jeannette, who was recently hired as director of the Alcohol and Drug department.

Jeannette's recovery began nine years ago. In her second year of under graduate work, Jeannette stopped drinking and reached sobriety. Jeannette attained her Master's degree in counseling psychology and her Bachelor's degree in psychology.

For the past year-and-a-half, Jeannette has worked in Eugene in private practice and is a consultant, working under contract with Serenity Lane, and alcohol treatment center in Eugene. Fourteen people from Warm Springs have gone to Serenity Lane in recent months to "dry out." The success rate among those 14 is high, about 12 have remained sober since completing their treatment.

It is this type of success that Jeannette hopes to develop in the Warm Springs treatment center. "Success of the treatment depends a great deal on the treatment staff," she says.

There is also a need for intervention. Because of the disease, an alcoholic cannot see his problem. "That's one of

the major problems of the disease. Even if an alcoholic admits to the problem, he can't see the severity," says Jeannette. Once the alcoholic is confronted with his problem, he must be immediately admitted to a treatment center before he has a chance to get his defense up and refuse help.

Most importantly, however, is the need for alcohol education, not only in the schools, but at home as well. Children and adults alike must be informed what alcoholism is, what it does and that there are alternatives to alcoholism. And if a young person who drinks isn't treated early, then that person won't live long enough to be an old alcoholic, says Jeannette.

One thing Jeannette pointed out was that Native Americans do have a higher alcoholism rate, due to the lack of an enzyme in the liver. Without that enzyme, the liver doesn't metabolize alcohol as effectively as in other races. "It's difficult to validate this" scientifically, says Jeannette. "But it's commonly thought to be true. The risk of alcoholism among Indians is much higher than in the general population. The reason for the high alcoholism rate is not psychological or mental, but physical."

A sometimes-controversial aspect of alcohol treatment is



Spilyay Tymoo photo by Behrend

Jeannette Murray

antabuse. "Most see antabuse as a treatment rather than a tool to achieve sobriety long enough to get treatment," says Jeannette. "No person who isn't alcoholic needs to take

antabuse."

Antabuse does have a positive affect on alcoholics. It "prevents the metabolism of alcohol. However, if people drink on top of antabuse, their bodies release a very poisonous and toxic chemical," says Jeannette. This chemical often causes more harm to the person, sometimes even killing him.

Jeannette is a firm believer in Alcoholics Anonymous (AA) and encourages clients of any alcoholic treatment program to participate. "The AA concept is something a person can use throughout his life. It is not limited in time," she says. AA offers a support group as well as a sounding board for problems that may arise in an alcoholic's sober life.

Because alcoholism is hereditary, it is difficult to determine exactly when alcoholism begins. The preconceived idea that an alcoholic is the falling-down drunk, skid road type is nonsense. "Only five percent of alcoholics are the skid road type. The rest are employed, have families and are successful," says Jeannette. There is a semi-fine line between alcoholics and "problems drinkers," says Jeannette. "The problem drinker will stop drinking because of problems. An alcoholic will continue to drink in spite of the problems."

Christmas program scheduled for Dec. 20

"Anyone who doesn't come, will miss a lot of fun," explains Ann Kirkwood, committee member for the upcoming Christmas program scheduled for December 20.

Besides a "side-splitting" skit with the theme, "I'm Dreaming of a 'Tight' Christmas," door prizes will be awarded, surprises presented and fun will be had. Santa Claus will also make an appearance.

Ten departments have been presented the challenge of organizing a choir to perform. The winner of the choir

challenge, chosen by audience applause, will be presented a trophy to be displayed in their department until the next challenge.

Tribal employees are organizing the Christmas program "in thanks to the Tribe for what they've done throughout the year," says Kirkwood.

Committee members include Levi Bobb, Carol Jenkin, Pinky Beymer, Anita Jackson, Debbie Jackson, John Thomas and Ann Kirkwood.

Community awareness night set

Tuesday, December 6, has been selected as a "community awareness night." The subject for the evening, which will begin with dinner at 6 p.m., will concern alcohol problems and how alcohol affects the family, body and mind.

Information, to be presented in skit form, will include the following:

- *Effects of Alcohol on the Family, presented by Betty Deepers
- *Intervention, presented by Bob Jackson
- *Treatment and Utilization of

Antabuse, presented by Community Counseling members

*In-patient Treatment, presented by Jeannette Murray

*Need for Family Involvement, presented by Agnes Lawrence and Betty Deepers

*Legal Consequences, presented by Ken English.

The skits will be presented throughout dinner and will include community members who will be "drawing cards," said Alcohol Advisory Committee member Elton Greeley. If there is time


following the skits, there will be a panel for a question and answer period. Panel members will be Sal Sahme, Jeannette Murry, Anita Davis, Bill Judevine, as well as others.

Coordinators for the evening are Anita Davis, Jeff Sanders and Elton Greeley. They are hoping to have the Full Gospel Church Choir end the evening with singing.

Be sure to mark your calendars for this very informative and positive get together.

Spilyay Tymoo

Coyote News



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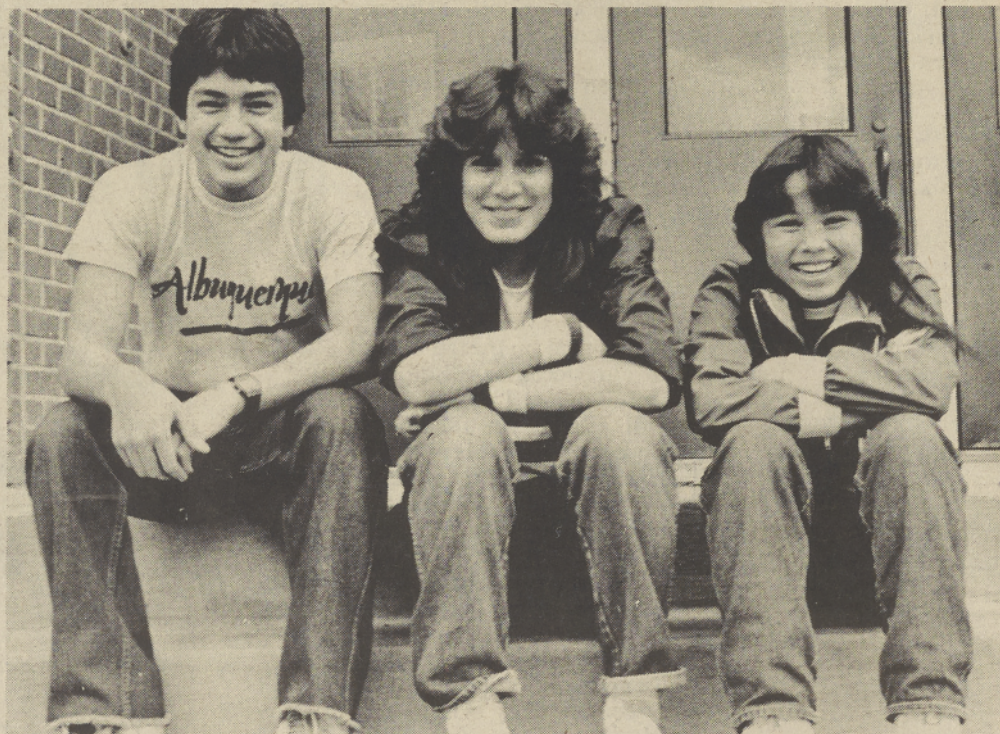
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Outstanding athletes

Outstanding performance and hard work are qualities determining who receives the honor of being athlete of the month at Madras Junior High. Indian students gaining recognition during September and October are: (left to right) Dorian Soliz, football; Annette Archer, volleyball; and, Shauna Craig.