



Thanksgiving in Florida: From the left: Anastashia, Mom-Roxanne, Victoria, Samantha, Cadence, Berdina, Kristen. Of course Charlie couldn't be in the picture with us, someone had to take the picture. (photo by Charlie, submitted by Berdina)

Role for Parents after a School or Community Event

Submitted by Karen Simmons, Behavioral Health MGR

After a tragic incident at school or within our tribal community, parents want to know how to talk to their children about what took place. Here are a few suggestions that that may be helpful:

Listen

Parents should provide opportunity for and encourage kids to express their concerns and fears. Listen for misconceptions or inaccurate information, and share facts, as developmentally appropriate. In other words, use language that they can understand. Use this opportunity to validate a child's feelings and give extra reassurance, support & encouragement. Schools ARE safe and caring places for kids and staff. Reassure kids that our schools have measures to protect their safety.

Protect

Parents and schools provide needed structure, stability, and predictability for children. That is why encourage children to come to school and return to normal routines as soon as they are able. Monitor children's exposure to media coverage to protect them from secondary trauma. Things such as scenes, the constant reminders, and even hearing the event over and over only expose kids to more information than what is needed.

Connect

Check-in with kids on a regular basis. Watch for kids who may have individual or on-going needs based on past trauma experiences or difficulty coping after a period of time. Connect with families and/or perhaps refer to Behavioral Health staff for follow-up.

Model

Parents can demonstrate calm behavior and healthy coping skills.

Maintain level emotions and reactions to kids, and help them achieve balance.

Teach

Acknowledge the normal reactions to stress, trauma, and grief. Those affected may have difficulty sleeping, re-experience the event, have up and down emotions, display rigid thinking, and exhibit regressive behavior and over-react to little things and/or have difficulty remembering. Teach kids about healthy coping responses, as needed.

Problem-Solve

Help kids problem solve how to go to school every day, how to stay in school, and how to do well. Contact your child's school or Behavioral Health Services with individual on-going needs. Both facilities can help you link with needed resources.

If you have additional questions or needs, please contact your child's school or Behavioral Health Services at (800) 830-0683 or (918)968-9531. On Behalf of the Sac and Fox Behavioral Health Services department and Native Aspirations, we offer our assistance in any manner in order to assist you in getting yourself, child, or family through tragedies of this nature.

Adapted from: Schreiber, J., Wong, M, and Schonfeld, D. (2006). Listen, Protect, and Connect. Retrieved April 20, 2010 from http://www.read.gov/kids_downloads/PFA_SchoolCrisis.pdt.

Wong, M. (2006, September), Bereavement, Loss & Grief. Workshop conducted at the Emergency Response and Crisis Management Grant meeting of the US Department of Education, Office of Safe and Drug Free Schools.

Painkiller Addiction: Targets Indians

Painkiller Addiction: The Ambush

Sam is a desperate man these days. Things were not always this way as he was an excellent student and athlete in high school, sustaining a back injury in football his senior year. He graduated technical school and was a valued employee at the local plant until he severely injured his back on the job.

His doctor prescribed opiate painkillers to curb the excruciating pain. At first, they took some getting used to but, as the doctor advised, he did get used to them and they did offer the relief he needed. But then he started needing more and more and, finally, the doctor cut him off telling him he was addicted and "med-seeking."

In November 2011 the Centers for Disease Control announced that prescription painkiller addiction was a national epidemic. Oklahoma leads the nation in that addiction and related deaths and that prevalence is very high among Native Americans.

In response, the Obama Administration generated a plan to address the issue, Epidemic: Responding to America's Prescription Drug Abuse Crisis. The President's plan almost exclusively deals with shutting down the supply of these drugs for illicit use. Almost nothing is planned for addressing the demand for these drugs, and what is addressed is prevention. No plan addresses the SAMHSA's estimated 245,000 painkiller abusers in Oklahoma, many of whom are Indians.

Like Sam, these are often people who often accidentally got hooked but found opiate addiction is very powerful. Traditional treatment has proven to be only 6-10% effective, according to SAMHSA.

It begins with inpatient detox, which often has a long waiting list and disrupts home life and employment. By shutting down supply, which is a good thing, we set up a situation where people become very sick and desperate – and in Oklahoma, we are talking about a massive number of people.

"This starts a foreseeable progression of life events," remarks Dan Cross, Executive Director, Absentee Shawnee Counseling Services - OKC. "People lose jobs, lose homes because they can't pay rent. Families break up and Child Welfare steps in. Crime becomes a necessary option for people who would have never done those things before. Health care utilization goes way up, as does the need for social services. A plan that shuts down illicit prescription opiate supply, in the face of this much addiction, without addressing the addiction, will lead to huge social problems. Tribal communities need to plan a response, now."

Cross continues, "Our tribal programs use a highly effective SAMHSA evidence-based best practices that are 70-75% effective and skip inpatient detox. There is no wait and we don't disrupt your job or home life. We accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call 405-672-3033 or go to ascsokc.com for more information.

Contacts:

Dan Cross, Executive Director, ASCS, danb.cross@gmail.com, 405-672-3033, C:918-260-1096



Absentee Shawnee Counseling Services, 1301 SE 59th St, OKC, OK - 2 blocks east of I-35

ATTENTION TRIBAL MEMBERS

**A MEMBER OF THE TAX COMMISSION STAFF
WILL NOW BE AT
THE SHAWNEE MULTIPURPOSE CENTER
TWICE A MONTH.**

**THE TAX COMMISSION WILL BE THERE ON
THE FIRST (1ST) AND THIRD (3RD)
THURSDAYS OF EACH MONTH.**

**WE WILL BE ABLE TO BETTER SERVE TRIBAL
MEMBERS LIVING IN THE SHAWNEE AREA WITH
MOTOR VEHICLE REGISTRATION AND ANY
OTHER SERVICE THAT WE CAN ASSIST YOU WITH.**

HELP WANTED!

SAC & FOX NATION EMPLOYMENT OPPORTUNITIES

THE FOLLOWING IS A LIST OF JOB VACANCIES WITH
THE SAC & FOX NATION:

- Controller (Stroud)
- Education Director
- Accounts Payable Technician (Stroud)
- Compliance Officer (Gaming)
- Substance Abuse Counselor (Juvenile Detention Center/Stroud)
- Resident Advisor (Juvenile Detention Center/Stroud)
- Economic Development Director (Stroud)
- Surveillance Observer (s) (Gaming)
- Finance Manager (Finance/Stroud)
- Accounting Clerk (Finance/Stroud)
- Substance Abuse Counselor II (Stroud)
- Assistant Cook (Stroud)
- Facility Administrator (Stroud - JDC)
- Capitol Security Officer (Stroud)
- Cook I (Juvenile Detention Center/Stroud)
- Physician (Black Hawk Health Center/Stroud)

Applicants must successfully pass an OSBI/National background check and drug screen. Preference in hiring is given to qualified Native Americans. Applicants claiming Indian Preference must provide a copy of their CDIB. For more information and to learn how to apply please visit our website at:

www.sacandfoxnation.com

or contact Human Resources, Sac and Fox Nation, 920883 S Hwy 99, Bldg. A Stroud, OK 74079 or by phone (918) 968-4837

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If You Live Within These Boundaries You May Qualify