



HEALTH & WELLNESS NEWS

If you or a family member needs fentanyl strips, please contact the Grand Ronde Behavioral Health program at 503-879-2026.

The Truth About Fentanyl

This handout contains information everyone should know about fentanyl.

The facts

- Fentanyl is a powerful opioid, 50–100 times more potent than heroin
- Fentanyl gets added into many drugs, including "normal looking" pills
- A pill containing fentanyl can look exactly like a pill without fentanyl
- Two pills with different amounts of fentanyl can look exactly the same
- Many people don't realize they are taking fentanyl
- Fentanyl is causing a dramatic increase in overdoses
- Anyone who uses drugs can overdose, even if it's their first time or if they have been using for a long time

Naloxone

Naloxone (Narcan or Kloxxado) can reverse a fentanyl overdose. Fentanyl is a strong opioid, so you may need multiple (3, 4, or more) doses of naloxone. The biggest risk in giving someone too much naloxone is a more intense withdrawal.

Help people who are overdosing

If you have gloves and a mask, wear them for extra safety. You've got to breathe in a VERY LARGE amount of fentanyl over a REALLY LONG time to even begin to feel its effects - like dust-storm levels in a closed room for over 3 hours.

If you get fentanyl powder on you

Dry fentanyl powder is not absorbed by skin. Your skin will only absorb fentanyl powder if it's mixed with a liquid.

- While dry, brush off as much as you can
- Don't touch your mouth or eyes where fentanyl can be easily absorbed
- Flush with water (to dilute the fentanyl)
- Wash your clothes

What can I do?

- Share the facts without judgment
- Learn how to use naloxone and always keep it with you
- Help people who are overdosing
- Encourage the people in your life who use drugs not to use alone, always have naloxone, and accept treatment when they are ready
- Make sure your tribe/clinic offers fentanyl testing strips

Fentanyl test strips

Test strips can't detect all versions of fentanyl. But they can reveal the most common versions in a drug. This can save lives.

Healing medications

Medications that treat opioid use disorder—like "bupre" (buprenorphine) and methadone—work for people who take fentanyl. Ask a substance use treatment provider for more information.

There is hope

We can heal our communities by educating ourselves, supporting each other, and accepting help when we need it.

Text "OPIOIDS" to 94449 to receive videos, quizzes, facts, and more to grow your knowledge about opioids.

Visit the Northwest Portland Area Indian Health Board's website at www.npaihb.org/opioid to learn more about treatments, reversing an overdose, and other important topics.

Coming to Indian Country: 988 and the National Suicide Prevention Lifeline

Why do we need 988?

Suicide is the second leading cause of death for Native youth ages 10-24. Native communities experience the highest rates of suicide amongst all racial and ethnic groups in the United States, and suicide rates among American Indian and Alaska Native communities rose by 118% between 1999 and 2017.

Suicide is preventable. 988 is one step in the direction of saving lives. This early intervention can reduce the burden on 911 and hospital services. 988 will move mental health and substance use services out of the shadows and into the mainstream; it will send a message that healing and getting help are normal and important parts of life.

What is 988?

988 is a direct three-digit line to trained National Suicide Prevention Lifeline crisis counselors that will go live **July 16, 2022**. With an easy to remember 3-digit number, the Lifeline hopes to reach many more people in emotional crisis. This service is provided free of charge to the caller. Any person of any age can call or text 988; services will be available 24/7, year round. They will include a text option, translation services for non-English speakers, accessible options for people who are deaf or hard of hearing, and services for minors.

When you've got a police, fire, or rescue emergency, you call 911. When you have a mental health emergency, you call/text 988.

How will this affect my community?

The impact of 988 will vary from community to community. If your community has reliable phone and 911 services, it will now have access to 988 24/7. Community members will be able to receive confidential services during mental health emergencies with minimal involvement of police or hospitals. If you live in an area where connecting to 911 services is difficult, you may experience the same with 988. Please know that chatting via the suicidepreventionlifeline.org website, texting NATIVE to the Crisis Text Line at 741741, or texting 988 when available may be the best ways to connect in these communities.

REV. 03/2022

GREAT CIRCLE RECOVERY

Opioid addiction can happen to anyone. So can recovery.

Call us today

1-888-983-9866

Your privacy and confidentiality is important to us.