National Drug and Alcohol Treatment Routing Service
Phone: 1-800-662-HELP (4357)
Spanish: 1-800-662-9832
TDD: 1-800-228-0427
www.samhsa.gov/ufds/welcome_m.htm

National Institute on Alcohol Abuse and Alcoholism
6000 Executive Boulevard, Wilco Building
Bethesda, MD 20892-7003
Phone: 301-443-3860
www.niaaa.nih.gov

Native American Organizations:
The American Indian Higher Education Consortium (AIHEC)
121 Oronoco Street
Alexandria, VA 22314
Phone: 703-689-0400
www.aihec.org

United National Indian Tribal Youth, Inc. (UNITY)
P.O. Box 800
Oklahoma City, OK 73101
Phone: 405-236-2800
www.unityinc.org

Urban Indian Centers:
American Indian Center of Chicago
Phone: 773-275-5871

American Indian Center of South Carolina
Phone: 803-790-8234

American Indian Clubhouse of Los Angeles
Phone: 213-202-3976

American Indian Community House
(New York City)
Phone: 212-598-0100

American Indian Education Center (Cleveland)
Phone: 216-341-0000

American Indian Prevention Coalition
Phone: 602-532-7202

American Indian Services (Sioux Falls)
Phone: 800-658-4797

AIM Support Group of Ohio and Northern Kentucky
Phone: 859-586-7210

Council of Three Rivers American Indian Center (Pittsburgh)
Phone: 412-782-4457

The Denver Indian Center
Phone: 303-936-2688

Fort Erie Native Friendship Center (Buffalo, New York, area)
Phone: 905-871-8931

Mid-American All-Indian Center (Wichita)
Phone: 316-262-5221

San Diego American Indian Health Center
Phone: 619-234-2158

Southern California Indian Outreach Center
Phone: 818-994-6744

Tlingit & Haida Central Council
Phone: 907-586-1432

Government Agencies:
National Institute on Drug Abuse (NIDA)
6001 Executive Boulevard
Room 5213, MSC-9561
Bethesda, MD 20892-9561
Phone: 301-443-1124
www.drugabuse.gov

Indian Health Service
Office of the Director
5600 Fishers Lane, Room 6-05
Rockville, MD 20857
Phone: 301-443-3593
www.ihsv.gov

Office of the Assistant Secretary—Indian Affairs
Office of Alcohol and Substance Abuse Prevention
MS-2554
1849 C Street, N.W.
Washington, DC 20240
Phone: 202-219-0844
www.doi.gov/iaa/iaa.htm

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
Phone: 1-800-729-6686
TDD: 1-800-487-4889
www.health.org

Center for Substance Abuse Prevention
5600 Fishers Lane, Rockwall II
Rockville, MD 20857
Phone: 301-443-0373
www.samhsa.gov/csap/index.htm

Center for Substance Abuse Treatment
5600 Fishers Lane, Rockwall II
Suite 618
Rockville, MD 20857
Phone: 301-443-5052
www.samhsa.gov/csat/csat.htm

Resources

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Tribal Members and Organizations of the Native American Prevention Research Work Group, NIDA/NIH

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Tribal Staff of the Indian Health Service U.S. Department of Health and Human Services

Tribal Staff of AIHEC

Tribal Staff of UNITY

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Please e-mail comments to:
information@lists.nida.nih.gov

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Printed September 2001

Walking a Good Path
2002 Calendar
Introduction

For many Native people of the Americas, life is a journey. From the first breath to the last, life takes a winding course. Many Native ancestors believed that walking a good path was a measure of character, and an honorable way to live. Today, many forces lure people away from this. Drug abuse and addiction are such forces, and have brought unnatural and harmful elements into the lives of Native people, their families, and communities.

This calendar sends the message that now is the time for Native communities to walk away from paths that damage Native culture and walk a good path together. We start with sharing information about drug addiction and how to prevent it. Knowing the harmful effects of the drugs most frequently abused is one of the first steps to understanding the high risks involved with taking drugs.

Throughout this calendar, the message conveyed is one of hope. Drug addiction can be treated. People can heal. And, through preventive measures, drug abuse can be stopped before it starts.

The message of hope underlies the images represented each month, in examples of Native people, young and old, who excel by living healthy and productive lives. As in our 2001 Walking a Good Path Calendar, twelve images of such people, along with quotes from American Indian youth who have chosen to walk without drugs, are reflected in this 2002 Walking a Good Path Calendar.
Hold on to Joy

To some people, happiness does not come easily, so they may actually “medicate” themselves by taking illegal drugs, nicotine, inhalants, or alcohol. Others may use drugs to fit in, take a risk, or try something new. Also, some people might misuse or abuse medications prescribed by a physician. Most drugs give most users a sense of feeling good, usually by artificially overstimulating the parts of the brain that control pleasure. But repeated voluntary drug taking, or drug “abuse,” can switch without warning into involuntary drug taking, or drug “addiction.” Drug addiction is a brain disease. It can turn people who use drugs when they want to into people who crave drugs constantly. A person becomes compulsively driven to use drugs just to feel normal, because the drugs have altered brain function. Most people need treatment to stop the spiraling cycle of addiction.

www.drugabuse.gov
At the heart of preventing drug abuse is learning about the health risks and other problems that come with taking drugs. Although each drug of abuse brings its own risks, the more serious general health risks for drug abusers are infections and diseases, such as HIV/AIDS, hepatitis B and C, tuberculosis, sexually transmitted diseases, and other viral or bacterial infections. These risks can come from sharing equipment to inject drugs, or from having unprotected sex with someone infected. Many tribes have the expertise and resources to develop their own Tribal, Cultural, or Native prevention programs geared toward their community and culture. To be successful in preventing drug abuse, the whole tribe must be involved in learning and sharing accurate information, and in living the message.

www.drugabuse.gov
Inhalants are chemical vapors from common household solvents and aerosol sprays, such as glue, spray paint, ink, lighter fluid, gasoline, and cans of whipped cream. When inhaled deeply, some of these vapors can produce a sense of euphoria. Unfortunately, most can be extremely toxic. High doses of inhalants force the body and its organs to be starved of oxygen, creating erratic heartbeats and loss of breath similar to the experience of drowning. In the short-term, inhalants may cause heart palpitations, delirium, breathing difficulty, dizziness, and headaches. Long-term effects can include irreversible damage to the nervous system, irregular heart rhythms, muscle weakness, headaches, nausea, nosebleeds, decreased sense of smell, abnormal kidney and liver functions, incontinence, violent behavior, and dangerous chemical imbalances in the body. [Street names: bang, oz, whippets, locker room] [“Ocean” is the street name for the liquid contents of aerosol hairspray cans (180 proof alcohol) mixed with water]

www.drugabuse.gov
Nicotine is an addictive substance found in products made from tobacco leaves, such as cigarettes and cigars. It is absorbed through the skin and lining of the mouth and nose, or by inhaling into the lungs. The body’s immediate reaction is an adrenaline surge, which suddenly releases glucose as it increases blood pressure, respiration, and heart rate. Nicotine also may have a calming effect, depending on a person’s nervous system and the dosage. Frequent use, as in repeated cigarette use, greatly increases the chances of becoming addicted. In the case of cigarettes, toxins in the smoke greatly increase a person’s chances of getting heart disease and lung ailments such as cancer, chronic bronchitis, and emphysema. “Tobacco” used for sacred purposes in traditional American Indian prayer and healing may be tobacco leaf or may be tree bark. When it is tobacco leaf, it contains nicotine.

www.drugabuse.gov
Learn, Remember, Thrive

The part of the brain that controls learning and memory can be affected by marijuana. The active ingredient in marijuana is THC (delta-9-tetrahydrocannabinol). When marijuana is used, THC is absorbed into the body and acts upon certain nerve cells. In the short term, marijuana use may result in a sense of well-being. Frequent marijuana use, however, may lead to memory loss and learning disabilities, distorted perception, difficulty in thinking and problem solving, loss of coordination, increased heart rate, and anxiety and panic attacks. Some findings suggest that regular marijuana use, particularly smoking, also may play a significant part in the onset of cancer. [Street names: weed, ace, hay, grifa, black mo, tea]

www.drugabuse.gov
Cultural Armor

Processed from the morphine found in certain types of poppy plants, heroin is either injected or inhaled. In the brain, the drug actually is converted to morphine. Initially, heroin abusers typically report feeling an intense surge of pleasure, which depends on how much heroin is taken and how quickly it enters the brain. The rush, however, is usually accompanied by dryness in the mouth, and heaviness in the legs and arms, slowed breathing, confusion, and no awareness of pain. Heroin abusers and addicts who inject the drug are at very high risk for bacterial infections and becoming infected with viruses such as HIV and hepatitis C, and also for developing collapsed veins, abscesses, infected heart lining and valves, arthritis, and rheumatoid problems. [Street names: bomb, parachute, smack]

www.drugabuse.gov
Methamphetamine is a very toxic stimulant that affects the central nervous system. It is usually a white, odorless, crystalline powder that can be dissolved in liquid and injected, snorted, or swallowed, and also comes in a crystalline chunk form ("ice") that is smoked. Methamphetamine stimulates the release of high levels of dopamine, a chemical in the brain that affects mood and body movement. Abusers of this drug typically appear agitated, and sometimes become aggressive and violent. The drug may cause memory loss, heart and brain damage, confusion, insomnia, nausea, and vomiting. Users also are at risk of increased body temperature and convulsions, which can be fatal. Long-term effects can include paranoia, hallucinations, mood disturbances, weight loss, and damage to blood vessels in the brain, which can lead to strokes. [Street names: chalk, crank, crypto, lemon drop]

www.drugabuse.gov

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**July**

"To take anything that takes control of your thinking, your mood, your mind — that is very wrong and will eventually bring ruin to your life."

– Bill Dunlap, Elder, Little Traverse Bay of Odawa Indians

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**Pow Wow Spirit**

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**Indian Tribe of Connecticut**
**Mooretown Rancheria of Maidu Indians of California**
**Morongo Band of Cahuilla Mission Indians of the Morongo Reservation**
**Muckleshoot Indian Tribe of the Muckleshoot Reservation**
**Muscogee (Creek) Nation**
**Narragansett Indian Tribe of Rhode Island**
**Navajo Nation**
**Nez Perce Tribe of Idaho**
**Nisqually Indian Tribe of the Nisqually Reservation**
**Nooksack Indian Tribe of Washington**
**Northern Cheyenne Tribe of the Northern Cheyenne Indian Reservation**
**Northfork Rancheria of Mono Indians of California**
**Northwestern Band of Shoshoni Nation of Utah (Washakie)**
**Oglala Sioux Tribe of the Pine Ridge Reservation**
**Omaha Tribe of Nebraska**
**Oneida Nation of New York**
**Oneida Tribe of Wisconsin**
**Onondaga Nation of New York**
**Osage Tribe**
**Ottawa Tribe of Oklahoma**
**Otoe-Missouria Tribe of Indians**
**Paiute Indian Tribe of Utah**
**Paiute-Shoshone Indians of the Bishop Community of the Bishop Colony**
**Paiute-Shoshone Tribe of the Fallon Reservation and Colony**
**Paiute-Shoshone Indians of the Lone Pine Community of the Lone Pine Reservation**
**Pala Band of Mission Indians of the Pala Reservation**
**Pascua Yaqui Tribe of Arizona**
**Paskenta Band of Nomlaki Indians of California**
**Passamaquoddy Tribe of Maine**
**Pauma Band of Luiseno Mission Indians of the Pauma & Yuima Reservation**
**Penobscot Tribe of July
Cocaine is a strong and dangerous stimulant. It affects the brain by causing a buildup of the chemical dopamine, which on initial use can result in a feeling of intense pleasure (“rush”). Derived from the coca plant, cocaine has two chemical forms—a water soluble powder than can be sniffed or injected, and a freebase form (“crack”) that has been processed into crystalline chunks that are heated and then smoked. Use of either form can result in chaotic heart rhythm and heart attacks, strokes and seizures, muscle twitches, and abdominal pain and nausea. Because of the risks of erratic heartbeat and stroke, cocaine use can be fatal, even the first time.

[Street names, cocaine: coke, c, snow] [Street names, crack: brick, candy, hail, kryptonite]

www.drugabuse.gov
Standing Tall

Anabolic-androgenic steroids are man-made substances related to male sex hormones. “Anabolic” refers to muscle-building, and “androgenic” refers to increased male characteristics. “Steroids” refers to the class of drugs. Athletes and others might abuse anabolic steroids to enhance performance and also to improve physical appearance. But there can be major side effects, including liver or kidney tumors, jaundice (yellowish skin, tissues, and body fluids), fluid retention, high blood pressure, increases in bad cholesterol and decreases in good cholesterol, severe acne, and trembling. In addition, men abusing anabolic steroids can experience shrinking of the testicles, infertility, baldness, development of breasts, and an increased risk for prostate cancer. Women can experience growth of facial hair, male-pattern baldness, menstrual cycle changes, and a deepened voice. Teens who use anabolic steroids risk premature skeletal maturation and accelerated puberty changes—in other words, they risk remaining short the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

www.drugabuse.gov

September

“It was... a decision between me and my brother to get clean. Life is a lot clearer.”

–Patrick D., Cherokee Nation

Corn Dance, Santa Clara Pueblo, New Mexico. Photographer: ©Branson Reynolds

National Alcohol & Drug Addiction Recovery Month

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Lean on Me

Prescription drugs relieve pain for millions of people, make complex surgery possible, and enable many people with chronic medical conditions to control their symptoms and lead good lives. Addiction rarely occurs among people who use controlled, prescription drugs as directed. But, for some, the inappropriate, nonmedical use of prescription opioids (mainly used for pain management), central nervous system (CNS) depressants, and stimulants can lead to addiction. Patients, healthcare professionals, and pharmacists all have roles in preventing misuse and addiction. For example, a patient should follow the directions for use of any prescribed medication carefully, and also learn what effects the drug could have and potential interactions with other drugs by reading all information provided by the pharmacist. Physicians and other health care providers should screen for any type of substance abuse during routine history-taking with questions about what prescriptions and over-the-counter medicines the patient is taking and why.

www.drugabuse.gov
“Club drugs” are often used at night clubs and all-night dances, but their use has spread to many other social settings. Current science is showing changes to critical parts of the brain from use of these drugs. The best known club drug is Ecstasy or MDMA (street names: X, Adam, E, clarity). MDMA has stimulant and mild hallucinogenic effects, and can dramatically increase heart rate and blood pressure. MDMA also can alter the body’s ability to regulate internal temperature, and this can lead to hyperthermia. Chronic use or high doses can cause memory loss, muscle breakdown, and kidney and cardiovascular system failure. GHB, Rohypnol, and ketamine are mainly central nervous system depressants. Because they are often colorless, tasteless, and odorless, they can be added to drinks and taken unknowingly. In low doses, GHB (street names: scoop, G, liquid Ecstasy, Georgia home boy, soap, easy lay) can relieve anxiety, but overdoses can result in vomiting, loss of reflexes, breathing difficulty, or coma. GHB is also abused for the purpose of increasing muscle mass. Withdrawal effects can include insomnia, anxiety, tremors, and sweating. Rohypnol (street names: rophies, roofies, forget me) decreases blood pressure; causes drowsiness, dizziness, and confusion; and can produce “anterograde amnesia,” which means individuals may not remember events they experienced while under its effects. Also, it may be lethal when mixed with alcohol and/or other depressants. Ketamine (street names: special K, vitamin K) is a prescription anesthetic used mainly in veterinary practice. Certain doses of ketamine can cause dream-like states and hallucinations. At high doses, ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems.

www.drugabuse.gov
Healing from drug addiction can be a lifelong journey. People in treatment for drug addiction learn to break a big task into manageable pieces—to control their condition so they can lead normal and productive lives. The ultimate goal of treatment is to help people stay off drugs for life. But the immediate goals are to reduce drug use, help people function normally, and help them prepare for a life without drugs. Medical detoxification, allowing the body to rid itself of drugs while managing withdrawal, may be needed to begin treatment, but by itself is not treatment. Treatment is usually through counseling, but medications can also be used to help stabilize a person and reduce cravings. No single treatment works best for everyone, but treatment programs that incorporate Native values and practices—such as respect, prayer, discipline, patience—provide greater opportunities for Indians and Alaska Natives to maintain drug-free lives.

www.drugabuse.gov

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December

“Being alcohol and drug-free has given me my spirit back.”
—Loretta Castenada, Saginaw Chippewa Indian Tribe

**Healing Wind**