



# journey to recovery

## **STRONG FAMILIES, COMMUNITIES, AND CULTURE**

### **Get help now.**

If you or a loved one is expecting, it is important to take steps now for a healthy pregnancy, a healthy baby, and a healthy you. You are not alone and seeking treatment for opioid use disorder (OUD) is a positive step for you and your baby's future.

Learn more at  
**[WATribalOpioidSolutions.com](https://WATribalOpioidSolutions.com)**

Washington State  
Health Care Authority

## YOUR CHOICES MATTER

- ✓ Taking opioids during pregnancy may cause premature birth, birth defects, and drug withdrawal called neonatal abstinence syndrome (NAS).<sup>1</sup>
- ✓ Opioid pain medications prescribed by doctors include oxycodone, hydrocodone, codeine, morphine, and many others. Heroin is also considered an opioid.<sup>2</sup> These drugs can be highly addictive.
- ✓ Talk with a tribal health care provider before quitting opioids. Stopping suddenly sometimes harms an unborn baby, and could cause miscarriage.

## TREATMENT WORKS

- ✓ Treatment for OUD is most effective when it includes medication along with mental, emotional, spiritual, and cultural support.
- ✓ Medication can stop and prevent withdrawal and reduce opioid cravings, allowing you to focus on your recovery and caring for your baby.<sup>3</sup> Buprenorphine and Methadone are safe during pregnancy and breastfeeding.
- ✓ Talk with your doctor, tribal behavioral health provider, or other health care professional about the best treatment for you and your unborn baby.

## PROTECT THE FUTURE

- ✓ When you get treatment for opioid misuse during your pregnancy, you are giving your baby the best start possible. You can protect your future and the future of your baby, building stronger families and communities within your culture.
- ✓ Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>4</sup>
- ✓ Motherhood is a sacred cultural honor. You can pass on important beliefs, values, and traditions to the next generation.

## THERE IS HOPE

- ✓ Begin your journey to wellness and become the healthy, strong parent you hope to be for your child and tribal community.

### YOU'RE NOT ALONE.

Find treatment resources near you

**Washington Recovery Help Line**

**1-866-789-1511**

**WaRecoveryHelpline.org**

Washington State  
Health Care Authority

Sources: <sup>1</sup>March of Dimes <sup>2</sup>National Institute on Drug Abuse

<sup>3</sup>Substance Abuse and Mental Health Services Administration <sup>4</sup>Washington State Department of Health