



Newsletter



NEWSLETTER MAY 2022

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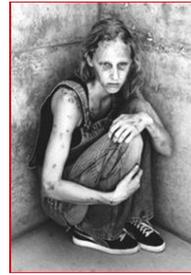


OGLA LA SIOUX TRIBE



Employee Assistance Program

Informational



Say No
to
METH

Meth is a dangerous, potent, and highly addictive drug. A potent chemical, as with all drugs, a poison that first acts as a stimulant, and eventually begins to systematically destroy the body. This drug is associated with many serious short-term effects and long-term health conditions, such as, increased blood pressure, increased body temperature, extreme weight loss, severe dental problems ("meth mouth"), skin sores, paranoia, insomnia, anxiety, visual and auditory hallucinations, mood disturbances and can display violent behavior.

Be informed on the Dangers of Meth! Contact OST EAP or visit the following websites for more information.

coloradomethproject.org - montanamethproject.org - samhsa.gov/meth



Just Say No! to Alcohol and Drugs!

EAP Services

The Oglala Lakota Nation recognizes personal problems affect job performance and attendance and has established the Employee Assistance Program (EAP).

The program is designed to assist tribal employees with personal concerns to reduce negative impacts on job performance and to retain valued employees. The program assists supervisors and managers in addressing specific concerns within their organization therefore improving the overall programmatic goals and objectives, increase employee productivity, job performance, and apply culturally specific attributes that illustrate a positive lifestyle that complements job performance.

**Increasing an employees productivi
through positive changes.**



The employee assistance program represents a first-line response to providing awareness, prevention and intervention, short-term counseling, assisting in problem resolution services within a tribal program. It is a valuable employee benefit. Especially when the employee utilizes the services offered.

EAP Services continued...

WE SHALL NEVER KNOW
ALL THE *Good*
THAT A SIMPLE
Smile ♡
CAN DO

Facts about Fentanyl

Fentanyl is a synthetic opioid typically used to treat patients with chronic severe pain or severe pain following surgery. Fentanyl is a Schedule II controlled substance that is similar to morphine but about 100 times more potent. Under the supervision of a licensed medical professional, fentanyl has a legitimate medical use. Patients prescribed fentanyl should be monitored for potential misuse or abuse.

Illicit fentanyl, primarily manufactured in foreign clandestine labs and smuggled into the United States through Mexico, is being distributed across the country and sold on the illegal drug market. Fentanyl is being mixed in with other illicit drugs to increase the potency of the drug, sold as powders and nasal sprays, and increasingly pressed into pills made to look like legitimate prescription opioids. Because there is no official oversight or quality control, these counterfeit pills often contain lethal doses of fentanyl, with none of the promised drug.

There is significant risk that illegal drugs have been intentionally contaminated with fentanyl. Because of its potency and low cost, drug dealers have been mixing fentanyl with other drugs including heroin, methamphetamine, and cocaine, increasing the likelihood of a fatal interaction.

What services does the employee assistance program offer?

The employee assistance program provides assessment and identification of needs, short-term confidential counseling, referral to other resources, if necessary, and follow-up to ensure needs are being met. Other services include orientation on EAP utilization, trainings on various topics, outpatient treatment, individual or group counseling, AA meetings, aftercare, talking circles, peacekeeping and mediation, community involvement activities, awareness and prevention presentations, Lakota language sessions and light yoga as well as the use of the massage chair for stress relief and selfcare, and in person massages.



Forms of Fentanyl Citrate



OGLALA SIOUX TRIBE
EMPLOYEE ASSISTANCE PROGRAM
TELEPHONE: 605-867-1841

Facts about Fentanyl *continued...*

Producing illicit fentanyl is not an exact science. Two milligrams of fentanyl can be lethal depending on a person's body size, tolerance and past usage. DEA analysis has found counterfeit pills ranging from .02 to 5.1 milligrams (more than twice the lethal dose) of fentanyl per tablet.

- 42% of pills tested for fentanyl contained at least 2 mg of fentanyl, considered a potentially lethal dose.
- Drug trafficking organizations typically distribute fentanyl by the kilogram. One kilogram of fentanyl has the potential to kill 500,000 people.

It is possible for someone to take a pill without knowing it contains fentanyl. It is also possible to take a pill knowing it contains fentanyl, but with no way of knowing if it contains a lethal dose.

According to the CDC, synthetic opioids (like fentanyl) are the primary driver of overdose deaths in the United States. Comparison between 12 months-ending January 31, 2020 and the 12 months-ending January 31, 2021 during this period:

- Overdose deaths involving opioids rose 38.1 percent.
- Overdose deaths involving synthetic opioids (primarily illicitly manufactured fentanyl) rose 55.6 percent and appear to be the primary driver of the increase in total drug overdose deaths.

Unless a drug is prescribed by a licensed medical professional and dispensed by a legitimate pharmacy, you can't know if it's fake or legitimate. And without laboratory testing, there's no way to know the amount of fentanyl in an individual pill or how much may have been added to another drug. This is especially dangerous because of fentanyl's potency.

<https://www.dea.gov/resources/facts-about-fentanyl>

Get Help for Substance Abuse

Substance abuse is the misuse of alcohol, prescription or over-the-counter medications, and the use of illegal drugs. Find treatment and recovery services for substance abuse and learn how to prevent drug and alcohol problems.

<https://www.usa.gov/mental-health-substance-abuse>



136
PEOPLE
die every day from
an opioid overdose
(including Rx and illicit opioids).

Fentanyl, similar to other commonly used opioid analgesics (e.g., morphine), produces effects such as:

- euphoria
- pain relief
- relaxation
- sedation
- confusion
- drowsiness
- dizziness
- nausea
- vomiting
- urinary retention
- pupillary constriction

Referral Process -OST EAP

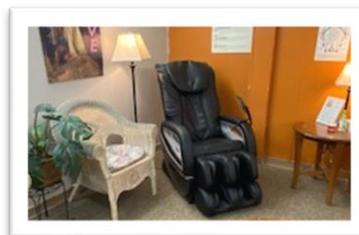
There are two ways to utilizing the OST EAP program. That is by a self-referral or by a supervisor referral.

Self-Referral: An employee contacts the program on their own behalf to start the process of addressing their concerns.

Supervisor Referral: A supervisor, director or department head submits a written referral to the program when there is a concern with an employee.

Massage Chair use-

Call OST EAP for more information
867-1841

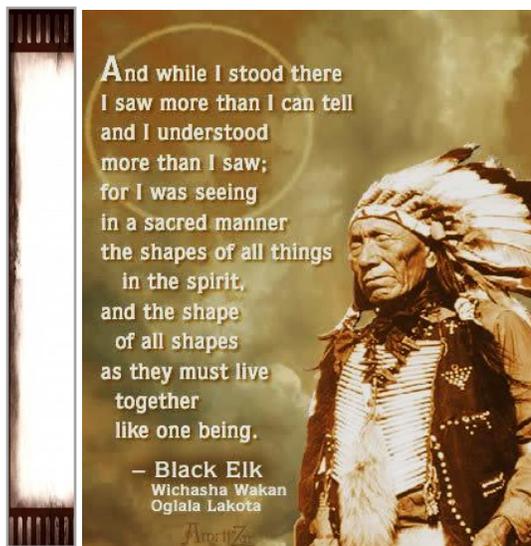


OGLAGLA SIOUX TRIBE
EMPLOYEE ASSISTANCE PROGRAM



"Increasing an employees' productivity through positive changes, utilizing the Medicine Wheel concepts of Spiritual, Physical, Emotional, and Mental balance."

Lakota Sioux Quotes



<https://quotesgram.com/lakota-sioux-quotes/>

Selfcare and Wellness



**Memorial Day (United States) 2022
Monday, May 30**

OGLALA SIOUX TRIBE
EMPLOYEE ASSISTANCE PROGRAM

SAVE THE DATE

21st ANNUAL 2022
WOWASI O ECUN EL WATUKAPI

ADDRESSING STRESS IN THE WORK PLACE CONFERENCE

**Honor the Past!
Treasure the Present!
Shape the Future!**

Eyapaha: Ario Iron Cloud
Oglala Sioux Tribal Member
KILI Radio
Multimedia Artist and Radio Broadcaster

This conference is designed to bring awareness and education to our audience.

The conference theme is,
"Honor the Past, Treasure the Present, and Shape the Future!"
Come and join us for an unforgettable four-day conference.
Meet our presenters and have an enjoyable time!

You will leave this conference feeling motivated, refreshed and prepared to start your wellness journey for positive change.

Location: Rushmore Plaza Holiday Inn
Rapid City, SD
December 14-17, 2022

Stress Relief Massages Provided by a Certified Massage Therapist

The conference is in conjunction with the Lakota Nation Invitational

**Door prizes
Conference T-Shirts
Conference Bags**

SAVE THE DATE - COME AND JOIN US!!!

For more information feel free to call our office at 605-867-1841
or Email: osteap@gwtc.net

AGENDA AND REGISTRATION FORMS WILL BE AVAILABLE SOON