

The Opioid Epidemic:

A Training for
Communities and
Organizations

Facilitator's Guide

2019



Prevention
Training
Technical
Assistance
Service
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Table of Contents

Welcome / Introduction	Page 4
Opioid Explainer Video	Page 5
Epidemics Reflection	Pages 6
Risk Factors	Pages 7
Pathways to Opioid Use and Addiction	Pages 8
Application: Talking Points	Page 9
Takeaway Challenge	Page 10
Close	Page 11



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Opioid Hybrid Training: Symbols Key

	Play [the video]
	Pause [the video]
	Group discussion / dialogue
	Set-up instructions (if needed)
	Use flip-chart / record answers
	Repeat [the steps above]
	Group work
	Questions
	Handout
	Script (to follow without video)
	Individual work



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The Opioid Epidemic: Coalition Member Training Facilitator's Guide

Welcome



Play Video 1 OR read below if you prefer to conduct the Introduction on your own.

Hello! Welcome to the Opioid Epidemic Training for Coalition Members, provided for you by the Prevention TTASC and [insert your coalition name]. This session will help you learn about the opioid crisis facing the United States.

Today we will complete a set of hands-on activities and critical thinking exercises about the opioid crisis facing the United States. At the end of this hour, you will be able to:

1. Discuss the current opioid epidemic and the danger of opioid abuse for adults and youth.
2. Develop talking points about the opioid epidemic and strategies to prevent opioid abuse.
3. Identify at least two youth or adults in your social network who would benefit from a conversation with you about this information.

Feel free to take notes and ask any questions that you may have. Ready to get started? Let's begin!

If participants have questions about the Prevention TTASC, direct them to our website, preventiontrainingcenter.org.





Opioid Explainer Video



Play Video 2 OR read text below. Pause video when the screen lists the discussion questions.



I'll now play a short video that describes the opioid crisis. After the video, you'll break into teams of two and talk about the key points.



Play Video: Opioid Explainer. Pause when the screen lists "Discussion Questions about Opioid Epidemic."



Share opioid explainer handout, which asks the questions below.

1. What role did pharmaceutical companies play in creating the epidemic?
2. What role did the medical prescribers play in creating this epidemic?
3. Why are young people more susceptible to opioid misuse than adults?
4. What are some ways communities can help reduce the opioid epidemic and its impacts?



Ask participants to get into groups of two or three. Group members will review and discuss each of the fore mentioned questions.



"Let's close out the discussion by sharing aloud some of your answers to each of the questions." Examples:

1. Downplayed negative addictive effects
2. Wrote prescriptions freely
3. Youth brains not fully developed, susceptible to peer pressure
4. Offer Naloxone trainings, expand coalitions



Record responses on flipchart paper, whiteboard, etc.

Roughly 15 min.





Epidemics Reflection



Play Video 3 OR read text below.



The nation has faced many drug crises such as crystal meth, heroin, and cocaine.



1. How is the opioid crisis similar to other drug epidemics?
2. How does the opioid epidemic differ?
3. What can we learn from this comparison?



**Tackle each question one at a time.
Provide examples to participants if needed.**



**Record responses on flipchart paper, whiteboard, etc.
Review provided answers and add own, as needed. See below.**

SIMILARITIES include:

- People getting addicted
- Black market
- International drug cartels profiting from addiction
- Stigma attached to recovery

DIFFERENCES include:

- FDA approved drugs
- Pharmaceutical companies and physicians profiting from addiction
- Affecting all ages from youth to elderly
- Shorter, more direct pathway to heroin
- Overdose reversal drug seen as “get out of jail free card” can reduce fear of overdosing)

Roughly 10 min.





Risk Factors



Continue Video 3 OR read text below.



Your discussions are leading you to understand that many factors contribute to the opioid epidemic. As you talked about why the opioid epidemic emerged, you identified a combination of genetic, developmental, and environmental factors.

The influence of these factors on someone's decision to use drugs are called risk factors. Risk factors increase an individual's likelihood to contract a disease. In this case, the disease is addiction.

Your coalition identified risk factors in its logic models and action plans. Risk factors tend to get grouped into one of four categories: 1) Individual; 2) Peer; 3) Family; and 4) Community and/or Society.

Our next interactive activity will deepen your understanding of risk factors. I will show you risk factors cards, and ask you to sort them into Individual, Peer, Family and Community / Society risk factor domains.



Share risk factor cards and ask participants to sort into the correct domains.

Roughly 5 min.





Pathways to Opioid Use and Addiction



Play Video 4 OR read the text below.



Let's use an interactive activity to answer an important question. What risk factors contributed most to the current opioid epidemic? As a group, let's discuss and identify the top 5–10 risk factors in our community that contributed to the opioid crisis.



Group identifies and records the top 5 to 10 risk factors.



Record responses on flipchart paper, whiteboard, etc.



Ask: Any questions? How does this list compare to our earlier list of causes of the opioid crisis?





Application: Talking Points



Play Video 5 OR read the text below.

Our activities today have led to a better understanding of addiction and the factors that contributed to the development of the opioid misuse epidemic.

Our next task involves putting this knowledge to use by developing talking points that your coalition can share with youth and adult populations.

Divide into small teams with two or three people in each team.

Write down the core messages about the opioid misuse epidemic that you would share with youth and with adults.

In crafting these messages, think about what words and messages you would be comfortable using in talking to youth or adults in your social networks. Create messages that allow you to communicate with confidence.

I will ask each team to share some of their talking points so everyone can benefit from your work.

What are your questions about this task?



Organize participants into groups of 2-3.



Small groups develop talking points.



Lead a brief reflection / group sharing process. Ask volunteers to share some of their answers; record on flipchart paper.





Takeaway Challenge



Play Video 6 OR read text below.



Today, you have learned more about the opioid crisis and risk factors that contribute to opioid use.

You have developed talking points to share with youth and adults. Challenge each other to make a difference with this information.

First, write down on a sticky note the names of at least two people – youth or adults, in your social network that you believe will benefit from this information.

Second, make a commitment to share your talking points with these two people in the next 14 days.

Third, at your next coalition meeting, share your progress with the coordinator or your coalition members, and celebrate making a difference in your community.

Finally, repeat this process as many times as possible. A coalition with 20 members can reach over 500 people each year with this process!



Pause the video to allow participants to view instructions / complete the challenge.



Have participants work on this task on their own.

Roughly 5 min.





Close



Continue playing Video 6 OR read the text below.



In addition to sharing your opioid overdose prevention talking points with others, you can help address the opioid epidemic in your community by doing these three things:

- 1) **Store your medications safely in your home**
- 2) **Use safe disposal options to get rid of unused or outdated medications**
- 3) **Learn how to administer Naloxone to reverse an opioid overdose**

Need information about any of these options? Ask me, or check with your local prevention coalition coordinator, to learn more.

Thank you for volunteering your time to your community and the coalition to learn about the opioid epidemic and how to prevent opioid abuse.

Your community benefits from you putting this knowledge to work!



Ask: Any questions?

