

PORTLAND POTLATCH

APRIL 2021

Inside This Issue:

Covid-19	2
Vaccines	
Head Start	3
Language Class	3
477-SSP	4-5
Education	6-7
Summer Internship	8
Home Visiting	9
A & D	10
Just for Fun	11
Summer Internship	12
TPEP	13
Resources	14
Staff Directory	15



Celebrate Earth Day April 22, 2021

Earth Day activities can include:



- Plant a garden or add some green to your space
- Talk a walk and discover native plants



- Create a compost pile
- Shop sustainable brands online
- Watch a documentary about the Earth

Everyday is Earth Day!

Published by the
Confederated Tribes of
Siletz Indians Portland Area
Office

Portland Area Office
12790 SE Stark St., Suite
102

Portland, OR 97233
Phone: (503) 238-1512
Fax: (503) 238-2436

Hours:

Monday—Friday
8:00 AM—4:30 PM

www.ctsi.nsn.us



COVID-19 Vaccine Information

COVID-19 Vaccines are available at the Siletz
Community Health Clinic

Covid-19 Vaccine Information Updates

Please read the post for more information

- 16 and 17 year-olds Able to Receive Covid-19 Vaccine
- Covid-19-Vaccines Available for all - 18 years of age and older (tribal members, tribal households/family members/friends, patients, community members)
- Johnson and Johnson Vaccine - 1 shot only
- Traveling to Siletz for Vaccine - Resources Available to Enrolled Tribal Members

COVID-19- VACCINE INFORMATION

16 and 17 year-olds are Able to Receive Covid-19 Vaccine

Pfizer Covid-19 Vaccine Clinic:

- In Siletz on April 16, 2021 by appointment
- Available to Tribal Members and household members ages 16 and 17
- To schedule an appointment:
 - o Text 541-270-5603 with your:
 - First and last name and date of birth
 - Texting option is ONLY for scheduling 16 and 17 year olds (at this time)
 - o Or call
 - 541-444-9636 (specify age and Pfizer vaccine)

Covid-19-Vaccines available for all – 18-years of age and older – Tribal Members, Tribal households/family members/friends, patients and community members.

Moderna Covid-19 Vaccine Clinic(s):

- In Siletz every Friday by appointment (Tribal Members and family are priority)
- To schedule call:
 - o 541-444-9636

Johnson and Johnson Vaccine – 1 shot only

The clinic is requesting a supply of the Johnson & Johnson vaccine – 1 shot only. Please watch the CTSI website and the Clinic's Facebook page for the latest updates. We hope it will be available soon but do not have a date yet.

Traveling to Siletz for Vaccine?

Resources Available to Enrolled Tribal Members

The following resources are available:

- Lodging for out-of-state OR southern/central/eastern Oregon travelers – at time of scheduling your vaccine let the scheduler know you're traveling a long distance.
- Gas cards - limited supply available at COVID clinics

Siletz Tribal Head Start

Apply now for Siletz Tribal Head Start

The Siletz Tribal Head Start program is accepting applications now for the 2021 -2022 school year. We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children's school readiness skills and to assist families with supporting their child's lifelong learning. Classrooms offer 3 ½ hours of service per day, Monday – Thursday, roundtrip transportation, and developmentally appropriate activities to promote each child's success. To qualify children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply. Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 or 1-800-922-1399 and asking for Head Start.



Siletz Language Program



srii-naa-ch'ee-yash-'e' or t'a'-lhki

Bald Eagle

Don't forget to log in on the CTSI website to find out more information about classes and to get access to study materials!

A poster for the Siletz Language Program. The background is a textured, light brown color with a pattern of black triangles at the top and bottom. The text is in various colors and fonts. At the top, it says "ONLINE LANGUAGE CLASSES AND SPEAKING GROUPS ARE CONTINUING INTO APRIL 2021" in red and black. Below that, "LEARN NUU-WEE-YA'" is written in large, black, hand-drawn letters. At the bottom, there are two red boxes: "MONDAYS AT 5:00 PM DROP-IN SPEAKING GROUP" and "THURSDAYS AT 5:00 PM BEGINNING CONVERSATION". At the very bottom, it says "Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up" in black.

477– Self-Sufficiency Program

477-Self Sufficiency Program Non-Needy Caretaker Relative (NNCR)

Assistance for caretaker relatives of a Siletz Tribal child/children

The Program may assist with:

Financial assistance and support services to meet the needs of the Siletz child/children.

Who is a caretaker relative?

A caretaker relative is not the parent of a Siletz enrolled dependent child and is responsible for the care, control, and supervision of the child.

Caretaker relatives can be related to the child in the following ways: blood relatives or culturally established family members.

Income Guidelines

Non-needy caretaker relatives do **NOT** have to meet income requirements to qualify.

However, if the caretaker is receiving ongoing financial assistance from the State or Tribe, the family will not be eligible for NNCR.

Example of an NNCR:

A Grandparent (or other relative) that is responsible for the care, control and supervision of a Siletz enrolled child that would like assistance to help meet the needs of the child.



Apply today!

Call your Area Office

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

Siletz Office	Salem Area Office	Portland Area Office	Eugene Area Office
Lincoln & Tillamook 201 SE Swan Avenue PO BOX 549 Siletz, OR 97380 Phone: (541) 444-2532	Marion, Polk, & Yamhill 3160 Blossom DR NE, Suite 105 Salem, OR 97305 Phone: (503) 390-9494	Clackamas, Multnomah, & Washington 12790 SE Stark, Suite 102 Portland, OR 97233 Phone: (503) 238-1512	Benton, Lane, & Linn 2468 W. 11th Ave Eugene, OR 97402 Phone: (541) 484-4234

477– Self-Sufficiency Program



477-SSP April Meeting Information:

Felon Friendly Jobs April 7th at 11:00 AM

**Zoom information will be emailed
to current 477 clients.**

The 477 SSP program will be hosting monthly trainings. We will be sending out post cards with more info on how to access through zoom. This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

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

(503) 238-1512 x 1412

Tamra Russell tamrar@ctsi.nsn.us

(503) 238-1512 x 1411

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.

Education & Youth Update



Hello Tribal and JOM families

Help us to be able to notify you of JOM & Youth news and updates! Provide us with your email address to have the means to email you. You can email me at katyh@ctsi.nsn.us or go to the CTSI Tribal website where you can access the Supplemental Education JOM application and request form.

Protect and watch over the earth. Start by doing one new activity to make our world a better place.

Remember youth may be eligible to receive funding for school related supplies related to online learning, and educational support materials to use at home, summer programs, after school programs, cultural supplies and activities. If you have questions, please call or email Katy at (503) 238-1512 .



Siletz Youth Activity

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.

Siletz Johnson O'Malley/Supplemental Program:

The JOM program provides funding to help pay for educational support, extracurricular activities, sports, fees, lessons and cultural projects for students from any federally recognized tribe. (\$50 per request)

CTSI Virtual College Info Night

Part III: Tribal Ed Programs and Financial Aid

**THURSDAY,
APRIL 22
6:00 PM**

online
via
zoom

Get Info About:

- ◆ Tribal Grants and Scholarships
- ◆ Important Deadlines
- ◆ Financial Aid Process
- ◆ Other Tribal Programs for Students
- ◆ Transitioning to College/University

All Students and Families Welcome

Contact katyh@ctsi.nsn.us to sign up
and for login information

Education & Youth Update



For CTSI Families with Youth Age 18 and Under

If sending a video, please limit it to 10-20 seconds. You can send in your submissions by messaging us on the CTSI Youth Facebook page or by emailing Kat at katrinah@ctsi.nsn.us.

Your submission will be used in a special Earth Day video posted on the CTSI Youth page! If you would like to opt out of the video and only receive the packet, please let us know when sending in your photo or video.

Earth Day April 22nd

Send us a video or picture of ways your family is honoring the earth by April 19th and receive a free earth packet!

Your submission will be used in a special Earth Day video posted on the CTSI Youth Facebook page.

Follow us on Facebook:
[@CTSIYouth](https://www.facebook.com/CTSIYouth)



There is Online Academic Support for our Siletz Tribal Youth! Please see page 14 for details and more information.

CTSI Youth Cultural Sharing Night

MONTHLY/VIRTUAL

3/18, 4/15, 5/20, 6/17
6-8pm

TO REGISTER EMAIL
[JACOB R@CTSI.NSN.US](mailto:jacobr@ctsi.nsn.us)
OR USE QR CODE:

Storytelling
Art
Poetry
Music
Modern
Traditional
Nuu-Wee-ya'



Behavioral Health Program

Spring has arrived:

The saying is, April showers bring May flowers. We experienced some rain in March, and an awful winter storm event in February. As Oregonians, though, we know rain is in our spring forecast. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you've been meaning to make.

A discussion on the lingering elephant in the room, coronavirus:

- Who knew we would still be sitting amongst a pandemic a year later after things closed down?
- We have lost loved ones, we have been quarantined, and it can be hard to find hope. It is starting to spread, though, thanks to vaccines becoming more readily available, schools and businesses starting to open.
- As the counselor is not a medical professional, please see this website for current information on the virus: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

A word on social distancing:

To continue to keep the spread of coronavirus lower and protect our loved ones, social distancing is still being recommended by pandemic experts. This means keeping at least three feet of space between yourself and people not in your immediate family, and restricting public outings. The hope with social distancing is to slow the amount of coronavirus patients at hospitals, to help make sure everyone who needs urgent care, can receive it.

Ways to fight feelings of isolation and boredom:

- 1) Start writing in a journal about your daily struggles and accomplishments.
- 2) Do five minutes of mindfulness each day, focusing on relaxed breathing from your belly.
- 3) Schedule facetime/video conferencing to see loved ones, and help your children contact peers.
- 4) Go out in the sunshine, or even the rain, and walk, or run, just being mindful of that social distancing.

Mental Health Services for the valley:

Mental Health Specialist Rachel is still seeing people remotely for now, until at least the end of June. She has been able to start offering services to people in other areas, including people near the Eugene Area Office, and occasionally even those living in Siletz.

Traditional coping:

In times of social distancing, some forms of Native coping and healing continue to be limited. While gatherings such as powwows are still postponed, smudging, praying, and drumming can be ways to stay connected to one's tribe, and Native traditions. Think about calling your elders and peers to check in on them, instead of paying them a physical visit. Getting out into nature, whether solitary or with your immediate family, is another way to help us stay close to Native ways while still practicing social distancing.

Salem Area Office

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

Portland Area Office

Virtual Appts M-F
(503) 238-1512 x1417

Home Visiting Program

Home Visiting

Home Visiting is for 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; and 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 covering Salem, Portland and surrounding areas at (503) 390-9494 (Salem Area Office) or (541) 272-2241 (cell).

Looking for some fun ideas for crafts for your children this spring? Here are some simple painting ideas to try with common objects.



- Painting with plastic Easter eggs. You will need a plastic tub or empty box, paper, plastic Easter eggs, and washable tempera paint. Put a piece of paper in the bottom of the tub or box. Dip the eggs in some paint and drop egg into the tub or box. Have your child tip the box or shake to move the eggs around. This makes for some colorful prints!

- Fork flowers – use a fork to paint some flowers. Push the back side of a fork into some paint and then press onto paper. Add stems with either a brush or a finger.



- Make stamps out of sponges. Cut sponges into simple spring shapes, bunnies, carrots, flowers or eggs. Press sponge into paint and then press onto paper for some colorful prints.



National Child Abuse Prevention Month

Risk Factors

- Parental stress
- Substance use
- Poverty

Protective Factors

- Parental resilience
- Nurturing and attachment
- Knowledge of parenting and child development
- Concrete support in times of need
- Social connections
- Social-emotional competence of children

April is National Child Abuse Prevention Month

FIND TOOLS, TIPS, AND RESOURCES AT WWW.CHILDWELFARE.GOV/PREVENTIONMONTH

Child Welfare Information Gateway Children's Bureau

Alcohol & Drug Program



PHILOSOPHY

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

VALUES

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

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

ADMISSION CRITERIA

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

First Priority: Siletz Tribal members.

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

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

SERVICES

Recovery Mentor Outreach

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

Outpatient Treatment Services

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

Transitional Services

(in Siletz Service Area)

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

Services include:

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

FEES

Recovery Mentor Outreach

There are no fees associated with Recovery Outreach Mentor services.

Outpatient Treatment

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

Transitional Living Center

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

SERVICE AREA

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

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



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 (503) 238-1512 x 1414
Help is available and confidential.

Just for Fun



Spring is here!

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

TULIP
GARDENING
LAMB
SHOWERS
PUDDLES
FLOWERS
CHERRY BLOSSOMS
EGGS
BLOOM
HATCH
GREEN
EARTH DAY
SPROUT
CHICK
DUCKLING
EASTER
BUNNY
SPRING BREAK
BREEZE
GRASS
NEST
BULB
BASKET
UMBRELLA



Stay up-to-date with Tribal youth activities on the Facebook CTSI Youth page.





To Sign Up Email Jacob Reid (jacobr@ctsi.nsn.us) by April 22 and receive a board game for your family

FAMILY BOARD GAME NIGHT IS BACK

Play at home and then join us on Zoom
Friday April 30, 2021 @ 4 pm
for a virtual game night

2021 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.

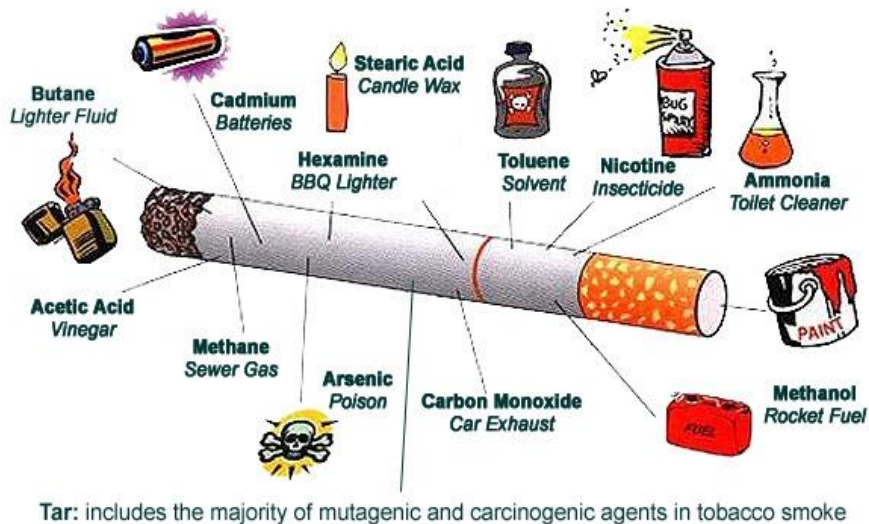
Students should send a completed application and an unofficial copy of transcripts to:

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

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

Tobacco: More than just Nicotine



Tobacco Related Cancers for the Month of April



Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus, the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

Causes: The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

Commercial Tobacco Quit Line 1-800-QUIT-NOW

Native Quit Line now available 1-800-784-8663 (option 7)

Resources



PAPERLESS??

Would you like to receive the newsletter in color and faster than by postal service?

Please email diannae@ctsi.nsn.us to sign up today.

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**

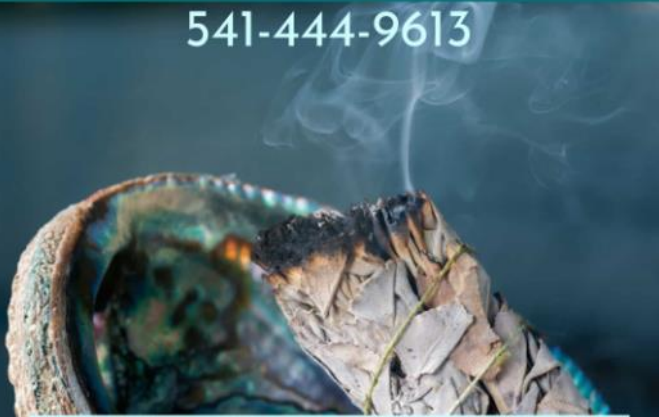
***All Tribal Students Eligible to Apply, Regardless of Residence**

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

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.

DO YOU HAVE
QUESTIONS ABOUT THE
COVID VACCINE OR
WANT TO BE PLACED ON
OUR LIST?

**CALL THE
COVID LINE
541.444.9636**

Please do not call our main clinic line.
Thank you!



**Siletz
Tribal
Veterans**

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

Portland Area Office Staff

Name/Title

Contact Information

Rebecca Downey
Area Office Supervisor

(503) 238-1512 x 1419
rebeccad@ctsi.nsn.us

Katy Holland
Education Specialist

(503) 238-1512 x 1418
katyh@ctsi.nsn.us

Andrew Johanson
Community Health Advocate

(503) 238-1512 x 1413
andrewj@ctsi.nsn.us

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
Peer Recovery Mentor

Work Cell: (541) 270-9717
andrewe@ctsi.nsn.us

Rachel Adams
Mental Health Specialist

(503) 238-1512 x 1417
rachela@ctsi.nsn.us

Andulia WhiteElk
A & D Counselor

(503) 238-1512 x 1414
anduliaw@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 (503) 390-9494

Kay Steele
Portland Elders Rep. (503) 760-4746

Eugen Area Office (541) 484-4234

NARA (503) 224-1044

Siletz Community Health
Clinic (800) 648-0449

NAYA (503) 288-8177



Confederated Tribes of Siletz Indians
Portland Area Office
12970 SE Stark Street Suite 102
Portland , OR 97233