

World Suicide Prevention Day

World Suicide Prevention Day is observed on Sept. 10 and is a day to bring awareness and to take action to prevent suicide around the world. During these uncertain and stressful times attention to suicide prevention and mental health awareness is more important than ever. Many people have reported experiencing increased feelings of isolation, depression, anxiety and other mental health symptoms due to the social distancing that has come in response to COVID-19. Social distancing is an important tool in reducing the spread of the virus but, unfortunately, it can also lead to increased mental health symptoms and increased negative coping skills such as drug and alcohol use, aggression and suicidal thoughts.

During this time it is important that we support each other and use healthy coping skills such as: physical activity, talking to family or friends, art, enjoying time with pets, cooking as a family, outdoor activities, reading, prayer, smudging, and any other healthy activities that make you feel good. There are many programs and people at the Tribe that are here to provide support to Youth Empowerment and Prevention, Youth Education, Behavioral Health, CFS, the Health and Wellness Clinic, Warriors of Hope and many others. To reach any of these programs or any others at the Confederated Tribes of Grand Ronde, please contact the main office at 503-879-5211 or if you are experiencing any suicidal thoughts you can call the National Suicide Prevention Lifeline at (800) 273-8255.

To honor this important day the Youth Empowerment and Prevention team will be hosting a month-long scavenger hunt for incentives. You can follow us at our FB account @Grand Ronde Youth Empowerment and Prevention or our Instagram account @ctgryouthempowerment for all the details. We look forward to seeing your entries until then take care of yourself and take care of each other.

Your Youth Empowerment and Prevention Team

Monthly Family Gathering and Connections

Bridging home, school and community...

Join us for a monthly discussions around:

- Behaviors
- Disabilities
- School meetings
- Support for parent involvement in your child's education
- Self-advocacy-empower yourself and your child
- IEPs, 504s, behavior support plans

Meetings will be held the last Thursday of every month.

Beginning on Jan. 30 from Noon-1 p.m. Adult Education Building

This is a family friendly environment.

Raffle * Food * Beading

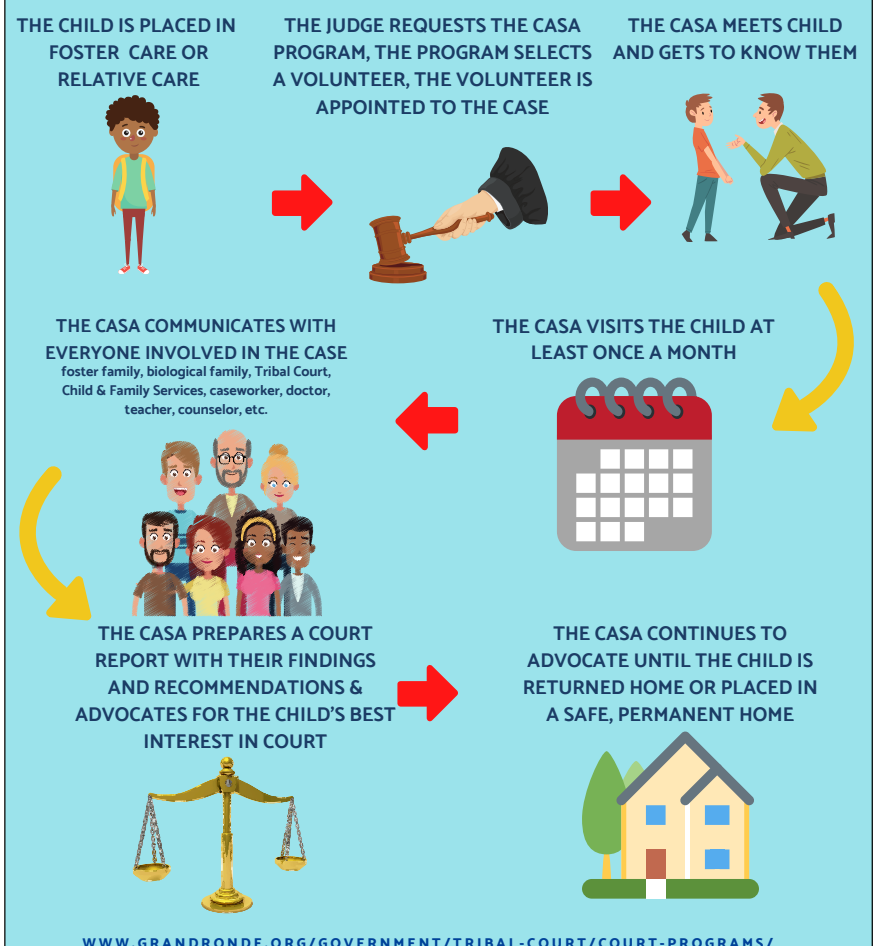


If you have questions feel free to contact:

Audra Sherwood 503-879-2069 or Lyndsey Stuckey 503-879-2095

WHAT DOES A CASA DO?

Follow a CASA Volunteer's Journey to Help a Child Reach Permanency



WWW.GRANDRONDE.ORG/GOVERNMENT/TRIBAL-COURT/COURT-PROGRAMS/

Steps to becoming a Court Appointed Special Advocate (CASA):

- Chat with Tribal Court staff about CASA volunteer work
- Complete the application and authorize a criminal background check
- Submit authorization for child welfare history check
- Come in for formal interview
- Complete **40** hours of initial or pre-service training and court observation

You must complete all steps above before being sworn in as an active CASA volunteer. You may be screened out at any point prior to swearing in. The pre-service training will familiarize you with the needs of children who have been abused or neglected, the CASA's role and the Tribal Court and Child Welfare Systems.

To begin the process of becoming a CASA, please contact us by email courtprograms@grandronde.org or phone (503) 879-2303.

Community Health Program

Medical Transport Services

Medical transportation services are available to Tribal members within the six-county service area when an alternate means of transportation is not available. Advance notice required.

Please call 503-879-2078 to schedule a reservation.

