

PRESENTED BY ALEXIS GOLDEN OTS, COLIN O'DONNELL OTS, KAJAL PATEL OTS, PAIGE OLIVER OTS, AND JULIEANNE ORTIZ CHS



PREVENTING TRAGEDY: OPIOD EDUCATION

This workshop aims to educate participants about substance use, specifically opioid addiction and abuse. Participants will engage in a variety of activities to expand their knowledge on the topic and to learn about coping and prevention strategies to share amongst the community.

PROGRAM ACTIVITIES



BREATHING TECHNIQUE

Utilizing a box breathing strategy for self-regulation.



KAHOOT

Goal: Test participants' knowledge of what causes overdoses and further educate participants on how they can support their community with preventative measures.



EDUCATIONAL VIDEO

A brief, educational video will be provided to learn more about opioids and the dangers of abuse.



LIST/SHARE COPING STRATEGIES

Participants will engage by writing out a list of healthy coping strategies/techniques they currently use, or feel would be helpful when experiencing life struggles and challenges

WORKSHOP OBJECTIVES:

- Provide information about what general substance misuse is and its prevalence in the world today
- Provide information on opioid abuse
- Understand the effects of opioids and what it can do to your overall health and wellness
- Develop strategies to prevent opioid use and deaths from opioids

Date: September 19, 2024 Time: 4-5pm In the Hall Honors