

Confederated Tribes of Siletz Indians  
**PORTLAND POTLATCH**  
 May 2022

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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office



**3 PART COMMUNITY CRAFT SERIES!**

We are excited to announce the Portland Area Office will begin a new 3-part craft series.

From May through July 2022, those who sign up each month, will receive a craft kit by mail, to complete at their own pace.

**Our first kit in the series will be Beaded Necklaces!**



**The deadline to sign up is:**  
**Wednesday, May 11th by 4:30 PM**

To sign up, or for more information please e-mail  
 Andrew Johanson at:  
**AndrewJ@ctsi.nsn.us**  
 or call (503) 238-1512 X 1419

## PAO Announcements

# Tending Our Roots

**CITY OF PORTLAND DAY OF AWARENESS  
FOR MISSING AND MURDERED INDIGENOUS PEOPLE**

May 5 @ South Hawthorne Waterfront Park

3PM - 8PM



**CANOE LANDING  
SPEAKERS  
PERFORMERS  
VENDORS  
RED DRESS WALK**

SIGNS AND BANNERS  
WELCOME,  
ADDITIONAL  
MATERIALS PROVIDED  
AT EVENT.



**#MMIPPDX**

## Happenings in PDX



**Come Thru Market: A Market  
Centering Black and Indigenous  
Farmers and Makers**

maintain that environment we ask that you follow the rule of *see something, say something.*

When: Every Monday in May

Time: 12 PM—4 PM

Where: The Redd on Salmon Street

831 SE Salmon St.

Portland, OR 97214

Come Thru Market is an incubator market centering Black and Indigenous Farmers and Makers. We support BIPOC growers in taking their small business dreams to the farmers market environment.

We are an anti-racist market. To help us



**Native American Arts Festival & Mother's  
Day Pow-Wow**

When: May 7th & 8th, 2022

10AM—7PM each day

Where: Riverside Park

304 SE East Park Street

Grants Pass, Oregon

People of the Earth Foundation present the 26th annual Native American Arts Festival and Mother's Day Pow-wow. Grand Entry is at 1PM on Saturday and 12PM on Sunday. Mother's Day Ceremony is on Sunday, May 8th at 3PM. Honoring all women by giving each one a flower representing the "Gift of Life". This is a free family event and everyone is welcome.




# Alcohol and Drug Program

## A & D PHILOSOPHY

The primary philosophy of the Siletz Tribal Alcohol and Drug Program is that alcoholism, chemical dependency and other addictions are progressive illnesses. When left untreated, they can cause emotional, mental, physical and spiritual problems for the person, family and community. Addictions are treatable and staff are personally dedicated to providing culturally relevant treatment services.

## VALUES

The Siletz Tribal Alcohol and Drug Program adheres to the following:

-  The continuous improvement of service delivery.
-  People deserve to be treated with dignity and respect.
-  The value of diversity and cultural sensitivity.

## ADMISSION CRITERIA

Priority for admission to any component of the program is as follows:

**First Priority:** Siletz Tribal members.

**Second Priority:** Family members currently living with Siletz Tribal members, Native Americans who are enrolled in other tribes and Siletz Tribal employees.

**Third Priority:** Non-Native community members who have ties to the Siletz Tribal community.

## SERVICES

### Behavioral Health Case Management

- Community development
- Community education
- Leadership skill building
- Alternative activities
- Individual and community asset building
- Mentorship opportunities
- Support groups
- Cultural activities

### Outpatient Treatment Services






- Evaluation/assessment
- Referral to appropriate resources
- Alcohol/other drug education
- Individual counseling
- Group counseling
- Family treatment
- Cultural/traditional counseling
- Adolescent treatment
- Women's specific treatment
- Intervention
- Recreational therapy
- DUII Services

# Alcohol and Drug Program

## Transitional Services

*(in Siletz Service Area)*

A transitional, residential program is available for men and women who have completed residential alcohol/drug treatment. Services include:

-  Life skill building
-  Domestic violence education
-  Parenting skill building
-  Referral to appropriate resources
-  Support for family reunification

## FEES

### Recovery Mentor Outreach

There are no fees associated with Recovery Outreach Mentor services.

### Outpatient Treatment

Siletz Tribal members and other Native Americans who are enrolled in a federally recognized tribe are eligible for services at no cost to them. Third party payments are accepted. Non-tribal clients will be assigned a fee based on a sliding fee schedule.

### Transitional Living Center

Residents are required to pay 30% of their income for rent and utilities.

## SERVICE AREA

The Confederated Tribes of Siletz Indians service area is made up of eleven Western Oregon counties. Four Tribal offices serve these eleven counties:

-  **SILETZ** – Lincoln and Tillamook Counties
-  **SALEM/KEIZER** – Marion, Yamhill and Polk Counties
-  **EUGENE** – Lane, Linn and Benton Counties
-  **PORTLAND** – Multnomah, Clackamas and Washington Counties

**Andulia WhiteElk,**  
Addictions Counselor  
503-559-1352  
[anduliaw@ctsi.nsn.us](mailto:anduliaw@ctsi.nsn.us)

**Andrew Eddings,**  
Behavioral Health Case Mgr.  
541-270-9717  
[andrew@ctsi.nsn.us](mailto:andrew@ctsi.nsn.us)



# Natural Resources Program



## 2022-2023 Hunting and Fishing Tags Distribution Schedule

Tribal offices are closed to the public due to COVID-19 restrictions. Tribal Members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance (541) 444-8227 or (541) 444-8232

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery***	50	8/27-9/25	8/1 at 8 AM at Natural Resources	First come first served*
	General Rifle	375	10/1—11/4**	8/15	First come
	Antlerless—Adult	12	10/1-11/4	Lottery applications available 8/1; <b>due 8/26</b> ; drawing 9/6; tags issued	Lottery—Open to Elders only
	Antlerless—Youth	8	10/1—11/6	Lottery applications available 8/1; <b>due 8/26</b> ; drawing 9/6; tags issued	Lottery—Open to Youth ages 12-17 only
	Late Archery	50 (minus # of early season tags filled)	11/19—12/11	<i>First Distribution:</i> 10/17 at 8 AM at NR Office <i>Second Distribution:</i> 10/31 at 8 AM at NR Office	First come first served*

NOTE 1: A Tribal Member may obtain only ONE elk tag in their name during the 2022-2023 hunting season (bow, bull and cow tags all count toward the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).  
*Second Distribution:* For any eligible hunter, regardless of what other tags they have received.

# Natural Resources Program

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Elk</b>	Antlerless—Youth	3	8/15—12/31	Lottery applications available 6/1; <b>due 7/1</b> ; drawing 7/5; tags issued 7/6	Lottery—Open to Youth ages 12-17 only
	Early Archery	25	8/27—9/25	8/1 at 8 AM at Natural Resources	First come first served*
	1st Season Rifle	25	11/12—11/15	Lottery applications available 8/29; <b>due 9/23</b> ; drawing 10/3; tags issued	Lottery
	2nd Season Rifle	25	11/19—11/25	Lottery applications available 8/29; <b>due 9/23</b> ; drawing 10/3; tags issued	Lottery
	Antlerless	15	1/1/23—3/31/23	Lottery applications available 8/29; <b>due 9/23</b> ; drawing 10/3; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/26—12/11	<i>First Distribution:</i> 10/17 at 8 AM at NR Office <i>Second Distribution:</i> 10/31 at 8 AM at NR Office (see Note 2 below)	First come first served*
<b>Salmon</b>	Salmon	200	11/1—12/30 (estimate)	8/15	First come first served

\*No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

\*\*Season for Youth ages 12-17 is 10/1—11/6 (2 additional days at end of general season)

\*\*\*Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/7.



## 477—Self-Sufficiency Program

### 477-SSP May Meeting Information:

Zoom information will be emailed directly to current 477 clients.

The 477-SSP program will be hosting monthly trainings. We will send out post cards with more information on how to gain access through zoom.

This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

If you have any questions please make sure to contact your Tribal Service Specialist (TSS).

Anna Renville [annar@ctsi.nsn.us](mailto:annar@ctsi.nsn.us)  
(503) 238-1512 x 1412

Tamra Russell [tamrar@ctsi.nsn.us](mailto:tamrar@ctsi.nsn.us)  
(503) 238-1512 x 1411

### 477—SSP Paid Work Experience

Paid Work Experience will be available to eligible, work ready participants who lack work history, transferrable skills, those that have little to no employment skills and those needing new employment skills.

Participants will be paid for 480 hours.

Support Services may be utilized for work required tools, uniforms (clothing, boots, shoes) and transportation assistance.



#### Who is eligible:

Enrolled members of Federally recognized tribes or descendants.

#### Confederated Tribes of Siletz

Indians: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

Portland Area Office: Tamra Russell  
(503)238-1512 ext. 1411

### Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions, or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville at ext. 1412 or Tamra Russell ext. 1411.

## 477—Self-Sufficiency Program

### Siletz Tribal TANF Program



#### TANF—Temporary Assistance for Needy Families

Cash Assistance can include but is not limited to:

- ◆ Cash Grants
- ◆ Support Services
- ◆ Childcare Assistance
- ◆ Address barriers to self-sufficiency / employment
- ◆ Culturally based Case Management
- ◆ Referrals
- ◆ Job readiness & Job skills Workshops
- ◆ GED & Higher Education guidance
- ◆ Incentives

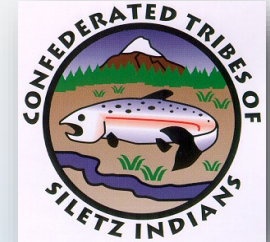


#### Eligibility requirements:

1. Enrolled Siletz Tribal member in household
2. Live in 11-County Service Area
3. Meets income requirements
4. Completes application process to determine eligibility

Contact your local Tribal Area Office listed below or by email: [477ssp@ctsi.nsn.us](mailto:477ssp@ctsi.nsn.us)

<u>Siletz Area Office:</u>	<u>Salem Area Office:</u>	<u>Portland Area Office:</u>	<u>Eugene Area Office:</u>
201 SE Swan Ave. Siletz, OR 97380 541-444-2532	3160 Blossom Dr. NE, Suite #105 Salem, OR 97305 503-390-9494	12790 SE Stark St Suite #102 Portland, OR 97233 503-238-1512	2468 W. 11th Ave. Eugene, OR 97380 541-484-4234



#### Pre-TANF / Diverted Services:

*This Program can provide non-recurrent short term Benefits:*

- ◆ must not exceed 185% of Federal poverty Level for last 30 days
- ◆ Intent is to divert families from becoming TANF participants
- ◆ Expected to have gainful employment within 4 months
- ◆ Services will not exceed four months
- ◆ Eligible families can receive cash grants based on household size
- ◆ Family may be eligible for support services based on barriers identified on case plan

#### Examples of eligible families:

- ◆ On unpaid maternity leave
- ◆ Short term illness/injury

# Education Program

Hello To All Our Tribal Families,

Would you like to be added to our monthly email list serve? At the beginning of each month I email out our program updates to our Tribal families who have signed up for our email list serve. I also include a link to view our monthly Portland area office newsletter. I would be happy to add you to our current email list serve. If you would like to be added please email me, Katy Holland at: [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) or call me: (503) 238-1512 ext. 1418.

For May, we will once again be offering: **JOM Send Home Activity for all JOM families.** These are hands-on, fun activities for the whole family to enjoy together. Please email me if you would like the link to sign up for this. Sign up will open on **May 2nd through the 12th at 4:30pm.**

**Higher Education/AVT/Graduate Level Honor Gathering—June 23rd at 6pm. Celebrating our college and AVT graduates.** Please email Katy if you would like more information for your family.



## Siletz Education Programs Serving Our Tribal Members

◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree (up to 5 years of educational support funding). Each year the deadline to apply is **June 30th.** Applications to apply for Federal student Aid (FAFSA—required) opens **October 1st.**

◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download applications at [www.ctsi.nsn.us/uploads/downloads/education/](http://www.ctsi.nsn.us/uploads/downloads/education/)

Grants/CTSI-AVT-Application.pdf

◆ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office by calling or by email; [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) .

**Please visit our Tribal webpage:** [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

# Education Program

## SILETZ TRIBAL YOUTH ACTIVITY FUND

For enrolled Siletz Tribal Youth: helps fund a variety of programs such as sports, music, camp, cultural supplies and so much more! Download the Youth Activity Fund Application from the Tribe’s website. Look under the “Education” tab. [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

## Graduation Incentives For Siletz Tribal Graduates and Promotions: For All Ages

It is that time of year to get ready for the Tribe’s Incentive Program for our youth (from Preschool/Head Start to 12th grade and college, AVT, and graduates (at all levels). To apply, please fill out the Tribal Incentive Form (found on the Tribe’s website or

contact Katy for the link or if you need a hard copy). Please remember to attach the documentation that is asked for in the application. This program recognizes Siletz tribal students for their academic achievements in the following ways:

Pre K–12	Incentive
Head Start/Preschool	\$10
Kindergarten	\$10
Elementary School	\$20
Middle School	\$50
High school/GED	\$100

Higher Ed/ AVT Achievement	Incentive
One Year AVT	\$100
Two Year AVT	\$200
AA, AS, AAO	\$200
BA/BS	\$75 plus a Pendleton blanket
MA	\$300
PhD	\$300 plus a Pendleton blanket



Tribal Funding is once a year.

The deadline to have your Higher Education Application in is June 30, 2022.

Remember to complete your FAFSA: [www.studentaid.gov/](http://www.studentaid.gov/)

## Education Program

### Siletz Tribal JOM Supplemental Education Program:

Helps to fund K-12 Native American students who are attending a public school in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth.

Applications can be found on the CTSI web page at [www.ctsi.nsn.us](http://www.ctsi.nsn.us). Contact Katy by email at [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) or by calling the Portland Area Office (503) 238-1512 ext. 1418.

### Tribal Temporary Student Assistance Program

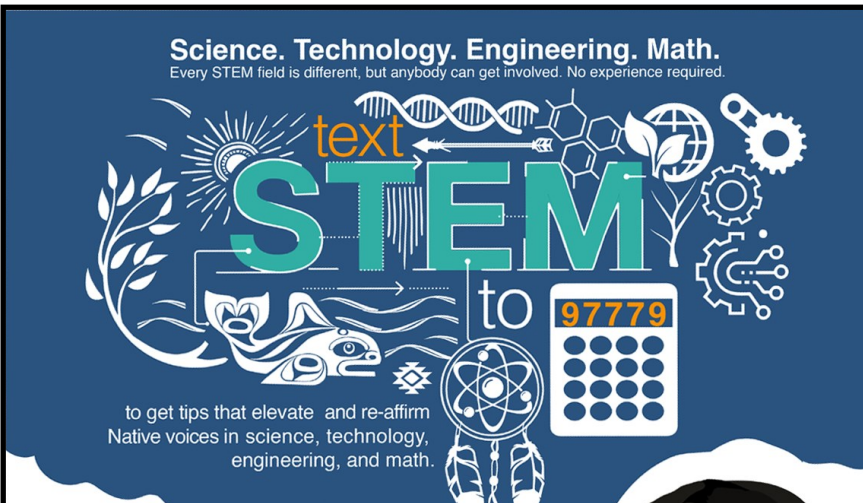
The Tribal Temporary Student Assistance Program (TTSAP) is a time-limited program which assists a student while obtaining higher education for a period not to exceed 6 years. The participant must:

- Maintain full time student status (defined as twelve or more credits

per semester)

- Attend a college, university, vocational, or trade school
- Maintain a cumulative 2.5 GPA

**Applications are open from May 1st -May 31st.** Please visit the Siletz Tribal Housing Department page.



## Education Program

Thinking of attending college during the 2022-2023 Academic year?  
Here's what you need to know

↔ FAFSA Opens for Applications Oct. 1st  
(at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must completed their FAFSA by June 30th*

↔ CTSI Higher Education Grant Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf)

↔ CTSI Graduate Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

Contact an Education Specialist in your area for more information.

Siletz Area &  
Out-of-State  
Jeff Sweet  
[JeffS@ctsi.nsn.us](mailto:JeffS@ctsi.nsn.us)  
541-444-8373

Eugene Area  
Candace Hill  
[CandaceH@ctsi.nsn.us](mailto:CandaceH@ctsi.nsn.us)  
541-484-4234

Portland Area &  
Washington  
Katy Holland  
[KatyH@ctsi.nsn.us](mailto:KatyH@ctsi.nsn.us)  
503-238-1512

Salem Area  
Sonya Moody-Jurado  
[SonyaMJ@ctsi.nsn.us](mailto:SonyaMJ@ctsi.nsn.us)  
503-390-9494

Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.



### Online Tutoring Available

Online tutoring continues to be offered on demand as well as scheduled academic support 24/7 to our Siletz Tribal youth and college students. The program is open to all student K-12, Higher Education, and AVT. Students can also access support for SAT/ACT tests. The program is open to

all students K-12, Higher Education, and AVT. Space is limited, as hours are available. To register, please contact Katy at the Portland area office or email at: [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us).



## Education Program

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# JOM Spring Activity

Open to all JOM registered youth in the  
11-county service area

Sign up for a fun, educational, family engagement activity!

**Registration opens May 2nd, 2022**

**and closes May 12th, 2022**

**Contact your area  
Education Specialist to sign up**

### Portland Area

(503) 238-1512

katyh@ctsi.nsn.us

### Salem Area

(503) 390-9494

sonyamj@ctsi.nsn.us

### Siletz Area

(541) 444-8373

jeffs@ctsi.nsn.us

### Eugene Area

(541) 484-4234

candaceh@ctsi.nsn.us

## Education Program

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# CTSI ANNUAL STUDENT GATHERING

Join the CTSI Education Department as we  
celebrate and honor our 2022 Higher Education,  
AUT, and Masters graduates!

All students and their families are welcome!

**June 23rd at 6pm via Zoom**

Registration closes June 10th at 4:30pm

**CONTACT YOUR AREA EDUCATION SPECIALIST**

**TO SIGN UP AND GET THE ZOOM LINK**

### Katy Holland

Portland Area

(503) 238-1512

katyh@ctsi.nsn.us

### Sonya Moody-Jurado

Salem Area

(503) 390-9494

sonyamj@ctsi.nsn.us

### Jeff Sweet

Siletz Area/Out of Area

(541) 444-8373

jeffs@ctsi.nsn.us

### Candace Hill

Eugene Area

(541) 484-4234

candaceh@ctsi.nsn.us



## Virtual Culture/Language Nights



**CTSI VIRTUAL CULTURE NIGHTS**

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

**Upcoming Dates:**

**May 11 at 6 pm: Camas**

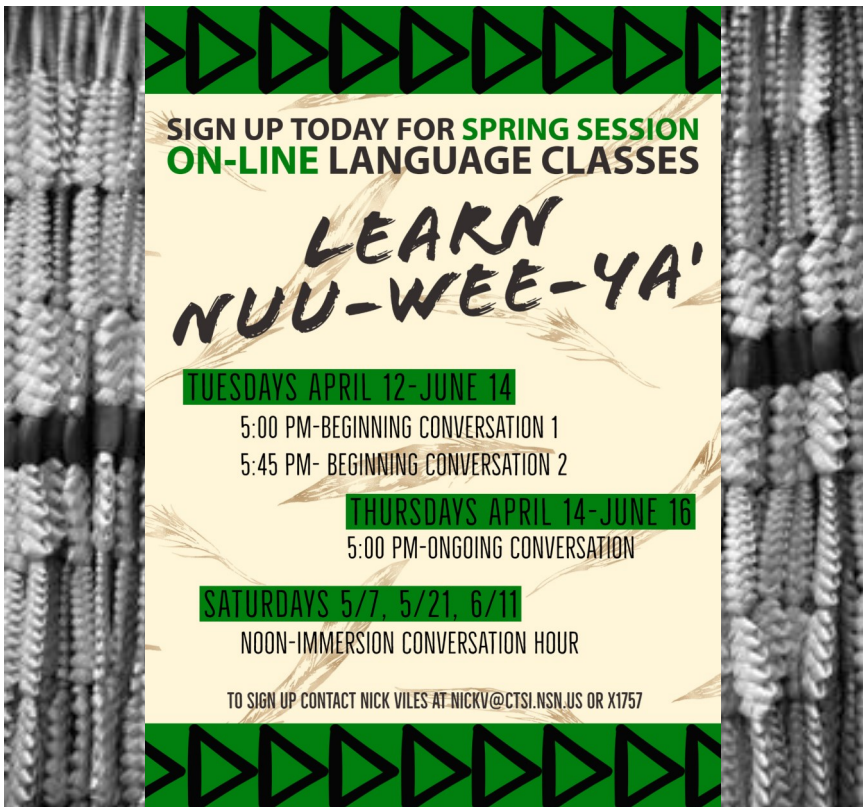
**June 8 at 6 pm: Tule and Cattail**

For access to study materials please log in on the Tribe's website:

[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

For more information or to sign up please contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or call (541) 484-4234 ext. 1757.

Sponsored by the Education and Culture Departments



**SIGN UP TODAY FOR SPRING SESSION ON-LINE LANGUAGE CLASSES**

**LEARN NUU-WEE-YA'**

**TUESDAYS APRIL 12-JUNE 14**  
5:00 PM-BEGINNING CONVERSATION 1  
5:45 PM- BEGINNING CONVERSATION 2

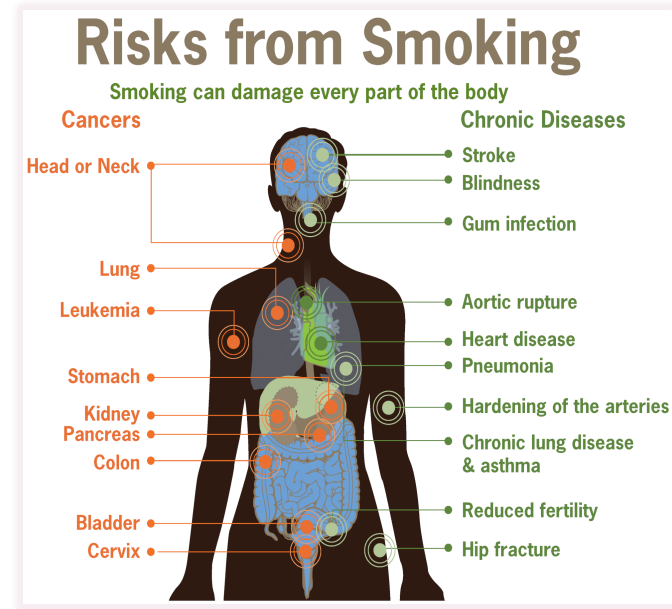
**THURSDAYS APRIL 14-JUNE 16**  
5:00 PM-ONGOING CONVERSATION

**SATURDAYS 5/7, 5/21, 6/11**  
NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:NICKV@CTSI.NSN.US) OR X1757

## Tobacco Prevention Program

Tobacco Related Cancers for the Month of May



### Melanoma and Skin Cancers:

Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.

### Bladder Cancer:

Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain. Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma.

**Commercial Tobacco Quitline 1-800-QUIT-NOW**  
AI/AN Line now available (option 7) 1-800-784-8669

# Home Visiting Program

Please help us spread the word! Siletz Tribal Home Visiting is now serving all federally recognized and Alaskan Native families who meet the eligibility requirements. Families must be in our 11 county service area and be expecting or have a baby less than 12 months old. Please contact our Home Visitor for more information and eligibility requirements, Lori Christy, [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us) or (503) 390-9494.

Children are learning all the time as they play and interact with others and the world around them. Providing a variety of things for your children to explore and play with, things to experience and many interactions with you and others is a perfect way for them to learn. Here are a few things you can try.

### Counting Fingers and Toes

Toddlers love to count their fingers and toes. Count their fingers or toes out loud while pointing to each one. Help them learn how to touch each one only once as you count out loud. As they try it on their own they may count out of order, that is very normal and not important at this stage. The more you count fingers and toes and other objects they will eventually learn the concepts of numbers.

For different variations of this learning activity for toddlers and twos, count the stairs as you go up and down, count bubbles floating in the air, or count the number of plates in the dishwasher.

**Skills learned:** Basic number skills and one-on-one correspondence skills.

### Helping Errands

Little ones love to help, so send your toddler on different “errands” around the house. Have them go get their shoes, take a toy to their room, find their cup, etc. Not only does this give your one-year-old a sense of independence and accomplishment, but they are also learning to listen and follow directions.

**Skills learned:** Understanding directions and memory skills.

### Finger Painting

Finger painting is fun for children of all ages, although it can be a bit messy. If the weather is nice and you can go outside, and you are okay with some mess, then go for it. But if you want to stay inside without a mess, here are some suggestions. Put some tempera paint in a Ziploc bag and let your child squish and spread the paint around through the plastic bag. You might want to use a slightly thicker bag like a freezer bag. You can tape the bag to the table so it stays in one place. If you want something to save you can put a piece of paper in the bag with the paint.

**Skills learned:** Sensory integration - exploring with touch and sight, fine motor skill development as well as creativity.

# Behavioral Health Program



### Spring has arrived!

The saying is, April showers bring May flowers. We experienced snow into the middle of April! As Oregonians, we know we’re in for more rain, but here’s hope that the flowers will be spectacular. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you’ve been meaning to make.

**Sometimes, we experience loss. When we do, it’s important to grieve. Here are some aspects of grieving that are natural and completely reasonable:**

- 1) Allow yourself to fully experience the pain of your loss. It can be hard to allow pain in, but it is a natural part of the grieving process. It can be detrimental to your health to avoid that pain, and can even cause long-term damage to your mental health. Grief is a part of life. That being said, it is also okay to put your grief away for a while, especially when it becomes overwhelming.

- 2) Talk with others, particularly people who have experienced a similar type of loss. No one understands how you feel, but people with similar experiences can share how they coped.
- 3) Express your grief through creative processes such as art, dance, music.
- 4) Be sure to keep physically active. It is a hard time to do so, but all the more important to keep mental health struggles such as depression at bay.

### A May haiku by the MHS:

April showers passed,  
May flowers are here to bloom,  
Is that really snow?

### Traditional Healing

For the people of the Siletz tribe, spring is a good time to rekindle the family’s passion. Go to pow-wows together, participate in feather dances, go clamming together. Talking circles, sweat lodges and smudging are all traditional medicines that the Siletz people have found quite powerful throughout time.

**Virtual Appointments Only  
(Portland/Salem Area Offices)  
(503) 200-4340**



# Vocational Rehabilitation Program

## Overcoming the Stigma of Mental Illness and Harnessing Your Super Powers!



People living with a BPD patient need to:

- Keep your word
- Encourage responsibility
- Offer honest feedback
- Don't escalate arguments

### Effects of BPD:

- Substance abuse
- Self-mutilation
- Suicidal behavior
- Depression
- Antisocial
- Eating disorders

### Treatments for BPD:

- Medication
- Group therapy
- Brief hospitalization
- Psychotherapy



Bipolar Personality Disorder (BPD) is characterized by individuals who may experience unstable moods, exhibit chaotic behaviors, and struggle with daily functioning. Tribal communities play a key role in the healing of their members from the history of colonization, generational and family traumas (i.e., removal of children into foster care or previously, boarding schools). It truly does take a village to facilitate the healing of tribal members through cultural, traditional, and healing arts.

**Symptoms:** (vary from person to person)

- Distorted self-image

- Feelings of isolation, boredom, worthlessness, and emptiness
- Mood swings, sometimes severe and sudden
- Feelings of anxiety
- Loss of interest in routine activities
- Suicidal thoughts
- Delusions
- Unstable relationships

**Causes:** Research indicates that BPD is an adult survivor's reaction to childhood trauma. Genetic and environmental factors may play a role.

# Vocational Rehabilitation Program

**Strengths:** Individuals with BPD are highly Creative, Intelligent, and can become Great Leaders, Storytellers, Artists, and Healers! Through the use of their Super Powers, they can bring about positive changes to the social fabric of society.

### Self-Care:

- Find a Support Group to share experiences and feelings
- Explore emotion regulation coping skills (i.e., Dr. Marsha M. Linehan – Dialectical Behavior Therapy – Skills Training Manuals)
- Develop and maintain healthy social relationships by practicing with the group
- Psychotherapy and sometimes, medications can help an individuals' stabilization

**Accommodations:** Specialized Job Placement – where the individual's behaviors can be accommodated, assignment of a Job Coach or Peer Mentor to facilitate communications, intervene in crisis, and help the individual adjust to their work environment. Show unconditional love and acceptance and keep your word!

## Vocational Rehabilitation Counselors:

Jamie Bokuro (Siletz)

541-444-8266 ext. 1266

Toni Leija (Salem)

503-390-9494 ext. 1861

Tamra Russell (Portland)


503-238-1512 ext. 1411

Makayla Jackson (Eugene)

541-484-4234 ext. 1752

## BORDERLINE PERSONALITY DISORDER

**Between 0.5% and 1.7% of people have borderline personality disorder**



**MEN ARE AS LIKELY AS WOMEN TO HAVE BORDERLINE PERSONALITY DISORDER**

**Ages: 30-39**

**PEOPLE AGED 30-39 MORE OFTEN HAVE BORDERLINE PERSONALITY DISORDER THAN PEOPLE AGED 18-29, THEN 50-65, AND THEN 40-49**

### BPD and SUICIDE

**75%** APPROXIMATELY 75% OF THE PEOPLE WITH BORDERLINE PERSONALITY DISORDER ATTEMPT SUICIDE

<b>###</b>	<b>&lt;40</b>	<b>10%</b>
CHILDHOOD SEXUAL ABUSE, SUBSTANCE ABUSE, AND MAJOR DEPRESSION INCREASE AMOUNT OF SUICIDE ATTEMPTS	MOST SUICIDE ATTEMPTS OCCUR BEFORE THE AGE OF 40	OF THE PEOPLE WITH BPD COMPLETE SUICIDE

### COMORBIDITY

- ▶ A HIGH PERCENTAGE OF PEOPLE WITH BORDERLINE PERSONALITY DISORDER CONTINUE TO SUFFER FROM EPISODES OF AXIS I DISORDERS OVER TIME, EVEN AFTER 6 YEARS.
- ▶ AFTER 6 YEARS, 75% ALSO HAD A MOOD DISORDER, 60% AN ANXIETY DISORDER, 34% AN EATING DISORDER, AND 15% A SUBSTANCE USE DISORDER.
- ▶ THE BIGGEST PREDICTOR OF A REMISSION FOR BPD IS THE ABSENCE OF A SUBSTANCE ABUSE DISORDER

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## Memorial Day-Virtual Sharing



*Memorial Day*  
Virtual Community Sharing Night

May 25, 2022 at 6 pm via Zoom

Sponsored by the Education and Culture Departments  
Contact Nick Viles (nickv@ctsi.nsn.us) or Buddy Lane (buddyl@ctsi.nsn.us) to sign up




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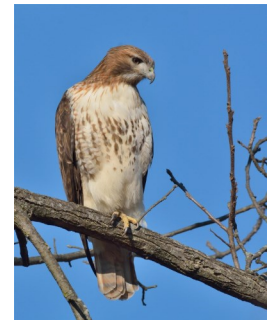
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## Other Contact Numbers

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Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	1-(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	1-(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177