

April 9, 2025 | 10:00-11:00 am PST



# Opioid Prevention & Resources

## Land Acknowledgement

NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.



**NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD**  
*Indian Leadership for Indian Health*



# Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.



Let us  
Start with a  
Blessing...



**You, whose day it is, make it  
beautiful. Get your rainbow colors,  
so it will be beautiful.**

-Nootka song to bring fair weather



# Yá'át'ééh! haʔt sləǰi! Hola!



**Larissa Molina**

(she/her)

I love to listen to music and go on walks.

[lmolina@npaih.org](mailto:lmolina@npaih.org)



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# Live Virtual Training Logistics



## Logistics

- You are muted
- If comfortable, share video
- AI Notetaker is disabled

## Engagement

- Chat box
- Icons (Zoom & More)





# WELCOME BACK WITH *Healthy Native Youth*



## Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What are you hoping to learn today?



# Digital Learning Tool



## Digital Learning Agreement

Teachers or parents: Use this document at the beginning of the school year to set a positive culture of digital citizenship in your classroom. Copy or download this form, and add or delete items to customize it. Go over the pledge with students; then make sure the student and a parent/caregiver sign it.

As a student and a digital citizen, I agree to:

### Be responsible. I will ...

- Do my best to complete my schoolwork and assignments.
- Take care of my device by:
  - not dropping or tossing it.
  - putting it down on a clean, flat surface.
  - not eating or drinking when I use it.
- Tell my teacher and parent or caregiver if my device is broken, stolen, or lost.
- 

### Stay safe. I will ...

- Not share my school account passwords with anyone other than my teacher and parent or caregiver.
- Not create accounts or share private information without my family's permission. (This includes my full name, date of birth, address, phone number, and photos or videos of myself.)
- Tell my teacher or an adult I trust if anything makes me feel uncomfortable online, or if anyone acts inappropriately toward me.
- 

### Think first. I will ...

- Remember that teachers and administrators can see whatever I say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
- Not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see because posts and comments can be saved and shared without my knowledge.

 common sense education

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- Investigate whether a source is credible because not all information online is true.
- Give proper credit whenever I use, reference, or share someone else's creative work online.

[https://docs.google.com/document/d/15od\\_aYkTTQMzfz8p7tDJaIjr9s-JGaJrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMzfz8p7tDJaIjr9s-JGaJrNkmEk-8GX4/edit)



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# We've Got Goals!

By the end of today's session, you will be able to...

- ★ **Learn** about opioids and narcan.
- ★ **Gain** resources about narcan use and opioid prevention.



NPAlHB



# Where are we going



**Welcome**  
*Goals & Objectives*  
5 min

**Tribal Opioids 101**  
*Education & Awareness*  
*Porky's Party Video*  
25 min

**Practice into Action**  
*Closing*  
5 min



**Opening**  
*Intros*  
5 min



**Welcome**  
*Goals & Objectives*  
5 min



**Tribal Opioids 101**  
*Icebreaker*  
5 min



**Tribal Opioids 101**  
*Education & Awareness*  
*Porky's Party Video*  
25 min



**Let's Talk**  
10 min

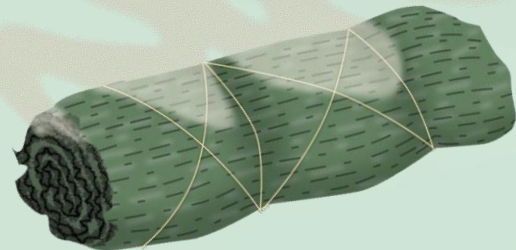


**Practice into Action**  
*Closing*  
5 min



# Opioid Prevention & Resources

*A Discussion on Awareness,  
Support & Safety*



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**Would you rather teach  
with a coffee stain on your  
shirt all day, or realize  
halfway through the day  
your fly is down?**



**Would you rather have the power to change one past mistake, or always know the right choice to make in the moment?**



**Would you rather break a student's trust by involving emergency services when they ask you not to, or respect their wishes and risk their safety?**





# Opioids



**Opioids** are a group of *highly* addictive drugs. They can either be prescribed for pain relief (like vicodin or percocet) or appear as street drugs, like heroin. Opioids are commonly taken as a pill or crushed into a powder and then snorted or injected.

**Synthetic opioids**, like fentanyl, methadone, and codeine, are *highly* addictive drugs that appear as pills, liquids, patches, lozenges, powder, and drops on blotter paper. Many are made illegally and are secretly added to other drugs.



Other names include happy pills, oxy, percs, vikes, dance fever, monkey, captain cody, or downers

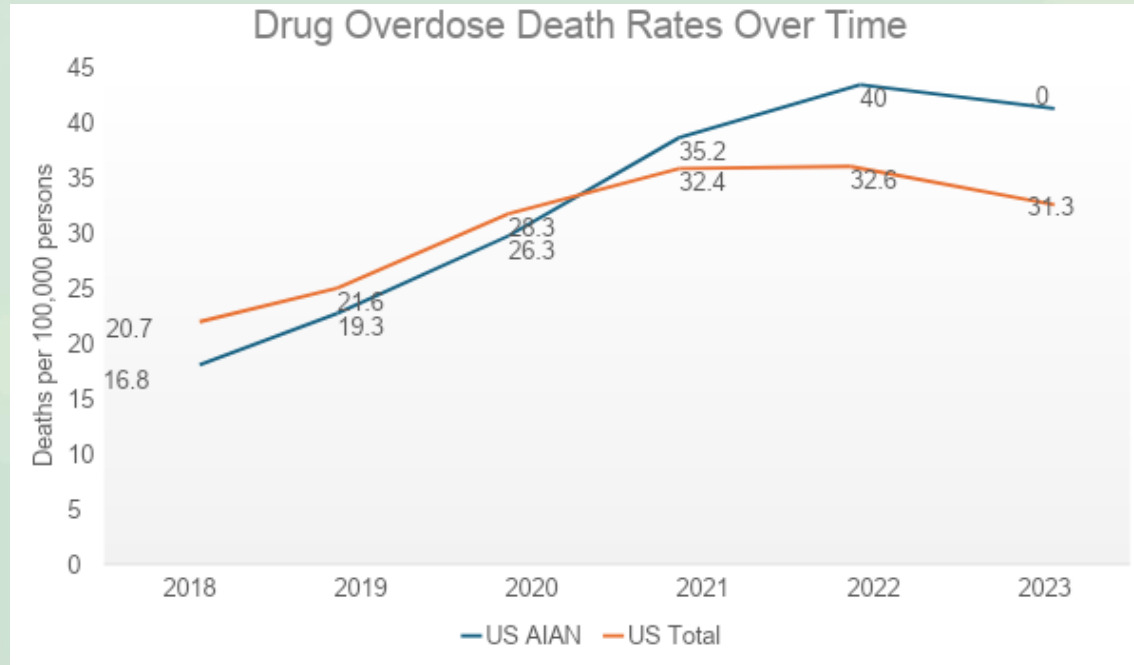


Narcan can be used to reverse an overdose.

**Opioids** cause a short-term surge in feelings of pleasure and pain relief. However, once they wear off, you can feel achy, weak, dizzy, depressed, and sick to your stomach. Some people even have diarrhea.

To avoid this “crash,” people often take *more* opioids. This causes a pattern of addiction, where you will need more and more of the drug just to feel normal. Opioids may cause severe itching, deep depression, and hard-to-manage anxiety.

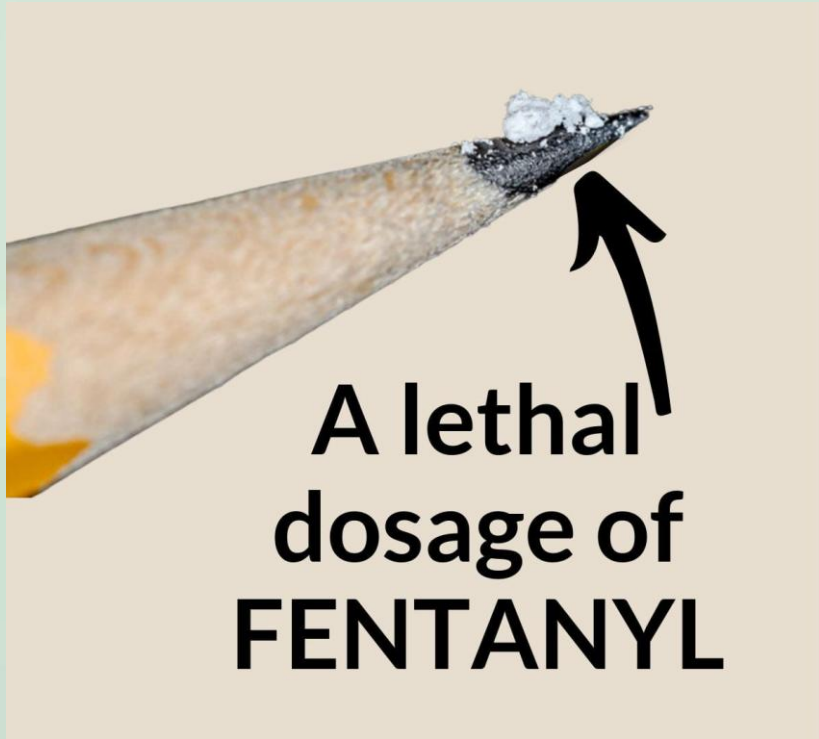
# Why This Matters



The drug overdose death rate among AI/AN increased nearly 140% from 2018 to 2023



# The Reality of Opioid Use



# The OR Good Samaritan Law

- 1. Possessing Drugs or Drug Paraphernalia:** You cannot be arrested or prosecuted for having drugs or drug-related items.
- 2. Being in a Place Where Drugs Are Used:** You are protected even if you are in a location known for drug use.
- 3. Violating Probation or Parole:** If the violation is related to drug possession or being in a place where drugs are used, you are safe from legal action.
- 4. Outstanding Warrants:** Any warrants related to drug possession or being in a place where drugs are used will not lead to your arrest.



# Chat Feed Question: What questions do you have about Narcan?



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# The Power of Naloxone

- What it is: a medication that reverses opioid overdoses. AKA Narcan
- How to get it: pharmacies, over the counter, community organizations, some Tribal clinics
- Carrying Naloxone is like carrying a medicine bag – it's a tool for healing and protecting life



# Our Role & Resources

## Alcohol



Alcohol  
beverage  
some ke  
ingredie

## Magic Mushrooms (Shrooms)



**Magic mushrooms** are a hallucinogen that look like ordinary mushrooms. They can also come as dried powder in capsules. Magic mushrooms can be eaten, cooked, or brewed into a tea. The dried version is sometimes smoked or mixed with marijuana or tobacco.



Other names include shrooms, mushies, caps, or boomers

- Fact sheets & flashcards
- Social media messaging
- Narcan kits
- Videos



# Porky's Party





# Wellness Moment

Breathing Exercise



**What did you find  
surprising from watching  
this video?**



**What are some things you  
learned or took away from  
it?**



# Closing & Support System

- People to reach out to: school counselors, teachers, mentors
- In a crisis: **text NATIVE to 741741** or call/text the **988 lifeline**
- Free Narcan: **[stopoverdose.org](https://stopoverdose.org)**
- Free Mental Health Counseling (ages 15+): email **[TOR@npaihb.org](mailto:TOR@npaihb.org)**





# Closing





Need Curricula?

Technical Assistance?

We LOVE helping...Contact Us!

★ **Email: [native@npaihb.org](mailto:native@npaihb.org)**



**COMMUNITY OF PRACTICE**

As a community, we share our strengths and experiences about how we can uplift and support our Native youth. Sessions include resources and opportunities to engage with topical experts and caring adults.

**WHEN?**

60-minute virtual gatherings are held the second Wednesday of April, May, and June 2025.

**Start Times:**  
 9:00 AK, 10:00 PST, 11:00 MST,  
 12:00 CST, 1:00 EST

**CONTACT US:**  
[native@npaihb.org](mailto:native@npaihb.org)

**REGISTER VIA THE  
 EVENTS CALENDER**  
<https://www.npaihb.org/>

# Mark Your Calendars!

Register in the events calendar on [www.npaihb.org](http://www.npaihb.org)



# Ahe'hee! Quyana! Thank you!

(Since 2021)

[I Know Mine](#)

[I Want the Kit](#)

[Safe in the Village](#)




Alaska Native Tribal Health Consortium



[I Want the Kit](#)

[Respecting the Circle of Life](#)





Johns Hopkins - Center for Indigenous Health



[Native It's Your Game](#)

[Healthy Native Youth Implementation Toolbox](#)



University of Texas - School of Public Health



**Project Red Talon  
Regional Network**

A Project of the Northwest Portland Area Indian Health Board



Inter Tribal Council of Arizona, Inc.


[ITCA Landing Page](#)

[Healthy Native Youth @ ITCA](#)



Southern Plains Tribal Health Board

[Native Test](#)



NPAIHB

Northwest Portland Area Indian Health Board

[Healthy Native Youth We R Native](#)

Partners:

- [Paths ReMembered](#)
- [Indian Country ECHO](#)
- [Native Health Resources](#)



# TEC Regional Locator Map



Reach out & connect with your regional health board for:

- \*Technical Assistance
- \*Training
- \*Resources
- \*Opportunities



## Contact Information



TRIBAL  
EPIDEMIOLOGY  
CENTERS

TribalEpiCenters.org

<p><b>Alaska Native Epidemiology Center</b> Anchorage, AK anepicenter@anthc.org // Phone: (907) 729-4567 epi.anthc.org</p>	<p><b>Albuquerque Area Southwest TEC</b> Albuquerque, NM aastecinfo@aaihb.org // Phone: (505) 962-2602 aastec.net</p>
<p><b>California Tribal Epidemiology Center</b> Roseville, CA epicenter@crihb.org // Phone: (916) 929-9761 crihb.org/ctec</p>	<p><b>Great Lakes Inter-Tribal Epidemiology Center</b> Lac du Flambeau, WI Phone: (715) 588-1092 glitc.org/programs/epi-home</p>
<p><b>Great Plains Tribal Epidemiology Center</b> Rapid City, SD gptec@gptchb.org // Phone: (605) 719-5410 greatplaintribalhealth.org/great-plains-tribal-epidemiology-center.html</p>	<p><b>Inter Tribal Council of Arizona, Inc. TEC</b> Phoenix, AZ tecinfo@itcaonline.com // Phone: (602) 258-4822 itcaonline.com/tec</p>
<p><b>Navajo Epidemiology Center</b> Window Rock, AZ navajoepi@navajo-nsn.gov // Phone: (928) 357-6237 nec.navajo-nsn.gov</p>	<p><b>Northwest Tribal Epidemiology Center</b> Portland, OR npaihb@npaihb.org // Phone: (503) 228-4185 npaihb.org/epicenter</p>
<p><b>Oklahoma Area Tribal Epidemiology Center</b> Oklahoma City, OK info@spthb.org // Phone: (405) 652-9216 spthb.org/programs/tribal-epi-center</p>	<p><b>Rocky Mountain Tribal Epidemiology Center</b> Billings, MT Phone: (406) 252-2550 rmtlc.org/tribal-epidemiology-centers</p>
<p><b>United South and Eastern Tribes TEC</b> Nashville, TN Phone: (615) 872-7900 usetinc.org/tribal-epidemiology-center</p>	<p><b>Urban Indian Health Institute</b> Seattle, WA info@uihi.org // Fax: (206) 812-3030 uihi.org</p>



# Let us Close with a Blessing

“Ish dom hoh icheema.”  
(I cherish you.)

Zuni Pueblo

