



HEALTH & WELLNESS NEWS

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) sublingually daily
- 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

Prepared by JBS International, Inc. under license to Oregon Tribal Health Services for the U.S. DHHS, SAMHSA, CSAT

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GROWTH MINDSET

what is it?

We used to think that our intelligence was fixed - meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle - the more we use it the stronger (and smarter) our brain becomes.

IS YOUR MINDSET FIXED?

A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- become threatened by other people's success
- try hard to appear as smart or capable as possible

WHAT DOES GROWTH MINDSET LOOK LIKE?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard

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 Unmet 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.

WEEKLY CHATS WITH THE PEDIATRICIAN!

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