

# one

## honest conversation

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>

You can be the one to help keep your family safe.

### STOP OPIOID ABUSE Your influence matters

- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.<sup>2</sup>
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Encourage your kids to talk with their doctor about other ways to treat pain.
- ✓ Lock up your medications.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at [TakeBackYourMeds.org](https://www.TakeBackYourMeds.org).

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

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

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