

Alcoholism, drug addiction cause woman to lose more than self-respect, -identity

Life is not always as it should be. Ups and downs, successes and failures shape a lifetime, sometimes for the better, sometimes for the worse. Many individuals become powerless victims by merely being in the wrong place at the wrong time having no tools with which to manage adversity. Such is the story you are about to read. The individual will remain anonymous, through necessity, for fear of serious personal injury. All that will be told about her identity is that she is a 28-year-old tribal member and a life-long resident of the reservation. In her relatively short life, "Tina", as she will be referred to, has learned that above all, honesty is the only way to survive; the only way to begin the healing process that will hopefully help her to overcome the many losses she has faced. She also tells her story to help others—maybe, just maybe, she says, someone will read it and take a closer look at their lifestyle.

The abuse began when she was 7 or 8. "I have forgiven him. He's doing his own suffering now. I'm pretty sure he has regrets about it."

thought. No one could pick on me while I was drunk. I had the courage to stand up for myself. But in the long run, I was too ashamed to face those people because of the stupid things I did or said while I was drinking that bottle or can of courage."

Tina has lost many friends and family members to alcohol. "After so many years of drinking and seeing so many lives taken because of drinking, I slowed down."

However, there is a more powerful antidote for pain—cocaine. "I was introduced to cocaine when I was 21 while doing some labor work. I loved outdoor work and I also loved my kids, a lot. As my use of coke increased, the interest in my work and responsibilities decreased." At first, the cocaine was offered to her at a reduced cost or even free. "I was working by now so what little cost the cocaine was didn't matter. I could afford what I used and I made sure that I had plenty of friends who would share their cocaine with me if I didn't have the money...Soon those friends ran out too."

The ever-increasing need for a fix and a higher high far outweighed all sanity and reasonableness and controlled every aspect of her life. She began stealing to support her habit. "Little things at first, things people probably wouldn't miss." Tina would sell or hock items for what money she could get to buy more cocaine.

"Although I was probably discovered by different persons, they told me nothing. They didn't know how to approach me," says Tina. Tina has had a hard time understanding drug addiction and its affect on her. "I thought I was going crazy. Why did I neglect my responsibilities? I tried to stay away from the coke but I couldn't. I dumped my kids, my family, my job(s) and my self-respect for the new love of

my life, cocaine....I thought of these things when I was [snorting] my last quarter, peaking out every window in my house wondering to myself 'Why the hell did you do it again? \$500 in one day and nothing to show for it.'"

Remorse, shame and guilt pepper Tina's life. She knows she is ultimately responsible for her own actions and must face the consequences. "I was full of guilt and shame, telling myself 'no more'." They were empty words, empty promises. She has said these same words many times and expects to say them again.

She has entered treatment centers four different times but could not stay straight. She was 22 or 23 when she entered her first treatment center. She entered the last one when she was 27. She completed three of the four sessions. "I would end up by myself again thinking the same thoughts again." If someone really wants to change, they can. "Some will tell their counselors half-truths and say what they think the counselor wants to hear," says Tina. This helps no one. "Treatment is for someone who want to learn something about themselves and to try something different." She feels treatment should be reserved for those who really want to change, not because they have to.

Coming down off the drug was "very depressing," and painful for Tina. "I was tired of my way of life but I was afraid to die."

Tina has attempted suicide many different times. "Luckily, I didn't succeed."

Tina also feels anger—toward herself and her dealer. "On more than one occasion, while in Madras, shopping for groceries, with what little money or food stamps I had left, I would almost go into a rage, seeing my drug dealers

there loading up with carts and carts of groceries. They had new cars, vans, pickups and their kids had new clothes, new toys, candy and pop." What Tina lost, somebody else gained. "I thought of my family and my kids who had nothing to eat. I cursed the dealer and their family, for they were robbing me and my family of the things we could have had. I spent all of my money on my dealer for my drug. I even exchanged my food stamps

for cocaine. When I did trade my food stamps, the cocaine was doubled in price, because food stamps were not cash."

Tina has discovered one important thing—she is not alone in her troubles. "Throughout all my alcohol and drug experiences, I thought I was the only one going through this here in Warm Springs. I thought I was a no-good person, that I didn't deserve any better. But I know I'm not the only one....There are many, many others who are in the same boat. We spend \$50, \$100, \$500 a day on our coke habits." More importantly, Tina has discovered that she is not the only one who is seeking refuge from a self-destructive lifestyle.

Trouble follows Tina. She lost her mother a few years ago. "Then I was kicked out of my house. I found my boyfriend with another woman, my best friend was having her own problems. I was, again, all alone. I had hit my bottom. That's when I realized I had to do something for me, for my kids."

Tina has developed a sense of self-appreciation. She must continually "convince" herself that she is a "good person, a human being, a mother, daughter, sister, friend." She no longer wants to use nor does she want to be "sitting there alone again, with no money. I am learning to separate myself from my drug addictive behaviors. Now and then, I do cuss myself out, beat myself up. Then I think about it. I think about my drug life and, that if I keep putting myself down, I'll go right back to drugs, looking for a false happiness." Self-doubt and beginning to return to her old irresponsible behaviors are "warning signs of my next fix," Tina says.

Though not a particularly religious person, Tina has turned to God for help more than once. "I say a prayer, a prayer to keep the drugs away from me, a prayer for my drug addicted friends, for my family, for my kids, for myself." Tina says she often feels unworthy of prayer, that "please" is the hardest word to utter when she is in need. A recent stay at the Warm Springs jail was particularly memorable for Tina. She says "drugs are easier to get inside of the jail than it is outside....I used when first in jail. But drugs were the reason I was in jail and I didn't want to

use any more. Someone was released on a weekend pass and the inmates were all anxious for the person to get back, because he/she would have drugs. I prayed for strength to not use...It worked, because the person didn't come back to jail."

Tina has a limited support system. She relies heavily on her counselor at the Community Counseling Center and her prayer. But, she feels she has no best friend on whom she can rely when things get really tough. Lack of self-esteem has also led Tina into abusive relationships. Men have beat her up and verbally abused her. "I would push and push until my man would beat me. Then, he would feel really bad and begin to cry and then treat me nice." It was the one way she knew she could get positive attention from her mate.

As she looks back on her life, Tina feels her disease began when "I was very young, not too long after I was sexually molested. You see, it begins with the children. My goal is to fight this disease, to learn to be responsible, to teach my kids, to let my kids know I'm here for them so they won't turn to a false hope and happiness as I did."

Tina has learned, also, that she needs to take care of herself, to "grow up, to forget, and to forgive myself and others." She feels one must learn from the past and then forget it. "I have to forgive myself and stop beating myself up about past actions such as stealing and lying. I must forgive my friends and the families who have done wrong to me and stop using it as an excuse." She feels the help she needs will come through intensive counseling and the "good Lord above."

Tina sees drug addiction and alcoholism spreading fast, "infecting the young and old," alike. "It's not just cocaine, but prescription medications" as well.

What the future holds for Tina is unclear. The bright spots in her life she tends to downplay include the fact she has her GED, the fact that she is not on public assistance, taking in the "free money" as she calls it, and the fact that she has been clean for two weeks. Her goal is to go to school at Lane Community College. "I don't know if I'll ever do it."

There is concern among community members that once someone does go to treatment, the person must come home to the same destructive environment. There is no safe place in Warm Springs for those who have stopped abusing. Tina's advice to the Warm Springs community: "Be a team. Do not criticize or punish the person but help them. Encourage them."

"I tried to stay away from the coke but I couldn't. I dumped [everything] for the new love of my life—cocaine."

Need help? Call the Community Counseling Center at 553-3205

New BIA fingerprint service offered

Thanks to a newly established Bureau of Indian Affairs service, Indian tribes and schools can now better protect their children by using a fingerprint service that will detect the past criminal history of prospective and newly hired employees.

"We are very pleased to announce this important and needed new service, which will help to ensure the safety and well-being of our Indian children, says Assistant Secretary for Indian Affairs Ada E. Deer.

The BIA's Division of Law Enforcement services has hired Security Specialist Kay Hayes to serve as its liaison with the Federal Bureau of Investigation background checks through the fingerprint service can contact Hayes at the Division of Law Enforcement Services, Operational Support Branch, PO Box 66, Albuquerque, NM 87103 (The office is located at 123 Fourth Street SW, Room 217, in Albuquerque). The current cost for each fingerprint search is \$22.

Information about procedures and training is available by calling Hayes at (505) 766-8000, fax (505) 766-1425.

"This is a great opportunity for tribes to comply easily with The Indian Child Protection and Family Violence Prevention Act (Public Law 101-630) and the Crime Control Act of 1990, Child Care Worker Employee Background Checks (Public Law 101-647)," says Ted Quasula, the director of the BIA's Division of Law Enforcement Services. Under the Crime Control Act, each Federal agency and facility, including those operated under contract, are required to perform a fingerprint check for each existing and newly hired employee who provides child care services to Indian children (under the age of 18). The FBI fingerprint search includes a check of past state criminal history. However, the FBI search does not include local or tribal criminal histories.

Pharmacy procedures explained

With the move to the new Warm Springs Health and Wellness Center in October 1993 the pharmacy department has undergone some changes. Hopefully we can answer a few of the questions you've had.

Q. How do I get cold medicine from the pharmacy?

A. There are forms located on a table outside the pharmacy. Fill out the names and chart numbers of the family members who need medicine and drop the paper in the slot. This form can be used for non-prescription medicine only such as Tylenol, cold medicine, diarrhea medicine, diabetic supplies, antacids, bacitracin ointment (for minor scrapes) and athlete's foot cream. You still need to bring your chart to the pharmacy to obtain any medications prescribed by your doctor and some non-prescription medications such as insulin, Mycelex-y and hydrocortisone cream.

Q. I don't like to wait a long time for medication refills, what is the quickest way for me to get my medicine?

A. Call a day ahead! You can call our medication refill hotline at 553-2475 24 hours a day and leave your full name and the medication you need. Or you can call the clinic at 553-1196 and ask for the pharmacy department to tell us what you need. We prefer that you call a day ahead (before you run out of your medicine) so that we can be certain to have your medicine ready. This only works if the doctor authorized refills for you. Otherwise you may need to see the doctor to get more medicine.

Q. Do I need my chart to get Nix?

A. No, just come to the pharmacy and give us the names of all household members that need to be treated. We will then supply you with enough Nix for everyone.

Q. Do you fill prescriptions written by doctors who don't work at the clinic?

A. If we have the medicine in our pharmacy we will fill your prescrip-

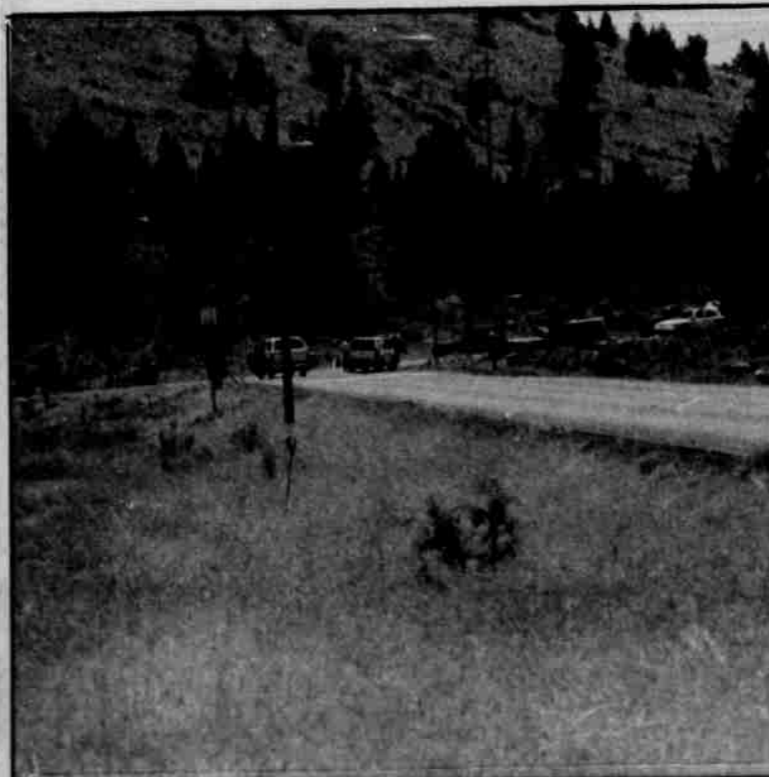
tion. If we do not stock the medicine and you were referred to an outside doctor and you are eligible for outside care, we will pay for the medicine in town. If we do not stock the medicine and we did not refer you to an outside doctor we will not be able to fill or pay for your prescription.

Q. How long will you keep my medicine in the pharmacy if I cannot pick it up right away?

A. We keep your medicine for 5 working days. If it is not picked up by then we will cancel the medicine and send your chart back to medical records. If your medicine has been canceled, bring your chart to pharmacy and if appropriate we will resue the medicine to you.

Can you believe it?
Dr. Tom Creelman has practiced medicine in Warm Springs 20 years!
Celebrate with him and the Health and Wellness Center staff
Friday, July 21
at a barbecue and open house beginning at 12 noon.
Community members are encouraged to attend, share a meal and a story or two!

Kah-Nee-Ta Highway crash claims two



A June 24 accident claimed the lives of two children.

On Saturday, June 24th, 1995 at noon, officers of the Warm Springs Police Department were dispatched to Hwy 3, also known as the Kah-Nee-Ta Hwy., and Upper Drycreek Road for a motor vehicle crash.

A Plymouth mini-van, driven by 33-year-old Gerald Hoptowit, Sr. of Warm Springs, was north bound on Highway 3 when he attempted to make a left turn onto Upper Drycreek Road. As he made the turn the vehicle was struck on the passenger side by a south bound Nissan pickup driven by 41-year-old Mohammed Fani of Seattle, Washington.

Another passenger in the mini-van three year-old Gerald Hoptowit Jr., and the driver, Gerald Hoptowit Sr. were transported by Warm Springs Fire and Safety to Mt. View Hospital in Madras.

Mohammed Fani and his wife Judith were also taken to Mt. View Hospital but were later transferred to St. Charles Medical Center in Bend.

The cause of the crash is still under investigation by members of the Warm Springs Police Department, Bureau of Indian Affairs, FBI, and the Oregon State Police.

Spilyay Tymoo
Publisher: Sid Miller
Editor: Donna Behrend
Reporter/Photographer: Saphronia Katchia
Reporter/Photographer: Selena T. Boise
Reporter/Photographer: Bob Medina
Secretary: Tina Aguilar
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 Girl's Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:
Spilyay Tymoo, P.O. Box 870, Warm Springs, OR 97761
 (503) 553-1644 or 553-3274 - FAX No. 553-3539
Annual Subscription Rates:
 Within U.S. - \$9.00 / Outside U.S. - \$15.00
Spilyay Tymoo 1995 ©