

Dear Raven:

How can someone get on Suboxone?
Unsigned

Dear Unsigned:

Right now it's difficult but not impossible to get on Suboxone and I will tell you more about that. There are resources and barriers to overcome (with help!) in order to get on Suboxone.

First, for readers who do not know what Suboxone is or what it's used for, here is some information.

Opiate drugs, often prescribed pain medications, are highly addictive. The strong effect of opiates (heroin and pain-killers) can cause euphoria for a period of time (4-24 hours). The brain begins to crave these opioids, eventually to the point of an uncontrollable compulsion (addiction).

When the addicted brain does not get the amount of drugs it wants, the person begins to experience withdrawal symptoms, which can be very severe. Suboxone can replace the opiates, expelling the existing opiates and blocking others from attaching to the brain receptors. This stops the withdrawal symptoms but is not strong enough to cause the intense euphoria.

Over time (24-72 hours), Suboxone dissipates but it still creates a limited affect, enough to prevent withdrawal

and continue to block other opiates from attaching to the receptors on the brain.

Suboxone can be a very helpful part of the overall treatment of opiate addiction along with learning skills to prevent relapse.

So, on to your question – how to get on Suboxone.

Here are the barriers: Doctors must have a specialized license to prescribe any medication to treat addiction. Many communities still do not have a doctor who can provide this service and people who are able to find a doctor may find that treatment is very expensive. Because the epidemic of opiate addiction is causing high demand, many doctors are no longer taking new patients.

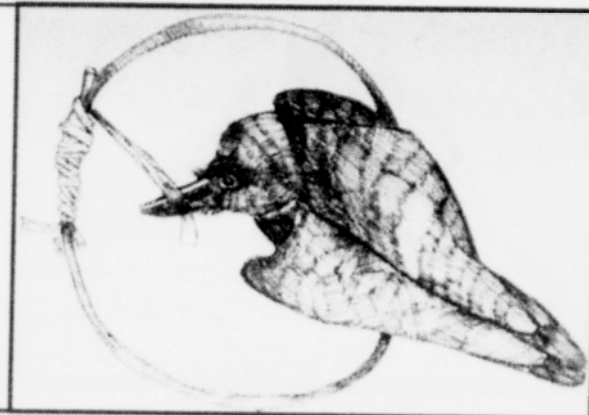
Resources: Siletz Tribal members who do not have their own insurance can work with a counselor in the Tribal Alcohol & Drug Program to submit a request to Contract Health Services for financial assistance to pay for the induction phase – the initial phase of treatment with a doctor. Counselors also can help find a doctor closest to the patient's home community.

Tribal members can use their Pequot cards to pay for Suboxone, as long as funds hold out.

It's important for people interested in Suboxone to know that even with support from Contract Health Services

Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco and other drugs. You can call in your questions to the numbers below or mail them to Raven, P.O. Box 320, Siletz, OR 97380.



and help from counselors in the Tribal program, there will be out-of-pocket personal expenses related to a Suboxone treatment program.

When faced with that, people are encouraged to evaluate how much they are paying for the drugs before Suboxone and often will find that it's not only a good investment for a healthy life, but it's also one that will pay off financially in the end.

Suboxone is not a lifetime medication like methadone has been for treating heroin/opiate addiction. The length of time people are on Suboxone varies and depends on how long each individual has been using opiates and what their dosage has been.

This is a very good subject for us to be talking about as the opiate addiction problem among youth and older people alike is very serious and the resources to

help addicts are limited. Let's keep this dialogue going!

Raven

Announcements

The Siletz office of the Siletz Tribal Alcohol & Drug Program has moved! We are now located on the ground floor of the new clinic.

The Health Department has combined the A&D Program with the mental health specialist and together we are now Behavioral Health. You can find the front door of the Behavioral Health offices on the south side of the new clinic. If you come in the front door of the clinic on the first floor, take the elevator to the ground floor and follow the signs.

We welcome visitors who were not able to attend the open house to come and see the new program location.

Siletz Women and Children's Transitional Living Center Open House

June 4 • 2 p.m. to 6 p.m.

Refreshments provided.

Please come and see the beautiful new recovery home!
200 Molalla St. – next to Tenas Illahee Childcare Center

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

Working together as a whole community, we will utilize our resources to eradicate and prevent the use of illegal drugs, underage drinking and abusive use of alcohol, delinquency and community violence.

June 2 • Noon
Behavioral Health Conf. Room

Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Topic: Strengthen the Coalition

TLC Attitudes of Gratitude – Make Lemons into Lemonade

By Lynn Whitlow

"When life gives you lemons, make lemonade." I don't know who is responsible for that advice, but it has worked for me. It helps if you already have an optimistic nature and are inclined to tool on the brighter side.

I was a crime victim recently. Someone, under the cover of night, stole my 1930s claw foot, cast iron bathtub. We were in the process of demolishing the house and a partial wall was removed. A few boards and a couple of slashes to water lines is what freed it up. At least three or more people had to have been involved to move that heavy monolith. It was a pre-meditated, targeted crime.

Initially, I was angry and in a state of shock, but had presence of mind to call 911 to report the theft and city hall to have the water turned off. I went through most of the day in an altered state.

It wasn't until I was able to leave work, get some help to pack up items and get a load to storage that the mist in my head lifted. Then I proceeded to go back and pack more items by myself for the next five hours, until nearly 1 a.m. – effectively "making lemonade." I felt great when I finished and was able to get good sleep too.

This doesn't mean I've given up finding and prosecuting the thieves. It means I'm not about to let these criminals control my life or my emotions, at least not for very long. I am grateful I can focus on lemonade instead of lemons.

TLC residents have a bunch of gratitudes this month: For my sponsor, counselors, roommate, Janet, Lynn and the rest of A&D staff. These women have weaved their way in my life and inspired me more than words. I'm so grateful. My life has changed dramatically with their support and love.

I'm grateful for Angela Ramirez for helping me be self-sufficient in my ways of living. I never thought I'd be where I am today – clean, happy and enthusiastic for what my future holds.

For my son who turned 8 this year. I'm grateful I am clean to see him grow up into a strong young man. I'm grateful for friends and family who helped me with my son's birthday party and grateful for all who came. I'm grateful that I was able to work through my issues and am making it through it.

I also am grateful for all the women who helped me walk through the fire. I am grateful for my doctor and all the hard work she does for my health. It is

gratifying to know I am safe, no matter what feelings I need to express.

I also have gratitude that summer is almost here! And for my roomie, her wisdom has helped me in many ways. I'm grateful she and her daughter are in our life. I am grateful to be clean for nine months, this month! And I have gratitude for my friend, Sarrie, to be able to travel to pow-wows with her.

All of us, staff and residents alike, are grateful for Tracy Bailey, who continues to help us with the small repairs that can drive us crazy. Have tool (and aptitude), can fix. Thanks a bunch, Tracy!

We also are grateful for our weekend staff, Ellen. Especially this month, for helping to find the vacuum cleaner manufacturer online so we could get dealer information and vacuum bags.

And for Stan the man and his wonderful crew over in the Public Works Department: Thanks to you guys for helping us with those put-together projects and for hauling the play structure kit down to the new house. We do appreciate you all!

We want to encourage community women to attend our monthly Women's Talking Circle. Please call for more information, 541-444-8238 or 800-600-5599.

May you all have sunshine in your life!

Siletz Tribal A&D Programs

Prevention, Outpatient
Treatment and Women's
Transitional

Siletz: 800-600-5599 or
541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512



Narcotics Anonymous Toll-Free
Help Line – 877-233-4287

For information on Alcoholics
Anonymous: www.aa-oregon.org