

Portland Potlatch

MARCH 2021

Inside This Issue:

Community News	1
Behavioral Health	2-3
477-SSP	4-5
Education	6-7
Summer Internship	8
TPEP	9
Home Visiting	10
A & D	11
Community Health	12
Just For Fun	13
Staff Directory	15



CTSI Tribal Youth Online Academic Support

***24/7 On-Demand Access to Online Professional Tutors**

***All Subjects and Grade Levels-Including College and University**

***Individualized Help**

***All Tribal Students Eligible to Apply, Regardless of Residence**

To sign up contact your local education specialist:
Siletz and Out of Area-Alissa alissalectsi.nsn.us; PDX- Katy Katy@ectsi.nsn.us;
Salem and Eugene-Sonya sonyamj@ectsi.nsn.us

PLEASE NOTE:
On-line tutoring access is funded with US CARES Act Funds: Students **MUST** register by October 31, 2021. Tutoring hours are available on a first-come first-serve basis as resources are available



Siletz Tribal Veterans
For information and assistance from Tony Molina, Tribal Veteran Representative, call 541-270-0569 or email tonym@ctsi.nsn.us



Behavioral Health

A word on the benefits of groups:

Mental health counseling has many different styles and formats. One of those that can be highly beneficial and often overlooked is group therapy. In group therapy, people from different walks of life, but who have a common mental health struggle or experience they've been through, come together to talk about that common thread. People that come together in group, heal both as a group, and on an individual level.

Benefits of attending a group can include:

- 1) It can feel good to hear similar issues from others and realize you really aren't alone.
- 2) It can be a good place to get feedback from others on how you have dealt with something, or how you plan to deal with something.
- 3) Groups can empower you to conquer a fear or obstacle you haven't conquered yet, when you hear about the successes of others

conquering similar fears and obstacles.

- 4) It can be a safe space in which you can tell your story and receive validation for your feelings, without worrying about causing undue stress or emotions on others.



On the works for the Area Offices and Siletz:

Elizabeth Madden, the Prevention Coordinator, and Rachel Adams, the Mental Health Specialist for the valley, have started running a virtual group for youth ages 12-17, via Zoom. The group meets Mondays at 4pm, until 5pm. This group will focus on teaching youth Mindfulness. Defined simply,

Behavioral Health

mindfulness is doing exercises and activities that help you focus on the present moment, while still acknowledging your current emotions and mental state. Please contact Elizabeth or Rachel for more information, and be on the lookout for upcoming flyers and announcements!

sweat lodges are all traditional methods of health and healing for the Siletz peoples too, as well as ways to help us connect with the Creator. While the pandemic remains, of course, please practice social distancing outside of your family unit to help keep the community safe.

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 formulas for how to deal with many typical life troubles. Smudging, talking circles, drumming, dance, and

Portland Area Office

Virtual Appts M-F
(503) 238-1512
X1417

Salem Area Office

Virtual Appts M-F
1-(503) 390-9494
x1864

Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177

THE TRIBE IS IN NEED OF CERTIFIED HOMES TO CARE FOR TRIBAL CHILDREN IN NEED OF EMERGENCY, SHORT TERM AND LONG TERM PLACEMENT

Do you have room in
your Heart
for one
more?

**TO SEE HOW YOU CAN HELP PLEASE CALL TODAY.
SILETZ TRIBAL INDIAN CHILD WELFARE DEPARTMENT
541-444-8272**

477 Self-Sufficiency Program

Core Services

477-SSP Program

Need assistance with finding a JOB!!
Core Services is what you need.

Services:

- ◆ Job Referrals
- ◆ Resumes
- ◆ Cover Letter
- ◆ Employment Counseling/Coaching
- ◆ Job Search Assistance
- ◆ Mock interview

Support Services :

- ◆ Interview Clothing
- ◆ Transportation
Directly tied to job opportunity

Apply Today in your Area Office

Must meet eligibility criteria and services are available on a budgetary basis



Confederated Tribes of Siletz Indians

Siletz Administration Office
Lincoln & Tillamook
PO Box 549
Siletz, OR 97380
Phone: (541) 444-2532

Salem Area Office
Marion, Polk, & Yamhill
3160 Blossom Dr. NE Suite 105
Salem, OR 97305
Phone: (503) 390-9494

Portland Area Office
Clackamas, Multnomah, & Washington
12790 SE Stark Suite 102
Portland, OR 97233
Phone: (503) 238-1512

Eugene Area Office
Benton, Lane, & Linn
2468 West 11th Ave
Eugene, OR 97402
Phone: (541) 484-4234



477 Self-Sufficiency Program



info on how to access through YouTube, or zoom.

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

We look forward to seeing everyone again and assisting you during this continued pandemic.

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

Anna Renville annar@ctsi.nsn.us or Tamra Russell tamrar@ctsi.nsn.us

503-238-1512

477 SSP March meeting information:

Interpersonal Communication
March 16th at 1:30pm–3pm.

The 477 SSP program will be hosting monthly trainings. We will be sending out post cards with more

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self-Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

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

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, or Tamra Russell.

SPRING BREAK 2021 MARCH 22ND - 25TH JOM YOUTH

Register by **3/15/2021** for the following Spring break items to be delivered to your door - Scavenger Hunt; Terrarium kit; Jump Rope; Tie Dye kit & Snack basket.

Contact your local Education Specialist for the registration link.

Alissa Lane-Keene | Siletz Area @ AlissaL@ctsi.nsn.us

Sonya Moody-Jurado | Salem Area @ SonyaMJ@ctsi.nsn.us

Katy Holland | Portland Area @ KatyH@ctsi.nsn.us

Nick Viles | Eugene Area @ NickV@ctsi.nsn.us

This event is intended for JOM students between the grades of Head Start and 12th grade residing within the eleven county service area.



Check these scholarships out!

- Veryl & Dorothy Miller Scholarship—for vocational Training.
- Cobell Scholarship: Opportunities available for graduate, undergraduate, and vocational training. Deadline: March 31, 2020 (undergraduate) May 31, 2021 (vocational training) Apply online: <http://cobellscholar.org/> -
- American Indian College Fund: - American Indian Graduate Center: Graduate and Undergraduate Scholarships for Graduate Students Apply online: <https://collegefund.org/> <https://>

Funding Available for Youth Extracurricular Activities

JOM: JOM/Supplemental Education Program for eligible youth has funds to help pay for extracurricular activities, sports fees, supplies, and cultural projects for students.

Siletz Youth Activity Fund: Offers up to \$125 per year to cover fees for costs related to extracurricular activities or cultural activities/supplies for Siletz tribal students.

Please don't hesitate to use these funds for your kids.



Siletz Tribal Youth Council!
March 21st
11:00am
Via Zoom



Area Office Contact Info

Portland: Katy Holland
(503) 238-1512, Katyh@ctsi.nsn.us

Salem: Sonya Moody-Jurado
(503) 390-9494, Sonyamj@ctsi.nsn.us

Eugene: Nora Williams
(541) 484-4234, NoraW@ctsi.nsn.us

Siletz: Jacob Reid
(541) 270-1909, Jacobr@ctsi.nsn.us



Please join for opportunities to learn leadership, travel, & get to know CTSI youth from across Oregon (& beyond via Zoom)

Youth Council is for ages 12 to 24. Middle School, High School, & Higher-Ed students welcome!

College Students Summer Internship

2021 College Students Summer Internship Program Deadline

Students attending college can apply for the Tribe's 2021 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 Assistant General Manager, Lisa Norton, or the education specialists at any Tribal area office to request an application.

This program assists Tribal students with identifying internship placements to gain work experience in their field of study. Up to Ten slots are available for 2021. Students can work up to 360 hours at Tribal minimum wage and can be placed within or outside of the Tribe. The COVID-19 pandemic may require internships to look a little different this year, so please be patient as we navigate this together.

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, but must be completed by Sept. 30, 2021.

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

By Mail	By Fax	By Email
CTSI	541-444-2307	collegeinterns@ctsi.nsn.us
Attn: College Internship Program		
PO Box 549		
Siletz, OR 97380-0549		

Deadline for applications to be received at the Siletz central administration building is **4:30 p.m. on March 31, 2021.**



Tobacco Prevention Education Program

E-Cigarettes/Vape Pens



What are e-cigarettes? E-cigarettes are a form of an Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, flavoring; and other additives that are known to have adverse health effects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes?

Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now.

Most e-cigarettes contain nicotine, which has known health effects.

- Nicotine is highly addictive.
- Nicotine can harm adolescent brain development, which continues into the early to mid- 20's.
- Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and

tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include; nicotine, volatile organic compounds, ultrafine particles, cancer causing chemicals, heavy metals such as nickel, tin and lead, and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, that it still causes second-hand exposure for those who are around and inhale. E-cigarettes can also weaken your immune system causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have less chemicals in them, they still cause the body harm and Individuals who start using e-cigarettes are 4 times more likely to start smoking.



If you are interested in quitting commercial tobacco products, there are several Nicotine Replacement Therapy's (NRT's) available that are proven to help assist. Here are a few that are Over The Counter (OTC) that you can pick up from a store at a cheaper rate than cigarettes. Nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until your ready to quit for good.

Commercial Tobacco Quitline
1-800-QUIT-NOW
AI/AN Line now available
(option 7) 1-800-784-8663

Language

ONLINE LANGUAGE CLASSES AND SPEAKING GROUPS ARE BEGINNING MID-MARCH 2021

Learn Nuu-Wee-Ya'

MONDAYS AT 5:00 PM DROP-IN SPEAKING GROUP

THURSDAYS AT 5:00 PM BEGINNING CONVERSATION

SATURDAY MARCH 13 AT 11:30 AM KICK-OFF Q+A

Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up

Home Visiting

Virtual Home Visiting

Have you been thinking about Home Visiting but have concerns about someone coming to your home due to COVID? No worries! We can do virtual visits. During this COVID season we are not meeting in the home or office. We can meet by phone, FaceTime, Google Duo or the like. When weather permits we can meet outside if you prefer following all the safety protocols, wearing masks and staying 6 feet apart.

Who is Home Visiting for?

We serve Siletz families who are expecting a baby or have a baby under one year of age (continuing until the child is three). Our Family Spirit curriculum, developed by the John Hopkins Center for American Indian Health, is evidence based and culturally

sensitive to native families. Some of the aims are to increase parenting knowledge and skills; promote optimal physical, cognitive, social/emotional development for children birth to three years; prepare children for early school success; link families to community services to address specific needs; promote parent's and children's life skills and behavioral outcomes across the life span. Bottom line – we want to help provide parenting and life skills for you to have a successful and positive parenting experience.

For more information please contact Lori Christy, Home Visitor at 503-390-9494 (Salem Area Office) or 541-272-2241 (cell)



Behavioral Health - Alcohol & Drug Program

Denial and Recovery

Most of us use denial to protect ourselves from the awareness that we are addicted. In its simplest form, denial is a lack of information. We experience symptoms we don't understand, so we push them out of our thoughts. Denial can become a conscious suppression. We know we are experiencing something painful, but we consciously push it from our mind because of shame, guilt or unwillingness to look at what's causing the pain. There are 3 levels of denial, they are;

Mild denial-lacking the information needed to understand what is happening.

Moderate denial-consciously pushing unwanted memories or thoughts from the mind.

Severe denial-unconsciously repressing the memories or thoughts. Adverse symptoms are present when the person has no idea of

what is causing the symptoms.

Denial can save us from feeling anything temporarily but it can also keep us going in our addiction and become a run away train of the very emotions that we are trying not to feel. Some tips to support recovery from denial are:

Honestly examine what you fear. Think about the potential negative consequences of not taking action.

Allow yourself to express your fears and emotions.

Try to identify irrational beliefs about your situation.

Journal about your experience.

Open up to a trusted friend or loved one or professional.

Ask for help

Recovery is an ongoing process, and overcoming denial is just one of many steps towards restoration.

**Recognize
Acknowledge
Forgive Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

Donate to STAHS through Amazon Smile

You can donate to the Siletz Tribal Arts and Heritage Society (STAHS) painlessly and effortlessly. It's as easy as 1,2,3,4.

1. Go to Amazon.com
2. In the Department drop down box, type Amazon Smile.
3. See Amazon smile— You shop. Amazon gives.
4. Follow the easy directions.

Thank you for supporting STAHS!

Meditation: A simple, Fast Way to Reduce Stress



- Helps reverse heart disease
- Helps control thoughts
- Increases energy
- Reduces stress
- Provides a sense of calm, peace and balance

Issue: "I have too much on my plate, and I feel totally overwhelmed and anxious."

Your Meditation: Stand and feel your feet on the ground, the distribution of weight between them, and, with your eyes open, begin walking at a normal pace. Slow down and notice the sensation of your legs moving up and down. Your mind will wander, but that's OK—when it does, bring it back to those sensations. This will help ground your energy and make you feel balanced again. —J.S.

From The Mayo Clinic

If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace.

Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment.

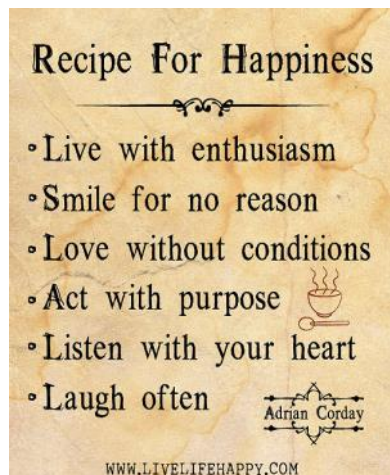
Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction.

It is thought that some of the possible benefits of meditation include:

- Reductions in pain and enhances the body's immune system
- Reduces feelings of depression, anxiety, anger and confusion
- Increases blood flow and slows the heart rate

To read the complete article please visit the Mayo Clinic website link below:

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



Happy St. Patrick's Day

C	I	T	L	E	C	O	P	C	A	H	A	R	P
G	W	K	P	A	E	E	T	L	E	G	E	N	D
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L	G	U	A	F	E	O	E	R	T	T	V	C	S
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I	H	O	B	B	G	S	N	I	I	A	G	M	M
M	S	O	A	D	A	I	T	N	M	E	R	B	R
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R	R	C	P	N	B	L	E	O	I	I	E	A	C
I	I	T	I	R	A	R	N	W	C	C	N	R	K
C	S	I	P	O	C	A	T	M	A	D	M	N	A
K	I	I	E	C	I	P	H	C	L	O	V	E	R
G	M	A	G	I	C	A	L	A	R	O	I	Y	T

CORNED BEEF
RAINBOW
BLARNEY
POTATO
COINS
SHAMROCK
GOLD
MAGICAL
IRISH
BAG PIPE
CABBAGE
MARCH
HARP
SEVENTEENTH
GOOD LUCK
CLOVER
WHIMSICAL
LIMERICK
GREEN
GAELIC
CELTIC
LEGEND

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**Confederated Tribes of
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 Portland Area Office**

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 12790 SE Stark St., Suite 102
 Portland, OR 97233

Phone: (503) 238-1512
Fax: (503)238-2436

Hours:
 Mon—Friday
 8:00 AM—4:30 PM

www.ctsi.nsn.us



EAGLE t'a'-lhki



CTSI Resource Line

541-444-9613



We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials.

We have hard to find items available for general membership. This includes:

- Thermometers
- Hygiene and sanitation items
- Smudge kits
- and more!

Available while supplies last

If you need assistance, call us Monday through Friday between 9am-3pm.



Portland Area Office Staff:

Name/ Title

Contact Information

Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Community Health Advocate	(503) 238-1512 x1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512, X1400 diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

Other Numbers:

Name/ Program	Number	Name/ Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	503-238-1512	Siletz Community Health Clinic	800-648-0449
Salem Area Office	503-390-9494	Angelina Artiago Portland Elder's Rep	(503) 760-3899
Eugene Area Office	541-484-4234	Kay Steele Portland Elder's Rep	(503) 760-4746