



CONFEDERATED TRIBES OF SILETZ INDIANS PORTLAND POTLATCH - FEBRUARY 2023



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The Planning Department Presents:

PAO Community Meeting March 9 at 5:30 PM

The PAO Planning Community Meeting is scheduled for March 9th at 5:30.

The meeting will be both in person and on Zoom.

Your input is needed to communicate your needs and priorities and for grant writing, the Planning Department wants to spend more time listening to you. They will also be updating you on various projects they have completed as well as what is in progress. The Planning Community Meeting will be hybrid with in-person and Zoom connection.

Zoom link: <https://us06web.zoom.us/j/6206272290>

To join by phone: call 1-253-215-8782 and enter the meeting ID: 6206272290.

If you have any questions, please contact the Planning Department at 1-800-922-1399 ext. 1257.



**All Tribal Offices will be closed
February 20, 2023 for Presidents Day**

PAO Announcements

Elders SHOPPING Days



Elders Shopping Days are Back!

Shopping days will be the 1st and 3rd Thursdays of each month. Elders, please call the Temporary Portland Elder's Representative Sandi Steele to be added to the passenger list for Elders Shopping Days at (503) 819-2931

Hi Tribal Members!

We get asked quite a bit what location we are at, and when are we going to be moving to the new PAO building. We are still in the current PAO office located on Stark Street. We do not have any moving details yet but we will be sure to get the word out when we are informed of our moving date.



General Council Meeting

February 4, 2023

In Siletz

Summer Internship Program

2023 College Students Summer Internship Program

Students attending college can apply for the Tribe's 2023 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Chief Administrative Officer, Lisa Norton, or the Education Specialists at any Tribal area office to request an application.

The purpose of the program is to provide funding for a paid internship to Tribal students to gain work experience in their field of study that will help them be competitive in the job market after graduation. There are 10 slots available paid at Tribal minimum wage and for up to 350 hours. Students will be responsible for securing their own placement. We are available to assist, but ultimately it is the student's responsibility to locate and develop a placement. There are a limited number of placements available with the Tribe. Due to COVID, at this point, most Tribal placements will likely be remote.

Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, and must be completed by Sept. 30, 2023.

Students should send a completed application and an unofficial copy of transcripts to:

Mail: CTSI
Attn: Summer Internship Program
P.O. Box 549
Siletz, OR 97380

Online: www.ctsi.nsn.us/summer-intern-application/

Email: collegeinterns@ctsi.nsn.us Fax: 541-444-2307

The deadline to apply for the program is **4:30 PM on March 31, 2023**. If you have questions about the program, please contact Lisa Norton at the above email address or by calling (541) 444-8210.

477-Self Sufficiency Program

477-SSP February Meeting Information:

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 Self-Sufficiency Counselor.

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

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



The 477 SSP program offers many services for Siletz Tribal Members and other Tribal Members from federally recognized tribes. These services are in place to help our people attain self-sufficiency by removing barriers to employment. For a full list of those services please visit the CTSI website: <https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>



Your Success is Important to Us!

If you have questions, or to apply, please call the Portland Area Office (503) 238-1512 and speak with one of our Self-Sufficiency Counselors; Anna Renville ext. 1412 or Tamra Russell ext. 1411.

Community Health Program

February: American Heart Month

Jamie Boe, Community Health Advocate

Heart disease is the number one killer worldwide. Protect your heart by living a healthy lifestyle, so that you can share it with the ones you love for years to come.

Risk Factors

Approximately 47% of all Americans have 1 of 3 key risk factors for heart disease

- High Blood Pressure
- High Cholesterol
- Smoking Cigarettes



Other Symptoms: Age, Family History, Diabetes, Obesity, Physical Inactivity, Eating Disorders, Drug and Alcohol Use, Men have the greater risk

Symptoms

Symptoms can vary widely, from not having any symptoms, to having a heart attack or losing consciousness

Watch for Pains: Chest pain, shoulder blades, jaw, left arm, or upper abdomen

Prevention

Physical exercise (this can be as simple as taking a walk), heart healthy diet, quit smoking, get good sleep, and get regular health screenings. For more information, please visit: <https://www.cdc.gov/heartdisease/prevention.htm>



Behavioral Health Program



Not all talks are easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder. Winter holidays can be stressful, to the point of overwhelming for folks. Remember, even too much stress caused by happy events, can be overwhelming. In the midst of holidays and winter, some people start having thoughts of ending their lives. If you or a loved one has these thoughts, please know that you are not alone. Many people have these thoughts from time to time. What is important is to take action against them.

It's hard, but, talking openly about suicide saves lives. Don't

be afraid to ask, are we talking about suicide?

What to do about suicidal thoughts or risk:

- 1) Call the national suicide prevention line: 988 (just like 911, but, 988)
 - 2) Text the national suicide prevention line: Text TALK to 741741 (really works!)
 - 3) Call a crisis line:
24/7 county suicide prevention lines:
Multnomah County: 503-988-4888
Clackamas County: 503-655-8585
Marion County: 503-585-4949
- 3) Reach out to family, seek the services of a counselor, talk to someone trusted.

(Continued on next page)

Behavioral Health Program

Don't forget, Mental Health Specialist Rachel is always accepting new clients! Call and schedule an appointment, and she can help you learn skills to get you where you want to go.

Winter Haiku:

Hope in winter's chill
A single snowflake falls free
The world is still alive.

Upcoming Youth Events:

February 11: Minecraft, 10:30AM to 1PM

February 18: Youth Council, TBD

Traditional Coping

For the people of the Siletz tribe, our Elders are an ever-important resource

to utilize. Chances are, they have experienced most, if not all, of the stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people as well.



Fridays: Advance Appointment Needed
Virtual Appointments Continue (Portland/Salem Area Offices)
(503) 200-4340

TRANSPORTATION PROGRAM

Provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area

To request a transport please call:

Richard Faber
(541) 444-9633



Education Program

Preparing For College

Below are websites and links for students and parents to look into to find out how you can best be prepared for college in the future.

OSAC (Oregon Student Access & Completion):

Supports students, families, and communities in Oregon through career and college information, planning, and guidance.

OSAC Scholarships :The OSAC Scholarship Application provides current and future Oregon students one easy application to apply for multiple scholarships at one time. OSAC awards more than \$10 million scholarships annually through more than 600 scholarships. These scholarships include:

- Oregon Opportunity Grant
- Oregon Promise Grant
- Oregon Tribal Student Grant
- Oregon Student Child Care Grant
- Chafee Education and Training Grant
- Deceased or Disabled Public Safety Officer Grant
- Oregon Barber and Hairdresser Grant Program
- Oregon National Guard State Tuition Assistance.
- Oregonstudentaid.gov/scholarships



Connect with ASPIRE: ASPIRE is Oregon's statewide career and college readiness program which offers education, resources, and mentoring to students. ASPIRE sites are located across the State of Oregon in high schools, middle schools, and community-based organization. They also offer some of the best and comprehensive webinars to be prepared for applying for college, aid and scholarships. You can view many of the resources for ASPIRE at <https://oregonstudentaid.gov/>

Education Program



Scholarship Opportunities

Be sure to check out these Native American scholarships with March application deadlines!

Veryl & Dorothy Miller Native American Vocational Scholarship

assists Native American residents of Oregon for use in pursuit of post-secondary education or training at an accredited institute. **Deadline March 1, 2023** <https://oregonstudentaid.gov/scholarships/>

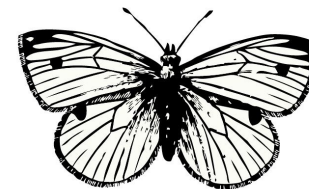
Howard Vollum American Indian Scholarship

assist American Indi-

an students planning to enroll full time in an undergraduate or graduate course of student in STEM (Science, technology, engineering, math.) **Deadline March 1, 2023** <https://oregonstudentaid.gov/scholarships/>

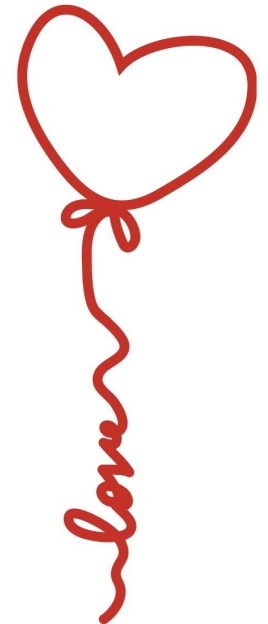
Cobell Scholarship: Funds Native American student in undergraduate and graduate programs. This scholarship is merit based. **Deadline March 31, 2023.** (undergraduate) Apply online at: cobellscholar.org

For more news of other scholarship please visit the Tribe's website: www.ctsi.nsn.us or contact Katy [katyh@ctsi.nsn.us](mailto:katy@ctsi.nsn.us)



Opportunities Guide and Workbook

The Opportunities Guide helps high school students choose the right college, understand admission requirements, identify types of financial aid and more. Please contact Katy for an issue to be sent to you or a link to read it online.



Education Program



CTSI YOUTH COUNCIL

JOIN US FOR OUR FIRST HYBRID YOUTH COUNCIL MEETING OF 2023!

FEBRUARY 18TH FROM 11AM TO 3PM
PHYSICAL LOCATION TBD
ZOOM OPTION AVAILABLE

LIMITED TRANSPORTATION AVAILABLE FROM THE AREA OFFICES

CONTACT YOUR AREA OFFICE TO SIGN UP

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or katyh@ctsi.nsn.us

Education Program

Siletz Education Programs Serving Our Tribal Members

applications at www.ctsi.nsn.us

- ◆ **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 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.
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download

For more information please contact Katy at the Portland area office (503) 238-1512 ext. 1418 or by email; katyh@ctsi.nsn.us .

HIGH SCHOOL THROUGH GRADUATE SCHOOL

STUDENT GRADUATION STOLE PROGRAM

2023 GRADUATES CAN SUBMIT A REQUEST FORM JANUARY 1ST, 2023 TO MAY 31ST, 2023.

CONTACT AN EDUCATION SPECIALIST FOR AN APPLICATION

Katy Holland Portland/Washington Area KatyH@ctsi.nsn.us	Jeff Sweet Siletz Area JeffS@ctsi.nsn.us	Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us	Candace Hill Eugene/Out-of-Area CandaceH@ctsi.nsn.us
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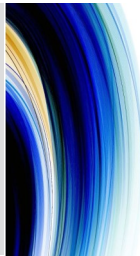
Applicant must be an enrolled Siletz Tribal member at time of completion/graduation.

Education Program

JOM SUPPLEMENTAL EDUCATION PROGRAM

We would like to encourage all of our Tribal families with enrolled Siletz children from three years old through high school to sign up for our JOM Supplemental Education Program. JOM can assist youth to pay for registration for sports, music and/or other activities such as: academic supplies, sport specific shoes of up to \$50 per request and more. The program can also provide school supplies if you have not received school supplies this year. JOM can also help to purchase cultural supplies. Please email or call Katy for an application or get one online at <https://www.ctsi.nsn.us/youth/>

Provides up to \$150 per year to cover costs for extra curricular activities as well as cultural projects and/or educational and other needed supplies for Siletz tribal youth. For more information and the application please visit our tribe's website: www.ctsi.nsn.us



SILETZ TRIBAL YOUTH ACTIVITY FUND



**CHECK OUT OUR SILETZ TRIBAL
YOUTH FACEBOOK PAGE.
YOU WILL FIND UP TO DATE
ANNOUNCEMENTS AND NUMEROUS
OPPORTUNITIES FOR OUR YOUTH!**

Education Program

2022-2023 CTSI College Information Nights

Sponsored by the
Education Department

6PM VIA ZOOM



College Information Night III

02/16/2023

- Re-cap from Night I & II
- Overview of CTSI Student aid programs
 - (STHD Temporary Student Housing Assistance; 477 Self Sufficiency Classroom training; Adult Ed.; AVT; HE; CTSI Student Laptop Program; Education Committee Scholarships)
- Guest Presenter: Learning Campus life
- Guest Presenter: Learn about a Voc. training program



College Information Night IV

04/20/2023

- Re-cap of CTSI Student aid programs
- Deadline Reminders
- Guest Presenter: Learning Campus life
- Guest Presenter: Learn about a Voc. training program

Contact an Education Specialist to Sign Up!

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or katyh@ctsi.nsn.us



Virtual Culture/Language Nights

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

February 8 at 6 pm: Exploring Family History

March 15 at 6 pm: Hazel

*Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up*

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



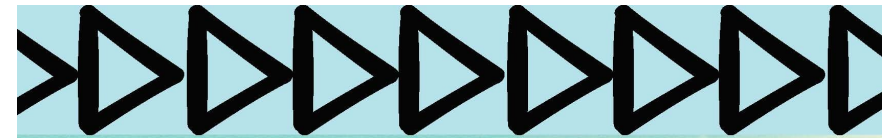
DO YOU LIKE WHAT YOU ARE READING SO FAR?

Like our Facebook page to get updates on important information and activities.

Confederated Tribes of Siletz Indians -
Portland Area Office - Home | Facebook



Virtual Culture/Language Nights



SIGN UP TODAY FOR WINTER ON-LINE
LANGUAGE CLASSES

**LEARN
NUU-WEE-YA'**
(OUR LANGUAGE)

TUESDAYS, JANUARY 3-MARCH 7

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

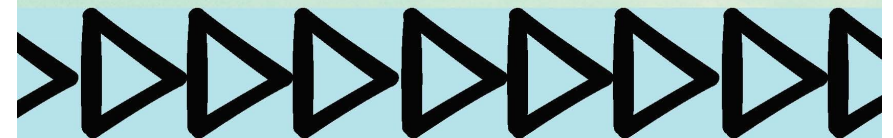
THURSDAYS, JANUARY 5 -MARCH 2

5:00 PM-ONGOING CONVERSATION

SATURDAYS 1/28, 2/18, 3/4

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR 541-484-4234 X1757



How to Avoid Denials With PRC

- **Make sure you have completed an annual update.** If you are not sure you are due for and update, then you probably are.
- **If the patient benefit coordinator reaches out for Oregon Health Plan information, please respond.** If you do not have other insurance, you will not be required to pay for it, but if you qualify for OHP, then you must apply for it. If you do not participate with the patient benefits coordinator, you will not be eligible for services until that has been done.
- **Call in all visits in to PRC immediately after the appointment is created or changed.**
- **Specialty care must go through the Gatekeeping Review Committee.** Once you have received your approval letter in the mail, schedule your appointment then call Purchased Referred care for your authorization number (Specialty care is anything that cannot be done at your Primary Care Providers office).

Remember to call PRC 541-444-1236 or 800-628-5720 for an authorization number or email SiletzPRC@ctsi.nsn.us for your authorization number.



IMPORTANT PRC INFORMATION Effective March 1, 2023

All Tribal Members that live within a 40 mile radius must receive Medical, Dental and Vision care and services at one of the three Indian Health Service (I.H.S.) or Tribal health care facilities.

If a Tribal Member is in the middle of dental treatment, they will be able to finish until completed. However, after the dental treatment is done, the Tribal Member will be required to be seen at one of the three I.H.S. or Tribal health care facilities.

If you are unsure whether you live within the 40 mile radius, please contact Siletz PRC at 800-628-5720 or email to SiletzPRC@ctsi.nsn.us

Contact numbers for the I.H.S. or Tribal health care facilities:

Siletz Community Health Clinic: 1-800-648-0049

Chemawa Health Clinic: 1-800-452-7823

Grand Ronde Health & Wellness Center: 1-800-422-0232

Utilization of these facilities is required, unless being referred out for Specialty Care.

Purchased Referred Care



Alternate Healthcare Benefits 2023

Alternate Healthcare benefits are available to all enrolled Siletz Tribal members in the 11-county service area. Dependents and descendants are not eligible for alternate healthcare benefits. You must have a current update on file to receive benefits.

The available benefits are Acupuncture, Chiropractic care, Naturopath and Massage therapy. These benefits are available 4 times per year at the beginning of each quarter as long as funding is available. It is on a first come first served basis.

The patient will then receive a letter that lets them know what they are eligible for, how many visits, and the benefit dollar amount. The letter also provides information that they can give to their provider, so they are aware of the payment process. Each patient is eligible for a maximum of three visits up to \$75.00 per visit per day per quarter. Anything over that becomes patient responsibility.

To apply for the Alternative Healthcare benefit, please call 1-800-628-5720 or you can email Purchased Referred Care staff at SiletzPRC@ctsi.nsn.us

Vocational Rehabilitation Program

February Disability Awareness: Ehlers Danlos Syndrome

Ehlers-Danlos Syndrome is a group of hereditary disorders (14 types) that affect the connective tissues of the body. Connective tissues are crucial to providing strength and flexibility to the skin, bones, blood vessels and other organs.

If an individual presents with signs and symptoms, then urgent medical attention may be necessary in severe cases. Ehlers is very rare (less than 200,000 cases per year). It runs in families which predisposes a family member to an increased likelihood of getting it. Due to the syndrome being genetic, it may not be preventable.

Common Symptoms:

- Overly flexible joints, loose joints that dislocate easily, joint pain
- Stretchy and fragile skin that bruises easily, soft and velvety skin, non-healing damaged skin
- Muscle pain, extreme tiredness, dizziness
- Increased heart rate, (especially after standing), heart valve problems
- Digestive problems such as heartburn and constipation
- Urinary incontinence
- Protruding eyes

Questions to ask your Doctor:

- Is my condition treatable or is it life-long?
- Are there any complications?
- Is there a special diet to follow?
- Should I make changes to my routine or lifestyle?

Nutrition

Raw vegetables and fruits, dairy products, meats and increase the intake of fluids to stay hydrated. Avoid foods rich in sugar and foods that contain gluten.

Accommodations: worksite modifications, assistive technology, referral for mental health counseling and support groups. Contact your local Vocational Rehabilitation Specialist for more information.

Makayla Jackson
Eugene Area Office
541-484-4234, ext. 1752

Toni Leija
Salem Area Office
503-390-9494, ext. 1861

Tamra Russell
Portland Area Office
503-238-1512, ext. 1411

Home Visiting Program

Is Home Visiting for you?

If you are expecting a baby or have an infant under age one, Home Visiting just may be for you! We serve federally recognized American Indians, Alaskan Natives and Native Hawaiian families in our 11 county service area.

Home visiting

- Increases parenting knowledge and skills
- Provides support and encouragement for parents
- Connects to community resources as needed
- Has lessons on a wide variety of topics from child development, parenting tips, nutrition and life skills such as budgeting, communication and more
- Is culturally sensitive and evidence based
- Helps you to reach your goals

If you have questions or would like more information please contact our Family Support Specialist, Lori Christy at loric@ctsi.nsn.us or 503-390-9494.

Here are a couple of fun valentine activities to try with your little one.

Heart Scribbles – Tape a piece of paper to your child’s high chair tray or

another safe surface they can reach.

Give them some crayons to color and scribble with all over the page as they want. When they are done you can cut

the paper into two heart shapes.

Using another piece

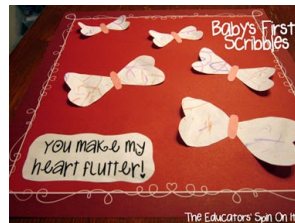
of paper cut

a long oval to make a butterfly body.

Attach the two heart tips to the body with glue or tape to look like a butterfly. If you want to you can place the butterfly on a piece of paper and add the words “You make my heart flutter”

Felt Hearts – Cut different sizes of hearts out of colorful pieces of felt or other fabric. Find a plastic bowl or bucket and let your child have fun putting them in the bucket and pulling them out. You can talk with

them about the colors, sizes and textures as they play. You can also describe what they are doing. “You put the red heart in the bucket.”



Alcohol & Drug Program

RESILIENCE AND RECOVERY

Recovery can often leave you feeling vulnerable, especially on the hard days. Even though you know coping mechanisms to help you get through periods of difficulty, there will be times you get knocked down on your feet and won't know how to get back up. This is where resiliency comes in. Even when you feel that there is no way to continue moving forward, you must push through. If you lack resilience, you are more likely to relapse when you stumble. Instead of focusing on the bad and allowing yourself to wallow in your struggles, resiliency will motivate you to find ways to get back up. Knowing how to strengthen your resilience will help you overcome even the most difficult struggles that you experience.



HOW TO STRENGTHEN YOUR RESILIENCE

When you find yourself at a low point in your recovery, try methods to develop and strengthen your resiliency. This way, you are more prepared to avoid relapse and continue maintaining your recovery. Here are some ways to improve your resilience:

ACCEPT CHANGE

Life is not linear, and neither is healing. You cannot expect to live in a comfortable bubble for your entire recovery journey. Changes will come, some that are good and some that are not so good. Remember that change is a natural part of life and surrender to this fact. Accepting these changes and still having a hold on your life will help greatly as you continue working on your recovery.

Extras

Siletz Clinic COVID Resource Line

(541) 444-9636



PublicAlerts

VISIT PUBLICALERTS.ORG

Receive emergency notifications via
landline, mobile and email.



211info ★

2-1-1

*The easiest way to find
health and human services.*

TEXT
zip to 898211
 DIAL
211
 SEARCH
211info.org

Free. Live. Confidential.

Crisis Text Line for Natives—Call or Text

Dial 988
from any phone to get help.

If you need immediate help now,
Text **NATIVE** to 741741.

Portland Area Office Staff

Name/Title	Contact Information
Tamra Russell Interim Area Office Supervisor	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512 x 1418 katyh@ctsi.nsn.us
Vacant Comm. Health Advocate	(503) 238-1512 x 1413
Dianna Edenfield Administrative Services Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Self-Sufficiency Counselor II	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Self-Sufficiency Counselor II	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings BH Case Manager CADC1, CRM	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Zinn Mental Health Specialist	(503) 238-1512 x 1417 rachelz@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503) 238-1512 x 1414 anduliaw@ctsi.nsn.us
Katrina Hudson Web Content Specialist	(503) 238-1512 x 1415 katrinah@ctsi.nsn.us



12790 SE Stark St.
Suite 102
Portland, OR 97233
Phone: (503) 238-1512
Fax: (503) 238-2436

Other Contact Numbers

Name/Program	Number	Name/Program	Number
Siletz Community Health Clinic	(800) 648-0449	Purchased Referred Care (PRC)	800-628-5720
Siletz Administration Building	(800) 922-1399	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Non-Emergency Medical Transport	1-(541) 444-9633	Kay Steele Portland Elders Rep.	(503) 760-4746