

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.