

# journey to recovery

## STOP OPIOID ABUSE

Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup>

Opioids are a leading cause of injury related deaths in our state.<sup>1</sup> 75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.<sup>2</sup>

**Medication Assisted Treatment (MAT) can provide the help you need to recover from opioid dependency.**

- ✓ No single treatment is right for everyone.
- ✓ MAT can help you stabilize your life.

## Everyone's road to recovery is different<sup>3</sup>

- Addiction is a complex but treatable disease that affects brain function and behavior.
- People need to have quick access to treatment.
- Effective treatment addresses all of the patient's needs, not just his or her drug use.
- Staying in treatment long enough is critical.
- Counseling and other behavioral therapies are the most commonly used forms of treatment.
- Medications are often an important part of treatment, especially when combined with behavioral therapies.

<sup>1</sup>Source: Washington State Department of Health

<sup>2</sup>Source: Substance Abuse and Mental Health Services Administration

<sup>3</sup>Source: National Institute on Drug Abuse

Learn more at  
[WATribalOpioidSolutions.com](http://WATribalOpioidSolutions.com)