

NW Tribal Opioid Response: Community Resources

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Opioid
Response
Network

Introduction

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Tribal Opioid
RESPONSE

A Project of the Northwest Portland Area Indian Health Board



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**
Indian Leadership for Indian Health

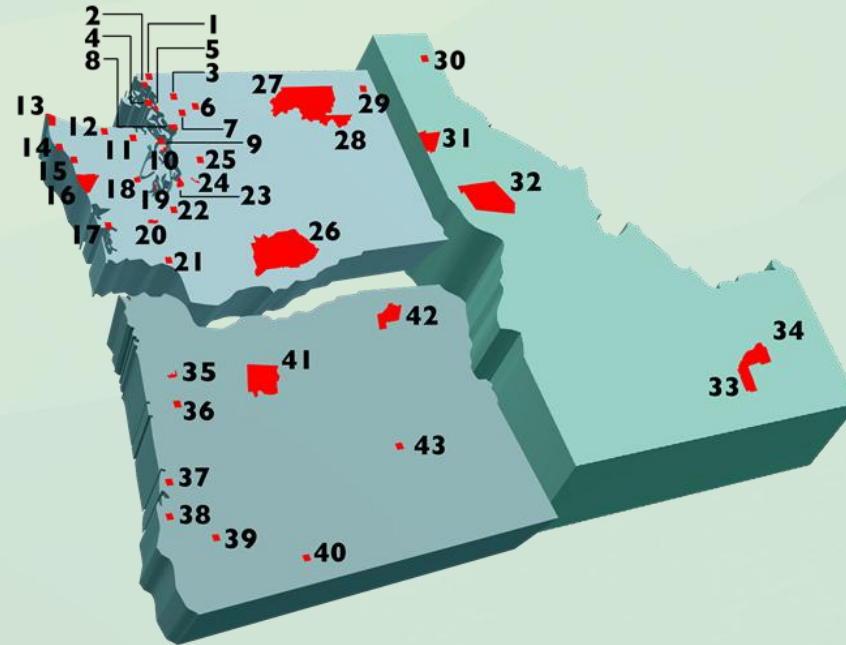
Northwest Member Tribes

Washington Tribes

1. Nooksack Tribe
2. Lummi Nation
3. Upper Skagit Tribe
4. Samish Indian Nation
5. Swinomish Tribe
6. Sauk-Suiattle Tribe
7. Stillaguamish Tribe
8. Tulalip Tribe
9. Port Gamble S'Klallam Tribe
10. Suquamish Tribe
11. Jamestown S'Klallam Tribe
12. Lower Elwha Klallam Tribe
13. Makah Tribe

Washington Tribes Cont.

14. Quileute Tribe
15. Hoh Tribe
16. Quinault Indian Nation
17. Shoalwater Bay Tribe
18. Skokomish Tribe
19. Squaxin Island Tribe
20. Chehalis Tribe
21. Cowlitz Tribe
22. Nisqually Tribe
23. Puyallup Tribe
24. Muckleshoot Tribe
25. Snoqualmie Tribe
26. Yakama Indian Nation
27. Colville Tribes
28. Spokane Tribe
29. Kalispel Tribe



Oregon Tribes

35. Grand Ronde Tribes
36. Siletz Tribes
37. Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians
38. Coquille Tribe
39. Cow Creek Band of Umpqua
40. Klamath Tribes
41. Warm Springs Tribes
42. Confederated Tribes of the Umatilla Indian Reservation
43. Burns Paiute Tribe

Idaho Tribes

30. Kootenai Tribe
31. Coeur d'Alene Tribe
32. Nez Perce Tribe
33. Shoshone-Bannock Tribes
34. NW Band of Shoshone



Tribal Opioid Response (TOR)

- The NPAIHB TOR Consortium is made up of 35 Tribes from OR, WA, & ID
- Our primary aim is to assist tribes in tackling the opioid epidemic through increasing capacity to implement effective prevention, treatment, and recovery efforts
- Our work includes:
 - Developing a strategic approach for a comprehensive tribal opioid response
 - Expanding access to culturally appropriate prevention, treatment, and recovery activities
 - Promoting interventions that are community-tested, evidence-based, and draw from the strengths of tribal nations and peoples



Overview of TOR Funded Activities

Activity	Tribe																																				
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	BB	CC	DD	EE	FF	GG	HH	II	JJ	
Support for staff positions	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓	✓	✓
Workforce development	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓
EHR adaptations	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Safer opioid prescribing practices	✓			✓	✓		✓	✓	✓				✓		✓								✓	✓		✓			✓							✓	
Naloxone purchase and distribution	✓	✓		✓	✓			✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓					✓		
Medication - Assisted Treatment ^a	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓			✓					
Policy development	✓			✓	✓		✓	✓	✓	✓	✓		✓	✓	✓	✓	✓			✓		✓			✓	✓			✓					✓	✓		
Recovery support services	✓		✓		✓		✓	✓		✓	✓		✓	✓		✓		✓		✓	✓		✓		✓	✓	✓		✓					✓			
Prevention programs	✓	✓	✓	✓	✓			✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓			✓	✓	
Wraparound services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓			✓		
Public awareness campaign	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓		✓					✓		
Social awareness campaign	✓	✓		✓	✓			✓		✓	✓		✓	✓	✓					✓				✓	✓	✓	✓	✓	✓	✓		✓			✓	✓	
Cost assistance	✓	✓	✓		✓	✓		✓			✓		✓		✓		✓			✓	✓		✓	✓	✓	✓		✓	✓								
Reentry services	✓	✓			✓								✓								✓	✓			✓			✓	✓		✓						
Clinical support	✓				✓		✓			✓	✓		✓	✓							✓		✓		✓										✓		
NW Behavioral Health Aid Manual ^b																																					✓

Note. Each letter corresponds to one Tribe.

^aTribes have a checkmark if they offered MAT through any clinic pathway (their own Tribal clinic or referrals to other clinics).

^bDevelopment of the NW Behavioral Health Aid Manual was led by the NPAIHB, with some Tribes contributing resources for this work.

NPAIHB TOR Resources

- The TOR team at the NPAIHB provides resources to all Tribes in OR, WA, & ID:
 - Narcan kits
 - Factsheets/postcards around substance use prevention/treatment
 - Social Media messaging around substance use prevention/treatment
 - PSA Videos & Narcan Training



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

NO-COST MENTAL HEALTH SERVICES

The Northwest Portland Area Indian Health Board (NPAIHB) and United Natives are proud to collaborate in bringing free substance use and mental health services to our Native communities, ages 15+. This partnership is focused on removing barriers to care by providing culturally grounded, confidential therapy at no cost to Native individuals who live in OR, WA, or ID or are from a Tribe in OR, WA, or ID. For information on how to access these services, visit: unitednatives.org/npaihb

SCHEDULE TODAY



therapy@unitednatives.org



call/text 602-799-8187



unitednatives.org/npaihb



An illustration of a Native American man with a mustache and glasses, wearing a tan hat and a yellow vest with red geometric patterns over a blue shirt. He is adorned with several beaded necklaces, including one with a white fish pendant. A dashed white line extends from his head towards a teal speech bubble. In the upper right, a white paper airplane with a purple heart on its tail is shown flying towards the right, with a dashed white line trailing behind it. The background consists of warm, abstract shapes in shades of orange, yellow, and brown.

I know that the path
to recovery is hard.
I want you to know it
is worth it and you
can do it.

Text “***RECOVERY***”
to
65664

...to get regular reminders about how
awesome you are from people who care
and who've got your back.

Drug Flashcards

**Magic Mushrooms**
(Shrooms)

Magic mushrooms are a hallucinogen that look like ordinary mushrooms. They can also come as dried powder in capsules. Magic mushrooms can be eaten, cooked, or brewed into a tea. The dried version is sometimes smoked or mixed with marijuana or tobacco.



Other names include shrooms, mushi

During some experiences with magic mushrooms, someone may feel joyful and see, feel, and hear pleasant things. During a bad experience, someone may have scary hallucinations and feel extremely anxious. People may also do dangerous things they would never normally do, like jump off a roof or act on suicidal feelings. As with any illicit substance, it is important to never use magic mushrooms alone to reduce risk of adverse hallucinogenic reactions.

Some people who use magic mushrooms experience random flashbacks of bad experiences. Flashbacks can happen years after the drug was last taken, and they may be triggered by stress, sleepiness, or another drug.

Substance of Health and the authors



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**MDMA** (Ecstasy, Molly)

MDMA, also known as ecstasy or molly, is a lab-made drug that often comes as a pill or capsule, which is swallowed or crushed and snorted. It can also appear as a liquid which is swallowed.

**Cocaine**

Cocaine is *highly* addictive and comes from the leaves of the coca plant. It often comes as a white powder that is snorted or injected. It can also look like a crystal rock that is heated and smoked.



Other common names include blow, bump, coke, crack, or snow



Other names include XTX, E, X, beans, and adar



Can be laced with fentanyl. If so, Narcan can be used to reverse an overdose.

Cocaine may make you feel good in the short-term. However, once it wears off, you feel terrible - achy, weak, dizzy, and depressed. Some people even vomit.

To avoid feeling sick and emotionally low people often take more cocaine. This creates a harmful cycle where you gradually need more and more of the drug just to feel normal. Cocaine may also cause random nosebleeds, problems breathing, severe anxiety, paranoia, and deep depression.

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www.npaihb.org/opioid

All our resources can be found at:
npaihb.org/opioid



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Substance Use Prevention Video

A PSA for youth and young adults



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Preparation for Video

- NPAIHB's Youth Delegates wanted a video around substance misuse to learn:
 - overdose prevention tools
 - risks of substance misuse
 - ways to bridge generational gap
- Ran youth script read-throughs, ages 17-25
 - youth provided edits and feedback to the script



Porky's Party: A Wake-Up Call



Plant Medicine Project

For Prevention & Recovery



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Roots of Healing | Plant Medicine for Healing from Substance Use

	Cleavers	Dandelion	Devil's Club	Hawthorne	Lemon Balm	Marshmallow	Milk Thistle	Stinging Nettle	Oats	Oregon Grape	Plantain	Self Heal	Skull Cap	Yarrow
 Brain Fog														
 Constipation														
 Anxiety/Irritability														
 Nausea, Vomiting & Diarrhea														
 Hot/Cold Flashes														
 Cravings														
 Sleep Disturbances														
 Wound Care														

Thank you!

Visit our website for all our
handouts, videos, and other
resources at:
npaihb.org/opioid



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Working with communities.

- ✧ The SAMHSA-funded *Opioid Response Network (ORN)* assists states, organizations and individuals by providing the resources and technical assistance they need locally to address the opioid crisis and stimulant use.
- ✧ Technical assistance is available to support the evidence-based prevention, treatment and recovery of opioid use disorders and stimulant use disorders.

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Working with communities.

- ✧ The *Opioid Response Network (ORN)* provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis and stimulant use.
- ✧ *ORN* accepts requests for education and training.
- ✧ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



Contact the Opioid Response Network

- ✧ To ask questions or submit a request for technical assistance:
 - Visit www.OpioidResponseNetwork.org
 - Email orn@aaap.org

