

# journey to recovery

## Welcome loved ones back to the community.

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 designed to treat the whole person.

Recovering from opioid use disorder can be a challenging journey. **Recovery happens in community through culture and connection.**

## 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

Learn more at  
**WATribalOpioidSolutions.com**

Washington State  
Health Care Authority