

## Finding support that works for you.

Treatment that includes culture and works for Native people is available in Washington. For help finding a treatment program for yourself or someone else:

- Contact your tribal or community behavioral health or medical center.
- Call the Native Resource Hub weekdays at **(866) 491-1683**. The Hub also can help you find transportation and other support needed for treatment.

After hours, you can call the **Washington Recovery Help Line** at **(866) 789-1511** to find treatment.



Learn more about treatment.  
[ForNativeLives.org/treatment](https://ForNativeLives.org/treatment)

A photograph of a middle-aged man with a beard and short hair, wearing a light blue polo shirt. He is smiling broadly and looking off to the side. The background is a blurred outdoor setting with trees. The photo is framed by a white border with blue brushstroke accents.

# FOR OUR LIVES

**Native-centered  
treatment works  
to help us heal.**

**Culture is  
our strength.**

# Treatment that **centers our cultures** can help us heal and recover.

**Our cultures and traditions connect us.** They also can help us heal from trauma and addiction, giving us tools to recover and reminding us of what makes us strong.

Treatment is available in Washington that combines traditional healing practices with other therapies. Different programs offer different ways to connect with culture. They might include sweats, song, hunting or gathering, storytelling, prayer, beading or drumming.

**For Native people, these programs tend to be more effective at helping us stay in long-term recovery.** That's partly because they help many people build a stronger sense of identity, belonging and connection to their cultures. Identity and culture help protect us and give us strength.



**I found hope at my treatment center. There's hope, and there's love, and there's kindness.**

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**Robert Coberly**, pictured on the front, is a member of the Tulalip Tribes. He's in recovery after his Native-centered treatment program helped him connect with his culture.

## Medication lets people **focus on recovery.**

The ways people approach withdrawals and treatment for other opioids or drugs may not work for people addicted to fentanyl, which is extremely potent. But medication can help people stop using fentanyl without the severe withdrawal symptoms.

Along with counseling, medication help bring stability into a person's life. This allows them to work on healing trauma, repairing relationships, and learning new coping tools.

Methadone is the most effective medication for fentanyl addiction. Taking methadone is not the same as being addicted to fentanyl. And methadone has become more flexible and accessible for people in recovery.

But it's not the only option for opioid dependency. For some people, buprenorphine (Suboxone) or naltrexone (Vivitrol or ReVia) work well.

