



# Soboba Tribal Family Services

## September Newsletter

"Our families made strong through balance and support."

### **Soboba Tribal Family Services Staff:**

**Nancy Currie, Director**  
**Alicia Golchuk, Tribal Social Worker**  
**Catherine Gonzalez, Legal Admin. Assistant**

**Mon - Thurs 7am to 5:30 pm**  
**(951) 487-0283**

### **23<sup>rd</sup> Annual National Recovery Month**

National Recovery Month is a national observance to educate Americans on the fact that addiction treatment and mental health services can help those with a mental and/or substance use disorder to live a healthy and rewarding life.

Behavioral health is essential to overall health. Prevention works and treatment is effective. People can and do recover. We applaud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. There are many individuals within the Soboba community who have reclaimed their lives and are living happy and healthy lives in long-term recovery.

While the road to recovery may be difficult, the benefits of preventing and overcoming behavioral health conditions are significant and valuable to individuals, families and communities.

There are multiple resources available including:

- SAMHSA's National Helpline 1-800-662-HELP (4357) for information and treatment referral and SAMHSA's Treatment information at <http://www.samhsa.gov/>
- Wellbriety Gathering – Meets Wednesdays 12:30 to 2:00pm. Open to new members with particular emphasis on discussion, steps and literature review. Call Marc Espino at (619) 234-2158 for information or visit
- Alanon – visit [www.iealanon.org/meetings/alanon](http://www.iealanon.org/meetings/alanon) for a meeting near you.

Soboba Tribal Family Services can also provide tailored referrals to treatment to increase your successes in recovery. Call us at (951) 487-0283 for more information.

*Excerpted in part from [www.recoverymonth.gov](http://www.recoverymonth.gov)*

### **California Native American Day**

**Friday, September 28, 2012**  
**6pm – 9pm**  
**FREE and open to the public**

Traditional Bird Songs, Music, Food & Artists  
Bring your lawn chairs & blankets.

California State University San Bernardino  
5500 University Parkway, San Bernardino

For more information, visit [www.nativeamericanday.com](http://www.nativeamericanday.com)  
or call (909) 537-7204



**"A nation is not defeated until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong its weapons."**

**-- Cheyenne proverb**

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

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

*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**



# TEEN CORNER

## Alcohol, Drugs and Youth

There is no single age group more affected by alcohol and drugs than young people. Nationwide, alcohol and drugs affect each and every one of us, directly or indirectly: in our home, family, school, dorm, community, town or city.

**Fact: More than 23 million people over the age of 12 are addicted to alcohol or other drugs** affecting millions more people...parents, family members, friends and neighbors.

Using alcohol and drugs before the brain has fully developed increases your risk for future addiction to alcohol and drugs dramatically. Young people who start drinking alcohol before age 15 are 5 times more likely to develop alcohol abuse or dependence than people who first use alcohol at age 21 or older. Research for drug use and drug addiction has found similar results.

*Excerpted from [www.ncadd.org](http://www.ncadd.org)*

## News Flash...Marijuana Can Make You Stupid... Teenage Marijuana Use May Hurt Future IQ

In a study of more than 1,000 adolescents in New Zealand, those who began habitually smoking marijuana before age 18 showed an eight-point drop in IQ between the ages of 13 and 38, a considerable decline.

The average IQ is 100 points. A drop of eight points represents a fall from the 50th percentile to the 29th percentile in terms of intelligence.

- As reported by ABC News on August 27, 2012 on [www.abcnews.go.com](http://www.abcnews.go.com)

## Fact: Marijuana and Grades

19.3% of students ages 12-17 who receive average grades of "D" or lower used marijuana in the past month and 6.9% of students with grades of "C" or above used marijuana in the past month.

*Excerpted from [www.ncadd.org](http://www.ncadd.org)*

## Fact: Not Everyone Is Using Drugs

One reason some teens decide to start smoking marijuana, drinking alcohol or using other drugs is because they think "everyone is doing it."

Most Teens Aren't Using Drugs: If you think "everyone is doing it," consider the facts. Most students go all the way through high school without ever doing drugs or getting drunk. The annual Monitoring of the Future nationwide survey of thousands of 12<sup>th</sup> grade students asks seniors about their use of alcohol and drugs during their lifetime:

- + 53.3 never used an illegal drug
- + 58% never smoked marijuana
- + 90.5 never did inhalants
- + 94% never did cocaine
- + 97.6% never did methamphetamine

*Excerpted from [www.ncadd.org](http://www.ncadd.org)*

**Alcoholism and drug dependence** are complex problems with many related issues. And, although there is no magic formula to help someone stop his or her drinking or drug use, you are not alone. We are here to help. Soboba Tribal Family Services provides tailored referrals for treatment that can increase your successes in recovery. Call us at (951) 487-0283 for more information. We can walk you through the process and help you find the treatment program that's right for you.

You will be able to speak to someone who will listen, assess your needs and provide information about available resources, costs and how to start the recovery process.

Your call will always be kept private and confidential. Make the call to change your life for the better.

**Soboba Tribal Family Services**  
**(951) 487-0283**



A woman's highest calling  
is to lead a man  
to his soul so as to  
unite him with Source.

A man's highest calling  
is to protect woman  
so she is free to walk  
the earth unharmed.

~ Cherokee Proverb ~

