

April 10, 2024 10:00-11:30 am PST



# Substance Misuse 101

## Land Acknowledgement

NPAlHB 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.

# Let us Start with a Blessing



“Out there beyond ideas of  
wrongdoing and rightdoing there is a  
field. I’ll meet you there.”

– Rumi



# Sa'Qachool! Hola!



**Larissa Molina**

She/Her

I love learning new hobbies.

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



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

# Live Virtual Training Logistics

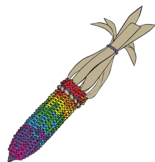


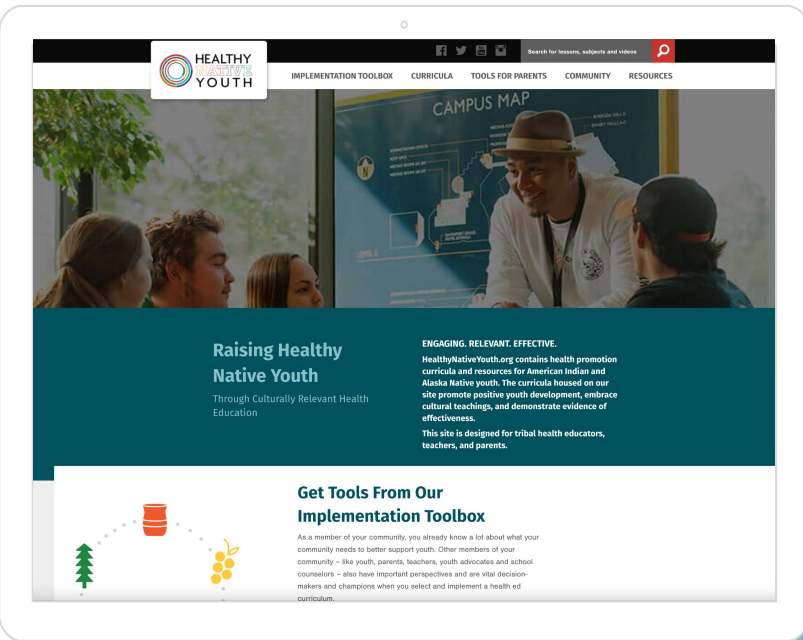
## Logistics

- Trigger Warning
- You are muted
- If comfortable, share video

## Engagement

- Watching Two Videos
- Mentimeter & Padlet Activity
- Chat box
- Icons (Zoom & More)





# Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

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

# Safe Spaces



## Group Agreements



<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>



## 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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This work is licensed under a Creative Commons  
Attribution Non-Commercial-ShareAlike 4.0  
International License.

- 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.

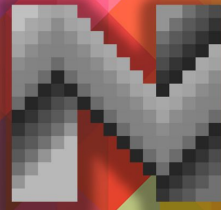
[https://docs.google.com/document/d/15ed\\_aYkTTQMzfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15ed_aYkTTQMzfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit)



# We've Got Goals!

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

- ★ **Learn** why we're talking about Substance Misuse
- ★ **How** to use Narcan & Fentanyl testing strips
- ★ **Provide Feedback** on a substance misuse and opioid overdose PSA



N



“Each man is good in the sight of the Great Spirit.”  
-Sitting Bull

# Where are we going



**Resources**  
★ *Mentimeter Activity & Narcan Training Video*  
15 min

**Porky's Party PSA Video**  
★ *Padlet Activity*  
30 min

**Closing**  
5 min

1

**Overview of Substance Misuse**  
5 min

2

\*

**Wellness Moment**  
*Caring Messages for our Relatives*  
2 min

3

4

**Let's Talk!**  
25 min

5





1.

# Substance Misuse 101

Why are we talking about it?



## Substance Misuse vs. Substance Use Disorder

Substance Misuse	Substance Use Disorder (SUD)
<p>Taking drugs or alcohol in an unhealthy way</p> <ul style="list-style-type: none"><li>● To be more social</li><li>● Ease anxiety</li><li>● To induce pleasure</li></ul>	<ul style="list-style-type: none"><li>● Becoming dependent on drugs or alcohol</li><li>● Develop tolerance<ul style="list-style-type: none"><li>○ Experience withdrawals</li></ul></li><li>● Noticeable decline in daily function</li></ul>

# Mix-takes: Blending Beware

Substances may include:

- Opioids
- Alcohol
- Vapes/cigarettes
- Psychedelics
- Marijuana
- Illegal drugs (cocaine, heroin, meth, etc.)

- Most street drugs are laced with other substances
- We are seeing an increase in drugs being laced with fentanyl, like:
  - Marijuana
  - Vapes
  - Cocaine



If you decide to take drugs, make sure to **TEST EVERYTHING** before you take it, even if it's from a friend or "looks" legit.

When using fentanyl testing strips, **one red line** means **there is fentanyl**. **Two red lines** means **no fentanyl** was detected, but still take precaution. Always have **NARCAN** nasal spray with you.

1 Line = Positive (Has Fentanyl)  
2 Lines = Negative (No Fentanyl)  
NARCAN NASAL SPRAY

Tribal Opioid RESPONSE  
Healing our Nations Together

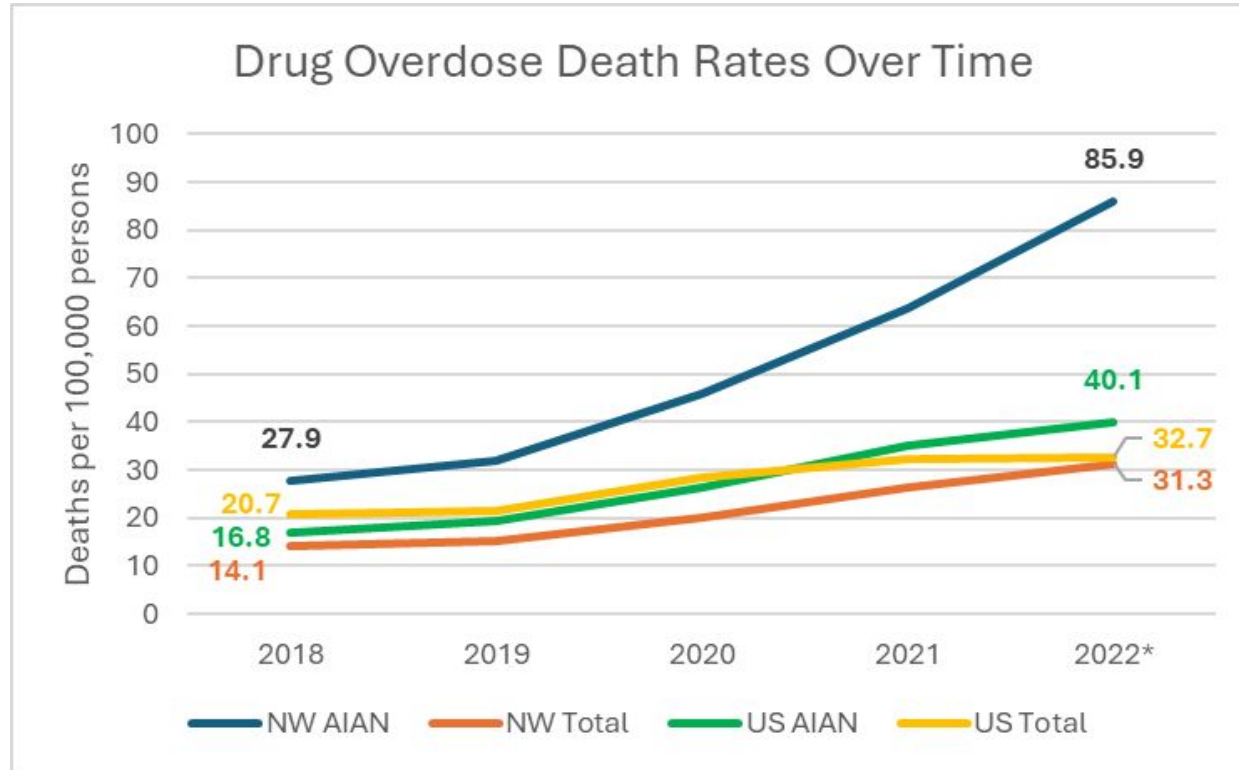


# Only Takes One Time

- You don't have to be an active drug user to experience an overdose
- Only takes a small amount to overdose



# The Data



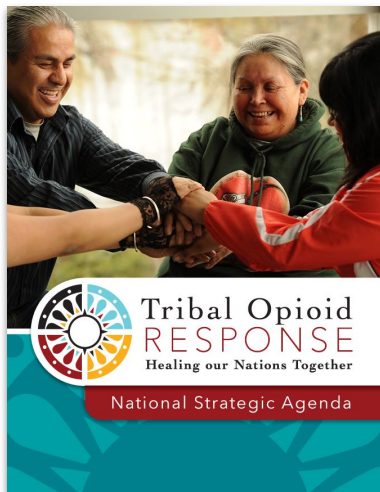
The drug overdose death rate among AI/AN in the NW in 2022 was 3 times higher compared to that of 2018.



# 2. Resources

To take back to your community





[https://www.npaihb.org/wp-content/uploads/2020/03/NPAIHB\\_TOR\\_Agenda\\_Booklet\\_FINAL.pdf](https://www.npaihb.org/wp-content/uploads/2020/03/NPAIHB_TOR_Agenda_Booklet_FINAL.pdf)

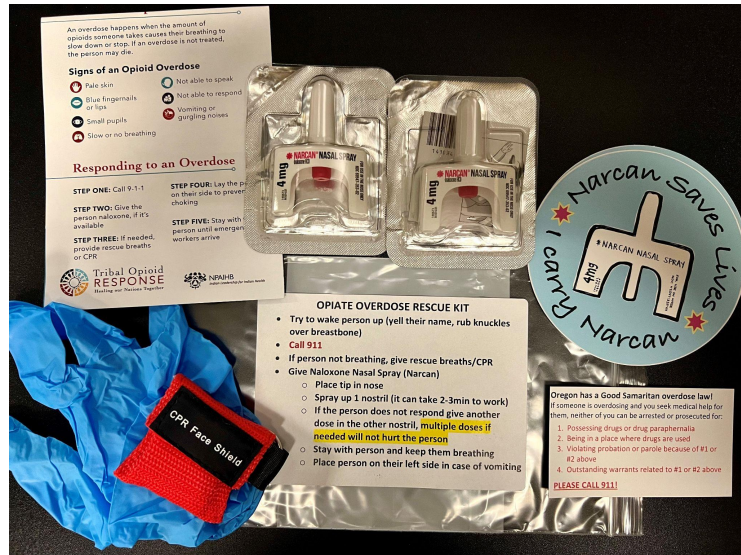
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# Factsheets & Harm Reduction Supplies



## 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

### 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.



## Words Matter When We Talk About Addiction

### Why is it Important to Use Healing Words?

Research studies show that language matters when we talk about opioids. When doctors use stigmatizing language, they are less likely to give good care to people addicted to opioids. Plus, their patients do not recover as well.

People with opioid addiction benefit from community support, non-judgemental healthcare providers, and a strong circle of relatives and relations who can walk the path to recovery with them. In order to be a good support for people with opioid addiction, it's important to use kind and respectful language.



### Whole Person Language

Kind and respectful language honors people with opioid addiction as whole people. It does not define them only by their opioid use.

### How to Use Whole Person Language

Instead of saying “drug user,” “addict,” or “junkie,” it is better to say “person who uses drugs,” “person with an opioid use disorder,” or “person with a substance use disorder.”

### Why?

Words like “drug user,” “addict,” and “junkie” are stigmatizing. They label a person by only one activity they do in life. The truth is that people who use drugs have families, hobbies, interests, histories and futures outside of their drug use. Honor them as whole people.



### Avoiding Stigmatizing Language

Below are stigmatizing words and phrases you should avoid, as well as terms you should consider using instead.

**Stigmatizing Language:**  
Clean, dirty  
(often referring to drug test results)

These words associate a positive drug test with 4th. Anyone can become addicted to opioids, and having a problem with opioids does not make a person (or their test results) dirty.

**Recommended Language:**  
Negative, positive, or substance-test test result.

**Stigmatizing Language:**  
Drug Habit

This term suggests that a person with opioid addiction simply needs more willpower to stop using opioids. The problem: opioid use disorder is a medical condition that impacts the brain. Recovery often requires medical treatment to help with cravings and behavior changes.

**Recommended Language:**  
Substance use disorder, opioid use disorder.

### There is Hope

We can heal our communities through educating ourselves and others, supporting each other, and seeking help when we need it.

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

**Also visit the Northwest Portland Area Indian Health Board's website at [www.npaihb.org](http://www.npaihb.org) (opioids) to learn more about treatments, reversing an overdose, and other important topics.**

The fact sheet was adapted based on materials by The National Alliance of Advocates for Buprenorphine Treatment.

### 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 2 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





# Drug Flashcards

## Alcohol

**Alcohol** is a common and legal addictive substance. Alcoholic beverages include beer, wine, cider, liquor, hard seltzer, and some kombucha. It is important to know that alcohol is an active ingredient in cough medicine and some mouth washes.


Other names include hard booze, brewski, or cold one.



## 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 secretly added to other drugs.



During some experiences with magic mushrooms, someone may feel joyful and see, feel, and hear pleasant things. During a bad experience, someone may see, feel, and hear unpleasant things. People may also have scary hallucinations and feel extremely anxious. People may also do dangerous things they would never normally do, like jump off a roof or act on suicidal feelings. As with any illicit substance, it is important to never use magic mushrooms alone to reduce risk of adverse hallucinogenic reactions. Some people who use magic mushrooms experience random flashbacks of bad experiences. Flashbacks can happen years after the drug was last taken, and they may be triggered by stress, sleepiness, or another drug.

**HEALTHY NATIVE YOUTH**  
www.nyahb.org/opioid



## Marijuana

**Marijuana** can be smoked, or consumed as a gummy, candy, food, drink, or tablet. Medicinal and recreational marijuana is legal in some states but is still illegal on a federal level.

Other names include weed, pot, or ganja.



**Naloxone** 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 to feel normal. Opioids may cause severe itching, deep depression, and even suicide.



## 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.



# Native Health Resources



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
Indian Leadership for Indian Health

Favorite Resources | Sign In

RESOURCES TOPIC AREAS ABOUT CONTACT

Native Health Resources

Order Now

Trending

Snag safer. Get tested

THEY THEM THEIRS

TALKING IS POWER

<https://www.nativehealthresources.com/>

# Mentimeter Q&A



Use QR code or the link in the chat box to join...

What do you know  
about Narcan?

What questions  
do you have about  
Narcan?

Join at [menti.com](https://menti.com) | use code **4894 9335**



0:35 / 5:39

**NPAIHB TOR Narcan Video**

**NPAIHB**  
432 subscribers

Subscribed

3 | Share | Download | Clip

<https://www.youtube.com/watch?v=HLhY9cz76nU>





*Chatfeed Convo:  
Type Questions, Ask  
Away!*





# Wellness Moment

Caring Messages for our Relatives



3.

# Porky's Party

A story about a group of Native youth navigating substance misuse and an opioid overdose





A YouTube video player interface. The main video area shows a woman with long, wavy brown hair wearing a light-colored zip-up hoodie, speaking against a dark background. Below the video is a control bar with a progress slider at 1:44 / 12:45, and icons for play, volume, closed captions, settings, full screen, and share. Below the control bar is the video title "Porky's Party: A Wake-up Call", the channel name "NPAIHB" with 432 subscribers, and a "Subscribed" button. At the bottom are buttons for 20 likes, comments, share, download, clip, and a menu icon.

1:44 / 12:45

**"Porky's Party: A Wake-up Call"**

 **NPAIHB**  
432 subscribers

Subscribed

20

Share

Download

Clip

<https://www.youtube.com/watch?v=07eXryLUgTM>





# Discussion Guide



## Draft Discussion Guide for Porky's Party

**Overview:** This PSA video was developed with Indigenous youth as a tool to use when talking to youth around substance use. It follows the story of a group of high school and college friends during a spring break party where they learn skills to navigate substance use and a drug overdose. Note that this video contains scenes of an overdose that may be harmful or traumatizing to some audiences.

### Youth will learn:

- Harm reduction strategies, such as how to use Narcan nasal spray
- Strategies to stay safe when faced with a drug use
- How to get help for substance misuse, for themselves or for others
- How to overcome peer pressure

**Key Words:** substance use, SUD, overdose, Narcan, fentanyl

**Ages:** 14+

**Length:** 12min video + 45min discussion

**Cost:** Free

**Setting:** High School, College, Youth Groups

**Disclaimer:** you will see inferred underage substance use and scenes of an overdose

### Materials:

- PowerPoint Slides of SUD Overview
- YouTube Link to PSA Video:
  - <https://www.youtube.com/watch?v=07eXyLUGtM&t=20s>
- Narcan Fact Sheet
- Local Resources List
- Youth Support PDF
- Narcan QR Code card
- Fentanyl testing strip instruction postcard (optional)
  - You can have these on a table for youth to take if they would like or if facilitating discussion in a school, you could ask the school nurse to have these on hand for students to grab.
- Flyer for Native Health Resources website

### Preparation:

No formal training is required to facilitate this discussion guide. Before showing the video, address that the PSA contains scenes of drinking and of a drug overdose. If they feel

uncomfortable at any point, they are welcome to step out until they are ready to come back in, and they can read through Q&A's from the We Are Native website under the Ask Your Relative page: <https://www.wenative.org/ayr/all-questions>

Have a couple slides of introducing substance use (what substances, what does misuse look like), signs of overdose, and how to use Narcan (include definition/terms). You can utilize the template slides provided and edit to better fit your needs. Then show the video.

Once the video is done, invite youth who stepped out back into the room. Ask youth what their initials thoughts were after viewing the video and then begin facilitating the discussion questions below. It may help to have these questions printed out for youth to fill out and take notes. If youth are having a hard time answering, it may be helpful to share your answers and thoughts to prompt them to share their thoughts.

### Discussion Questions:

1. What did you find surprising from watching this video? What are some things you learned or took away from it?
2. When Jess went to ask her Auntie for advice, what were some things that Auntie said that you thought were helpful?
3. What resources could you use to keep yourself and others safe, if you found yourself in a similar situation as Jess and her friends at the party?
4. What things could you do if you were ever offered drugs?
5. Do you feel comfortable going to an adult you trust to talk about substance use after watching this video? Name an adult you feel comfortable talking to about substance use.
6. What resources were mentioned in the video where you can get help for an overdose or substance misuse? Can you list any local resources you know?

### Local Resources:

After going through the discussion guide, pass out a printout of the table below. Include names, location, and contact information for youth resources. This can also be non-profit organizations, or other tribal programs.

Name	Title	Location	Phone	Email
	School Counselor			
	Tribal Clinic			
	Mental Health Counselor			

**Where to get NARCAN:** On the same paper of the local resources table above, have youth write down where they can get Narcan. Please check with your local tribal clinic to see if they offer Narcan to community members and where they recommend getting Narcan for free.

- Over the counter: any store that has a pharmacy may have Narcan available to purchase
- Amazon
- Tribal clinic
- Mailed to you for free: <https://nextdistro.org/naloxone>

**Other Resources:** Go over the list below and have youth write down at least one of these resources on the same paper. You can also pass out the Youth Support PDF.

- 988 Suicide & Crisis Lifeline:
  - Call: 988
  - Text: NATIVE to 741741
  - Chat: 24/7 to <https://988lifeline.org/chat/>
- We R Native: <https://www.wenative.org/>
  - Ask Auntie: <https://www.wenative.org/ayr>
- SAMSHA – Type in your zip code to the web address below to find a clinic closest to you. <https://findtreatment.samhsa.gov/>





# Padlet

Use QR code or the link in the chat box to join...

*Porky's Party PSA  
Feedback*



<https://padlet.com/wernative/porky-s-party-psa-video-feedback-yxx8nlffe4ux9u60>



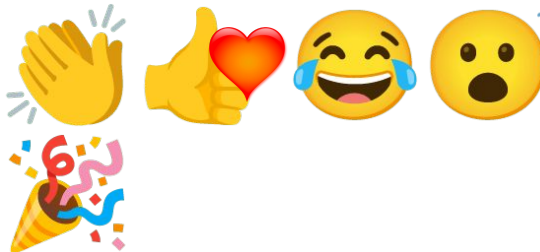
# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



*Unmute your lines and  
ask questions or share  
thoughts and/ or  
resources!*





# 5. Closing

Healthy Native Youth Highlights



# Healthy Native Youth

- ★ Implementation Toolbox
- ★ Filter & Compare Tool
- ★ Stand-alone Lessons
- ★ Tools for Caring Adults
- ★ Community of Practice
- ★ Resources, Support, & TA
- ★ Upload & Submit Your Own Curricula

**HEALTHY NATIVE YOUTH**

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR PARENTS COMMUNITY RESOURCES

Search for lessons, subjects and videos

**Raising Healthy Native Youth**  
Through Culturally Relevant Health Education

**ENGAGING. RELEVANT. EFFECTIVE.**  
HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.  
This site is designed for tribal health educators, teachers, and parents.

**Get Tools From Our Implementation Toolbox**  
As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

[www.healthynativeyouth.org](http://www.healthynativeyouth.org)

# We R Native

## For Youth

- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook

WE R NATIVE

my future my life my resources my road my story my ambassadors my up

WE R NATIVE  
For Native Youth, by Native Youth

You've got questions, we've got answers.  
If you are a Native youth and have a "haha", body or spirit question on your heart that a Relative can answer with good medicine, we are!

Ask Your Relative

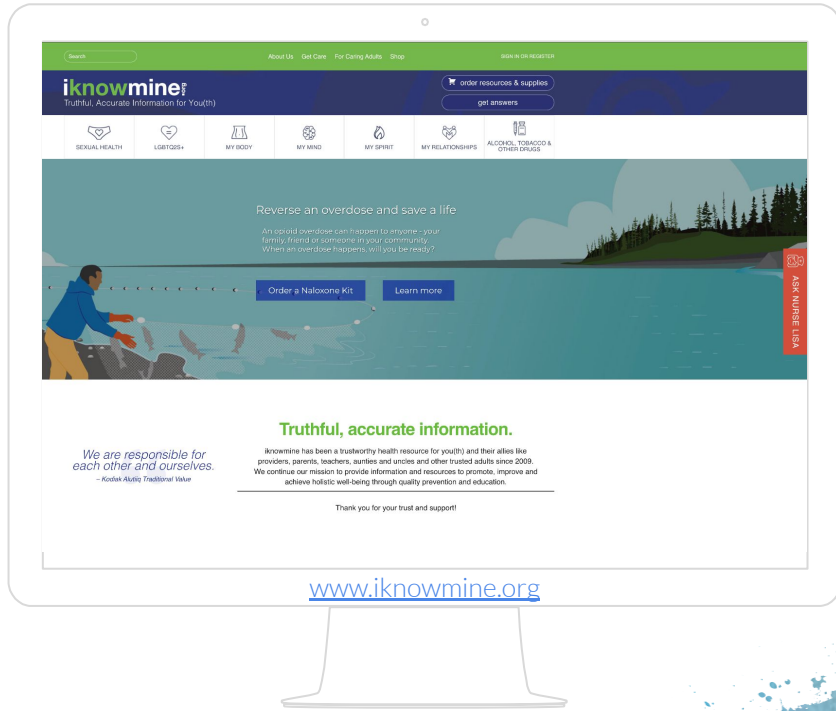
Youth Support Resources  
Scan the QR code with your phone for Native Youth Support Resources

Get Resources

You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.

Coping Today

[www.wernative.org](http://www.wernative.org)



# I Know Mine

## For Alaska Native Youth

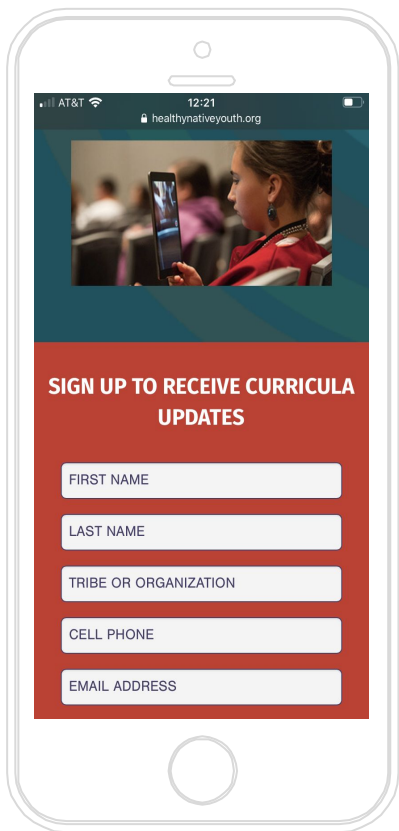
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM







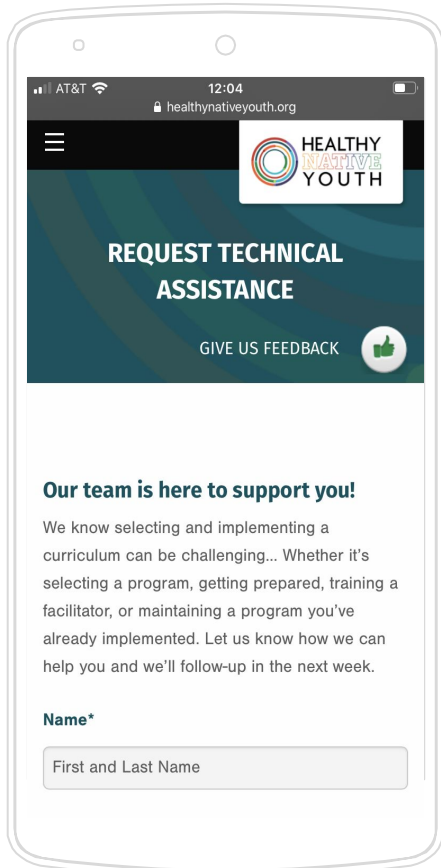
HNY [Linktree](#) QR Code

# Join the *Healthy Native* *Youth* Movement!



- Sign up for [Newsletter](#)
- Text "HEALTHY" to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube





# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

# Mark Your Calendars!



## COMMUNITY OF PRACTICE

DECEMBER	13	<b>SAFE SPACES 101</b> Youth's learning environment & Healthy Boundaries (relationships & media) are key to creating safe spaces for youth. Come talk with us about it!
JANUARY	10	<b>2SLGBTQ+ 101</b> Come hear how we can build strong communities that are inclusive within our 2SLGBTQ+ youth health programs.
FEBRUARY	14	<b>SEXUAL HEALTH 101</b> Come hear the FAQ's & how to answer youth's sexual health questions, along with effective strategies for program delivery for persons with intellectual and developmental disabilities.
MARCH	13	<b>SWAB SQUAD TO THE RESCUE!</b> Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD at home testing resources for your communities.
APRIL	10	<b>SUBSTANCE MISUSE 101</b> Come get the breakdown of Substance Misuse 101 as well as resources and strategies for your community!
MAY	08	<b>BEING A GOOD RELATIVE 101</b> Come join us as we lean into our Traditional Indigenous Knowledge; the know-how's and practices of being good relatives to each other with the intent of supporting our youth through adolescent health programming.
JUNE	12	<b>CELEBRATING COMMUNITY &amp; CULTURE 101</b> Come spend some time with us as we share our celebration strategies and discuss the important role the culture of our communities play in our adolescent health programming.

**REGISTER HERE**  
<https://www.healthynativeyouth.org/community-of-practice/>



**CONTACT US**  
agaston-contractor@paihb.org  
tdean@paihb.org



<https://us06web.zoom.us/join/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB>



# 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



Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)



Southern Plains Tribal Health Board

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Northwest Portland Area Indian Health Board

[Healthy Native Youth We R Native](#)

Partners:  
[Paths ReMembered](#)  
[Washington Youth Sexual Health \(WYSH\)](#)  
[Native Health Resources](#)

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# Let us Close with a Blessing

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

Zuni Pueblo

