

Finding support for Native people living in recovery.

Recovery cafes, healing dinners, support programs and other community-based programs help people in recovery. Programs also are available to support family members of people with addiction.

- Contact your tribal or community behavioral health or medical center.
- Call the **Native Resource Hub** weekdays at **(866) 491-1683**. The Hub is staffed by Native people who can help you find recovery resources and support. That includes legal support, help finding housing or work, food banks, and many other resources.

Valarie Ogle (left, pictured on the front) and **Selina Ramirez**, members of the Port Gamble S'Klallam Tribe, are both in recovery. They provide support to each other and to others healing from addiction.



Learn more about recovery.
ForNativeLives.org/recovery



FOR OUR LIVES

How to support
a relative or friend
living in recovery.

We are all
connected.

Recovery from addiction looks different for everyone.

But it's always a lifelong process, with ups and downs. And people with supportive, involved families and communities are more likely to stay in recovery long-term.

It can be hard to know how to help someone in recovery. And family members of people recovering from addiction can face their own trauma or pain related to their family member's substance use disorder.

UNDERSTANDING RECOVERY

Addiction changes the way your brain works. Substance use disorder is often fed by trauma. Healing and recovery take courage and strength.

Some people take MOUD well into recovery.

Taking medication for opioid use disorder, or MOUD, isn't the same as being addicted to fentanyl or other street drugs. Along with counseling, medications such as methadone, buprenorphine and naltrexone can help people stop using illicit opioids so they can focus on healing.

Sometimes people return to treatment multiple times.

Each time, they have a chance to gain tools for recovery.

People can and do move past relapse.

If someone temporarily returns to drug use, let them know you support them and respect them, and help them get what they need to keep recovering. (Keep naloxone, or Narcan, nearby to reverse overdose if it happens.)

Connection can help people heal from addiction.

Many people in recovery want to connect with and contribute to their communities. Include them in projects, traditional practices and events. Help them pursue new interests.

Recovery can require people to move away.

Sometimes people in recovery move away from the communities where they were using. This can be hard for them and the people who love them, but it can help them make a new start.

