



INDIAN COUNTRY OPIOID CRISIS



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Over 130 people die every day due to opioid-related drug overdose¹

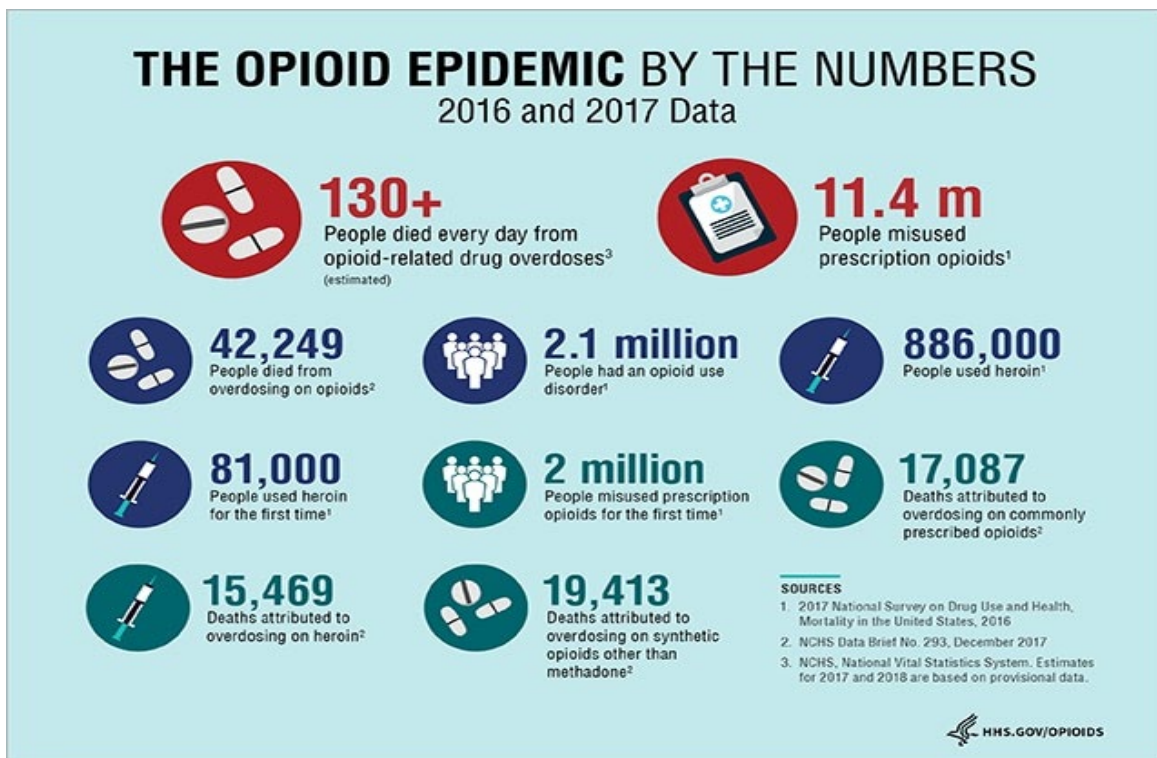
The current opioid-related death rate is 13.7 deaths per 100,000 Native Americans, which exceeds the national rate of 13.1 per 100,000 (Centers for Disease Control and Prevention).

¹ NCHS, National Vital Statistics System. Estimates for 2017 and 2018 are based on provisional data

The Problem...

In 2016, 28.6 million people aged 12 or older used an illicit drug in the past 30 days, which corresponds to about 1 in 10 Americans overall (10.6 percent) but ranges as high as 1 in 4 for young adults aged 18 to 25. Regardless of age, the illicit drug use estimate for 2016 continues to be driven primarily by marijuana use and the misuse of prescription pain relievers. Among people aged 12 or older, 24.0 million were current marijuana users and 3.3 million were current misusers of prescription pain relievers. Smaller numbers of people were current users of cocaine, hallucinogens, methamphetamine, inhalants, or heroin or were current misusers of prescription tranquilizers, stimulants, or sedatives.

In 2016, an estimated 11.8 million people misused opioids in the past year, including 11.5 million pain reliever misusers and 948,000 heroin users. Among people aged 12 or older who misused pain relievers in the past year, about 6 out of 10 people indicated that the main reason they misused pain relievers the last time was to relieve physical pain (62.3 percent), and about half (53.0 percent) indicated that they obtained the last pain relievers they misused from a friend or relative.



Despite only representing 2% of the U.S. population, American Indians and Alaskan Natives experience **higher rates of alcohol abuse** compared to other ethnic groups. Stereotypes often depict Native Americans as binge drinkers, and although alcohol remains the most-abused substance (29.6% of the population reports binge drinking). Problems with substance abuse in tribal communities are associated with violence, social issues, economic despair, and widespread health problems.

American Indian youth are far more likely to struggle with addiction rates than any of their peers. Nearly 75% of American Indian youth in treatment reported alcohol as their substance of abuse. Among 8th graders, more than 56% have tried marijuana; and the use of opioids, including heroin, is 2 to 3 times higher than the national average.

The Solution..

Intervention (Promotion, Prevention, Treatment and Recovery Support)

A comprehensive approach to behavioral health also means seeing prevention as part of an overall continuum of care. The [Behavioral Health Continuum of Care Model](#) recognizes multiple opportunities for addressing behavioral health problems and disorders. Based on the Mental Health Intervention Spectrum, first introduced in a 1994 Institute of Medicine report, the model includes the following components:

A Promotion

These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.

B Prevention

Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.

C Treatment

These services are for people diagnosed with a substance use or other behavioral health disorder.

D Recovery

These services support individuals' abilities to live productive lives in the community and can often help with abstinence.

Many Tribes, as federally recognized governments, have developed their own prevention programming, through various state/federal and private funding sources. In respect of tribal sovereignty and the right of each tribe to support the health and welfare of its tribal members, it is important for any centrally located youth treatment facility to be networked with all available tribal programs and be a clearinghouse of information for other tribes. Each tribe will have to determine what is an appropriate prevention response through culturally relevant programming.

R_x Agriculture...

Get your hands dirty, keep your mind clean

Cota Holdings is bringing the therapeutic power of agriculture to the healing process involved in opioid addiction. Not only does this innovative program use the healing power of gardening and farming to help curb addiction but program participants will grow superfoods that can be used to heal their bodies as well as their minds. The program utilizes a greenhouse where participants can grow wheatgrass, hemp, kale, goji berries, lavender, and other superfoods that have been proven to help promote physical and mental health.

Planning

An effective Planning Initiative rests on a solid foundation. This foundation consists of shared information, identification of key issues, and an agreed upon scope of work, processes, deliverables, and time line.



Implementation

Once a strategy is in place, Cota along with our highly sought after partners will be able to assist in the constuction and operations of a treatment facility.



Financing

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OUR SERVICES

Cota Holdings, LLC is uniquely qualified to offer planning, construction, operational and financial support to any Tribe or entity interested in starting an Opioid Treatment Program.

While COTA is known throughout Indian Country for its innovation and quality service, it is seeking a new level of recognition as the right place for facilitating programs that will be long-lasting and have actual positive outcomes in the communities in which we work.

THE COMPANY

Cota Holdings is a small boutique Native owned consulting companies based at Jemez Pueblo. New Mexico. Cota principal and staff have many decades of experience in areas of energy and economic development, specializing in working with Tribes, producing plans, implementing projects and facilitating partnerships between industry and Tribes.

Roger Fragua is the President and Chief Executive Officer of Cota Holdings. In this capacity, Roger implements Cota's strategic goals and objectives and gives direction and leadership toward the achievement of the organization's philosophy, mission and strategy. Roger has dedicated his professional career to the advancement and development of American Indian communities. Cota Holdings works with Tribes, industry and government to maximize resources that will deliver improved and sustainable Tribal economies while also delivering profit to industry partners and building equitable partnerships for all concerned. Cota Holdings always works first and foremost to benefit Tribal interests. Cota Holdings has supported Tribes, businesses and organizations through the following entities among others:

- National Indian Gaming Association
- Inter-Tribal Energy Network
- Affiliated Tribes of Northwest Indians
- Inter-Tribal Council of Arizona
- Southern California Tribal Chairman's Association
- United South and Eastern Tribes Inc.
- All Pueblo Governors Council
- Mid-West Alliance of Sovereign Tribes
- National Congress of American Indians
- Individual Tribes throughout the U.S.



Most of the work that Cota Holdings has done has been accomplished through working with Inter-Tribal organizations. Cota serves in an advisory role especially to the 19 Tribes of the Southern California Tribal Chairman's Association, the 21 Tribes of the Inter-Tribal Council of Arizona and the 19 Pueblos of the All Pueblo Governors Council.

"Cota Holdings is making a real difference in Indian Country by helping to create legitimate solutions to the opioid addiction crisis."



MEET OUR PARTNERS

Cota Holdings partners with only the highest level, most ethical partners in the industry

Cota Holdings works to create partnerships with companies that not only have the highest standard of quality and ethics but those that support Indian Country and understand each individual Tribe is unique and needs to be treated as an individual entity with varying needs and goals.



Diamond Healthcare

Diamond Healthcare combines data analytics and operational experience to drive decisions in regard to the design and delivery of behavioral health services.



HB Constuction

As one of the most trusted and sought after general contractor in the Southwest, HB Construction consciously invest in hiring talented, ethical people to deliver quality projects leveraging state-of-the-art technology.



Whitman Group, LLC

A financial advisory service company specializing in helping clients with economic development projects through utilizing new market tax credits, tax exempt bonds, USDA direct loans, DOI guaranteed loans, conventional financing, and other short term funding structures.



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