

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 July 2022



Inside This Issue:

PAO News 1-3

477/SSP 4-6

Suicide Prevention 7

Natural Resources 8-9

CARE 9-11

Behavioral Health 12-13

Education 14-19

Culture/ Language Nights 20-21

Home Visiting 22

TPEP 23

Voc. Rehab 20

Resources 21-22

Staff Directory 23

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



In mid-August, the Portland Area Office will be hosting a summer activity event. You and your family will be signing up for the summer activity event online so that we have a thorough count of all the Tribal Members that would like to participate. Once we have more information, postcards will be mailed out with all of the details!



PAO Announcements

3 PART COMMUNITY CRAFT SERIES PART II

Our third kit in the series will be beaded necklace kits!



The deadline to sign up is:

Wednesday, June 15th 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

Happy 4th of July



Happenings in PDX

Noon Tunes Summer Concert Series

Where: Portland Courthouse Square

The Noon Tunes Summer Concert Series returns for its 30th year on Tuesdays throughout July and August. From noon-1:00 pm enjoy music from some of Portland's best regional and local musical talent. With nine FREE concerts, dancing, and some of Portland's favorite food vendors at Carts on the Square, the Square is



sure to be Downtown's summer lunchtime destination. For a list of dates, please visit Pioneer Courthouse Square's website:

<https://www.thesquarepdx.org/event/noon-tunes-summer-concert-series-2/>

Happenings in PDX

Piano Push Play has returned to PDX!



You might notice pianos around PDX with "Play me" painted on them. Play them! This organization rescues and resurrects pianos, then places them randomly around public places in PDX. The hope is that everyone can enjoy live piano music, whether playing or listening, without having to go to a concert hall. This will encourage a break down of barriers between musicians and listeners and create access for **everyone** to experience live piano music.....for free!

Oaks Amusement Park - Where The Fun Never Ends!




Don't forget about Oaks Park! There is always something fun to do for everyone there.

Oaks Park opened back in May of 1905 and still offers enjoyment today! Oaks Park offers rides, roller skating, games and miniature golf.

Oaks Park is excited to announce that this season their historic carousel and Oaks Park train are free to ride!

For more information: <https://www.oakspark.com/>

477—Self-Sufficiency Program



477-SSP July 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
 (503) 238-1512 x 1412
 Tamra Russell tamrar@ctsi.nsn.us
 (503) 238-1512 x 1411



**Pandemic Emergency Assistance Fund
 School Clothing / School Supply Program**

The 477-Self Sufficiency Program (477-SSP) received limited funds from the American Rescue Plan Act of 2021. The funding allows the Program to provide limited non-recurrent short-term benefits for eligible Siletz Tribal member households. The 477-SSP will provide a one-time allowance for clothing and school supplies

for children attending in-person classes for the 2022 – 2023 school year.

Eligibility Requirements Include:

- Application for Assistance;
- Siletz Tribal member household – Verification required;
- Reside in the United States;
- State issued identification for head of household;
- Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required;
- Provide verification children are included in benefit group;
- School age children in Kindergarten through 17 years of age;

477—Self-Sufficiency Program

- Valid email address for head of household.
 - W-9 form if the head of household is not a Siletz tribal member
- correspondence from the 477-SSP via email. The Program will issue payments twice per month until funds are expended or the application deadline is met.
- By completing this application, you understand that all funds must be applied to school clothing and school

The 477-SSP will accept applications from June 21, 2022 – August 12, 2022. All pending documentation must be submitted by August 19, 2022. If approved for services, the 477-SSP will issue a \$350.00 clothing allowance for eligible children and \$50.00 school supply allowance for eligible children.



Applicants will be served based on completion date on a first come first serve basis, as limited funding is available. Once the funding allocation has been reached, additional households will be denied. You will receive all

supplies for the children listed in the approval notice. Completing the attached application is not a guarantee of services even if the application is completed prior to August 12, 2022. The application is posted on the CTSI website. Please contact the staff below to be emailed an application.

Mail applications to:
 CTSI
 Attn: 477-SSP
 3160 Blossom Dr. NE STE #105
 Salem, OR 97305

For an online application:
<https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>

Email/Fax
477ssp@ctsi.nsn.us
 (541) 444-8334

For information please call:
 Angelica Espino (503) 390-9494 ext. 1853
 Lori Christy (503) 390-9494 ext. 1863



477 Self-Sufficiency Program

EMERGENCY ASSISTANCE

Confederated Tribes of Siletz Indians 477-SSP

Eviction
Are you being evicted or facing homelessness?

Utility Shut Off
Have received shut off notice for utilities (electric, water, sewer)

Native American
Enrolled Siletz Tribal Member or enrolled in a federally recognized Indian Tribe and reside in the CTSI service area.

Exhausted all Resources
You have utilized all other funding sources i.e. Housing Dept. LIHEAP, other Community agencies.

100% of Federal Poverty Level
Not sure what your poverty level is, call one of the area offices.

Taking Action
CTSI Area Offices:
Siletz Administration Office: Jamie (541) 444-8266
Salem Area Office: Angelica (503) 390-9494
Portland Area Office: Anna (503) 238-1512
Eugene Area Office: Jen (541) 484-4234
**other criteria may apply.

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 Tribal Service Specialists; Anna Renville ext. 1412 or Tamra Russell ext. 1411.

Suicide Prevention Event

Siletz Suicide Prevention Community Event

JULY 19, 2022 @ 5:00 PM TO 6:00 PM VIA ZOOM

- 988 Crisis Line Information
- Other resources for suicide prevention
- Community Support
- Everyone is welcome



Contact for Details:

Elizabeth Madden: elizabethm@ctsi.nsn.us

Jacob Reid: jacobr@ctsi.nsn.us

Please sign up by 11th to receive a gift for participation



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](#)



Natural Resources Program

2022-2023 Hunting and Fishing Tags Distribution Schedule

The 2022-2023 hunting and fishing tag distribution table and information is available on the CTSI website under the Natural Resources tab or by clicking the following link:

<https://www.ctsi.nsn.us/fish-wildlife/>



CUT WOOD FOR THE ELDERS DAY

WHEN: SATURDAY, JULY 16TH

WHERE: TRIBE'S LOGSDEN ROAD PROPERTY

TIME: 8 AM–2 PM

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the first “Cut Wood For The Elders Day” of the year on **Saturday, July 16th**. The woodcut will be held on the **Tribe’s Logsdan Road Property to the right of the Tribal Food Distribution Warehouse** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don’t have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until around 2:00 pm.

The goal of this event will be to deliver firewood to as many elders as possible. The Elders’ Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to

elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.

If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Be sure to mark your calendars for the final woodcut of the year that will be held on September 17th.



Siletz CARE Program

SILETZ CARE PROGRAM

Trauma Recovery Support Group

WEDNESDAYS AT 5:30 PM

SELF Curriculum
Art Journals
Vision Boards
Native Medicine

This group is available to anyone age 18 and up who has experienced any form of trauma. We will follow the SELF Curriculum and meet via Zoom. This will be a closed group, if you are interested please contact Rachelle: RachelleE@ctsi.nsn.us

A Radical Act of Love

If you or someone you know:

- is sexually active and need safe sex supplies
- is homeless and need snacks, socks, hygiene supplies, gloves and beanies
- Uses drugs and needs Narcan, clean needles and clean kits
- Need help accessing Behavioral Health, Alcohol and Drug Treatment, Peer Support, Domestic Violence Support...

Please reach out to Shawnee or Shelia. We are available Monday—Friday 8AM-4:30PM. We are a FREE and CONFIDENTIAL service.

Siletz Harm Reduction

Shawnee Lacewell (541) 270-6732
Sheila Aviles (541) 272-9083

HIV and HEP C testing, Syringe exchange,
NARCAN distribution, Safe sex supplies,
Peer support

Free and
confidential
services provided
by people who
care

Siletz CARE Program

Domestic Violence & Sexual Assault

Confidential - Culturally Specific - Advocacy Services

- We serve members of the Siletz community
 - Enrolled members of any Tribe within our 11-county service area
 - Siletz Tribal members in any location

Educating and empowering our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.

CARE office line and DV Advocate:

(541) 444-9680

SA Advocate:

(541) 444-9615

Education/Outreach:

(541) 444-9638

24- Hour Hope Line:

(541) 994-5959

C - Community

A - Awareness

R - Respect

E - Empowerment



Siletz CARE Program



T-shirt contest!



LOWRIDERS IN RECOVERY RAISING AWARENESS ON HUMAN TRAFFICKING THROUGH A HARM REDUCTION LENS IN INDIAN COUNTRY.



Send in a design no later than July 22nd, 2022 @ 4:30 to Sheilaa@ctsi.nsn.us



For a chance to win a \$200 amazon gift card, your design will be put on a T-shirt, stickers and more!



Behavioral Health Program

In the heat of summer:

Summer plans are established and the weather is being more cooperative than not. Children are embracing their freedom, while parents may be struggling to keep them entertained while also working full-time. Parks with water features are a great source of entertainment. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.



Oakridge, 2019 (photo by Rachel Zinn)



Boost your mental health in the summer to get ahead of those potential winter blues:

- 1) Exercise— It can be harder to get out and be active with this heat, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day. It helps to try and plan your day; are you more likely to workout in the early morning hours, before it gets hot, or in the evening once it has cooled down?
- 2) Being mindful of current COVID protocols, it helps to boost your mental health to make connections with family and friends. It's okay to meet virtually, too, it still boosts the mood.
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

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

Behavioral Health Program

July's haiku, by Dana Rodriguez (SAO):

Summer is here - Yay!

Enjoy the sun it's divine

Warm up your spirit

Send a haiku/poem to the MHS and get it published (first-come-first-served):

rachelz@ctsi.nsn.us

Traditional Coping

Traditional methods of healing include smudging, talking circles and drum-

ming. July is a great month to get your children to virtual culture camp (call the tribe for details!). And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in their Native heritage, though we continue to meet virtually for now. Many programs still come together to produce content on the CTSI Youth Facebook Page. Please come check it out! There are stories, art projects, and public service announcements and much more! Maybe you can create a video, too!



TRANSPORTATION PROGRAM

The program provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area.

To request a transport, please call Richard Faber at (541) 444-9633

**ALL REQUESTS
MUST BE MADE
48 HOURS
AHEAD OF TIME**

Education Program

Hello families— The Education program is bringing new opportunities your way for July and August—which include the Tribal Youth Assistance Program for our teens, the Summer Stream JOM Program with activity kits and Oregon State Fair tickets in August. We hope you will take advantage of these programs this summer.

We are asking all parents of Siletz Tribal youth to complete or update a new JOM/ Supplemental Application. This can be found on the Tribes web site.: <https://www.ctsi.nsn.us/youth/>
For more information contact Katy Holland at (503)238-1512 ext. 1418 or katyh@ctsi.nsn.us

NEW THIS YEAR!

OREGON TRIBAL STUDENT GRANT Apply Soon!

This new grant for the next upcoming school year 2022-2023 is meant to cover the average cost of attendance

after all federal and state grants and scholarships have been applied to all eligible Oregon colleges to offset the cost of attendance. This grant is specific to Oregon colleges and students who are enrolled in the nine federal recognized tribes in Oregon.

For more information and a application please visit: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>

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

- ◆ **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 (503) 238-1512 ext. 1418 or by email; katyh@ctsi.nsn.us

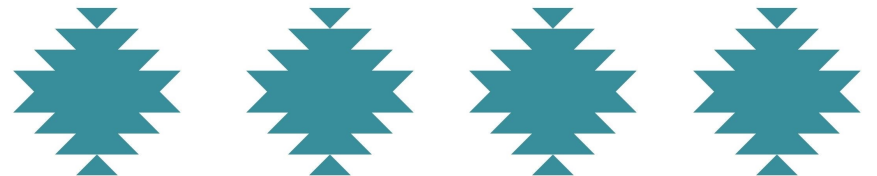
Education Program

**JOM ACTIVITY
STATE FAIR
TICKETS**

EDUCATION at the FAIR: MUSIC PLANTS ANIMALS
ARTS & CRAFTS AGRICULTURE

Open to JOM Registered Youth within the 11-county Service Area.
Registration: July 1st - August 5th at 4:30pm
Each JOM registered youth will receive 1 ticket and are eligible for up to 2 adult tickets per household AND a free COVID Care Kit
Contact your area Education Specialist to sign up

<u>Katy Holland</u> Portland Area (503) 238-1512 katyh@ctsi.nsn.us	<u>Sonya Moody-Jurado</u> Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us
<u>Jeff Sweet</u> Siletz Area (541) 444-8207 jeffs@ctsi.nsn.us	<u>Candace Hill</u> Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us



Education Program

The JOM program provides funding to help pay for educational support, extra curricular activities, sports, fees, lessons and cultural projects for students from any federally recognized tribe (or 1/4 blood quantum, and attending public school. Applications can be found on the CTSI web page at www.ctsi.nsn.us. Contact Katy by email at katyh@ctsi.nsn.us or by calling the Portland Area Office (503) 238-1512 ext. 1418.



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

COVID-19 Tribal Youth Assistance Stipend

For Tribal member students between the ages of 14-18 (as of 7/1/22) returning to a high school or GED program in the fall
**Seniors must provide a copy of your transcript for grade level verification*

Deadline to apply is August 1st, 2022 by 4:30 PM.

Contact your Education Specialist for an application.

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

Education Program

INCENTIVES FOR SILETZ TRIBAL MEMBER GRADUATES



The Siletz Tribe would like to recognize all of our graduates of 2021 - from Head Start to Doctorate Degrees. To receive your incentive please submit the Incentive Application, a copy of your diploma, report card, promotion, GED and Tribal enrollment. The application can either be emailed to you or you can find it on the CTSI webpage under Services/Education/College.

JOM Youth Summer STREAM Kits

BIA CARES Summer STREAM kits are designed to enhance learning and prevent learning loss during Summer Break.

<p>July</p> <p>Applications open July 1st</p> <p>Deadline to submit your application is July 14th at 4:30 PM.</p> <p>The Microsoft Form must be completed by July 15th at 4:30 PM.</p>	<p>August</p> <p>Applications open July 25th</p> <p>Deadline to submit your application is August 4th at 4:30 PM.</p> <p>The Microsoft Form must be completed by August 5th at 4:30 PM.</p>
---	--

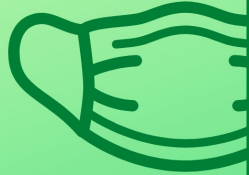
If you apply for the July kit by the deadline, you won't need to complete a new application for August.

Contact your Education Specialist for an application.

Kits available on a first-come, first-served basis.
 Must be currently enrolled in the JOM program and between the ages of 3-18.

Education Program

Enrolled JOM Students School Supply/PPE Stipend Program



Applications open July 1st

Enrolled JOM Students are eligible to apply for a BIA CARES funded School Supply/PPE stipend for the 2022-2023 school year. These funds are to ensure students can purchase traditional school supplies and the necessary PPE (masks, sanitizer, wipes, etc.) to continue being safe in schools, on buses and in after school programs.

Deadline to submit your application is
August 1st at 4:30 PM

The Microsoft Form must be completed by **August 2nd at 4:30 PM**

Contact the Education Specialist in your service area to request an application.

Candace Hill Eugene Area CandaceH@ctsi.nsn.us 541-484-4234	Katy Holland Portland Area KatyH@ctsi.nsn.us 503-238-1512	Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us 503-390-9494	Jeff Sweet Siletz Area JeffS@ctsi.nsn.us 541-444-8207
--	---	--	---

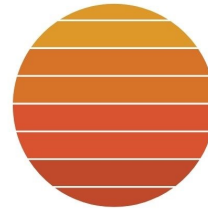
HIGHER EDUCATION AND AVT PROGRAM ORIENTATION

JULY 21ST, 2022 AT 6PM VIA ZOOM

**REQUIRED FOR ALL HIGHER
EDUCATION/AVT PROGRAM APPLICANTS
-NEW AND RETURNING STUDENTS-**

CHECK YOUR EMAIL FOR THE ZOOM LINK
FROM YOUR AREA EDUCATION SPECIALIST

Education Program



JOM (Johnson O'Malley) Parent Committee Invitation

Parents of enrolled JOM students are invited to join the
JOM Parent Committee

Receive program updates; add parent insight & input;
help with program development and enjoy time with
other JOM parents.

Meeting Location

On Zoom

Meeting Dates & Time

Beginning September 13th,
meetings will be held on the 2nd
Tuesday of every month at 6 PM

Contact your area Education Specialist to sign up!

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

Jeff Sweet
Siletz Area
JeffS@ctsi.nsn.us

Katy Holland
Portland Area
KatyH@ctsi.nsn.us

Candace Hill
Eugene Area
CandaceH@ctsi.nsn.us

Virtual Culture/Language Nights

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

July: No Virtual Class

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

www.ctsi.nsn.us

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

Sponsored by the Education and Culture Departments

SIGN UP TODAY FOR SUMMER SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA'

TUESDAYS JULY 26-AUGUST 30
5:00 PM-BEGINNING CONVERSATION 1
5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS JULY 28-SEPTEMBER 1
5:00 PM-ONGOING CONVERSATION

SATURDAYS 8/6 AND 8/27
NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

Youth Language Classes



YOUTH SUMMER LANGUAGE CLASSES

THURSDAYS JULY 28-SEPTEMBER 1 AT 1 PM

- Open to all tribal youth
- Fun, games, and language learning
- On-line over Zoom

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

Home Visiting Program

Summer time is here and that means the possibility of more outside time. You can easily keep your toddler busy with these simple ideas.

Pool Noodle Fun

Pool noodles aren't just for the pool! Here are some fun things you can try with pool noodles. Start out with two to three different colors of pool noodles and if you can find a couple of different shapes that makes for even more fun. Cut them into one inch slices using a serrated knife.



Stack the pool noodle pieces as tall as you can. Count how many pieces are in your tower. Practice doing a pattern – red, blue, red, blue etc.

Sort the noodles by color. Put all the noodles into a large bin or box and have a smaller container for each color of noodle you have. Your child can sort the different colors into the smaller containers

Swimming - Toss all the pool noodle pieces into a wading pool and add water. Children love to play

in water. Remember to never leave a child unattended near water for even a moment. Even a small amount of water can be dangerous to a child. Add buckets and nets and your child will have lots of fun fishing for the noodles, filling up buckets and pouring.

Stamping – when the pool noodle pieces are wet your child can use them to stamp a print on the sidewalk or patio.

Stringing – See if you can string the pool noodles onto a long stick, piece of string or yarn or a jump rope. How many will fit? Keep an eye on children when they are playing with string or ropes so they don't get them wrapped around their necks.

These are just a few ideas to get you started. What other ideas do you have?



Home Visiting is for naïve families who are expecting a child or have an infant under the age of one. The program continues until the child turns three. For more information and to find out eligibility criteria contact Lori Christy, Home Visitor—loric@ctsi.nsn.us or (503) 390-9494 ext. 1863.

Tobacco Prevention Program

Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.



Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke exposure. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

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

Vocational Rehabilitation Program

July Awareness: Seasonal Affective Disorder (SAD)



Seasonal Affective Disorder (SAD) is a type of depression in which symptoms occur during a particular season. Symptoms of SAD mostly begin in late fall or early winter and end in the spring. However, you may experience symptoms at other times of the year or not experience the condition annually. The American Medical Association reports that 1:10 Americans experience depression. Native Americans report higher rates of SAD than any other ethnic group at 19%

There are two types of SAD: winter-pattern and summer-pattern. Summer-pattern SAD occurs in around 10% of cases.

Symptoms of winter-pattern SAD:

- Overeating
- Lack of interest in social activities

- Weight gain

Symptoms of summer-pattern SAD:

- Agitation
- Difficulty sleeping
- Increased restlessness
- Lack of appetite
- Weight loss
- Acting violently

Symptoms of either pattern last 4-5 months and may include:

- Depression
- Difficulty sleeping
- Lack of energy
- Trouble concentrating



Vocational Rehabilitation Program

- Thoughts of suicide
- Daytime fatigue

Some Accommodations: a flexible work schedule and/or a worksite that includes artificial light/lamps in designated areas. Tribal VRCs are available to assist you with your vocational needs.

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

If you are in Siletz or traveling to Siletz.....

The comfort station is home to a brand new restroom, shower and laundry facility. Members of the community have access to these facilities and shower services are available by appointment.



Resources

IMPORTANT: Dial 988 will go live July 16th, 2022

Coming in
July 2022

Dial 988

from any phone to get help.

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



Why do we need 988?

Suicide is the second leading cause of death for Native youth ages 10-24. Native communities experience the highest rates of suicide amongst all racial and ethnic groups in the United States, and suicide rates amongst American Indian and Alaska Native communities rose by 118% between 1999-2017.

What is 988?

988 is a direct three-digit line to trained National Suicide Prevention Lifeline crisis counselors that will go live **July 16, 2022**. This service is provided free of charge to the caller. Any person of any age can call or text 988, services will be available 24/7, year round.

How 988 works:

When someone calls 988, they will reach a compassionate, highly trained counselor who can help address their issue in the least intrusive way possible. The counselor is part of a call center that is linked to a network of services, so the caller will be connected quickly with the right kind of help, from the right type of helper.

According to the National Suicide Prevention Lifeline, more than 95% of current calls are resolved over the phone. When more help is needed, the counselor can connect the caller with mobile response providers or first responders, who will either help the person onsite or transport them to where they can receive the help and stabilization services they need.

The new 988 crisis response system will:

- Ensure that someone experiencing a behavioral health crisis receives care in the appropriate setting.
- Reduce the burden on hospital emergency departments and law enforcement.

Meet the unique needs of people most impacted by behavioral health crises, including youth and people who have a difficult time accessing appropriate health care.



Have fun and
stay safe this
4th of July!

Portland Area Office Staff

Name/Title Contact Information

Andrew Johanson Area Office Supervisor	(503) 238-1512 x 1419 andrewj@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 Area Office Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings BH Case Manager	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Zimm 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



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

12790 SE Stark St.
Suite 102
Portland, OR 97233

Phone: (503) 238-1512
Fax: (503) 238-2436
www.ctsi.nsn.us

Other Contact 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	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