

# Substance Use Education Video Series Fact Sheet

The goals of the Substance Use Education Video Series are to provide community-based prevention education about substance use and to feature stories from experts and people with lived experience. Below are some key takeaways from both the Opioid and Stimulant Education Video Series.

| TERMS TO KNOW                               |  |
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| <b>Abstinence</b>                           | The practice of not using or doing something   |
| <b>Adverse Childhood Experiences (ACEs)</b> | Traumatic events or experiences that someone has before adulthood  |
| <b>Harm reduction</b>                       | Anything that reduces danger and preserves life  |
| <b>Opioids</b>                              | A group of substances that reduce pain signals and feelings in the body  |
| <b>Shared decision-making</b>               | A patient and healthcare provider working together to decide about the treatment options that will work best for the patient |
| <b>Stigma</b>                               | A negative social attitude toward a person or group thought to have faults or to be less than others                         |
| <b>Stimulants</b>                           | A group of substances that increase alertness, attention, and energy in the brain and other parts of the body                |

## Facts about Substance Use Disorder

- Stopping substance use is not always about just using willpower.
- Substance use can affect anyone regardless of traits like age, wealth, ethnicity, or faith.
- Over-the-counter and prescription medications can be misused in harmful ways, not just street drugs.
- Recovery is possible.

## Effects of Substance Use Stigma

- People are less likely to seek help.
- Doubt that recovery is possible.
- Lower quality of care in healthcare settings.
- Housing and employment discrimination.

## Create Hope in Your Community

- Support prevention and resilience efforts.
- Join a Local Coordinating Council.
- Volunteer with a local harm reduction services organization.
- Challenge myths and misunderstandings.