



HEALTH & WELLNESS NEWS

GOOD MEDICINE in Grand Ronde!



Taken just below Yoncalla Falls on the Rez – May 2021
Photo courtesy of Kandee Little

The Grand Ronde Health & Wellness Center's Behavioral Health Program has started a "Good Medicine" group. It has nothing to do with seeing your counselor or therapist! Our first gathering was last month and we visited beautiful Yoncalla Falls. A Tribal member offered a song to the falls before talking about the importance of the falls to our people.

What else is good medicine? Beading, carving, singing, dancing, making regalia and participating in ceremonies like sweat lodge are examples of Good Medicine. Making connections with your ancestors is the best medicine! Going where they went and doing what they did is a great way to honor your ancestors and to make deep connections. You can find so much peace, balance and spiritual connectedness when you make things like we made long ago.

You are welcome to join our Good Medicine group! There are no assessments, no fees, no mandatory meetings or anything else. Good Medicine is offered free of charge. We provide the supplies, transportation and/or whatever else might be needed.

The thing about Good Medicine is that it brings healing to your spirit. The only thing you can't do when using good medicine is to invite the drug and alcohol spirit in, which you do by using drugs or alcohol. As you get more familiar with practicing Good Medicine, you may find no interest in using mind-altering substances. Many, many Native people say working with their hands to create something provides focus, balance and a happy spirit. Why would anyone want to mess with peace and a happy spirit by adding alcohol or drugs to the mix?

Give Good Medicine a try! For more information, call 503-879-2026.

GOING TO THE HEALTH AND WELLNESS CLINIC? WHAT TO EXPECT!

As a safety measure against the spread of Covid-19, we are still following the CDC guidelines for healthcare. You will be screened at the entrance and masks are required at all times, regardless of vaccination status. Only patients with scheduled visits will be allowed to enter the Clinic.

If you need a same day appointment, please call 503-879-2002.

We Strive to keep our members and Community Safe and Covid-19 Free

KEY MILESTONES in childhood development

SOCIAL & EMOTIONAL

This is when children understand who they are, what they are feeling and what to expect when interacting with others.

COGNITIVE

This is how children think, explore and figure things out. It is the development of knowledge, skills and problem solving, which help children to think about and understand the world around them.

FINE MOTOR SKILLS

This is when children do small movement activities that develop the muscles in their hands, wrists, fingers, feet, toes, lips and tongue.

GROSS MOTOR SKILLS

This is when children do activities that develop muscles that help babies lift their head, sit and crawl and eventually walk, run, jump and skip.

COMMUNICATION & LANGUAGE

Communication and language development is about more than talking. It means all the different ways a child understands and communicates, only part of which are spoken words. Some children use sign language or other ways to communicate their needs.



This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

Conflict Resolution

3 STEPS TO SOLVE



1. Calm your body

Ways to calm:

- ☐ Take deep breaths
- ☐ Get a drink of water
- ☐ Count to 20



2. Figure out if this is a SMALL problem or a **BIG** problem

Small problems are when you feel disappointed, annoyed or frustrated

Big problems are when you or someone else feels scared. Ask an adult for help.

3. Try a peaceful problem solving trick

- ☐ Ignore what's annoying you
- ☐ Say words that mean NO
- ☐ Flip a coin or do ROCK-PAPER-SCISSORS
- ☐ Do something else
- ☐ Share or take turns
- ☐ Apologize
- ☐ Talk it out and use I-MESSAGES
- I was wrong when I _____
- I felt _____
- I am really sorry and I will try to make it better by _____
- when _____
- I hope you can forgive me.
- I would like _____

