



"Our families made strong through balance and support."

# Soboba Tribal Family Services

## May Newsletter

### Mental Health Awareness Month



#### Soboba Tribal Family Services

Nancy Currie, Director  
Christopher Evensen, Tribal Social Worker  
Theresa Sam, Case Manager  
Catherine Gonzalez, Legal Admin Assistant  
Monday – Thursday 7:00am to 5:30 pm  
(951) 487-0283

#### Project Fatherhood

Soboba Tribal Family Services and the Cultural Center are proud to announce the Fatherhood Project, a holistic family wellness program aimed at increasing the skills of Native fathers. This program aims to help fathers of all ages to understand the sacred role they play in taking care of their children.

When Native people truly understand the past it motivates and inspires them to work toward a better future built on a strong family foundation.

For more information, please call Chris Evensen, Tribal Social Worker for Soboba Tribal Family Services at (951) 487-0283 or email at [cevensen@soboba-nsn.gov](mailto:cevensen@soboba-nsn.gov).

The first meeting is Wednesday, May 27<sup>th</sup>. Space is limited – please call or email us to reserve your seat.

#### Theresa Sam, Soboba Family Services Case Manager



Theresa Sam is a member from the Choctaw Nation of Oklahoma. She grew up in the Los Angeles area where she participated in the Indian Community by way of church, American Indian Athletic Association and the Southern California Indian Center of Los Angeles.

Theresa has worked in the Indian Child Welfare field for over 10 years and has collaborated with many tribes and community based organizations within the scope of Indian Child Welfare.

She is certified to be a facilitator for Positive Indian Parenting and previously had the opportunity to be one of the co-chairs for the State ICWA Workgroup. She has participated in numerous trainings and workshops for Indian Child Welfare from the National Indian Justice Center, NICWA and other entities.

Theresa loves spending her free time with her family at different Native American events such as Pow Wows, softball tournaments, rodeos and anywhere she can spend time with her native people.

Theresa considers it an honor to serve as Case Manager with the Soboba Tribal Family Services Department.

#### Positive Indian Parenting

Honoring Our Children  
By Honoring Our Traditions

Soboba Tribal Family Services is offering a new Parenting Class that explores the values of traditional Indian child-rearing that have their roots in our culture and heritage and then help parents apply these values to their modern skills in parenting.

Classes are scheduled to start Thursday, June 18<sup>th</sup>. Class size is limited, so please call to reserve your seat.

For more information, contact Theresa Sam, Case Manager for Soboba Family Services, at (951) 487-0283 or email at [tsam@soboba-nsn.gov](mailto:tsam@soboba-nsn.gov)

#### Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829  
Remainder of Riverside County: (800) 799-SAFE (7233)  
TDD Line – (800) 787-3224

*If you are in immediate danger call 9-1-1*

24 – Hour Child Abuse Hotline for  
Riverside County  
(800) 442-4918 or (800) 442-4453



#### Center Against Sexual Assault



24– Hotline: (951) 652-8300

## NAMI Mt. San Jacinto

NAMI Mt. San Jacinto is a grassroots, family and consumer self-help support and advocacy organization dedicated to improving the lives of people with severe mental illness, i.e. schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder (OCD), and PTSD.

NAMI Mt. San Jacinto  
P.O. Box 716

San Jacinto, CA 92581  
(951) 317-0312

Brenda Scott, Executive Director

## SOBOBA FIESTA

May 16, 2015

11 am to Dusk

Soboba Indian Reservation Sports Complex

Horse Shoe Contest, Tug-A-War, Greased Pole  
and Pit BBQ

Traditional Indian Dance Performances

Bird Singing throughout the day  
All singers welcome

Tortilla, Salsa Contest and Cake Walk

Peon Games

Mens Only - Winner Take All Tournament

Potluck lunch at Noon  
No Drugs or Alcohol

Peon Info: Maurice Chacon (951) 201-9899

Bird Singing & Vendor Info:

Joe Ontiveros (951) 663-5279

Contact: Carrie Garcia (951) 487-2329

### What to Do In an Emergency

Call 911 if you or a loved one are in immediate danger. Notify the operator that it is a psychiatric emergency and ask for an officer trained to help people with a mental health condition.

If you are in crisis or just need to talk about suicidal thoughts, call 1-800-273-TALK (8255), the National Suicide Prevention Lifeline. It is a 24-hour, toll-free, confidential suicide prevention hotline.

## Tips for Helping People with Mental Illness

If you have a family member with neurobiological disorder ("NBD", formerly known as mental illness), remember these points:

- Despite your efforts, symptoms may get worse, or may improve. You cannot cure a mental disorder for them.
- It may be as hard for the individual to accept the disorder as it is for other family members.
- Separate the person from the disorder. Love the person, even if you hate the disorder.
- Don't forget your sense of humor.
- Strange behavior is symptom of the disorder. Don't take it personally.
- Success for each individual may be different.
- Don't shoulder the whole responsibility for your mentally disordered relative.
- You are not a paid professional case worker. Work with them about your concerns. Maintain your role as the sibling, child, or parent of the individual. Don't change your role.
- Don't forget your sense of humor.
- Survival-oriented response is often to shut down your emotional life. Resist this.
- Forgive yourself and others for mistakes made.
- It may be therapeutic for you to help others if you cannot help your family member.

*The needs of the ill person do not necessarily always come first. It is not okay for you to be neglected. You have needs and wants, too.*

- You may eventually forgive your member for having mental illness.
- From *Surviving Schizophrenia*: "As a general rule, I believe that most persons with schizophrenia do better living somewhere other than home. If a person does live at home, two things are essential—solitude and structure." And, "In general, treat the ill family member with dignity as a person, albeit with a brain disease." And, "Make communication brief, concise, clear and unambiguous."
- Recognizing that a person has limited capabilities should not mean that you expect nothing of them.
- Allow family members to maintain denial of the illness if they need it. Seek out others whom you can talk to.
- **You are not alone. Sharing your thoughts and feelings with others in a support group is helpful and enlightening for many.**
- **The mental disorder of a family member is an emotional trauma to you. You pay a price if you do not receive support and help.**

*Excerpted from the National Alliance on Mental Illness (NAMI) Mt. San Jacinto website at*

[www.sinami.50webs.com/60tips.html](http://www.sinami.50webs.com/60tips.html)