

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
October 2021

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



COMMUNITY CULTURE CRAFT SERIES

We are excited to announce the Portland area office will begin a series of community craft projects. These will be monthly, take-home craft kits for the months of October through December 2021.

At the end of the series we will host a zoom meeting for all participants to show their work.

Our first kit in the series will be dream catchers!



To sign up, or for more information please e-mail
Dianna Edenfield at:

Diannae@ctsi.nsn.us

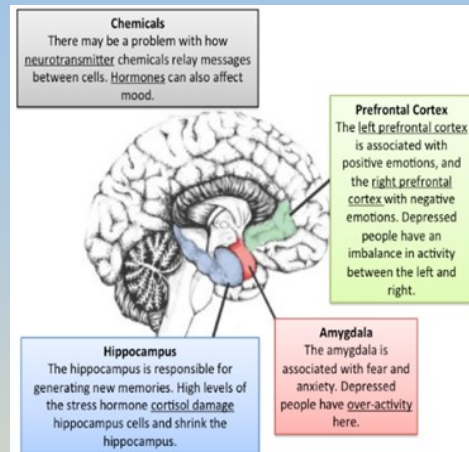
The deadline to sign up is:

Friday, October 15th at 4:30 PM

Voc. Rehab Program

Depression Doesn't Need to be a Burden. It's Treatable.

Depression is a serious medical condition that affects thoughts, feelings, mood, behaviors, and gets in the way of a person's ability to work, study, sleep, and eat.



Signs & Symptoms of Depression:

- Loss of interest or enjoyment in daily activities
- Persistent, sad, anxious, or hopeless mood
- Irritability or nervousness
- Feelings of guilt, fear, or worthlessness
- Significant weight loss or gain due to appetite changes
- Overtired and decrease in energy levels
- Unable to sleep or too much sleep
- Unexplained crying spells
- Difficulty concentrating, remembering and/or making decisions
- Little or no interest in companionship or physical activities
- Thoughts of death or suicide

Voc. Rehab Program

Empower Tribal Communities

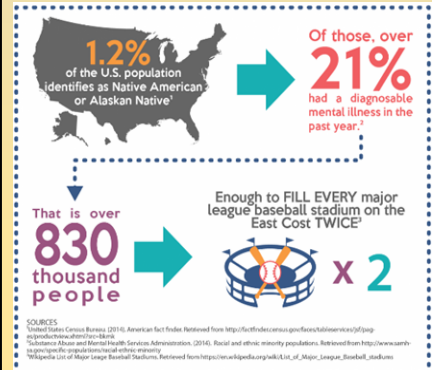
Manifest Strength in the Community, Culture, and Traditional Activities by doing the following:

- Increase awareness of mental health & its connection to chronic diseases
- Conduct stigma awareness training
- Educate providers about unique mental health issues in Indian Country
- Advocate & Implement policies that promote social justice, equity, and equality
- Create and provide comprehensive, affordable, health coverage.
- Shift the focus of mental health care to prevention and early intervention
- Integrate traditional healing and spiritual practices with modern health care
- Develop a person-centered care philosophy and respect for family and community
- Health care providers treating Indians should familiarize themselves with their belief systems and traditional treatment for mental illness

For further information on Depression as a Disability go to <https://www.betterhelp.com/advice/depression/is-depression-a-disability/>

For more information about the Vocational Rehabilitation Program please contact:

Rachelle Endres (Siletz)
541-444-8218
Toni Leija (Salem)
503-390-9494



477—Self-Sufficiency Program

477-SSP October Meeting Information:

Transferrable Skills

October 13th, 2021
10-11:30 AM

Native Games

October 20th, 2021
10-11:30 AM

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 ext. 1412 or Tamra Russell ext. 1411.

477—Self-Sufficiency Program



477-SSP Programs

For Enrolled Members of Federally Recognized Tribes or Descendants



Are you looking for work?

Why not sign up for **CORE** Services.

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

Once you secure employment, apply for **Direct Placement**
Within 7 days of hire date.

Support Services for:

- ◆ Required tools
- ◆ Uniforms / Clothing / Boots / Shoes
- ◆ Licensing - fees
- ◆ Transportation Assistance

Apply Today in your Area Office

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

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



***Check the CTSI website for other services offered by the 477-Self Sufficiency Program.*

Education & Youth Update



To All Of Our Families,

(503)238-1512 ext. 1418. I wish you all a wonderful school year ahead.

We hope your transition back to school went as smoothly as possible. The Siletz Education program would like to be a resource and support for you during this new school year through our advocacy, activities, services and our programming. If we can be of support to you and/or your kids—please call Katy at the Portland area office

*"Let us remember: One book, one pen,
one child and one teacher can change
the world." (Malaia Yousafzai)*

"I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings!"
(Jenny Han)

Siletz Education Programs Serving Our Tribal Members

- ◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree—up to five 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 1, 2021.**
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download applications at <http://www.ctsi.nsn.us/uploads/downloads/Education/Grants/CTSI-AVT-Application.pdf>

- ◆ **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 by calling or by email; katyh@ctsi.nsn.us .

Please visit our Tribal webpage at:
<https://www.ctsi.nsn.us/tribal-services/education/>

Education & Youth Update

Professional Tutoring Available for Tribal Youth and College Students

Individualized tutoring help is available 24/7— for all ages of our Siletz Tribal youth and our college students. This is on-demand access to online professional tutors. If you would like to take advantage of this great program please sign up by contacting Katy at the Portland Area Office or email;

katyh@ctsi.nsn.us



**NEED HELP WITH
FUNDING FOR
TRIBAL YOUTH
ACTIVITIES?**



On October 1st, 2021 the 2022-2023 Free Application for Federal Student Aid will be available online to apply for financial aid for the next academic school 2022-2023. (The Tribe requires students apply each year when they are applying for college funding.) For information go to www.fafsa.ed.gov or contact Katy at the Portland Area Office.

Siletz Tribal Youth Activity Fund - For Siletz Tribal youth—1st grade to seniors in high school. This fund helps to pay for: enrichment activities, school registration, sports, culture, music, art activities and academic materials and supplies. Please call Katy at (503)238-1512 ext. 1418.

Education & Youth Update



JOM FALL ACTIVITIES

Open to JOM registered youth in the 11-county service area.

Register each month by the due dates below to receive a fun activity package!

DATES

- **October:** Opens 10/1 and closes 10/14
- **November:** Opens 11/1 and closes 11/15
- **December:** Opens 12/1 and closes 12/14

Contact your local Education Specialist to sign up.

Candace Hill Eugene Area Office 541-484-4234 CandaceH@ctsi.nsn.us	Alissa Lane-Keene Siletz Area 541-444-8373 AlissaL@ctsi.nsn.us
Katy Holland Portland Area Office 503-238-1512 KatyH@ctsi.nsn.us	Sonya Moody-Jurado Salem Area Office 503-390-9494 SonyaMJ@ctsi.nsn.us

Sign up for your October Youth Kit

Squishy Pumpkin Decorating Kit
Contact Katy at (503) 238-1512
Ext. 1418
Or by email:
KatyH@ctsi.nsn.us



Education & Youth Update

Thinking of attending college during the 2022-2023 Academic year?
Here's what you need to know

✧ FAFSA Opens for Applications Oct. 1st
(at www.fafsa.ed.gov)

*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by **June 30th**

✧ CTSI Higher Education Grant Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf

✧ CTSI Graduate Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at www.aigcs.org)
- American Indian Graduate Center applications open as early as December and **close as early as May each year**. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Alissa Lane-Keene Alissal@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.



Behavioral Health Program

Entering Fall:

The weather is cooling, the leaves are turning colors, and the rains are coming back. It has been a hot summer, and fires have again, devastated the wild areas we hold dear. The Run to the Rogue had to be virtual again, but it was a special event that many participated in!

Mental Health Specialist MHS virtual services include:

Brainspotting, Couples counseling, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have.

Coping with the change of seasons:

- 1) The days are going to start getting shorter, the skies more frequently darkened by clouds, and it will become increasingly important to maximize the daylight hours.
- 2) Exercise remains important but harder to come by with the rain; try inside activities such as using a step or similar to do step aerobics while you watch your favorite shows.
- 3) As the daylight decreases, if you Notice your mood decreasing with it consult your physician on the use of UV light therapy.



An October haiku by the MHS:

October brings us

Pumpkins, corn mazes, and treats,

Possibly a trick.

**Email Mental Health Specialist
Rachel your own haiku and
she'll put it in her newsletter,
first-come first-served.**

rachela@ctsi.nsn.us

Behavioral Health Program

Traditional Coping

The fall is a time for the Siletz people to start preparing for the winter, and in that process comes the importance of making sure our Elders are ready. If you have time, join a wood-cutting event, reach out to the members of the community in the most need and lend a helping hand. The Siletz people are encouraged to keep in harmony with their ancestors' ways; attend

sweats, drum circles and smudge, while following social distancing guidelines. Live life in a healthy, good way.

Portland Area Office
Virtual Appointments Only
(503) 200-4340

Salem Area Office
Virtual Appointments Only
(503) 200-4340

Language Program



Log in on the
CTSI website to
get more
information
about classes
and to get
access to study
materials.

**SIGN UP TODAY FOR FALL SESSION
ON-LINE LANGUAGE CLASSES**

**LEARN
NUU-WEE-YA!**

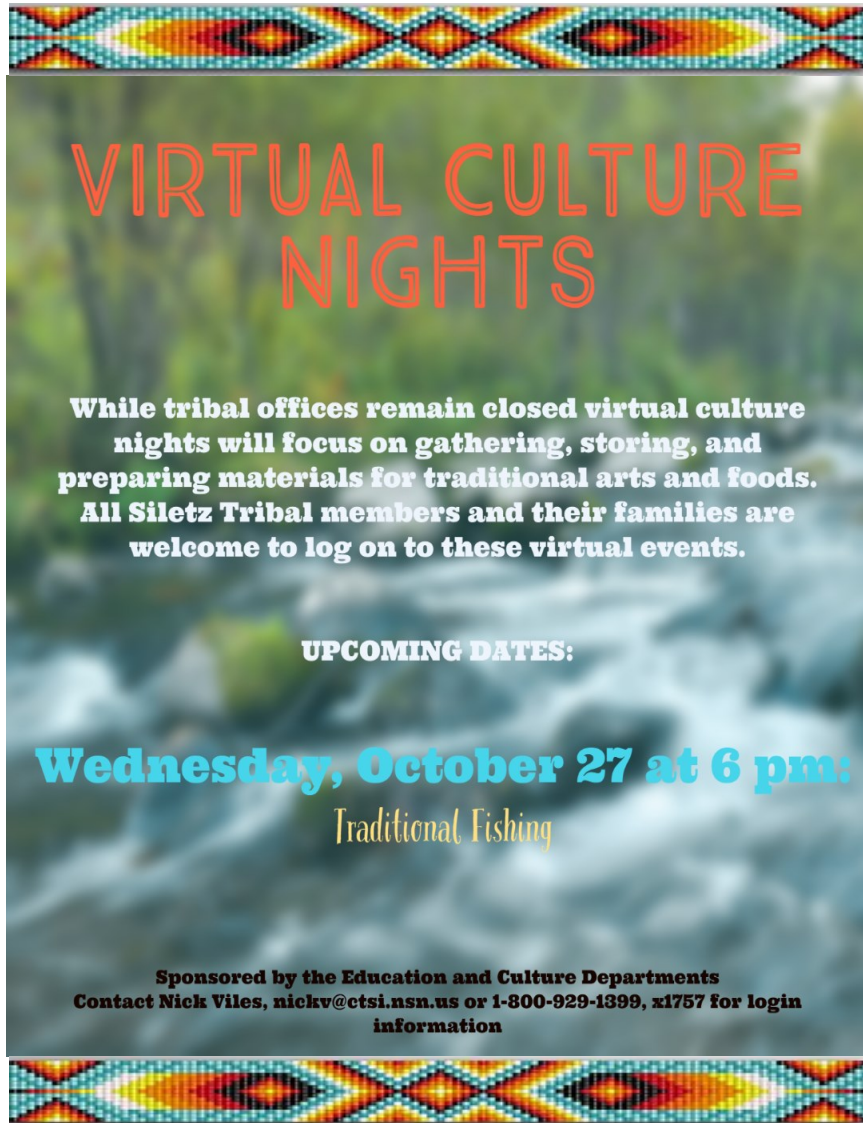
**TUESDAYS OCTOBER 12-DECEMBER 7
5:00 PM-BEGINNING CONVERSATION**

**THURSDAYS OCTOBER 14-DECEMBER 9
5:00 PM-CONTINUING CONVERSATION**

**SATURDAYS 10/30, 11/13, 12/4
11:00 AM- IMMERSION SPEAKING GROUP**

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

Virtual Culture Nights

A poster for Virtual Culture Nights. At the top is a decorative border with a repeating geometric pattern in blue, yellow, and red. The background is a blurred image of a river with white water rapids. The text "VIRTUAL CULTURE NIGHTS" is written in large, orange, outlined capital letters. Below this, in white text, it says: "While tribal offices remain closed virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events." Further down, in white text, it says: "UPCOMING DATES:". Below that, in large blue text, it says: "Wednesday, October 27 at 6 pm:". Underneath that, in smaller orange text, it says: "Traditional Fishing". At the bottom, in small white text, it says: "Sponsored by the Education and Culture Departments Contact Nick Viles, nickv@ctsi.nsn.us or 1-800-929-1399, x1757 for login information". At the very bottom is another decorative border with the same repeating geometric pattern as the top.

VIRTUAL CULTURE NIGHTS

While tribal offices remain closed virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events.

UPCOMING DATES:

Wednesday, October 27 at 6 pm:
Traditional Fishing

Sponsored by the Education and Culture Departments
Contact Nick Viles, nickv@ctsi.nsn.us or 1-800-929-1399, x1757 for login information

For more information about Virtual Culture nights please visit the CTSI website at www.ctsi.nsn.us.

Indigenous Peoples' Day

A poster for Indigenous Peoples' Day. The background is a solid blue color with faint, stylized feather patterns on the left and right sides. In the center is a circular emblem with a black, white, and red design. Inside the emblem is a white fish with black spots and a red stripe. The words "INDIGENOUS PEOPLES' DAY" are written in a circular path around the fish. Below the emblem, the text "Virtual Event" is written in white. Below that, "INDIGENOUS PEOPLES' DAY" is written in large, bold, white capital letters with a black outline. Underneath that, "OCTOBER 11TH, 6:00 PM" is written in white capital letters with a black outline. Below that, "LINK TO SIGN UP IN EMAIL" is written in white capital letters with a black outline. At the bottom, in white text, it says: "For Tribal Youth and their Households. Come celebrate and share with us! We will have guest speakers and raffle prizes!"

Virtual Event

INDIGENOUS PEOPLES' DAY

OCTOBER 11TH, 6:00 PM

LINK TO SIGN UP IN EMAIL

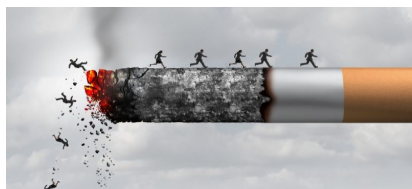
For Tribal Youth and their Households.
Come celebrate and share with us!
We will have guest speakers and raffle prizes!



Keep up to date on Youth Activities by visiting the CTSI Youth Facebook page!

Tobacco Prevention Program

WHAT IS SECOND AND THIRD-HAND SMOKE?



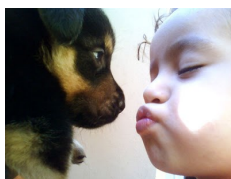
Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar, pipe or even an E-cigarette. It is also the smoke/vape that smokers breathe out (exhale). Even smoke/vape that is exhaled contains substances that irritate the lining of your lungs and other tissues, such as your eyes and throat. These substances cause changes that interfere with cells developing normally in your body. These changes in cells increase the risk of some cancers and other health conditions.

What is **third-hand smoke**? Third-hand smoke is the invisible tobacco “dust” (or chemical) that settles in the environment and stays there



even after a cigarette has been put out. Third-hand smoke contains more than 250 chemicals. We know that children exposed to third hand smoke are at risk, because they have higher levels of cotinine (the by-product of nicotine) in their urine and blood. These harmful chemicals stay on your clothes, hair, carpet, toys, coat, chair, couch and every surface in your home and car.

Babies and children can be harmed because they breathe or eat the toxins when they crawl on floors, sit on car seats, or cuddle adults, where toxins may have built up over time. Pets are also at risk because the toxins stay on their fur. Pets are also vulnerable to health conditions including cancer’s caused from second-hand smoke exposure.



Commercial Tobacco Quitline 1-800-QUIT-NOW

AI/AN Line now available (option 7) 1-800-784-8669

Housing Program

MAMOOK TOKATEE

WELCOME TO MAMOOK TOKATEE

AFFORDABLE HOUSING IN PORTLAND, OR

A collaboration between the Native American Youth and Family Center (NAYA), Community Development Partners (CDP), and the Confederated Tribes of Siletz Indians (Siletz), Mamook Tokatee is a four-story apartment building consisting of 56 units with a mix of studios, 1-bedroom, 2-bedroom, and 3-bedroom units. Mamook Tokatee translates from the Chinook Wawa phrase for “make beautiful,” a fitting name for the apartment complex which will provide housing, studio, and display space for members of Portland’s dynamic Native American artist community. Together, this partnership is constructing a vibrant community-oriented building that celebrates Native American culture through art and provides ample space for community programs and art creation.

Site Amenities:

- Secured indoor bike parking
- Onsite Artist workshop / studio
- Flexible community room space
- Landscaped Courtyard
- Secure package lockers
- Onsite Management and Resident Services
- Inclusive Native arts and design elements



Floor Plans	Units Available	Projected Monthly Rent			Max Number of Tenants
		30%	50%	60%	
Studio	6	\$475	-	-	2
1 - bedroom	32	\$504	\$866	\$1,042	3
2 - bedroom	7	\$601	-	\$1,254	5
3 - bedroom	10	\$685	-	\$1,614	7

Combined Household Income Restrictions								
% MFI	1 Pers	2 Pers	3 Pers	4 Pers	5 Pers	6 Pers	7 Pers	8 Pers
30%	20,310	23,220	26,130	29,010	31,350	33,660	36,000	38,310
50%	33,850	38,700	48,550	48,350	52,250	56,100	60,000	63,850
60%	40,620	46,440	52,260	58,020	62,700	67,320	72,000	76,620



CONTACT:
Phone : 503-396-1158
Email : mamooktokatee@viridianmgt.com

BUILDING ADDRESS:
4610 NE 42nd Ave.
Portland, OR 97218

<https://nayapdx.org/services/housing/mamook-tokatee/>



For more information visit the CTSI website at www.ctsi.nsn.us and click on the housing tab.

CTSI HOLIDAY CLOSURES

All Tribal offices will be closed to observe the following holidays:

October 11	Indigenous Peoples Day
November 11	Veterans Day
November 18	Restoration Day
November 25	Thanksgiving
November 26	Thanksgiving
December 10	All-Staff
December 24	Christmas Eve
December 31	New Years Eve

UPCOMING NEWSLETTER CHANGES

Beginning November 2021 the PAO newsletter will be available online as your primary reading and viewing option.

If you would like to continue to receive your newsletter by mail please email Dianna Edenfield at diannae@ctsi.nsn.us

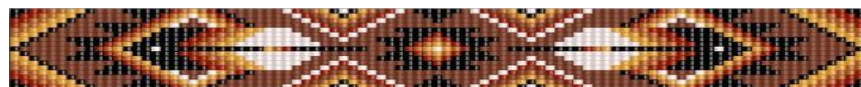


Resources




The Sunshine Division provides free accessible food and clothing assistance to struggling local families and individuals.

The Sunshine Division offers food assistance six days a week at the N Thompson location, five days a week at the SE Stark location, as well as 24/7 through their partnership with the Portland Police Bureau who store food boxes at each police precinct that can be dispatched to people in need at any time. In addition to food relief they also offer new and gently used clothing.



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.

KEEP PORTLAND WEIRD ALIVE.

STAY HOME. SAVE LIVES.

211info ★

2-1-1

The easiest way to find health and human services.

 **TEXT** zip to 898211
 **DIAL** 211
 **SEARCH** 211info.org

Free. Live. Confidential.

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 Community 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 Outpatient Counselor I	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

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	(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177