

It begins with one step.

**One act of courage.
One honest conversation.**

All of us can prevent opioid misuse

Simple steps like locking up medications or having honest conversations with friends and family members can help keep our communities healthy and strong.

Know the facts



75%

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them – usually taken from a friend or family member.¹



50%

Kids are 50 percent less likely to use drugs when a friend, relative or elder tells them about the risks.¹



Building strong connections to culture and community can help prevent opioid misuse.¹

**You can make a difference.
Protect your loved ones.**

**Share the facts.
Stay connected.**

**LEARN MORE AT
ForNativeLives.org**

Washington State
Health Care Authority

**culture is
prevention**

a community guide
for preventing
opioid use disorder



Culture is prevention

Opioid misuse is preventable. We all play a part. Connecting to our culture and each other makes us stronger, especially when times are challenging.

Build strength and resilience

- Participate in cultural activities that bring you joy and connection
- Make time to connect with your friends, relatives and elders
- Find healthy ways to manage stress like carving, beading, dancing, singing
- If you are worried about a friend, ask them how they are doing
- If you are worried about yourself, reach out for help

Call the Washington
Recovery Help Line

1.866.789.1511

Call 24/7/365 | Text M-F 9am-9pm

Help keep our community strong

- Never share an opioid medication with someone else.
- Have a conversation with your friends and family about the dangers of opioids.
- Ask about other ways to manage pain.
- Lock up your medications.

Dispose of old or unused medications to keep your family and the environment safe. Visit **MED-Project.org** to find a convenient take back location or to request a free, discreet medicine mail-back envelope.

What are opioids?

Opioids are a class of drugs commonly used to reduce pain. The illegal drug heroin is an opioid, as are many of the prescription pain relievers prescribed by doctors, including oxycodone, hydrocodone, codeine, morphine, and many others.

Why are they addictive?

Opioids can negatively affect the reward center in the brain, leading people to need more and more over time. As a result, these drugs can be highly addictive.²

Sources: ¹ National Institute on Drug Abuse for Teens, ² Substance Abuse and Mental Health Services Administration, ³ Center for Disease Control and Prevention



Other pain relief options



If you are prescribed an opioid, talk with your tribal health provider about other options.³



Talk with a tribal health provider about strategies that can help manage stress.³



Try traditional or natural healing methods to manage pain.³