

# Summary of Tribal Council

**August 8**

The meeting was called to order at 9:02 a.m. by Chairman Raymond Tsumpti. Present: Chief Delvis Heath, Chief Joseph Moses, Chief Alfred Smith, Jr. (AM), Vice Chair Lola Sohapp, Brigitte McConville, Wilson Wewa, Jr., Anita Jackson, Lincoln (Jay) Suppah, and Raymond (Captain) Moody. Minnie Yahtin, Recorder.

Ventures Update.  
**Board appointments:**  
**Water Control Board**  
 • Motion by Brigitte adopting Resolution No. 12,615 appointing Tai-ontorake Oakes to the Water Control Board, term ending October 30, 2021. Second by Captain. Question: 9/0/0, Chairman not voting. Motion carried.  
**Warm Springs Ventures Board**

• Motion by Brigitte to re-advertise the vacant positions for Warm Springs Ventures due to lack of qualifications. Second by Jay; 5/4/1, Joseph/yes, Brigitte/yes, Jay/yes, Captain/yes, Anita/No, Wilson/No, Delvis/No, Lola/No, Alfred/Abstain, Chairman voting in favor to re-advertise. Motion carried.  
 • Motion by Anita to have Tribal Council as the Acting Board for Warm Springs Ven-

tures until vacancies are filled. Second by Wilson; 3/4/1, Anita/yes, Wilson/yes, Delvis/yes, Joseph/No, Captain/No, Jay/No, Lola/No, Alfred/Abstain, Chairman not voting. Motion failed.

**Credit Enterprise Board**  
 • Motion by Captain approving by acclamation that Carol Funk serve on the Credit Enterprise Board for a 3-year term. Second by Wilson. Question: 9/0/0, Chairman not voting. Motion

carried.  
 • Motion by Captain adopting Resolution No. 12,616 appointing Carol Funk to the Credit Enterprise Board, term ending January 1, 2023. Second by Brigitte. Question: 9/0/0, Chairman not voting. Motion carried.  
**Tribal Employment Rights Ordinance (TERO)**  
 • Motion by Brigitte adopting Resolution No. 12,617 appointing Glendon Smith, Lupe Katchia, and Shirley Allen to the TERO

Commission, terms ending January 11, 2021. Second by Anita. Question: 8/0/1, Jay/Abstain, Chairman not voting; Motion carried.  
**Warm Springs Local Housing Authority Commissioners**  
 • Motion by Captain approving by acclamation adding Levi Vanpelt to serve on the Housing Commissioners. Second by Brigitte. Question: 9/0/0, Chairman not voting; Motion carried.

Summary continues 10

# Warm Springs Vocational Rehabilitation Program — Questions & Answers

**Question:** What is Vocational Rehabilitation?

**Answer:** Voc Rehab assists under-represented or underemployed eligible American Indian consumers become employed.

*What does a person need to do to get started in Voc Rehab?*

Attend a scheduled Orientation at Culture and Heritage (Education) building, or at the Behavioral Health Center.

*When are the scheduled Orientations?*

Mondays at the Culture and Heritage building at 3 p.m.; or Tuesdays at the Behavioral Health Center at 3 p.m.

*What if I cannot make a scheduled Orientation?*

We accept 'walk-ins' between 8 and noon, and 1 and 5 p.m. each day except for scheduled Orientation times and Wednesday mornings.

*What happens after Orientation?*

After Warm Springs Vocational Rehabilitation receives a signed application, an Intake is scheduled. (Note: Intakes can take up to 2 hours to complete).

*Do I need to bring anything to my Intake appointment?*

Yes. Please bring: You identification (tribal ID card or Oregon Driver's License); and any health insurance card and income you are currently receiving.

*What makes a person eligible for Vocational Rehabilitation?*

Any medical condition is diagnosed by a medical doctor or specialist, and the medical condition has prevented a person to go to work.

*How long does it take to become eligible for Vocational Rehabilitation?*

Warm Spring Voc Rehab has 60 days after receiving a signed application to make an eligibility decision.

*What age does a person need to be to become eligible for Vocational Rehabilitation?*

Warm Springs Voc Rehab works with any federally recognized American Indian tribal member (within the continental U.S.) starting at 18 years old, and living in the service delivery area.

*What is the Service Delivery Area for Warm Springs Voc Rehab?*

All of Central Oregon—from LaPine to The Dalles—and the border of Washington State. East to Prineville, and West from NARA OutPatient downtown Portland, 15 miles.

*What happens after eligibility?*

Eligible recipients meets with the Counselor to dis-

cuss the objectives that need to be written in your Individual Plan for Employment (IPE).

*How do I become employed after my IPE is written and approved?*

After eligibility is determined and you receive a letter, Consumer works with the Job Coach/Developer or Counselor to do a job search. Warm Springs Voc Rehab advocates for a job that matches Consumer's skills, interests and abilities.

*Can a person be working and still become eligible for Vocational Rehabilitation?*

Yes. If a person has a barrier such as: Lack of training, or a person needs additional assistive technology or aids to maintain their current job caused by a medical condition (that may have worsened).

*How long is Consumer employed and be considered suc-*

*cessfully rehabilitated?*

Ninety days. Consumer needs to work 90 consecutive days in their job (of their informed choice) before Warm Springs Voc Rehab can close a Consumer successful rehabilitated.

*Does Warm Springs Voc Rehab work with high school students who are in the Transitions Program?*

Warm Springs Voc Rehab provides education and liaison services to students in the Transitions Program. We encourage parents or guardians to contact Warm Springs Voc Rehab for more information.

*What if I disagree with a decision after I turn in a signed application?*

Every person is given Client Assistant Program brochure at Orientation and again at Intake.

*What is the CAP?*

Client Assistance Program. Legal representatives

who advocate for a Consumer to Warm Springs Voc Rehab to help them get the service(s) they need to become employed.

*Can I contact anyone else other than CAP if I am dissatisfied?*

Yes. You can call the Warm Springs Voc Rehab director 541-553-4952.

*What is the contact information for Warm Springs Voc Rehab?*

**Voc Rehab is located at the Culture and Heritage building, 1110 Wasco Street. Telephone 541-553-4952. Fax 541-553-2522.**

*Can I call or come into Warm Springs Voc Rehab for information only?*

Yes.  
*What are the Voc Rehab hours?*

Monday through Friday, 8 a.m. to 5 p.m. closed from noon to 1 p.m. and legal holidays.

# Sixteen signs of emotional abuse in a relationship

by Mallory Black, Diné, StrongHearts Native Helpline

No one expects to find themselves in an abusive relationship—Most relationships begin in a good way with kind words and compliments, but they can turn harmful and emotionally abusive at any time.

Emotional abuse is a type of domestic violence that often flies under the radar, but it should always be taken seriously as a form of abuse.

When emotional abuse is present in a relationship, a partner will criticize, threaten or isolate their partner as a way to manipulate and control them.

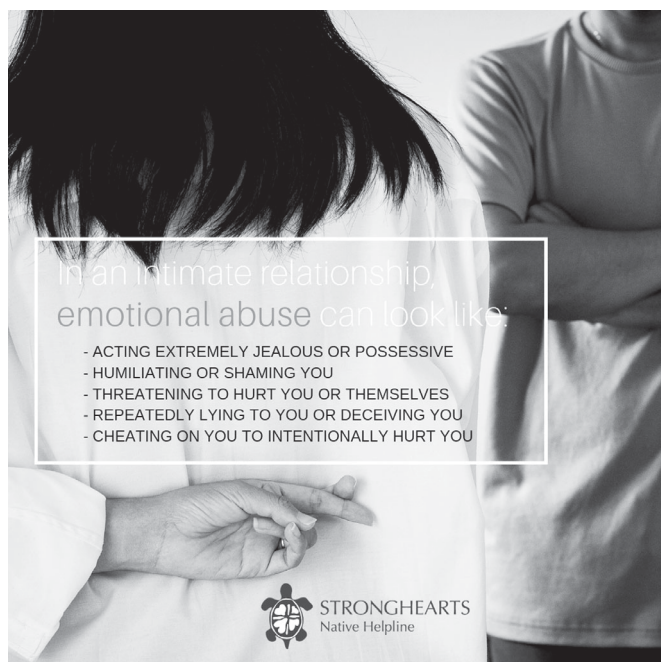
Emotional abuse can be degrading, humiliating and terrifying, often leaving long-lasting scars on one's spirit and self-esteem.

So, how do you know if you're in an abusive relationship? What can you do when a loved one is being emotionally abused? Let's start with recognizing the tactics of emotional abuse.

## Signs of emotional abuse

In an intimate relationship, emotional abuse can look like when a partner:

- Constantly calls you hurtful or degrading names, insults you or criticizes you.
- Acts extremely jealous or possessive of you.
- Humiliates you in any way, or shames you.
- Isolates you from your family, friends or community.
- Blocks you from mak-



ing new friends or joining social groups.

• Ignores your presence for several hours, days or weeks.

• Refuses to listen, speak or respond to you—the silent treatment.

• Explodes in anger toward you or is constantly angry at everything you do.

• Pressures you to commit and becomes angry or sulks when you don't commit.

• Threatens to hurt you or themselves, or uses weapons to scare you.

• Threatens to hurt your children, family members or pets.

• Threatens to take your children away from you or call child protective services (CPS) on you.

• Repeatedly lies about where they are, what they're doing or who they're with.

• Calls you "crazy," "too sensitive," or denies abuse is happening when confronted.

• Cheats on you or flirts with other people to intentionally hurt you.

• Accuses you of cheating in the relationship.

## Likely to escalate

When emotional abuse is present in a relationship, you may feel off-balance, like you're walking on eggshells, or question your judgment more than usual.

This is because an abusive partner uses harmful behaviors like the tactics above to manipulate and control their partner so they feel powerless.

That's why it is so important to trust your instincts when your partner does or says something that doesn't feel right to you.

Emotional abuse is extremely dangerous and detrimental to a person's wellbeing and often has life-long psychological effects.

An abusive partner's behavior is likely to escalate as time goes on, and they will often use emotional abuse in

combination with other abuse types and tactics to obtain and maintain power in the relationship.

People in abusive relationships tend to blame themselves for the abuse or believe they must have done something to deserve the criticism or attacks.

No one ever deserves to be abused. And no matter the abusive partner's reasoning for the abuse, domestic violence goes against our traditional ways as Native people.

It is never acceptable to hurt a partner or spouse in any way.

## Is arguing abusive?

In every relationship, partners can expect to disagree from time to time. Arguments are a normal part of any relationship, but abusive behavior is not.

In a healthy relationship, each partner must commit to being honest, communicating, and trusting the other person.

Each partner must work to maintain healthy communication and avoid hurting the other person emotionally, spiritually and physically.

Above all, each partner must show respect in the relationship, especially when disagreements arise.

In an abusive relationship, any disagreement can escalate into emotionally or physically abusive behavior. Remember, there is never an excuse for abuse.

## Getting help

Recognizing the signs of emotional abuse is the first

step to getting help.

If you or someone you know is being hurt in your relationship, know that you are not alone.

There are people who want to support you, including advocates at the StrongHearts Native Helpline.

**By calling 1-844-7NATIVE (762-8483)**, you can connect anonymously with a Native advocate who can offer a listening ear and support with whatever is happening in your relationship.

You can share as much as you feel comfortable, and our advocates will listen without judgment or blame.

The StrongHearts Native Helpline is available daily from 8 a.m. to 11 p.m.

Advocates also offer crisis intervention, assistance

with finding ways to stay safe, and a connection to Tribal and Native domestic violence resources, if needed. We can also assist concerned friends or family members with ways to help a loved one who is being abused, as well as people who are worried they might be abusing their partner.

It can also be incredibly helpful to lean on family members and your cultural roots for support.

Never forget that you have the strength and courage of your ancestors, too, who dreamed of a world where every one of their relatives would live in safety, happiness and in harmony.

*You deserve to feel safe in your relationship, no matter what.*

**Warm Springs Has INCREDIBLE FAMILIES**

**AUG 15th 2019**  
**FAMILY JAMBOREE DAY**  
**3pm-7pm**

Come Join Us For Some Family Fun Activities!

**NEW this year!**  
**Outdoor Market & Food Vendors**

For more info/Sign ups - CONTACT:  
 MORE INFO: Carol Sähme  
 VENDORs sign-up: Emily Courtney  
 Recreational coordinator emily@wscat.org  
 541-553-3243 541-553-3148

Talent show hosted by Blue Flames  
 PRIZES for contestants  
 Jumping houses  
 Rock climbing  
 Music & More!

Presented To You By:  
 Warm Springs Recreation, Tananawit & Health and Human Services.