

## Hamer dealing with sexual abuse problems



Jim Hamer

by Pat Leno-Baker

"Sexual abuse is like a can of worms that was opened several years ago. Since that time, the worms continue to crawl out of the can," stated Jim Hamer, the counselor for sexual offenders hired by the Tribe to work with local offenders. He explained that the problem of sexual abuse is not new, as the problem was finally brought out to be discussed in the open. It has been a problem that everyone seems to have heard about and now, for the first time, efforts are being made to actually deal with the problem in a fair and conscientious manner.

In the past, the Tribal Court sentenced offenders to treatment programs. However, there has not been a program within the Central Oregon area. At one time, the court sentenced one offender to a treatment program in Salem. This did not work out for many reasons, according to Chris Jansen Yee, Youth Services Clinical Director. Hamer whose office is located in Bend, was hired and, once a week, he will be at the Youth Services office to conduct group sessions for offenders.

Hamer entered into the field of sexual offenders treatment in Portland shortly after he received his Masters degree from Western College of Education at Monmouth. He worked with another counselor and they developed a system, through trial and error, with the emphasis of their counseling placed on breaking down the denial of offenders and then teaching them to be responsible for their actions and behaviors. It is the choice of the offender to exhibit behavior and actions of abuse. Only the offender can stop his actions and control his behavior.

Group therapy is a stronger, more powerful approach to the problem. Hamer uses the "in-the-face" approach, which has proven successful. He stands face to face with a participant, confronting him until the offender responds to Hamer. The rest of the group can see certain behavior patterns that are often much like their own. Group members do not allow others in the group to minimize or deny behavior. Offenders then are confronted by other offenders. Once in group, an abuser realizes that his behavior is not as unique as many of them believe. However, their problems and behaviors are similar. Hamer does not allow issues to be "refocused."

In group, Hamer finds that offenders are less inhibited and they can share more with others in the group. Before entering the group setting most offenders find it hard to communicate or verbalize with anyone. The others in the group help to break down secrets.

A close look at what is causing the behavior and then what is needed to curb or change the direction of the offender is taken. An example of behavior would be: the offender is driving down a street and he sees a good looking woman, he then begins to fantasize about the woman and the fantasy turns to sexual thoughts. This type of behavior can be the

onset of an incident. The offender is taught in group to carry the fantasy one step further by thinking a policeman stops the offender during fantasy. The policeman then arrests the offender, he is taken to jail and soon the story is in the newspapers so the public now knows his secret. The offender is then taken to court, found guilty, sentenced to prison for what he has done. Once in prison, the other inmates brutalize him. Such fantasies will give the offender a chance to stop the behavior before it can lead to an action.

Hamer related he has counseled offenders from age eight years old to eighty years. So how is a parent or adult able to differentiate a child's behavior as experimenting with life and being an offender. Hamer says all children explore their worlds. Sexual experimentation is no longer experimenting when force is used or threats are made to continue the behavior. A parent needs to know there are different types of molesting: touching, digital penetration, oral contact as well as intercourse. For the experimenter the incident occurs and they go on with the rest of living their lives without further incidents. For an abuser or offender, the behavior continues. Each time the behavior occurs, the offender will continue going further as times goes on. Parents need the same information the children need. They need to know when it becomes abuse.

In Warm Springs there are presently three potential offenders who will take part in group sessions. Hamer related it is important for an offender in the group to be adjudicated, in other words, sentenced by the courts.

In a study of ten offenders in a prison, the offenders showed they were responsible for 25,000 separate offenses. In most cases the abused becomes a future abuser.

There are women who are abusers but women are reported less often to law enforcement

officials. But if a woman is in the group therapy sessions they are easy to work with as men, says Hamer. The issues of the offenders are the same regardless of sex. Their issues are the same as their profiles.

Offenders have a hard time dealing with male/female relationships, they have very poor socializing skills and they show a great dislike for the opposite sex, according to Hamer. They are also great controllers and they like to control those around them. It is important for them to control their families. Power is something they want over others. They use whatever methods they can to gain the control. In reality, the abuser is a person who does not deal with feelings, they "stuff their feelings." In other words, they disconnect themselves from others.

Counseling abusers to accept the responsibility for their behavior and then teaching them to avert any further incidents from occurring is the answer to abuse problems. Not everyone who enters a program will admit they have a problem and if they continue to deny and refuse to take any responsibility for behavior, Hamer said, they need to be taken off the streets. In other cases an offender will continue to say it is not their fault. They elect to use excuses such as, "if she had not argued with me and made me so angry, I would not have done it." Hamer said some offenders refuse treatment and these are the offenders who should be imprisoned.

It is important for the community to offer support for the work being done by the offenders, the group and the counselor. It is important for community members to know and understand the problem is serious but it is not impossible to treat.

If the public would like to talk with Hamer he can be reached through Youth Services, 553-1161, ext. 216.

## Wood sculpture dedicated

The new wood sculpture at the south end of Madras "has created quite a controversy," says Madras Mayor Rick Allen during dedication of the wayside October 7. Most people like it but some feel that not enough of the population of Jefferson County is represented.

The 22-foot sculpture created by Bend artist Clyde Keller is a pictorial history of the area. The eagle dancer on the pinnacle of the pole represents the period before the white man's appearance. At the dancer's feet are two coyotes and leaping salmon. Beneath the dancer are the faces of an Indian chief and his wife. The settlement of the Indian wars is represented by two calvalrymen. At the base of the pole is a pioneer family. Dogwood seen near the Metolius River and around Mt. Jefferson decorates the entire sculpture.

The back side of the sculpture contains approximately 100 pictographs representing those found in the Columbia River Basin. A space is available for 45 cattle brands from area ranchers, thirteen of which have already been placed.

Much historical reading and research went into the sculpture, explains Keller. He says it was necessary to learn about the history of the area and about Indian history before beginning work.

Once work on the carving began Keller spent from four to six hours each day for ten months working on the sculpture. A rolling platform allowed him to turn the 38-inch diameter western red cedar pole. A hole dug in the ground permitted rotation of the log after the 8-foot wing span of the eagle dancer was added.

The design was not Keller's alone but came from the Madras Beautification Committee working with Indian artist Suzanna Santos and Keller. The committee, consisting of Madras art gallery manager Camille Green, Chamber of Commerce executive director Marjean Whitehouse, Chamber president Carlos Kemper and local optometrist Steve Evers and Kate Evers, had worked on the idea for a wayside attraction for three years. Once a wood sculpture was decided upon work began on the design. The final design is seen on the sculpture.

"The committee wanted something that showed us from the

beginning to now," says Whitehouse. They wanted something "to salute the history of the county," something that was "unique and different." They also wanted an attraction "to show how we started in this area," and "a reunification of all of us working together," says the Chamber director. It's also "a tourist attraction," she adds.

Santos recommended the eagle dancer at the top. "It adds more flavor and action," says Keller.

The \$7,500 cost for the sculpture was raised by means of an auction at the Fancy Food and Wind Festival held in Madras. Weyerhaeuser Company donated the pole and the committee donated their time. Keller was assisted by an apprentice, Dick Schwenk of Bend.

Keller hopes someday to produce a wood sculpture for the Warm



Wood sculpture designed by Bend artist Clyde Keller welcomes travelers to Madras.

## Program helps parents succeed with children

A unique program for parents is beginning in Central Oregon to help families give their children a good foundation before they become "at risk." Together for Children is an eight-month program in Deschutes, Crook, and Jefferson Counties for parents of children 0-3 years of age.

The program will build on family strengths, provide informational and community resources to help parents succeed, and create support systems that allow parents to work together. The program is funded through a \$140,000 state grant and administered through Central Oregon Community College's Head Start program.

The program is open to all families with children three years old and younger. Families can include single parents, grandparents,

adoptive parents, teachers, or any primary care givers. Space is available for over two hundred families in the program.

A total of six hours of parent

### Holiday Fare set

Classes, workshops and demonstrations pertaining to holiday gifts, foods and decorations will be offered October 29 during the **Holiday Fare '88**

Sponsored by Oregon State University Homemakers Study Groups of Jefferson County, the workshops will be held at Madras Jr. High from 9 a.m. to 4 p.m.

The registration fee of \$3 is due October 21. If lunch is included, the registration fee is \$4.

For more information, contact the OSU Jefferson County Extension Service at 475-3808.

support and education per month is included in the program. Two group meetings will be held each month, and one each hour will be spent for a home visit and a parent

child play period. For more information, or to enroll in the Together for Children program, contact Carol Stiles at 382-2486.

## Volunteer aerobic instructors begin work

Lucinda Green, Antoinette Pamperien, Pinky Beymer and Viola Governor have all been busily learning to become aerobic exercise leaders, says Wellness Coordinator Eva Montee. During the past year, explains Montee, the quartet has spent more than 80 hours studying muscles, movement, safety, music, technique, leadership, nutrition, injuries, target heart rates, taking pulse, choreography, physiology and a host of other topics which are essential for becoming aerobics instructors.

Even though the learning and keeping up with new developments and research in the field will continue, these community women are ready to begin their first classes.

Green is teaching the aerobics portion of the Weight Loss Support Group which meets each Tuesday and Thursday from 5 to 6:30 p.m. at the Community Center. Green also instructed several aerobics sessions during the summer at both the Seaside Health Promotion Conference and at the IHS Health Promotion Conference held in Spokane. Those using the Community Center have also seen Green assisting with the noon and Early Bird aerobic classes as well as the Diabetic Chair Exercise Group.

Pamperien, Governor and Beymer will be team teaching the new aerobics class for beginners which began October 17 and meets each Monday and Wednesday from 5:30 to 6:30 p.m. The class is being conducted at the Warm Springs Elementary gymnasium. The class is open to anyone who wishes to participate and there is no charge.

Montee said, "I'm excited about this first group of community volunteer instructors and I am looking for others who might want to become instructors." Anyone interested can contact Montee at 553-1161, ext. 205. If enough people show interest, another training course will be conducted. All that is required of prospective instructors is a desire to teach others, a willingness to devote some time to study and, upon completion of the training, be willing to volunteer some teaching hours to the Wellness Program. There is no charge for the training.

Other exercise classes currently being offered include:

**Early Bird Aerobics**—Intermediate/advanced level. Meets Mondays, Wednesdays and Fridays from 6 to 6:45 a.m. at the Center Gym.  
**Body Conditioning Using Hand-Held Weights**—Meets Mondays, Wednesdays and Fridays from 12:15 to 12:45 p.m. in the Center Social

Hall.  
**Stretching for Flexibility and Relaxation**—Meets Tuesdays and Thursdays from 12:15 to 12:45 p.m.

in the Center Social Hall.  
**Chair Aerobics**—Meets Mondays, Wednesdays and Fridays from 8:15 to 9 a.m. in the Center Social Hall.

All classes are sponsored by the Wellness Program and the Community Center and are free of charge.



Volunteer aerobics instructors Pinky Beymer (facing camera, center) and Antoinette Pamperien prepared recently for the beginning low impact aerobics class which meets Mondays and Wednesdays from 5:30 to 6:30 p.m. in the Warm Springs Elementary gymnasium. Instructor training was conducted by Wellness Coordinator Eva Montee.

## Applications needed by IHS for health care

The Warm Springs Service Unit of the Indian Health Service (IHS) would like to encourage every Indian person who is eligible for health care through our organization to complete an "Individual Application for Health Care" (PAO-21).

Although by far the majority of the members of this community have completed the application and established eligibility for care, we occasionally run into a situation where this is not the case. There are some folks who have not used IHS services for many years and perhaps will never do so. However, in time of crisis our Contract Health Office seems to become a very popular and important place.

Relatives, hospitals and doctors offices calls to request that arrangements be made to cover the cost of care resulting from an unexpected illness or injury. Unless a current application is on file and a patient's eligibility, our office must place the request in the pending file. This may result in delays and uncertainty at time when the patient is most unable to deal with them. This can be frustrating to relatives and the providers of care.

For this reason it is wise that this important item of business be taken care of when there is no crisis. The peace of mind will be more than worth the effort. Our patient registration clerk will be pleased to help all applicants through the process.

## Spilyay Tymoo

Spilyay Tymoo Staff

MANAGING EDITOR ..... Sid Miller  
ASSISTANT EDITOR ..... Donna Behrend  
PHOTO SPECIALIST/WRITER ..... Marsha Shewczyk  
REPORTER/PHOTOGRAPHER ..... Patricia Leno-Baker  
REPORTER/PHOTOGRAPHER INTERN ..... Saphronia Coochise

FOUNDED IN MARCH, 1976

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located in the basement of the Old Girls Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:

Spilyay Tymoo, PO Box 870, Warm Springs, Oregon 97761

Phone: (503) 553-1644 or 553-1161, extensions 274, 285, 321 or 286

Subscription rates:  
Within the U.S.—\$9.00  
Outside the U.S.—\$15.00

"PARENTS STILL DON'T UNDERSTAND"  
**NO-TALENT/TALENT SHOW**

1:00 pm, FRIDAY, Nov. 11 1988  
Community Center  
Warm Springs, Oregon

for more information call (503) 553-1161  
NATALIE ... ext. 243  
ANITA .... ext. 205