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2021 CTSI Planning Department Community Meeting

The Siletz Tribal Planning Department has scheduled the Portland Area Community Meeting via ZOOM for::

February 25th at 5pm

Meeting ID: 943 5561 0862

Password: 515527

This will be a virtual only meeting—No in-person attendance.

For more information, contact Pam Lind at the Planning Department at (541)444-8361; for the Planning Clerk Danise Barker, (541)444-8257; or, for the Data Coordinator , Terry Altemus, (541) 444-8271.

Behavioral Health

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. And remember, even too much eustress, or 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, and what is important is to take action against them.

Signs of suicidal thinking and planning:

- 1) Giving away your prized possessions/ animals . (Not the same as creating a will)
- 2) Calling up people you haven't talked to in a while to tell them goodbye or reminisce about times past.

- 3) Thinking about how much pain you are in and wishing you did not exist.

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: 1-800-273-8255
- 2) Text the national suicide prevention line: Text NATIVE to 741741 to be connected to a Native crisis counselor via text.
- 3) Reach out to family, seek the services of a counselor, talk to someone trusted.

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.

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

Behavioral Health

Starting in February, Rachel will be co-facilitating a Mindfulness Group for youth

ages 10-17 with the Siletz Prevention Coordinator,

Elizabeth Madden, MSW. Contact Rachel or Elizabeth to learn more and/or sign up! You do not have to be a client to come to group.



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 (please practice safe distancing) are traditional methods of health and healing for the Siletz people.

Salem Area Office

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

Portland Area Office

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



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



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

477 Self-Sufficiency Program

CONSCIOUS DISCIPLINE CURRICULUM

PARENTING WORKSHOP SERIES

GUEST PRESENTER

WEDNESDAYS 6:30PM-7:30PM

STARTING MARCH 17TH THRU MAY 5TH

LOCATION: ONLINE/ZOOM

COME JOIN US FOR THIS EXCITING PARENTING WORKSHOP SERIES VIA ZOOM!

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!!

RSVP – NO LATER THAN MARCH 11TH, 2021
JESSICA HIBLER – 541-484-4234

A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians



477 Self-Sufficiency Program

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.



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

The 477 SSP program will be hosting monthly trainings starting February 16th. We will be sending out post cards with more 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.



Native Youth & Families Invited to Join in JOM Hands On Activity For Kids:

Build an Air-Dry Clay Kit

Puzzle Triceratops for small kids. The jigsaw assembly puzzle is great for Ages 5+. Our JOM Program will purchase supplies and send to your home once you sign up. To sign up please call or email Katy at (503)238-1512 or katyh@ctsi.nsn.us.



Do You Need Classes To Upgrade Your Job Skills??

The Tribe's Adult Education Program has funding available to assist you in paying for such classes. For an application please go to the Education section of the Tribal website or call Katy. at the Portland area office.

- **Portland Audubon**— Visit www.audubonportland.org for programs including:

- **Adventures with nature and science:** Small digital classes of 15 or less, engage children ages 6-11 together with cool experiments, weird nature facts and hands on activities.

- **Science Tales Online:**

Storytime comes to life in this exciting early childhood environment education exploration program. Kids will hear stories of the earth, animals, how to be a kid exploring the natural world around them, and much more. Students will then engage in at-home activities that connect to the themes of the book read during the session.

Parents— check out these resources for kids!

- **Pdxparent.com**— Kids Calendar of activities & events. Great ideas for youth. Resources for Portland Families. Head over to info@pdxparent.com
- **Portland Parks and Recreation's new "Stay and Play Video Series"**— The series includes making hand puppets, dance, sports, visual arts nature and much more. Visit their web site at: www.Portland.gov/parks/stay-and-play-video-series. Or visit Portland Parks and Recreation on YouTube.



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

- Veryl & Dorothy Miller Native American Vocational Scholarship and The Howard Vollum American Indian Scholarship. Deadline **March 1, 2021**. Head over to www.oregoncf.org for this and many other scholarships!
- Cobell Scholarship: Opportunities available for graduate, undergraduate, and vocational training. Closes **March 31, 2021** (undergraduate) Apply online at cobellscholar.org
- For more news of other scholarship please visit the Tribe's website at www.ctsi.nsn.us/education.college.scholarships. You may also email or call Katy.

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 Weekly Tribal Youth Reading Group On Zoom

Free books!!! You are invited to join our Weekly Youth Zoom Reading Groups! Our program pays to send you the book and we meet each Wednesday at 4pm to talk and read. The youth enjoy this time together and so do we!

Please reach out to Katy to more information and to sign up.



CTSI JOM Program Youth February Sculpture Activity

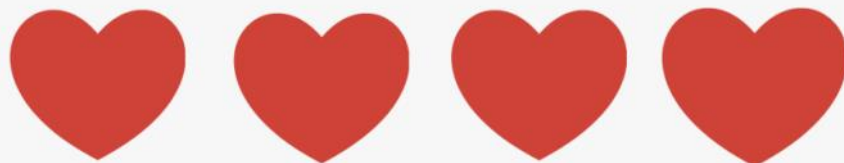
**Sign up to receive a 3-D
Puzzle/Sculpture
Activity Shipped Directly
to Your Door**

**Work on the Project at Home with
Your Family and then Drop by a
Zoom Meeting on February 26,
2021 at 4:00 pm to Share Your
Sculpture with Other Tribal Youth**



**Sign Up by February 16, 2021
Contact Your Local Education
Specialist**

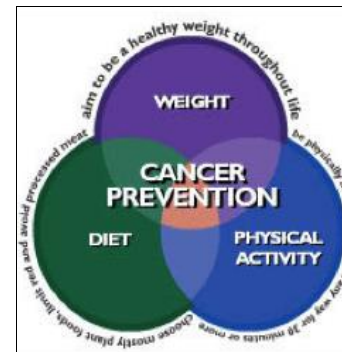
**Siletz: Alissa Lane-Keene (alissal@ctsi.nsn.us)
Salem: Sonya Moody-Jurado (sonyamj@ctsi.nsn.us)
Portland: Katy Holland (katyh@ctsi.nsn.us)
Eugene: Nick Viles (nickv@ctsi.nsn.us)**



National Cancer Prevention Month

February is National Cancer Prevention Month, so..... what does that mean?

With hundreds of thousands of cancer cases preventable through good diet, exercise and weight control, this month's "awareness" is not just to let someone know that you have a particular kind of cancer, or that there is another cancer out there that everyone should know about. But it is instead geared toward preventing as many of these cancer cases as possible from ever getting diagnosed.



It is estimated that over 340,000 cases of cancer could be prevented if people would make small changes in their lifestyle by moving more, weighing less, and eating healthier. Add quit smoking on top of that and nearly half of the new cancer diagnoses each year could be prevented.

You CAN have an impact on your own cancer risk. Make a list of activities that you like to do, start off small and work your way up to more strenuous activities. Something is better than nothing, every step you take is a step in the right direction. Remember to eat healthy and stay hydrated by drinking plenty of water.



So, during the Month of February, don't just tell people about your cancer, or any cancer in particular, but let's tell everyone one or two things that they can do to prevent cancer, and then let's follow up and do those things ourselves. The life we save might just be our own!

Home Visiting Program



Helping Our Children Stay Strong and Resilient During COVID-19

Virtual story-time and activities for all Siletz Tribal families with children in the 11 county service area
Hosted by the 477-Self Sufficiency Program

Life during COVID-19 has been stressful for all of us including our children. Yet we are strong and resilient people and can help our children stay strong and resilient during COVID-19.

Wednesday February 24th at 6:30 pm

OR

Saturday February 27th at 11:00 am

Join us for a reading of the book, Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID – 19 from the John Hopkins Center for American Indian Health followed by some discussion and activities.

Families will receive a printed and bound copy of the book, some COVID-19 prevention supplies, and may be eligible to win a door prize such as a game night basket to help make family time fun.

For more information or **to register please contact Lori Christy** in the Salem Area Office by email at loric@ctsi.nsn.us or by phone at 503-390-9494.

Home Visiting Program

Home Visiting

Here are some simple ideas you can use to engage your infant with ribbons.

Rainbow ribbon mobile - Make your own mobile using an embroidery hoop and some ribbons.



Tie ribbons around the inner hoop and fit outer hoop over it. Hang over a space where the baby can lay and look at it.

Rainbow ribbon rings – This is a smaller version on the rainbow mobile. Use a small ring and tie some ribbons around it. Just put a few ribbons leaving some space for your baby to hang on to the ring. Keep ribbons just a few inches long so baby doesn't get tangled up in them.



remove the lid and pull the ribbons to the inside so baby can pull them again. If just using the lid your baby can continue on their own.



Jingle Jangle Rattle – use ribbon and tie several canning jar rings together for your baby to shake and enjoy.



The Siletz Tribal Home Visiting Program is for parents of infants and toddlers. The program offers support and encouragement while providing parenting and life skills for successful and positive parenting. For more information contact Lori Christy Home Visitor at 503-390-9494.

Tugging lid or box. Use a plastic lid or container. If using a container you may want to cover it with contact paper. Poke



holes in the container and lid. Feed a ribbon through the hole and tie a knot in each end. Baby can pull on the ribbons until the knot stops them. If using a container you will need to



Vocational Rehabilitation

STVRP is here to assist members of ANY federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.



please inquire at 1-800-922-1399. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

Salem Area Office:

(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
2468 West 11th, Eugene, OR 97402

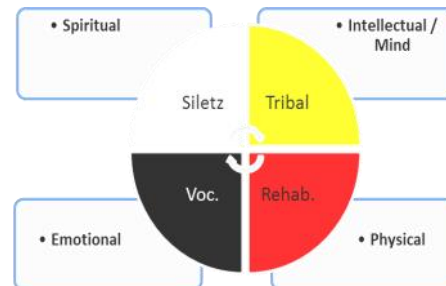
Siletz Admin. Office:

(800) 922-1399
201 SE Swan Ave, Siletz, OR 97380

Examples of Services:

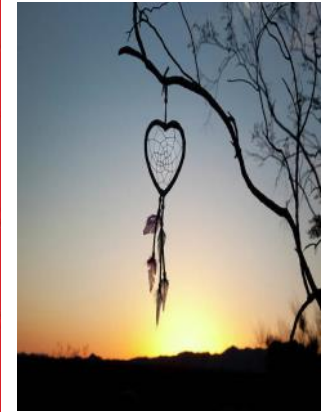
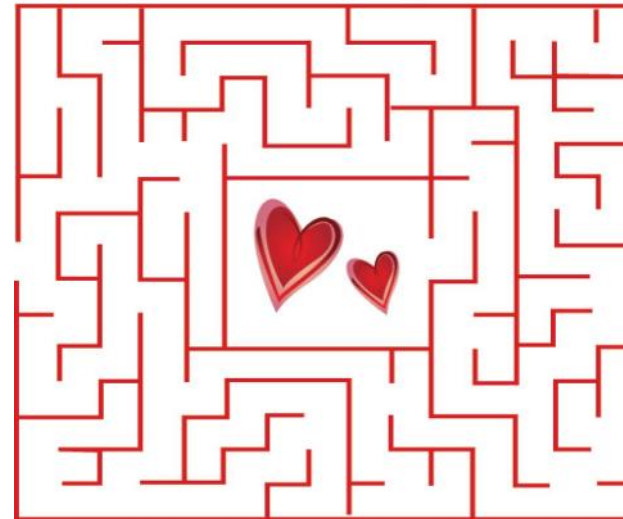
- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized Services
- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP,



Just for Fun

Valentine's Day Maze



Find your way to the hearts in the center of the maze.



Valentine's Day Word Search

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

- PARTNER
- CARD
- FOREVER
- HUGS
- AMOROUS
- FLOWERS
- LOVE
- CHOCOLATE
- ADMIRER
- RELATIONSHIP
- CUPID
- KISSES
- VALENTINE
- AFFECTION
- DIAMONDS

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!

Published by the
**Confederated Tribes of
 Siletz Indians of Oregon
 Portland Area Office**

Portland Area Office
 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 Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

**Disclaimer: Supplies are limited but we will do our best to meet your needs.*

Call us at 541-444-9613.
 We will be taking calls 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