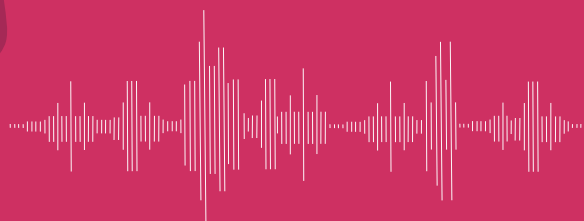


HAVE THE CONVERSATION

ACTION GUIDE



QUICK START GUIDE: YOUR ACTION PLAN

Ways to take action locally and nationally

*"There are very few of us that have not been touched by opioid misuse. At STARS we are committed to do all that we can to help address this issue that is impacting individuals, families, communities, and the culture at large. For that reason, we invite you to **Have the Conversation**. The good news is that prevention, intervention, and treatment works! Having the conversation helps raise awareness, and equips us to speak out in an effort to relieve the stigma associated with opioid misuse and addiction. It is our goal to let those impacted by opioid misuse know that they are not alone, there is hope, and there is recovery. We invite you to join us in this effort."* - Rodger Dinwiddie, CEO of STARS

We have two important goals to rally behind:

AWARENESS

Spread the word to your community about the national opioid epidemic crisis

- Share the visual evidence. Follow us on social media to repost the most compelling insights.
- Ask your leaders to support prevention and outpatient treatment centers.
- Join local efforts. Combine efforts with organizations working in your area.

INTERVENTION

Commit to individual action. Research the best ways to have the conversation.

- Understand one conversation usually isn't enough. Prepare yourself by seeking out support groups and developing a healthy self-care routine.
- Talk to an intervention specialist to help have the conversation.
- Research and eliminate enabling behaviors where you might be hurting more than helping.

Join the national conversation - #HaveTheConversation

GUIDE: AWARENESS

Spreading the word locally and nationally

SHARE OUR VIDEO SERIES: Ignite personal power by sharing our video series. Each video shares a personal story of misuse of opiates and a courageous individual who makes the decision to have the conversation.

START AN AWARENESS CAMPAIGN: We've made it easy to start your own campaign. Simply visit the page below to start spreading awareness about the misuse of opioids and raise money to help STARS end the epidemic.

www.classy.org/campaign/have-the-conversation/c190202

BRING THE CONVERSATION TO SCHOOL/WORKPLACE :

To even have a remote chance at ending the opioid epidemic, we must engage the next generation and our communities. After hundreds of trainings across the state of Middle Tennessee, we've seen how close to home the issue is within our own communities and the power of education.

WHY HAVE A TRAINING?

- Knowledge is power
- Providing resources and tools helps build a strong community to combat opioid misuse
- Q&A opportunities spreads the wealth of knowledge and promotes civic engagement
- Hearing from experts in the field keeps the conversation alive!

CONTACT US TO SCHEDULE A TRAINING

www.havetheconversationtn.org



GUIDE: INTERVENTION

Ways to intervene and help end the opioid epidemic

HAVE THE CONVERSATION: Having the conversation is the first step to helping a person start the path to recovery. You might have to have multiple conversations before you see a significant change in their behavior. But one conversation can save a life.

BECOME NARCAN CERTIFIED: Narcan offers a second chance to individuals struggling with the misuse of opioids. Being trained to administer Narcan for an opioid overdose empowers citizens to save lives and spread awareness about the prevalence and impact of addiction.

START YOUR OWN CAMPAIGN: We've made it easy to start your own campaign. Simply visit the page below to start spreading awareness about the misuse of opioids and raise money to help STARS end the epidemic. We provide valuable prevention resources and trainings to the community as well as an outpatient treatment program for youth whose insurance either does not cover treatment or has run out. Learn how to start your own campaign at:

www.classy.org/campaign/have-the-conversation/c190202

USE & STORE RESPONSIBLY: This means it is your responsibility to take only opioids that are prescribed to you, never share your prescription, or take higher dosages than your doctor prescribes. While you are on opioids store them out of reach of kids, family, pets and guests, preferably in a locked place. Keep track of the number of pills that are in your prescription so you are immediately aware if any are missing. After you have recovered, properly dispose of all unused and expired prescriptions.

VISIT OUR WEBSITE FOR MORE TOOLS

www.havetheconversationtn.org