15 smok signəlz **MARCH 1, 2021**



Doctors add to opioid addiction-fighting arsenal

For the past several months, providers at the Grand Ronde Health & Wellness Center have been able to provide medication-assisted therapy (MAT) to Tribal members dealing with opioid use disorder.

This means that along with counseling and other behavioral health resources, doctors have been certified to prescribe drugs that help control cravings and decrease chances of relapsing.

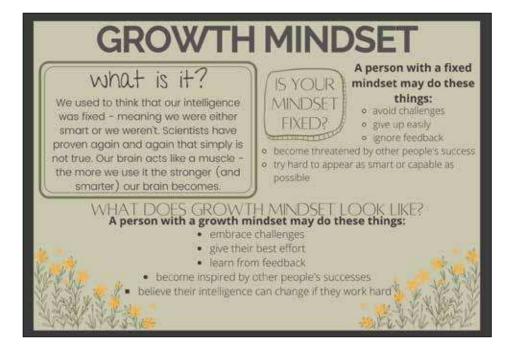
When it comes to treatment, there is not a "one size fits all" answer. Choices in treatment are made based on the individual needs and goals of each patient. With this in mind our treatment team has added two new tools to support patients in their recovery.

Sublocade (buprenorphine injection):

- · Useful for individuals using buprenorphine (Suboxone or Subutex) sublin-
- · Must be on stable dose that controls withdrawal symptoms for at least seven days.
- Once monthly injection
- · Only available through certified health care provider
- · Minimizes daily "ups and downs"
- · Don't have to store drug at home

Vivitrol (naltrexone injection):

- Useful for individuals whose goal is total abstinence
- Must be opioid free for 7-14 days before starting
- Only available through certified health care provider
- Once monthly injection
- · Non-addictive and not a narcotic
- Blocks effects of opioids



3 things to stop apologizing for:

When your child is crying.

Try instead to notice why your child is crying. Crying is a normal emotional response that even adults do.

When your child doesn't want to give a hug/kiss to a relative.

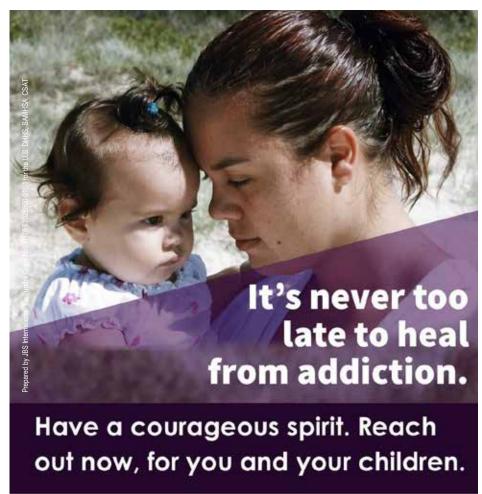
Try instead teaching your child that they are allowed to accept or decline physical touch from anyone. People should respect your child's boundaries.

When they're fighting with another child.

Try instead to understand why they're fighting and remember that it's normal to not get along with everyone all the time. If your child was hurtful (physically or emotionally) then their job is to check on the child (Are you okay?) and then you can teach them the skills to repair the relationship.

This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unimet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

• • • • • • • • • • • • • • •



Grand Ronde Health & Wellness Center Behavioral Health Program 9605 Grand Ronde Rd. Grand Ronde, OR 97347 503-879-2026





Fridays from 1:00-1:45pm

JOIN US FOR A VIRTUAL Q&A SESSION WITH THE GRAND RONDE PEDIATRICIAN, ALLISON EMPEY

This will be a chance for anyone and everyone to ask questions regarding COVID, schools opening back up, prevention strategies and more! Allison will also be bringing specific topics to some of our meetings.

TO JOIN THIS MEETING GO TO ZOOM.COM AND ENTER THE MEETING ID: 985 3509 1471

AND PASSCODE: 882758