



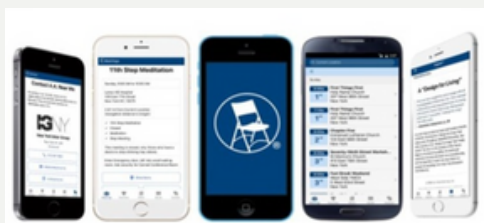
News From the Prevention Department

September 2024

Culture is Recovery

Recovery requires an important balance of four dimensions including health, home, purpose, and community. According to studies done by SAMSHA (Substance Abuse and Mental Health Services Administration) 7 out of 10 indigenous people that participate in some type of treatment for substance use disorders do recover. Information collected also suggests that indigenous participants are 60 times more likely to complete substance use programs. The most successful programs are those that develop a cultural identity and spirituality through pow wows, drumming circles, and sweat lodges as part of the treatment process or journey. Programs that offer prevention for families and youth are also important to the success rate in recovery of not only the individual, but the entire family. Research has also shown that 13% of indigenous people could benefit from treatment, but only 3.5% participate in treatment. Some possible challenges include health disparities including lack of transportation to treatment, lack of quality facilities, lack of insurance and lack of proper knowledge of addiction. Stigma and negative views on harm reduction can also be reasons why individuals do not participate in treatment.

Let us celebrate this month for the more than 21 million Americans that exemplify courage, hope and resilience in recovery, and find new beginnings helping others find their pathway to healing.



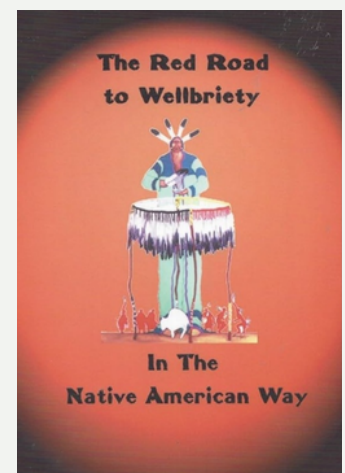
WHAT'S IN THIS MONTH'S ISSUE:

- September is Recovery Month
- Upcoming Events



Resources for help:

- **1-800-662-HELP (4357)**
- **Findtreatment.gov**
- **Seneca Strong**
- **Native Connections**
- **Local AA Meetings**
- **CASA Trinity**



Culture is Prevention for Every Age

During this month take the time to honor the health care professionals and loved ones who have supported others on their journey to living a happy, healthy and independent life, capable of reaching their full potential. Below are several ways you can support someone struggling with a substance use disorder. Understanding what harm reduction is and supporting loved ones has proven effective in improving the quality of life for persons struggling with mental health and substance use disorders.

- Offering Narcan and Narcan training to the community.
- Targeted Narcan distribution programs such as the Seneca Strong Outreach Program.
- MAT (Medicated Assisted Treatment) that is offered and is easily accessible.
- Understanding laws, such as the Good Samaritan Law.
- Providing syringe exchange programs.
- Attending 12 step programs such as Alcoholics Anonymous, Alanon, and Red Road Wellbriety.
- Participating in prevention program activities in schools and Native Connections.
- Attending family and community cultural events.

For Narcan training information, please contact

Peter Wilson at 716-945-8413

Upcoming Events

NATIVE connections
Honor your journey.

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2 CLUBHOUSE 2:45PM-7:00PM	3	4	5
6	7 CLUBHOUSE 2:45PM-7:00PM	8	9 CLUBHOUSE 2:45PM-7:00PM	10	11	12
13	14 CLUBHOUSE 2:45PM-7:00PM	15	16 CLUBHOUSE 2:45PM-7:00PM	17	18	19
20	21 CLUBHOUSE 2:45PM-6:00PM FAMILY NIGHT 6:00PM-7:00PM	22	23 CLUBHOUSE 2:45PM-7:00PM	24	25	26
27	28 CLUBHOUSE 2:45PM-7:00PM	29	30 CLUBHOUSE 2:45PM-7:00PM	31	1	2

RED RIBBON WEEK (October 24-31)

Location: Allegany Seneca Clubhouse, 983 R.C. Hoag Drive, Salamanca, NY 14779
Phone: 716-945-8413 Ext. 3649
Facebook: Seneca Native Connections

SENECA NATION HEALTH SYSTEM | NATIVE CONNECTIONS

