



# Better Now: Life Without Substance Use Panel Discussion

May 12, 2023



# National Prevention Week

*A Celebration of Possibility.*

This week recognizes that the important work of prevention happens **every day**. By providing **evidence-based** and **accessible** resources to facilitate **collective action** and story-sharing, and by **showcasing** the work of our partners in prevention, we can **confront the societal challenges** surrounding substance misuse together while **celebrating stories of prevention**.

# May 8 - May 12, 2023

## Monday, May 8, 2023

**NH Prevention Program Showcase Virtual Workshop (1 – 2:30 PM):** Showcase New Hampshire-grown prevention programs that prevention partners throughout the state can implement in their communities.

## Tuesday, May 9, 2023

**Supporting Students with Student Assistance Program Webinar (10 – 11 AM):** Student Assistance Programs (SAP) bring students, families, educators, and community resources together to address obstacles to student success.

## Wednesday, May 10, 2023

**Facebook Live: Update on Tobacco Use Prevention in NH (11:15 AM):** Join us on Facebook Live as we talk with Martha Bradley, Public Health Consultant at JSI Research & Training Institute, Inc., working on a number of projects throughout NH around tobacco use prevention, early intervention, and cessation.

## Thursday, May 11, 2023

**Facebook Live: Talking Matters – Preventing Youth Substance Use (11:15 AM):** The Upper Valley ALL Together Coalition has created a series of short videos for parents and guardians around youth substance use.

## Friday, May 12, 2023

**Video Screening & Discussion for Better Now: Life Without Substance Use (9:30 - 11:00 AM):** This panel discussion will explore how the video participants knew it was time for a change and what life looks like on the other side of their substance use disorder.



# Better Now: Life Without Substance Use

# UNH Extension Partnership

## Opioid Prevention Project

Prevention through Training & Technical Assistance

Increase rural community opportunities to engage in prevention activities such as

- the Chronic Pain Self-Management Program (CPSMP),
- online education and skill building,
- and training for healthcare professionals on prevention of opioid misuse and alternative pain management strategies for patient populations.

# 4 Videos

- The Power of Prevention
- Connection: Strong Relationship Prevent Substance Misuse
- Living Well with Chronic Pain
- Better Now: Life Without Substance Use

# Better Now

## Explore

- Early signs of problematic substance use
- Turning point - decision to make a change
- Resources available

## Outcomes

- Awareness of the progressive nature of substance use challenges
- Decrease stigma
- Open conversation of early signs
- Knowledge of resources available for help

# Better Now Participants

Chad

Dylan\*

Justin\*

Kim

Tonya\*



# Resources

Reducing Substance Use: video, resources, talk guide

<https://drugfreenh.org/reducing-substance-use/>

Other prevention videos: <https://www.youtube.com/@thepartnershipdrugfreenh9524>

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**211:** <https://www.211nh.org/>

**The Doorways:** <https://www.thedoorway.nh.gov/doorway-locations>

**988:** call 988 or visit [nh988.com](http://nh988.com) for mental health and/or substance use crisis response

**NHRapid Reponse:** Call/Text 833-710-6477

If needed, a team member from a community mental health center may come meet you right where you are – in your home, or another location in the community.

# Thank you!

