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THE RELATION BETWEEN SUBSTANCE USE AND TRAUMA

Research demonstrates a strong link between exposure to traumatic events and substance use problems. Many people who have experienced child abuse, criminal attack, disasters, war, or other traumatic events turn to alcohol or drugs to help them deal with emotional pain, bad memories, poor sleep, guilt, shame, anxiety, or terror. People with alcohol or drug use problems are more likely to experience traumatic events than those without these problems. Many people find themselves in a vicious cycle in which exposure to traumatic events produces increased alcohol and drug use, which produces new traumatic event experiences, which leads to even worse substance use, and so forth. Just as traumatic events and substance use often occur together, so do trauma-related disorders and substance use disorders. For example, trauma-related disorders, such as post-traumatic stress disorder (PTSD) and depression, occur frequently among people with substance use disorders and vice versa. Not only do trauma related and substance use disorders wreak havoc on the person who has them, they also often create major problems for relationships with family members and friends. A family doctor, clergy person, local mental health association, state psychiatric, psychological, or social work association, or health insurer may be helpful in providing a referral to an experienced counselor or therapist. Yellowhawk can help! Traumatized people are more likely than others of similar background to abuse alcohol both before and after being diagnosed with PTSD.

For example:

- *One-quarter to three-quarters of people who have survived abusive or violent traumatic experiences report problematic alcohol use .*
- *One-tenth to one-third of people who survive accident, illness, or disaster related trauma report problematic alcohol use, especially if troubled by persistent health problems or pain .*
- *Up to 80% of Vietnam veterans seeking PTSD treatment have alcohol use disorders.*
- *Veterans over the age of 65 with PTSD are at increased risk for attempted suicide if they experience problematic alcohol use or depression .*
- *Women exposed to traumatic life events show an increased risk for an alcohol use disorder.*
- *Men and women reporting sexual abuse have higher rates of alcohol and drug use disorders than other men and women.*
- *Compared to adolescents who have not been sexually assaulted, adolescent sexual assault victims are 4.5 times more likely to experience alcohol abuse or dependence, 4 times more likely to experience marijuana abuse or dependence, and 9 times more likely to experience hard drug abuse or dependence.*

Traumatic Stress and Substance Abuse Problems

- *Adolescents with PTSD are 4 times more likely than adolescents without PTSD to experience alcohol abuse or dependence, 6 times more likely to experience marijuana abuse or dependence, and 9 times more likely to experience hard drug abuse or dependence.*

Tribal Health Commission

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GATHERINGS & COVID



If You Become Sick After a Gathering

Attending a gathering or event can increase your risk of exposure to COVID-19. Symptoms of COVID-19 vary from mild to severe. Here is a non-exhaustive list of symptoms to watch for:

- If you have trouble breathing seek medical attention immediately.
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Protecting Tribal Communities During the Gatherings

COVID-19 has affected our everyday life, especially celebrations and holidays. Gatherings are important to Tribal communities, and to help prevent the spread of COVID-19, many Tribal communities, families, and friends will be exploring how to safely and respectfully celebrate holidays or gatherings such as drum circles, traditional ceremonies, or feasts. One way to help keep your community safe is by receiving a COVID-19 vaccine. Remember, getting your COVID-19 vaccine is an **Act of Love**.

Tips for Hosting Gatherings

- Ask unvaccinated attendees to wear a mask.
- Tell guests to stay home if they are sick, feeling sick, or may have been exposed to COVID-19 recently.
- Frequently clean surfaces before, during and after an event.
- Put out hand sanitizer.
- Increase circulation of outdoor air as much as possible and make sure ventilation systems function well.
- Limit contact with shared items or frequently touched surfaces.
- Host the celebration outside, if possible, and allow space for physical distancing.
- Use disposable items like food containers, plates, utensils, and cups.
- Limit the number of people handling or serving food.

IF YOU HAVE TROUBLE BREATHING SEEK MEDICAL ATTENTION IMMEDIATELY.

LÁWTIWAAMA SOBRIETY FRIENDSHIP DANCE

We are getting ready for the annual Láwtiwaama Sobriety Friendship Dance, this will be it's 8th year!

The event began in 2012 as a Sobriety Round Dance, it has evolved into what it is today for the purpose of encompassing more dancing styles to suit our audience. Our Yellowhawk Prevention Program developed this dance event as a means to offer a sober activity in midst of an event that can be a trigger or temptation for drinking or other substance use. It is our way of providing a safe, sober, and fun family event for not only our community, but for visitors.

At Láwtiwaama, we offer a traditional opening prayer at the beginning. We serve dinner, followed by an array of songs/dancing, and games. We celebrate recovery and abstinence by hosting a Sobriety Countdown wherein participants step forward, cite their length of sobriety; all the days, weeks, months, years get tallied. It typically sums up to over 100 years of sobriety collectively! There is an honor dance for the Sobriety Countdown participants. We end the night with participants receiving our event t-shirt, it is coveted each year by those who have attended throughout the years.



RECOVERY WELLNESS WALK



Yellowhawk Tribal Health Center is partnering with local Umatilla County Agencies such as Oregon Washington Health Network (OWhN), COPEs, Pendleton Treatment Center (PTC), Eastern Oregon Council for Independent Living (EOCIL), and Greater Oregon Behavioral Health, Inc. (GOBHI) to co-host a Recovery Wellness Walk. There will be a food truck on site and the first 200 people to participate will receive a free meal!

This is an event to celebrate individuals in recovery and invite others to begin the journey of recovery. The event will be September 24, 2022 from 1-5 pm located at Stillman Park. The Recovery Wellness Walk will go from Stillman Park to Roy Raley Park and back. Free food and t-shirts for the first 200 participants. Come and join us!

Sponsored by Yellowhawk Public Health Department

Emergency Preparedness Kit Distribution

Check our social media for dates and times for distribution!

Backpacks for families and individuals available for Yellowhawk eligible patients and families



RECOVERY WELLNESS WALK 2022

Stillman Park to Roy Raley Park

September 24, 2022 | 1 to 5 pm

Registration opens at 1 pm

Hosted Food Truck for first 200 participants

Contact Mariah Wright for questions at mariah.wright@owhn.net

Join Us!

sponsored by

COPEs
peer centers
Finding hope and recovery



WHAT IS PRC?

Purchased Referred Care (PRC)

Any care provided at Yellowhawk is called a Direct Care Service. The PRC program is for care provided away from Yellowhawk, including:

- medical
- dental
- behavioral health
- mental health care

PRC is not an entitlement program and a referral does not guarantee the care will be paid for. If Yellowhawk is requested to pay, then a patient must meet the residency requirements, notification requirements, prior authorization requirements, and use of alternate resources. If you have questions or need help please call our staff!



PURCHASED REFERRED CARE STAFF

CASSIE HALL 541.240.8737 | LAURIE ALEXANDER 541.240.8738 | TALIA MCLAUGHLIN 541.240.8739

Yellowhawk Tribal Health Center
46314 Timíne Way | Pendleton, OR 97801
P 541.966.9830 | F 541.240.8753
www.yellowhawk.org

1 NEWSLETTER PER
ADDRESS. GET THE
NEWSLETTER VIA EMAIL -
LET US KNOW BY EMAILING
US AT:
INFO@YELLOWHAWK.ORG

COLLEGE STUDENTS

Come one come all, but certainly come see the Eligibility Coordinators to update your demographic information prior to traveling off for the upcoming college year!

YELLOWHAWK PATIENTS

*For those of you that have been referred outside Yellowhawk Tribal Health Center, please notify your Referral Coordinator **prior** to each visit outside Yellowhawk, whether that is an in-person visit or a visit on the telephone with your specialist.*

YELLOWHAWK.ORG/EVENTS

Láwtiwaama



SOBRIETY FRIENDSHIP DANCE

Pendleton Round-Up
Roy Raley Park



Confederated Tribes of the Umatilla Indian Reservation
Yellowhawk Tribal Health Center
Behavioral Health

WEDNESDAY
SEPTEMBER 14
6 PM

*A Culturally Specific Recovery
Service brought to you by
Yellowhawk Chemical
Dependency Program.
For more information contact
Wenona 541.240.8683*



YELLOWHAWK
TRIBAL HEALTH CENTER