

Community Counseling Center helping children in need

By Leslie Mitts
Spilyay Tymoo

In a room with brightly colored handprints covering the walls and toys filling countless shelves, therapy might not be the first thing that comes to mind. But each hand print was made by a child client at Community Counseling claiming this room as their own.

Toys, games and art supplies are the tools of therapy for a young child entering Community Counseling.

"Children naturally use play to communicate their feelings, emotions and thoughts about the world around them," said to Suzan Leter, child therapist. "Play therapy, art therapy, and sand tray are all child friendly techniques used by therapists across the country to assist children in the counseling process to understand their own feelings, reactions, and behaviors in response to the events of their young lives."

Adolescents who attend Community Counseling are more skilled at expressing themselves and are comfortable in

talking about their ideas and issues with their therapist in "talking therapy."

Tribal Community Counseling employs two children's psychotherapists, Suzanne "Suzan" Leter, and Don Schroeder, both with 20 years experience each, working as counselors with children. In addition, Dr. Loye Ryan, PhD is a consulting Psychologist who travels to Warm Springs every other week and sees clients in a variety of capacities. Marcella Hall is the Adolescent drug and alcohol counselor for teens.

The counselors see children and adolescents spanning from age 2 to teenagers age 18.

Children who seek therapy with Community Counseling have many different types of issues that they need help dealing with such as divorce in their family, grief, transitions, problems adjusting to school and making friends, bullying, issues with nightmares and fears, traumatic events, conflicts with parents and behavior problems.

Don Schroeder suggests, "Adolescents struggle with how to be themselves and still make

good choices."

Counseling services are free to tribal children at Community Counseling, housed in the large brick building across from the elementary school. Often children are referred from the middle school and high school or Early Childhood Education, although Warm Springs Elementary school does not make direct referrals.

Leter suggests, "Most of the young children that come into Community Counseling do so because their parents are aware of the services offered and enroll them themselves."

Often children directly ask the counselors "How can I get in to see you?"

Its simple: the parents call the Community Counseling's front desk at 541-553-3205 and ask for an intake appointment to be scheduled for their child.

Parents have to sign a consent for services form for children under age 14 and the accompanying "releases."

Often parents of young children provide information during the assessment process about the child's life and experiences.

"Kids love their therapy, sometimes it is even the highlight of their week."

The child's parent suggests their own perspective on the child's needs and possible goals for the child's counseling process.

Leter says, "I like to work with the parents as part of the 'child's treatment team' to bring changes to the child's home experience which assists how everybody solves life's problems."

Teenagers attending counseling are often responsible for developing their own goals for therapy so that they can find those issues that are important to themselves and their own personal development.

Schroeder said, "Kids often

want a mentor or advocate assisting them in dealing with peer and family relationships."

The Counseling Building has several rooms set up for Children's counseling services. The play room where play therapy takes place is huge. The room is equipped with a variety of toys for imaginary play, role plays, puppet shows and games for learning communication skills.

The cabinets hold a variety of art supplies for traditional art therapy as well as making masks, personal flags, making life story books and other fun stuff.

Community Counseling also has a sand-tray room which is a popular child therapy technique that is used by child therapists all over the country. In using this sand tray technique, the child chooses miniatures and places them in the white sand to create his personal world. Children

explore themselves through this thought-provoking process, in a fun and creative way.

Teens often choose to go to the therapist offices and explore their issues in their own manner. The offices are decorated to promote thoughtfulness and personal growth for the child and adolescent clients.

Leter said, "Kids love their therapy, sometimes it is even the highlight of their week. Ending therapy is hard, because some kids get very attached to us."

Each therapist has their own way of saying good-bye to their child clients. "I have each child make their own diploma, naming the things they changed about themselves during the counseling process," Leter said.

"Then we put that diploma in a frame and they have that to keep acknowledging their hard work and change."

Apologies

I am sorry I broke tribal law on June 6, 2007 by driving under the influence of intoxicants, reckless driving, reckless endangering and violating the liquor laws. Also by my drug paraphernalia and committing injury to public property by hitting a fire hydrant. I apologize to my family for the shame my actions brought to our family name. Further I apologize to the tribes and the community. I

also would like to apologize to Nettie and her family for my actions. And I will make every effort to follow our laws in the future. **Aaron Hunt.**

To whom it may concern,

I would like to take this time to say that I am sorry for breaking the law in December. I would also like to say that I am sorry to Johnnie L. for shooting

him in the leg. To the youngsters, don't drink and hunt. It is not a good mix. I would also like to say I am sorry for the disgrace to the Range and Ag Department. I work under the branch of Natural Resources and Fish and Game is under that branch and I knew I shouldn't have been hunting. But it is a very valuable lesson learned. Thanks for your time. **Jimmy J. Tohet Jr.**

YOUTH LEADERSHIP CONFERENCE

August 9-10, 2007
9:00 a.m.

Kah-Nee-Ta High Desert Resort & Casino
Warm Springs, OR

"PREPARING STUDENTS FOR COLLEGE AND CAREERS"
EDUCATION
CAREER FAIR
LEADERSHIP
TRIBAL GOVERNMENT
HEALTH
METH
"FUN IN THE SUN"



Congratulations to Lois K. Estimo for her completion of the Puyallup Tribal Treatment Center Inpatient Program, on July 19, 2007.

MIDNIGHTERS AUDIO & PERFORMANCE

SERVICE * SALES * INSTALLATION

If you need Car Audio & Security Surveillance or Performance Parts Call

Daniel Beeson
cell: (541)771-7454



midnightersinmadras@yahoo.com



X YOU SHOULD BE HERE

Summer Red, White and Blue
Jeep Giveaways



Win a White Liberty July 21 at 11pm
Win a Blue Wrangler X August 11 at 11pm

See casino for complete details on the Jeep giveaways.



Cash drawings every Friday and Saturday
\$500 at 8pm and \$1,000 at 9pm & 10pm

Congratulations to Misti, our recent \$50,000 Slot Jackpot winner

Kahneeta.com • Warm Springs, OR • 541-553-1112

CASINO • GOLF • SPA • POOL • DINING • LODGE • RV PARK



KAH-NEE-TA
HIGH DESERT RESORT & CASINO
35 Years of Fun

Warm Springs Market

Indian Arts and Crafts

2132 Warm Springs St.
Warm Springs, OR 97761
(541) 553-1597