Northwest Portland Area Indian Health Board

To assist Northwest tribes to improve the health status and quality of life of member tribes and Indian people in their delivery of culturally appropriate and holistic health care.
The goal of the Tribal Opioid Response Agenda is to support tribal communities in healing our relatives and relations.

We have worked alongside tribal policymakers, national experts, service providers, and community members, developed this strategic agenda.
Gathered feedback on:

- Tribal lessons learned
- Tribal best practices
- Traditional Indigenous knowledge on effectively addressing OUD

Result:

Actionable recommendations for AI/AN health educators, healthcare providers, and tribal decisionmakers.
Recommendations based on:

• Feedback gathered
• Advice from tribal policymakers and community members
• Insights from national and regional experts
• Feedback from people living with opioid use disorder
TOR Strategic Agenda

Recommendations are:

• Practical
• Span a wide breadth
• Including **7 Key Action Areas** that can result in measurable progress
Preventing New Cases of Opioid Use Disorder

- Harness the power of culture and traditions
- Educate tribal people about opioids
- Respect the power of medicine
- Educate your healthcare providers and healers
“Meet the Trickster, a crafty creature or being who disrupts the order of things, often humiliating others and sometimes himself in the process. Whether a coyote or a rabbit, raccoon or raven, tricksters use cunning to get food, steal precious possessions, or simply cause mischief.”
Trickster Spirits and the Opioid Response
A Trickster Tale

- Culturally grounded
- Informed by Traditional Indigenous Knowledge
- Covers prevention, treatment, and recovery

Available at: npaihb.org/opioid
Fact Sheets

- Words Matter When We Talk About Addiction
- The Truth About Opioids
- Using Nasal Spray to Reverse an Opioid Overdose
- Supporting Someone with Opioid Addiction
- Getting Help for an Opioid Use Disorder

Available at: npaihb.org/opioid
Educational Videos

Recovering From Opioid Addiction is Possible

We can heal from opioid use disorder. See how others have walked the road to recovery.

Supporting Someone With Opioid Addiction

Support can be lifesaving. Hear stories of tribal community members who have helped their friends and relatives through tough times.

Available at: npaihb.org/opioid
Social Media & Marketing

Northwest Portland Area Indian Health Board
Aug 13 • 🌐
Did you know you can reverse an opioid overdose?
Naloxone is a safe medication that can qui... See More

Opioid Use Disorder
Prevention • Treatment • Support

96 views • Liked by sarahsully16 and sncrushing
npaihb Recovering from Opioid Addiction is possible • Did you know that there are effective treatments for opioid use disorder? See how others have... more
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TOR Strategic Agenda - Action Area #2

Offering Treatment and Recovery Services that are Evidence-based and Based on Tribal Best Practice

- Develop an integrated treatment model
- Remove barriers to care
- Ensure MAT benefits the individual and community
- Develop comprehensive recovery services
- Offer providers ingoing training
- Ensure services are inclusive
- Create new inroads to treatment
- Grow tribal best practices for addressing OUD
didgʷálic Wellness Center

- Owned & operated by the Swinomish Indian Tribal Community
- 10,000 ft² outpatient treatment center located in Anacortes, WA
- Integrated treatment model
- Work to remove clients’ barriers to care
- Protocols in place to ensure medicines heal
A Community Effort

The didgʷálic Treatment Model for Opioid Use Disorder (OUD) was developed with input from:

- Community Members
- Tribal Service Departments
- Individuals with SUD & their families
- Healthcare Providers
Indian Country ECHO

- Free service for I/T/U clinicians and clinics to enhance care delivery for patients with complex conditions, so clients can receive specialized care in their communities by providers they trust
- Offers a variety of online TeleECHO clinics, trainings, and technical assistance & capacity building
TOR Strategic Agenda - Action Area #3

Protecting Mothers and Babies Affected by OUD

• Prevent Neonatal Opioid Withdrawal Syndrome (NOWs)
• Enhance care for NOWs
Pregnant "Secret Shopper" Study

August 14, 2020

Pregnancy and Access to Treatment for Opioid Use Disorder

Magdalena Cerdá, DrPH, MPH¹; Noa Krawczyk, PhD¹

Findings:

• Pregnant women less likely than nonpregnant women to receive an appt when seeking one from buprenorphine-waivered prescribers but not from OTPs
• Many clinicians did not accept insurance and accepted appointments only when patients agreed to pay cash
Incorporating Harm Reduction into Tribal Treatment and Recovery Services

- Train Community Members on Using Naloxone
- Offer needle exchange services
- Offer Supervised injection facilities
- Include people with OUD in planning of services
- Enact tribal harm reduction policies
Harm Reduction TeleECHO Program

We invite you to join the Harm Reduction ECHO program, held the first Tuesday of every month at 12pm PDT. The program provides comprehensive information for those implementing or interested in starting harm reduction programs, to share best practices, troubleshoot complex questions, and continue to ensure that our people are receiving the care they need, when they need it, in their own community.

For more information on the Harm Reduction ECHO program, email echo@npaihb.org
Harm Reduction Kits

For More Information:
Megan Woodbury at
mwoodbury@npaihb.org

OPIATE OVERDOSES RESCUE KIT

- Try to wake person up (yell their name, rub knuckles over breastbone)
- Call 911
- If person not breathing, give rescue breaths/CPR
- Give Naloxone Nasal Spray (Narcan)
  - Place tip in nose
  - Spray up 1 nostril (it can take 2-3 min to work)
  - If the person does not respond give another dose in the other nostril
  - Stay with person and keep them breathing
  - Place person on their left side in case of vomiting
TOR Strategic Agenda - Action Area #5

Utilizing Data to Mount and Effective Community Response

• Find out what opioid data is available
• Decide what data is important for your community to collect
• Create a plan for collecting/analyzing data
• Share your data with key policy- and decision-makers
Opioid Data & Surveillance Project

- Produce opioid/substance data reports for AI/AN
- Assist NW tribes with opioid/substance data needs
- Gain access to additional opioid/substance data sources
- Work with partners to address racial misclassification
Growing the Evidence Base for Effective Tribal Opioid Interventions

• Invest in the development of culture-based prevention, treatment, and recovery approaches to OUD

• Grow the evidence and practice base on AI/AN substance use during pregnancy
Culture is Medicine

Encourage clients to participate in Indigenous healing practices and cultural traditions to support their overall health and wellness.

Incorporating Traditional Indigenous Knowledge in treatment settings and interventions that are grounded in Indigenous knowledge.
49 Days of Ceremony

Experiential learning intervention that heals Indigenous trauma & supports communities in building a culture of wellness

• Curriculum based on ancestral knowledge, wisdom of Elders, and input from Indigenous communities
Conceptual Framework

• Mental – How we think
• Emotional – How we feel
• Physical – Our body
• Spiritual – The invisible relationship with something outside of ourselves
• Mother Earth – Our connection with all living things
• Father Sky – Our connection to our ancestors and the spiritual realm
• The Sacred Fire: Volition – The fire within ourselves and our communities that propels us forward on the path to healing and wellness
49 Days of Ceremony Framework

1. Volition
2. CommUnity
3. Environment
4. Humanity
Cultivating Responsive Communities, Clinics, and Policies

- Cultivate responsive leadership
- Develop strong partnerships
- Invest in workforce development and retention
- Enact effective OUD policy & advocate for high-impact issues
Staff Support and Workforce Development

Staff Support:

• **17 Tribes** have hired or supported staff for opioid response programs

• **113 staff positions** were funded in whole or in part with TOR funds (permanent and temporary)
  
  Service Coordinators, Peer Mentors/Recovery Coaches, Counselors, Program Admin, Clinicians, Admin Support Staff
Workforce Development:

- 16 Tribes offered workforce development activities for staff, including attendance at trainings, conferences and regional gatherings.
- 16 medical professionals from 6 Tribes were trained and became DATA 2000-waivered
If trauma impacts the epigenetic transfer of trauma, culture and connection can mitigate these affects. If we want to prevent substance misuse we need to focus more on stress, trauma, and poverty while providing intervention options that are grounded on traditional indigenous knowledge.
Contact Information

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Text OPIOIDS to 977779

To receive videos, quizzes, and more to grow your opioid knowledge.