



# Healing Journey

from opiod use disorder

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**WEBEQUIE FIRST NATION**



# Northern context

- Since 2012 Opioid Substitution Therapy (OST) available remote communities
- Suboxone/Sublocade
- Programs administered by the band council
- Physician visits typically q 3 - 12 months
- Limited counselling options available

# Challenges & Opportunities

- Unique demography
- Community and cultural context
- Limited human resources
- Unlimited natural resources
- Community resources

# Healing journey from opioid use

- Qualitative (n=16) collected Nov and Dec 2021
- Explore and understand patient experience in healing from opioid use disorder to better support healing & recovery



## How it started

*“I just needed somebody to talk to or somebody to listen ... then finally I had enough, couldn't cope with my feelings, I couldn't deal with what I was going through so I went to my friends and that's when I started using Percocets, Oxycodones and then that led to shooting up.”*

# Making a change

*“I started to realize I needed to stop [because of] what I was putting my kids through”*



# Challenges in recovery

*“stopped talking to people, I’d isolate myself from others that were using or that were talking about drugs or trying to ask me can get this or that”*

# Supports in recovery

*“being out on the land, the reflection of your mind and it sort of clears your mind as well for your goal, like it brings some kind of connection with Earth or motherhood and all that. I think that is where I got my strength from”.*

# OST with suboxone

OST program “*like it was holding me back in my life. I just didn’t want it to be part of my life*”.

## Best of now

Recovery was described as a long and holistic process, that *“took me probably 2 years to really learn about the human being [...] my sense of taste came back and all those emotions I didn’t feel when I was on Suboxone all came out, I cried anywhere, anytime. I don’t know it’s so weird like, like I was learning how to be a human again”*.

# Questions?

