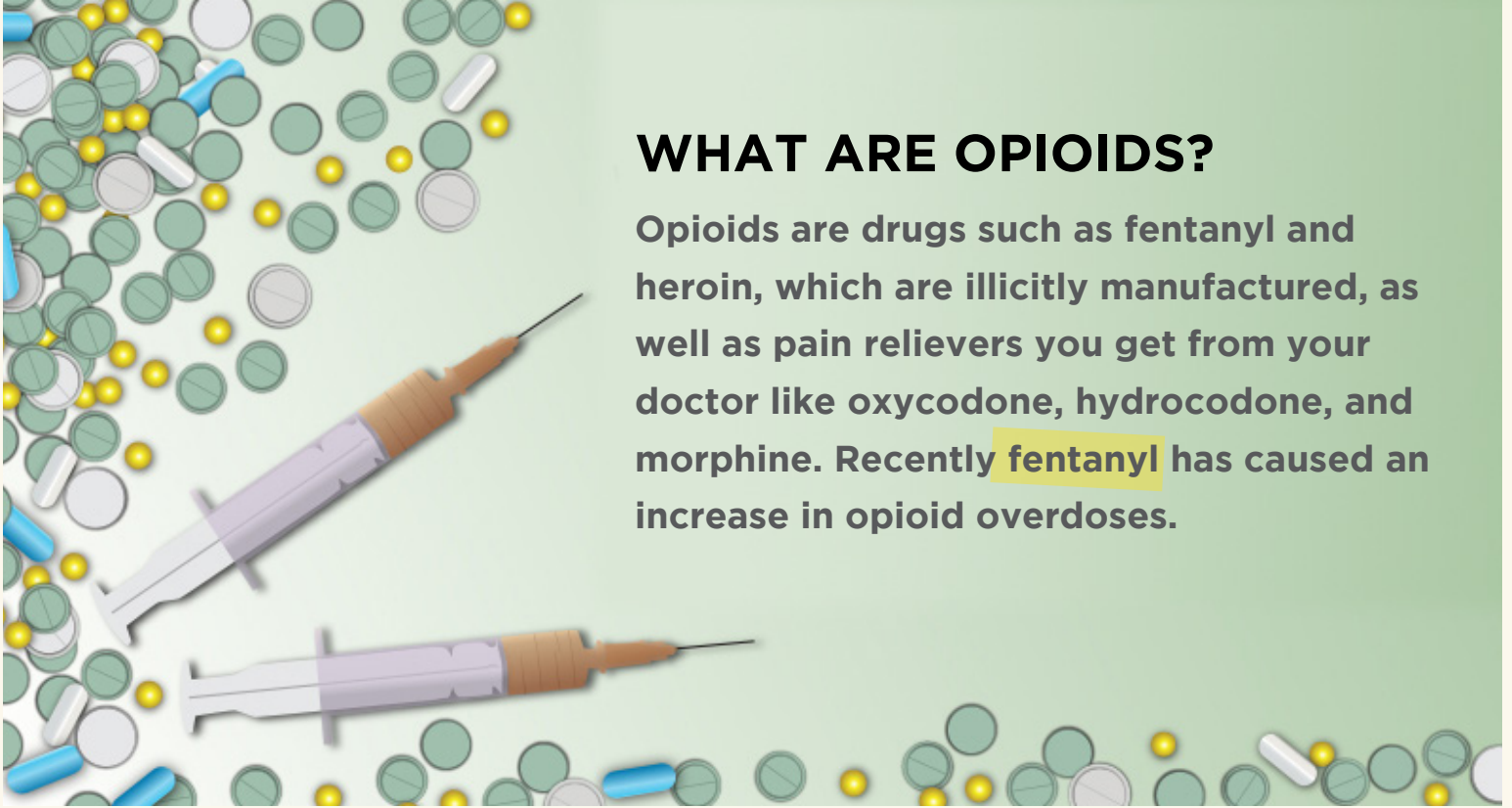


THE OPIOID CRISIS

Opioid Addiction & Treatment for Native American Communities



WHAT ARE OPIOIDS?

Opioids are drugs such as fentanyl and heroin, which are illicitly manufactured, as well as pain relievers you get from your doctor like oxycodone, hydrocodone, and morphine. Recently **fentanyl** has caused an increase in opioid overdoses.



WHAT IS OPIOID USE DISORDER? (OUD)

Opioid use disorder is a treatable condition that can be caused by taking too many opioids. It is sometimes called opioid addiction. Symptoms of opioid use disorder include:

- feeling a strong need for opioids
- feeling unable to stop or cut down opioid use
- having work, school, or family problems caused by your opioid use
- needing more opioids to get the same high
- spending a lot of time trying to find and use opioids
- feeling unwell after stopping or reducing use



WHAT IS MEDICATION ASSISTED TREATMENT (MAT)



MAT 101

MEDICATION ASSISTED TREATMENT IS AN EFFECTIVE WAY TO ADDRESS OPIOID USE DISORDER USING MEDICATION AND COUNSELING

MEDICATION

Medications—including methadone, naltrexone and buprenorphine—are given to patients

ASSISTED

Medication **assists** patients to control withdrawal and cravings

TREATMENT

The medication is part of a larger **treatment** plan that includes counseling and other behavioral therapies.

WHAT ARE THE BENEFITS OF MAT?

- **PROVIDER-DELIVERED:** A health care provider (doctor or nurse) picks the medication that will help you with cravings and withdrawal.
- **SAFE:** All MAT medications are safe to take under the care of a doctor or nurse for the whole time you take them.
- **WELLNESS CENTERED:** Going to all your counseling appointments will help you make changes so you don't need drugs when you get stressed or times get tough.



COMMON MEDICATIONS USED IN MAT

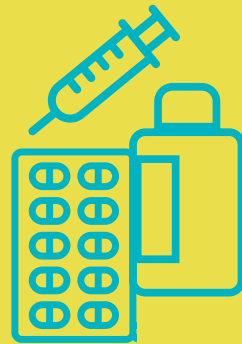
THE MOST COMMON MEDICATIONS USED ARE:

- Buprenorphine
- Methadone
- Naltrexone

ALL MAT MEDICATIONS WORK TO:

- Help your brain work like normal
- Block the high you get from drugs
- Cut down on cravings
- Help your body work like normal

These medications come in many forms including pills, dissolving tablets and films,



liquid, or long-term injections. MAT can be safely taken for months, years or even a lifetime.

MYTHS AND FACTS ABOUT MAT

MYTH:

MAT JUST TRADES ONE ADDICTION FOR ANOTHER

FACT:

Research shows that the combination of medication and behavioral therapies can successfully treat OUD and keep people in recovery.

MYTH:

MAT IS ONLY FOR THE SHORT TERM

FACT:

Research shows that patients on MAT for at least 1-2 years have the greatest long-term success.

MYTH:

MAT INCREASES THE RISK FOR OVERDOSE IN PATIENTS

FACT:

MAT helps to PREVENT overdoses because people don't crave opioids.

MYTH:

MAT CANNOT BE COMBINED WITH TRADITIONAL HEALING & WELLNESS PRACTICES

FACT:

Both treatment types can be used together to treat the whole person.



WHERE CAN I GET Medication Assisted Treatment (MAT)?

Many Tribal and Indian Health Service behavioral health programs or clinics currently provide MAT. If not, their staff can also link you to the closest MAT services to your tribal community.

YOU CAN ALSO FIND A PROVIDER AT:

[findtreatment.gov](https://www.findtreatment.gov)
1-800-662-HELP (4357)

WHERE CAN I FIND OUT MORE INFORMATION ABOUT MAT?



SAMHSA – Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/medications-substance-use-disorders>



IHS - Indian Health Service

<https://www.ihs.gov/opioids/recovery/>



National Institute on Drug Abuse

NIDA – National Institute of Drug Abuse

<https://nida.nih.gov/publications/effective-treatments-opioid-addiction>

