

Walks dedicated to loved ones

To the editor,
Even though you see me smiling at you, or even laughing with you, I really do not feel that way inside myself. You see, I am grieving for my relatives that past on and I haven't had my memorial for them. It seems that I gather a few items and another death is here. It all goes out again, again and again. I just never get ahead. So I have decided to dedicate my November Fitness walks and conditioning exercises to the following relatives who have passed on.

Bill John-Uncle; Laura Stwyer-Aunt; Kathleen Heath-Cousin; Nathan "8-Ball" Jim-Nephew; Effie Culpus-Cousin & Sister-In-Law; Marilyn Meanus-Daughter; Marcal Meanus-Nephew; Coreen Thomas-Granddaughter; Gilbert Kalama-Grandson; Melissa Johnson-Niece; Nancy Johnson-Cousin; and Yakima Relatives:
Elsie Pistolhead-Aunt & Adopted Mother; Lucy Rose John-Aunt; LeRoy John-1st Cousin; Annie Yallup & Baby Brother-Granddaughter & Grandson.

Each of my deceased relatives was special to me and I really miss each and every one of them. This is why I walk 5 a.m. to 7 a.m., 12 to 1 p.m., 2 to 4:30 p.m., 5 to 7 p.m. Rain, snow or sunshine, I was out there. Whenever I was in other towns, such as Madras, Bend, Prineville, Redmond, or The Dalles, I would walk at least an hour in those towns. My daughter, Annie Kalama, has walked with me on numerous occasions and I would like to dearly thank her for her company and support. I would also like to thank my grandchildren who have accompanied me on many walks.

I also would like you young fitness hounds to know, when I am out walking early in the morning, I know you are in bed at home and sound asleep while I am out raking in November Fitness points. I hope, as a senior citizen team member, that my going the extra step to earn all these fitness points will motivate each of you in the fitness.

Thank you for your time,
Amelia "Millie" Colwash



Roxanne Johnson and Ben Bisland were united in marriage November 11 at the Phoenix wedding Chapel in Phoenix, Arizona. The bride is the daughter of Theron Johnson of Warm Springs and Erma Garcia of Madras. The groom is the son of Sharron Bisland and the late Frank Bisland of The Dalles.

Roxanne graduated from Madras High School and Ben from Wahtonka High School in 1997. Both are 1999 graduates of Universal Technical Institute in Phoenix, Arizona and have been employed by EDM (AR Utility Specialists Inc.) in Phoenix since their graduation.

Tribal Council Agenda December

December 14-29, 2000
No tribal council meetings scheduled until January 2, 2001
To be scheduled in January 2001
Infrastructure Workshop
Enterprise Reports
Investment Workshops
GM/Director reports (elder care facility report)
Pelton Project (update: Federal Agency consultations)
McQuinn Case (status report)
Tribal Justice System Review Team
Board Appointments
K-5 Elementary School Financing Plan
HeHe Fire Investigations report
T/C Priorities (policy decisions and management implementation of 2001 budget)
T/C Committees (consolidations; revised budget allocations)
State Legislature (meetings with state legislature assembly representatives)

Rhoan announces birth of new son

Arlissa Rhoan of Warm Springs, Oregon and Dustin Scott of Siletz, Oregon wish to announce the birth of their new son, Amial Anthony Rhoan. Amial was born in Newport, Oregon, October 3, 2000 at 8:22 a.m. He weighed 6lbs, 5oz., was nineteen inches long.

Amial's grandparents are Lyle Rhoan, Jr. of Warm Springs, Oregon, Bonnie Peterson of Siletz, Oregon, Frank Peterson of Tahola, Washington and Sharmaine Scott of Siletz, Oregon.

His great-grandparents are Lyle, Sr. and Arlita Rhoan of Warm Springs, Oregon, Ted and Dorothy Brown of Springfield, Oregon, and Darlene Williams of Thompson Falls, Montana.

Amial's great-great-grandparents are Elizabeth Rhoan of Warm Springs, Oregon and Marge Lane of

Salem, Oregon. He also joins a brother Treigh Parr of Siletz, Oregon.



Birth announcement

Andrew Smith and Michelle Thompson of Warm Springs are pleased to announce the birth of their new daughter, Kiandra Destiny Smith, born on November 29 at 1:00 a.m. Kiandra weighed 6lbs, 12 oz., and her length was 19.75 inches.

She joins two sisters in her home, Kashayla Ball, 9, and Kah-Liese

Smith, 19-months-old. She is the granddaughter of Larry and Stella Langley and James Adrian Smith, Sr. of Warm Springs; and Dennis and Linda Thompson of Warm Springs.

Her maternal great-grandmother is Gladys Thompson, and her paternal great-grandfather is Claude Smith, Sr.

Birth announcement

Sadie and Woodrow Picard Sr. of Warm Springs, Oregon are pleased to announce the birth of their son, Dartanian Wilson Picard born December 11, 2000 at 7:01 p.m., weighing 5 lb. 10 oz. and was 19 in. long at the Mountain View Hospital in Madras, Oregon.

Baby Dartanian joins brother Woody Jr., age 5, and sister Chantel Picard age 3. The maternal grandparents are Mabella and Robert Sam Sr.; the paternal grandparents are Wilma and George Picard Sr. all of Warm Springs, Oregon.

Birth announcement

Bruce Brunoe and Angie Brunoe would like to announce the birth of the new daughter, Heather Naomi Brunoe. Heather was born December 4 at 10:13 a.m. She weighed 5 lbs, 15 oz. And she was 18 inches long.

Heather joins two sisters, Ashley and Summer Brunoe, who are ages 4 and 2. She also joins her grandparents Mickey and Frances Brunoe.

Indian Trail Restaurant Video Movies For Sale All Titles \$10 each

Happy Birthday to our two boys—George and Jackson



To George, We love you. Make us proud, again, and again! Hang in there. Love, Mom, Dad and Sisters



To Jackson, We love you. Keep your smile, stay happy and have a good one. Love, Mom, Dad, and sisters

Election laughs

Those who cast the votes decide nothing. Those who count the votes decide everything.
Joseph Stalin (1879-1953)

Under democracy one party always devotes its chief energies to trying to prove that the other party is unfit to rule - and both commonly succeed, and are right.
H.L. Mencken (1880-1956)

Democracy is two wolves and a lamb voting on what to have for lunch. Liberty is a well-armed lamb contesting the vote.
Benjamin Franklin (1706-1790) in 1759

I was going to write myself in, but I was afraid I'd get shot.
Lincoln Kennedy, Oakland Raiders tackle, on his decision not to vote in 1996

When a fellow tells me he is bipartisan, I know he's going to vote against me.
Harry S Truman (1884-1972)

Community Counseling Center of Warm Springs shares information from handbook

Introduction

The purpose of this handbook is to acquaint families and individuals with the services, general guidelines and policies for the mental health and substance abuse treatment programs at the Warm Springs Community Counseling Center.

The goal of the Counseling Center is to assist both individuals and their families in managing mental health, alcoholism and chemical dependency problems. We believe that through our treatment services, both the individual and their families can develop a lifestyle, which encourages sobriety and personal growth. The program is designed to assist individuals and their families in the development of attitudes, behaviors, coping skills and life skills, which will help them continue with healthy lifestyles.

Disclosure statement

The following information is provided to inform individuals and their families about their rights, obligations and policies, which are important to the way in which they get services from the Counseling Center.

Treatment philosophy

This program provides treatment for mental health, alcohol and other chemical dependencies. In the course of treatment, you and your families will be treated for the physiological, psychological, and social effects that are related to these problems. Our program requires abstinence from alcohol and all mind-altering drugs that are not prescribed by a physician. The treatment provided will include, but is not limited to: individual counseling, group counseling, family counseling, family intervention, relapse counseling, education, referral to residential treatment, assessments, discharge planning, referral to specialists, referral to other social and supportive services, and aftercare counseling groups.

Client rights statement

All persons and their families who request services from the Counseling Center have certain rights which control the way in which the treatment program can provide services to them. These rights include, but are not limited to: the right to refuse any and all treatment, the right to participate in the development of a

plan of treatment which meets their needs, the right to limited confidential treatment and right to file a grievance concerning their treatment. All of these rights will be explained in detail to each person and/or their family during their intake process and they will be asked to sign a form verifying that these rights have been explained to them.

Confidentiality statement

There are limits to the extent to which the Counseling Center can protect your right to confidential treatment. Generally any information about your participation or treatment with the Counseling Center can not be disclosed without your written permission; or if a minor child, without the written permission of your parent or legal guardian. Several of the limits to confidential treatment are identified as follows:

Tribal Law, Federal law and ethical standards of patient care require the release of confidential information in the event of suspected child abuse and allows for such release when there is a high probability of suicide, medical emergencies, significant potential harm to another or a mental condition which is so severe that the person may harm themselves or another or is not capable of caring for their own needs.

Professional staff of the Warm Springs Community Counseling Center share patient information to coordinate case management, clinical supervision of the client's treatment with other staff, and respond to inquiries from insurance companies or Medicaid/Medicare agents.

Information you share with other clients or persons about yourself or your treatment is not easily restricted from further disclosure.

The limits of client confidentiality will be explained to you in detail during your intake and you will be asked to sign a form indicating you have been informed of these limits.

Fees statement

As part of providing for treatment services the Counseling Center assesses fees for services. In some cases these fees are co-payments related to providing residential treatment through the Tribal Insurance program, or community service work for indigent residential treatment. In

some instances other third party insurers that the program bills, require that a fee be assessed. In all cases the person's ability to pay is taken into account so as not to create a financial hardship for them. These fees are also used to bill insurance companies, Medicaid and the Oregon Health Plan. Income from the fees is used to pay for residential substance abuse treatment for persons without insurance coverage. It is each person's right to know how the fee is assessed, the amount of the fee, if any, and their right to appeal the assessed fee. This information is provided to each client during their intake.

Counselor education

The Counseling Center is approved to provide treatment services by the Portland Area Indian Health Service, the Alcohol and Drug Abuse Program Office, and the Mental Health Division of the State of Oregon. As a certified program staff, have to meet certain educational and training qualifications and continuing education requirements so as to assure the provision of quality services. Information concerning counselor requirements and continuing education for program staff is available upon request.

Grievance Procedure

All persons receiving services from the Counseling Center have the right to request a change of counselor or file a grievance regarding the service provided to them. Specific information on filing a grievance is provided to each person during the intake.

Client responsibilities

As a client, you have the responsibility to keep your appointments, be accurate as possible about your situation, actively participate in your counseling process, not be under the influence of alcohol or drugs when coming to your appointments and have consideration for the rights of privacy of other clients. During the intake process more information will be provided to you regarding your responsibilities.

Services

Services provided by the Warm Springs Counseling Center are available to all persons residing in the Warm Springs community and, with some limitations, to all Native Americans

living within the service unit area of the Indian Health Service at Warm Springs. These services include the following.

Intake

The intake is the initial entry point for counseling services and allows you and the program the opportunity to address several issues. This is the time the program provides you with detailed information concerning your rights as a client of the Center, the limits of confidential treatment, how to file a grievance concerning services you receive, as well as obtain your consent to be involved in counseling. This is also the time for you to begin the process of counseling by providing us with information about the kinds of issues you would like help in resolving and some of the background history which may be impacting on the problem. An intake for services can be scheduled by calling 553-3205.

Assessment

After completing the intake process your case will be assigned to a counselor who will then schedule all other appointments with you. During the next several appointments you and your counselor will work on developing a service or treatment plan to guide your counselor in meeting your goals and needs for counseling.

Counseling Services

A variety of Counseling Services are available to you. The programs operated by the Center include: Adult Mental Health Services, Children's Mental Health Service and Adult Substance Abuse Treatment Services. The Center also provides specialty services for adolescents with substance abuse problems. In general all of the programs provide assessments and evaluations, individual and group counseling, family counseling if appropriate, referral to other social and medical services and discharge planning services.

With regard to Substance Abuse Treatment Services the Center provides expanded services for referral to residential treatment providers as well as aftercare support groups for adolescents and adults.

Residential Treatment

The Substance Abuse Treatment Program arranges referrals to residential substance abuse treatment pro-

grams locate off the reservation, taking into account each persons individual situation. This service is available to both adolescents and adults.

1. For enrolled members of the Confederated Tribes of Warm Springs who are not being required to enroll in a treatment program by any Court or other legal representative and who do not have health insurance, the Program will arrange their admission to one of several residential treatment programs under contract to the Tribe and pay for their treatment. To help offset the cost of the treatment each person is asked to provide community service work equal to 10% of the cost of their treatment. The opportunity to utilize these services is generally limited to one treatment episode per person so as to provide each enrolled member of the Tribe the opportunity to use this service if needed. However if a severe physical medical condition exists another treatment episode can be provided.

2. Employees of the Confederated Tribes who have health insurance benefits under the Tribal Health Plan can use their health insurance to go to a residential treatment program which has contracted with the Tribe. To help offset the cost of the treatment each employee is required to sign a payroll deduction equal to 10% of the cost of treatment not to exceed \$600. This health insurance benefit is limited to only one treatment episode for each person covered under the employees insurance. If the employee has identified a substance abuse problem as a pre-existing condition they cannot use the full benefit for two years from the date of their employment. More information about the Tribal Insurance Plan is available from the Compensation and Benefits Department for the tribe.

3. For persons who are required to participate in a residential treatment program by any Tribal, State or Federal Court, diversion agreements or probation/parole officials, the Program can assist them in arranging a referral to residential providers funded by the Indian Health Service or the State of Oregon. These programs funded by the Indian Health Services and the State of Oregon can be used more than once by the per-

son. If you have any questions about how these services apply to you please call the program at 553-3205. With all these options for clients of the Program it is always possible to arrange for residential treatment for anyone who requests these services.

Referral services

Staff of the program are also available to assist you in making referrals to other services provided by the Center or to other agencies both on and off the reservation. This may include coordinating your referral to the Center's Children's Treatment and Adult Mental Health programs, referral to the Indian Health Services, Tribal and State Social Services or another off reservation outpatient treatment program.

Emergency Services

The Center provides twenty-four hours a day, seven days a week emergency mental health services. These services are designed to assist persons in providing short term counseling services to address a crisis situation, such as sudden episode of depression related to a personal loss. In the case of persons who are intoxicated from alcohol or under the influence of drugs, Center staff can assist you by helping to make a referral to the appropriate medical or detoxification services to assist with the intoxicated person, before attempting to provide counseling services. Due to the potential medical risks involving someone who is intoxicated the Crisis Worker will not be able to transport someone who is intoxicated. In many instances the crisis worker can assist by making and coordinating a referral for you to another agency such as the Tribal Police, Indian Health Services, or Victims Assistance depending upon your immediate needs.

During regular work hours from Monday through Friday, you may call the Center offices at 553-3205 and ask to speak to the crisis worker. At all other times call the Tribal Police Dispatch at 553-1171 and ask the dispatcher to contact the Counseling Center crisis worker. The Dispatcher will take your name and phone number and then contact the crisis worker either by phone at their home or by beeper. The crisis worker will then return your call to you.