

For your Master's of Education

Congratulations, Krysten (Ms. Saldaña) on earning your Master's of Education Degree from George Fox University!

I'm sure your past, present and future students and staff members at the Warm Springs Academy appreciate all your hard work to be the best that you can be for them!

Special thanks to the Confederated Tribes of Warm Springs, and Carroll at Higher Education for supporting and helping Krysten earn her degree.

You are amazing,

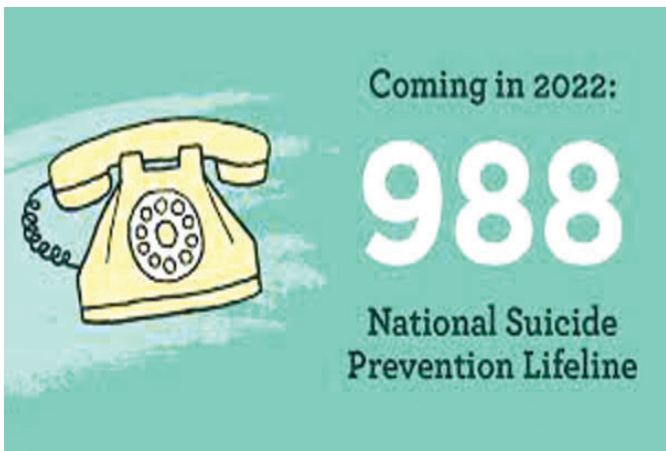


Krysten, and we are so proud of you! Love, Mom, Dad, Dylan and Hayden and Anthony, Keira, Ethan and Olivia.

Coming to Indian Country:

National Suicide Prevention Lifeline

The Northwest Portland Area Indian Health Board suicide prevention project—called Tribal Health-Reaching out InVolves Everyone, or THRIVE—has partnered with the Indian Health Services, tribes and tribal organizations across Indian Country. Together, they are developing the 988 direct 3-digit mental health emergency resource.



Why do we need 988?

Suicide is the second leading cause of death for Native youth ages 10-24. Native communities experience the highest rates of suicide amongst all racial and ethnic groups in the U.S., and suicide rates among American Indian and Alaska Native communities rose by 118 percent between 1999 and 2017.

Suicide is preventable. 988 is one step in the direction of saving lives. This early intervention can reduce the burden on 911 and hospital services. 988 will move mental health and substance use services out of the shadows and into the mainstream; it will send a message that healing and getting help are normal and important parts of life.

will be able to receive confidential services during mental health emergencies with minimal involvement of police or hospitals.

If you live in an area where connecting to 911 is difficult, you may experience the same with 988. Please know that chatting via the suicidepreventionlifeline.org website, texting NATIVE to the Crisis Text Line at 741741, or texting 988 when available in July may be the best ways to connect in this communities.

What happens when you call, or text, 988?

You will be connected with a trained crisis worker from a local crisis center. Wait times are anticipated to

be under one minute. The caller can talk about any emotional crisis, not just suicide.

The crisis worker will use active listening to assess risk, determine if a person is in danger, and assist the person in feeling better and accessing resources. If the crisis worker believes the caller is in danger, he or she will work with the caller to care a safety plan that does not require calling emergency services. Less than 3 percent of calls result in dispatching 911 services.

If you are calling about a friend or family member who is in distress, the person on the phone will walk you through how to help and provide resources.

What is 988?

988 is a direct three-digit line to trained National Suicide Prevention Lifeline crisis counselors that will go live July 16, 2022. With an easy to remember 3-digit number, the Lifeline hopes to reach many more people in emotional crisis. This service is provided free of charge to the caller.

Any person of any age can call or text 988. Services will be available 24/7, year round. They will include a text option, translation services for non-English speakers, accessible options for people who are deaf or hard of hearing, and services for minors.

How will this affect our community?

The impact of 988 will vary from community to community. If your community has reliable phone and 911 services, it will now have access to 988, twenty-four hours a day, seven days a week.

Community members

Full-time and part-time positions available

LIFEGUARD CERTIFICATION CLASS

Registration open until May 7th

Required Dates:
Interview & Prerequisites
May 7th | 8-10:30a
Class Dates/ Times:
May 10th & 12th | 4-8p
May 14th | 9a-4p
May 17th & 19th | 4p-8p
May 21st | 9a-4p

If certified and hired, you'll get paid for the 30 hours of training! Starting pay \$15-\$17/hour.

For more information please visit macredistrict.com or contact 541.475.4253

The Central Oregon Community College First Nations Student Union invites you to celebrate the

2022 SALMON BAKE

SATURDAY, MAY 14
11 A.M. TO 2 P.M.
COCC Madras Campus

And the 10th Anniversary of the COCC Madras Campus!

EVENT & LUNCH IS FREE AND OPEN TO THE PUBLIC

For more information, contact Michelle Cary 541.318.3782 | mcary@cocc.edu

In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability should contact Caitlyn Gardner at 541.383.7237. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.

Black Bear Diner

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