



TRIBAL ACTION PLAN

MASHPEE WAMPANOAG WORKING TOGETHER FOR WELLNESS

For more information please contact Tribal Health and Human Service Dept at 508-477-0208 ext 148 or the Indian Health Service Clinic at 508-477-6967.

Mashpee Wampanoag Opioid Overdose Rates on the Rise

WHAT ARE OPIOIDS?

Opioids are a class of drug that relieve pain, including hydrocodone (e.g. Vicodin and Percocet), oxycodone (Oxycontin), codeine, fentanyl, morphine and many others. While opioid pain medications are generally safe when taken for a short time and as prescribed by your doctor, regular or long-term use of opioids, can lead to physical dependence and addiction.

Opioids also include illegal drugs (not for medical use) such as heroin, a very addictive drug.

Heroin is processed from morphine, which comes from the Asian poppy plant. Heroin usually appears as a white or brown powder.

The faster a drug reaches the brain, the more likely it is to be addicting. How are opioids used? there are different methods of delivery from fast to slow: smoking, injecting, intranasal (snorting) or ingestion. **All opioids carry a risk of overdose and death.**

SIGNS OF OVERDOSE CAN INCLUDE:

Opioids depress (slow down) breathing and the heart rate. If someone takes too much of an opioid, he or she may overdose. Overdose can be life threatening and requires immediate emergency care.

- No response to touch, cannot hear you
- Shallow/stopped breathing
- Can't be woken up
- Unusual snoring/gurgling sounds
- Blue/gray lips
- Floppy arms and legs, muscle rigidity (unable to be bent)

SAVE A LIFE:

If you discover someone experiencing an overdose, call 911 first, and if available administer the overdose drug Naloxone* (also known as Narcan).

**Naloxone (also known as Narcan) is a medication that treats opioid overdose. If you or someone you know is taking opioids, consider asking your healthcare provider for Naloxone(Narcan). It is possible to get naloxone from a pharmacy without a prescription (call ahead). Tribal members can also get a prescription for naloxone at the IHS clinic located behind the Mashpee Wampanoag Government Center.*

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The Mashpee Wampanoag Tribe declared a state of emergency in response to the rise in opioid drug abuse in July 2016 and dedicated its 95th annual powwow to breaking the cycle of addiction, offering fireball ceremonies to heal those struggling with illness.

Facts

Nationwide, Native Americans are at least twice as likely as the general population to become addicted to drugs, and three times as likely to die of a drug overdose.

We are losing 142 Americans a day to the opioid crisis.

Types of Narcan

There are different kinds of Narcan. Talk with your doctor or pharmacist to decide which is the best fit for you.

