

THE TIME IS NOW

Together, we can empower your community to prevent, treat, and recover from opioid use.

Check Out This Packet and Learn More

What are you waiting for?



Tanana
Chiefs
Conference

Positive Impacts of Addressing Opioid Use



Community - Family - Individual

Addressing opioid use has many benefits - leading to the growth, happiness, and stability of communities and their people.

Enjoy life without the negative impacts of opioids.



Community Level

- Less tension among community members
- More energy, time, and money to put towards other issues
- Safer & healthier people - improved mental health
- Stronger response to prevent or reduce overdose



Family Level

- Overcoming continued cycles of generational trauma
- Positive role modeling and mentoring
- Creates a strong foundation for youth to thrive
- Increases quality time and genuine happiness

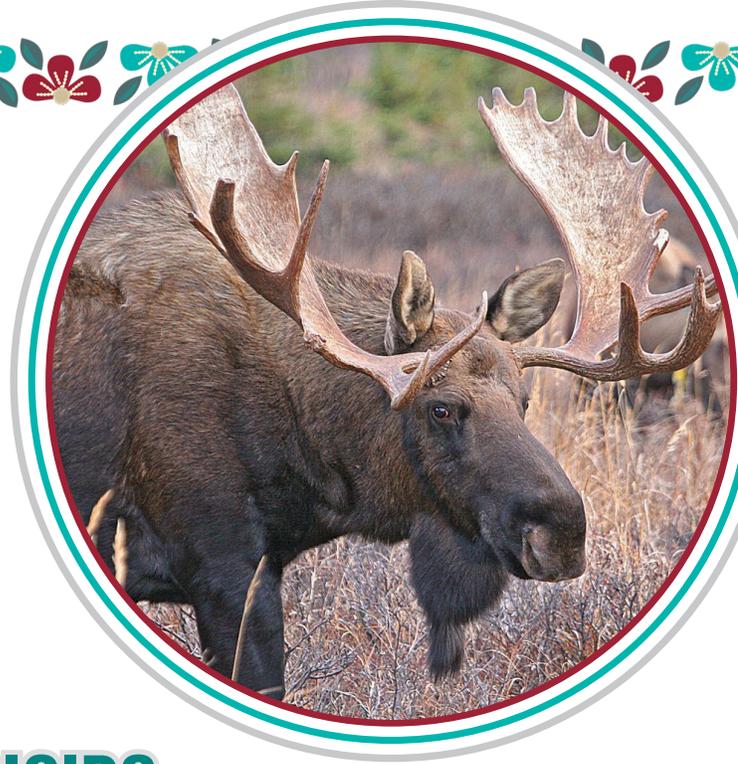


Individual Level

- Ability to heal past trauma and find purpose in life
- Mend relationships, learn new skills, and enjoy hobbies
- Prevent health issues or side effects from use
- Empower oneself to set and accomplish goals

What are Opioids?

A class of substances used to treat severe pain by blocking pain signals between the body and the brain. Opioids **create euphoric feelings of relaxation and happiness**, often leading to dependence or addiction.



TYPES OF OPIOIDS

VICODIN
PERCOCET
OXYCONTIN

NORCO
MORPHINE
TRAMADOL

HEROIN
FENTANYL
CARFENTANIL

Let's Take a Closer Look at **Fentanyl**

- 50x stronger than heroin & 100x stronger than morphine
- Commonly laced in other substances - meth & cocaine
- Undetectable by sight, taste, and smell

What is Opioid Use Disorder?

Opioid Use Disorder (OUD) is described as a **problematic pattern of opioid use** - increased tolerance, withdrawal symptoms, and intense cravings. Use is also continued despite the negative consequences occurring in ones life.

Consequences

- Troubles at work or loss of job
- Increased anxiety, irritability, and hopelessness
- Broken relationships - spouse, child, friend, coworker
- Health concerns or previous overdose
- Financial struggles and unable to pay bills
- Issues with the law



Treating Opioid Use Disorder

Clinical Support & More

A proven method to treat Opioid Use Disorder (OUD) is with *FDA- approved medications* - also known as **Medication for Opioid Use Disorder (MOUD)**. These medications interact with opioid receptors in the brain, reducing cravings, euphoria, and withdrawal symptoms.

The Benefits

- Allows clients to regain control of their lives and find peace
- Clinically controlled with medically trained staff
- Lowers the risk of relapse or returning to use
- Improves brain function - decision making, thinking, sleep
- Provides stability to allow for full recovery and healing
- Able to enjoy life again with lots of laughter and smiles
- Breaks cycles of addiction in families and communities

Additional Support & Resources



Counseling Sessions - Cognitive Behavioral Therapy

- Helps with identifying and changing negative thoughts patterns and behaviors to improve emotional regulation



Many Hands Care Coordination

- An added layer of help with managing the recovery process and accessing clothing, housing, food, jobs, etc.



Contingency Management

- Earn rewards and recognition as motivation for participating in the treatment process - snacks, gift cards, hobbies, etc.



How to Address Opioid Use

Community - Family - Individual

Making a difference *doesn't have to be complicated*. Addressing opioid use can be done in **many different ways** - each playing an important role in creating healthier communities, families, and people.



Community Level

- Train community members on how to use Narcan
- Distribute Narcan and other overdose prevention supplies
- Promote access to treatment and support recovery
- Be proactive in reducing stigma related to opioid use
- Place a syringe disposal kiosk in the community



Family Level

- Education on addiction patterns and behaviors
- Supporting loved ones through the recovery process
- Prevent the occurrence of opioid use by nurturing youth
- Engaging in open and honest conversations about life
- Setting healthy boundaries while still be encouraging



Individual Level

- Reconnect with your cultural identity and traditional ways
- Educate self on treatment options and resources
- Carrying Narcan at all times
- Be a positive role model for youth and peers in your life
- Practice healthy coping skills and monitor mental health





Interested in Learning More?

Contact Us Today!

For more information on **opioid education and awareness, additional support to get back on your way, or how to address such issues**, please contact TCC.

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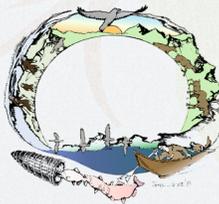
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Vision

Healthy People Across Generations

Mission

TCC Health Services, in partnership with those we serve, promotes and enhances spiritual, physical, mental and emotional wellness through education, prevention and the delivery of quality services.



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