

MAY 2023

509-634-2733

Spokane Ntl Weather Service Announcement: Weather Outlook valid May 8-14 shows elevated odds of cooler than normal temperatures along with above normal precipitation. Flooding possible & Thunderstorms

Vocational Rehabilitation

Special points of interest:

Culture Group All welcome Thursday Omak VR 4:30— Dinner provided Dottie 422-7402

MAY 5 MMIW Awareness DAY

JOB FAIR OKANOGAN AGRIPLEX MAY 24-25

JOB FAIR Spokane May 25th 11-2 Spokane Convention Center

SUNFLOWER FESTIVAL May 26 PISIS

1ST SALMON CEREMONY May 25 Chief Joseph Hatchery

Job skills training 10AM Tues and Thursday TANF Office Mon and Wed Government building TANF 10 AM – Daryl Toulou 634-2921

MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month provides a perfect opportunity to shine a spotlight on spreading helpful mental health resources and information on local programs or initiatives and content to specific populations (for example, caregivers, youth and young adults, underrepresented communities). It is also a chance to encourage people to take action.

Mental Health awareness campaign is about uplifting and empowering the mental health community to feel that they are “more than enough.” We want to affirm the idea that people are inherently worthy of life, love and healing – no matter what they look like, no matter where they are in their journeys, no matter what they are or aren’t able to do.

This campaign is a message of hope and

inclusion that calls to action activities related to how people can feel empowered, combat stigma and get involved – ultimately sharing the message that all people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.

CCT Behavioral Health

No one plans for a crisis or emergency. They happen. We are here to help you. During



regular office hours (Mon.-Thurs. 7a-5:30p) call or stop by and someone will help support you. If you require a mental health or chemical dependency screening, we will schedule one and make referrals to other community support agencies when needed. 24/7 Crisis Line for On-Call Counselor, (509) 634-2610

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Saturday, May 20, 2023
Omak East Side Park Fitness Trail

TERO Training Updates



PRACTICE
TRADITION,
BUILD THE
FUTURE, TRAIN
FOR
OPPORTUNITIES

TERO JOB DISPATCH

509-634-2729

Training Requests

Roberta Bearcub
509-634-2719

Current RFP listings

RFB | Cache Creek | [Closing Date May 19, 2023](#)

RFB | Bridge Creek #5 Mechanical Slash Pile | [Closing Date May 19, 2023](#)

RFP | Burbot Project Statistical Support | [Closing Date May 22, 2023](#)

RFB | Range Unit 36 and 36A Fencing Contract | [Closing Date May 2, 2023](#)

RFB | Range Unit 59 Border Fencing Contract | [Closing Date May 2, 2023](#)

Exhibit A. Loup Loup Drawings Exhibit B Special Provisions | Exhibit C Technical specifications | Exhibit D Basis of design report | Loup Loup fish passage project bid sheets | Loup Loup fish passage project cover letter Closing Date May 10, 2023

Did you know...

If you haven't updated your TERO Application in the past 6-months, you may lose eligibility to be dispatched to a project. Please ensure that we have a current application on file so that we can contact you with job and/or training opportunities.

Contact TERO if interested in signing up for

HANDS on Carpentry May 15-19

Hands on Drywall May 22-26

Applications to sign up can be found at Omak TERO/Voc Rehab office 1100 8th ave or 2nd floor Government Building TERO office Nespelem.

HIGHER EDUCATION

DEADLINE DATES

- 1st term: Fall - August 1st
- 2nd term: Winter/Spring- December 1st
- 3rd term: Spring- February 1st
- 4th term: Summer- May 1st

**PO Box 150 Nespelem, WA
Lucy F. Covington Government Center**

Southwest Wing- 3rd Floor

(509) 634-2779 | Fax (509) 634-2790 | Toll Free 1-888-881-7684

Monday - Thursday 7:00am - 5:30pm



Jarred-Michael Erickson at WSU Pullman

Friday, April 28, 2023 from 11am to 3pm at the Elson S Floyd Cultural Center (ESFCC) at Washington State University- Pullman. The MOU Ceremony & Official Signing was a rededication for another 25 years. WSU President Kirk Shultz met with the MOU tribes and signed the MOU with great hopes for the future of working together. First setting up and establishing the Native American Scholarship Program with the tribes.

"You can't wake a person who is pretending to be asleep." Navajo

Paschal Sherman Indian School

169 North End Omak
Lake Road Omak WA
98841 509-42-7590

PSIS

EMPLOYMENT OPPORTUNITIES

<https://www.paycomonline.net/v4/ats/web.php/jobs?clientkey=753A1C05F4FE96A96F51BF3F59639790>

- Bus Driver
- Superintendent
- Counselor/Dean of Students
- Teacher
- Para educator/Bus Monitor
- Short Notice Sub Teacher
- Teacher



May Word Search

E	Y	S	P	R	I	N	G	S	G	A	E	I	H
M	Y	O	L	O	V	E	N	M	A	A	G	O	Y
E	E	S	C	A	M	T	A	I	R	Y	I	N	Y
M	C	R	L	I	S	E	S	A	D	O	Y	I	C
O	I	M	A	Y	F	L	O	W	E	R	S	O	C
R	N	S	U	N	N	Y	T	F	N	L	E	R	L
I	C	D	I	S	A	B	I	L	I	T	I	E	S
A	O	H	C	O	L	E	I	M	N	G	S	A	P
L	D	A	T	U	L	I	P	S	G	A	P	S	E
D	E	N	O	I	T	A	I	C	E	R	P	P	A
A	M	I	I	M	O	T	H	E	R	S	D	A	Y
Y	A	M	E	N	T	A	L	H	E	A	L	T	H
I	Y	A	W	A	R	E	N	E	S	S	E	M	T
I	O	E	S	I	C	R	E	X	E	M	O	M	I

- SPRING
- MOTHERS DAY
- GARDENING
- DISABILITIES
- MAY FLOWERS
- MEMORIAL DAY
- AWARENESS
- CINCO DE MAYO
- LOVE
- EXERCISE
- APPRECIATION
- SUNNY
- MENTAL HEALTH
- YOGA
- TULIPS

"We only have one earth. Let's take care of it." – Deb Haaland

A message from Health & Human Services of the Confederated Colville Tribes

MATERNAL MENTAL HEALTH AWARENESS WEEK 1-7 MAY 2023

Postpartum Depression Types

The onset of symptoms and signs of postpartum depression typically present themselves within the first few weeks after childbirth. Sometimes, however, symptoms can begin later, and symptoms may intensify at first and ease within the following months. [more at postpartumdepression.org]

- **Postpartum Blues** - affects roughly 30-80% of people who give birth (sadness, crying, insomnia, anxiety)
- **Postpartum Anxiety** - intense and chronic anxiety lasting weeks to months
- **Postpartum OCD**
- **Postpartum Panic Disorder**
- **Postpartum PTSD**
- **Postpartum Psychosis**

You're not alone.

National Maternal Mental Health Hotline **HRSA**

For Support, Understanding, and Resources, CALL OR TEXT 1-833-9-HELP4MOMS 1-833-943-5746 Free • Confidential • Available 24/7

When to seek help

Pregnancy and a new baby can bring a range of emotions. Many people feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after the baby is born. Sometimes these feelings go away on their own. But if these feelings last for **more than TWO WEEKS**, and make it hard to carry out daily tasks, like caring for themselves or their family, a person may have perinatal depression or anxiety. These are common and treatable health conditions during or after pregnancy. And that's why a new parent, or those supporting them, should reach out right away for help.

Virtual support groups for bereaved parents. rtzhope.org/register

DID YOU KNOW?

1 IN 7 MOMS AND 1 IN 10 DADS SUFFER FROM POSTPARTUM DEPRESSION. POSTPARTUM SUPPORT INTERNATIONAL OFFERS HELP AT 800-944-4773.

Call (509) 634-2610 or your health care provider for more info.

SAVE THE DATE!

Fentanyl Awareness

May 5th, 2023
11am-3pm

Everyone is Welcome,

Free Taco Lunch

IT ONLY TAKES A LITTLE FENTANYL TO LOSE A LOT

Alcohol & Recovery Awareness Walk

MAY 22 @ NESPELEM
MAY 23 @ KELLER
MAY 24 @ INCHELUM
MAY 25 @ OMAK

Recovery is possible

LOCATIONS FOR EACH COMMUNITY WILL BE ANNOUNCED CLOSER TO THE DATES!

Sponsored by CCT Tribal Health

We are hosting a walk in each of the 4 districts to encourage and acknowledge the effort it takes to recover from alcohol or other substance use.

If you plan to attend, please let us know your shirt size at <https://tinyurl.com/apubcc9z>

VOCATIONAL REHABILITATION

Our Mission:

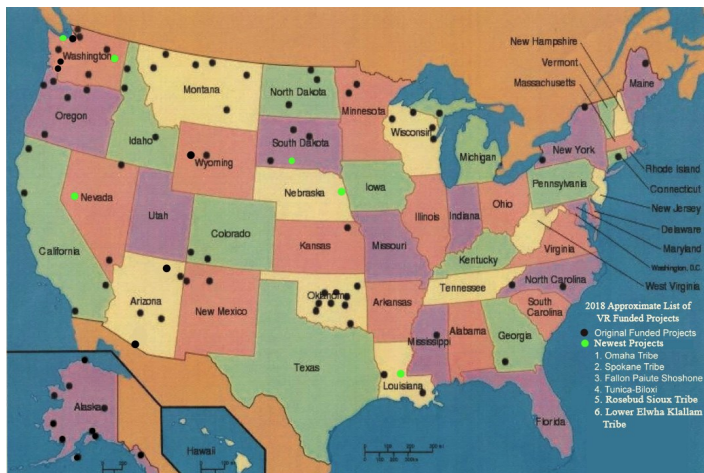
The Colville Tribal Vocational Rehabilitation Program provide culturally appropriate Vocational rehabilitation services to federally recognized tribal members with disabilities. Individuals who have a functional limitation and need assistance obtaining, maintaining, or regaining employment. Services are custom designed to fit each individuals needs.

- ◆ 21 Colville Street
NESPELEM 634-2733
- ◆ 1100 8th Avenue
OMAK 422-7578

Who is Eligible:

If you want to go to work and your answer is yes to the following statements, you may be eligible:

- ◆ Do you reside on or near the boundaries of the Colville Indian reservation?
- ◆ Are you an enrolled member of a federally recognized tribe?
- ◆ Do you have a physical or mental impairment that results in a substantial impediment to employment?
- ◆ Are you willing to work on a plan that will help you find suitable employment?



TRIBAL VOCATIONAL REHABILITATION IS AVAILABLE THROUGHOUT THE US

May 5 is the National Day of Awareness for Missing and Murdered Indigenous Women. Northern Quest Resort & Casino is bringing awareness to the issues of missing and murdered Indigenous women. The red dresses hang empty to symbolize the 72 women currently missing in Washington State. The Airway Heights Police Department will continue to stand in solidarity and support our tribal counterparts in any way we can help until this is no longer an issue.

