

Treat the whole person

Treatment is most effective when it includes medication along with mental, emotional, spiritual, and cultural support. Connect with a treatment provider that can provide culturally appropriate care.

Get help

There are tribal health programs across the state that can help support your journey to recovery.

Call the Washington Recovery Help Line

1.866.789.1511

Call 24/7/365 | Text M-F 9am-9pm

**Treatment works.
Recovery is possible.**

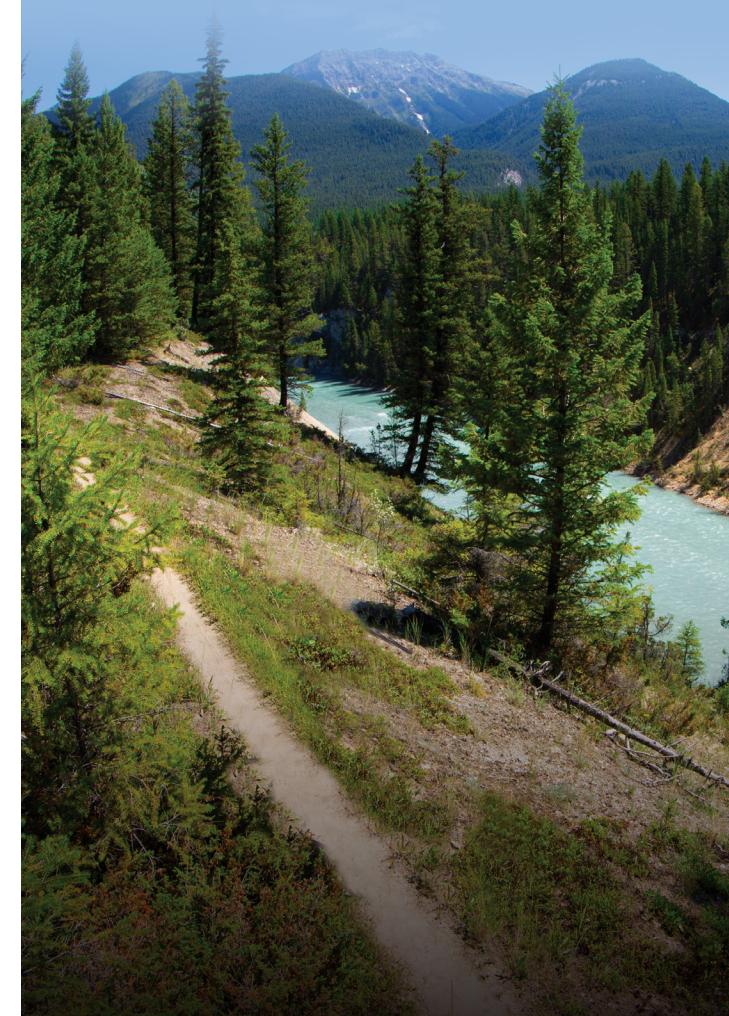
**Welcome loved ones
back to the community.**

LEARN MORE AT
WATribalOpioidSolutions.com

Washington State Health Care Authority

journey to recovery

a community guide
for treating opioid
use disorder



Treatment works

Treatment is available for pregnant and parenting women. If you or a loved one are struggling with opioid use disorder, treatment, connection and culture can support recovery. Opioid use disorder can be successfully treated with a combination of medications, counseling and behavioral therapies.

Recovery takes time

Recovering from opioid use disorder can be a challenging journey. Those in recovery need the support of their families and community.

Support may look like:

- Using kind and respectful language
- Learning about opioid use disorder and how it impacts the brain
- Talking to a counselor or other tribal health professional
- Staying positive and encouraging your loved one to get help today

Medications for Opioid Use Disorder (MOUD) or Medication Assisted Treatment (MAT) are effective in combination with other therapies.

BUPRENORPHINE/SUBOXONE®

- Prevents opioid withdrawal symptoms and cravings to focus on recovery
- Blocks the effects of other drugs if a person relapses
- Comes in several forms: a pill, a film under the tongue, as a 6-month implant under the skin or as a monthly injectable form.
- Available to pregnant and parenting people

METHADONE

- Prevents opioid withdrawal symptoms and cravings to focus on recovery
- Effective for people who suffer from severe and chronic pain
- Comes in liquid or pill form
- Available to pregnant and parenting people
- Blocks the effects of Opioid drugs if a person relapses

NALTREXONE/VIVITROL®/REVIA®

- Blocks the effects of other drugs if a person relapses
- Can be offered in any medical setting
- Comes in daily pill or monthly injection
- Works for both opioids and alcohol



Pregnant and parenting

Taking opioids during pregnancy may cause premature birth, birth defects, and drug withdrawal called neonatal abstinence syndrome (NAS).

Stay healthy

- Medication can stop and prevent withdrawal and reduce opioid cravings, allowing you to focus on your recovery and caring for your baby
- Buprenorphine and Methadone are safe during pregnancy and breastfeeding
- Talk with your doctor, tribal behavioral health provider, or other health care professional about the best treatment for you and your baby.