

Call to Action: *What Can I do?*

Stay Informed

- Read books like *Dreamland* (Sam Quinones); *Dopesick* (Beth Macy); *In the Realm of Hungry Ghosts* (Gabor Mate); *I Am Not Sick, I don't Need Help* (Xavier Amador); *Chasing the Scream* (Johann Hari) for background on the opioid crisis, addiction and mental health
- Follow local news (*The Mountaineer*, *Smoky Mountain News*, *Asheville Citizen-Times*)
 - See reporter Kyle Perrotti's multi-part series on drugs at www.themountaineer.com
- Attend public events and forums like this one
 - Another upcoming forum hosted by Drugs in Our Midst & Sheriff Christopher on 2/6 at Canton FBC @ 6:30pm
- Peruse websites like www.drugpolicy.org, National Institute for Drug Abuse (www.drugabuse.gov) and view webinars or YouTube videos on topics of interest
- Stay abreast of state and national developments, news and legislative updates, especially regarding substance use prevention and treatment, healthcare access, mental health, tobacco/vaping, etc.:
 - Find national and state representatives by your address): <https://www.ncleg.gov/RnR/Representation>

Volunteer/Get Involved

- Volunteer in the community with **whatever** organization you care about that can make Haywood County a place to take pride in:
 - e.g. mentoring programs like Big Brothers, Big Sisters; local grassroots action agencies like Down Home NC; groups that feed and support others, like Open Door or Haywood Gleaners; health-promoting groups like the Recreation Center or Girls on the Run; environmental groups like Haywood Waterways or Haywood Greenways; Haywood Pathways; prison ministries; groups working on substance misuse issues like NC Harm Reduction Coalition or Celebrate Recovery; service organizations, your church efforts...
- Serve on local Boards or Commissions in your area of expertise
- Attend committee and interagency meetings like Substance Use Prevention Alliance and Healthy Haywood (next meeting 2/13/18 at 12:30 at HHSA)
- Some other upcoming events:
 - Down Home NC's "Have a Heart" 2/14 event to expand healthcare access
 - Poverty Simulation on 2/27/18 1-4:30 pm at Woodland Baptist Church

Continue the Conversation...

- Talk openly about substance use and recovery among your families, friends, and congregations
 - Practice compassionate language
- When pain management is needed, ask your physician about alternatives to opioids
 - Encourage your physician to take a safe opioid prescribing education from MAHEC/Mountain Projects if they have not already
- Reach out to your legislators about what they're doing and what you'd like to see
 - US House of Representatives: *Mark Meadows*; NC Senate: *Jim Davis*; NC House: *Joe Sam Queen* or *Michele Presnell* depending on address
- Take the Pledge to Stop Underage Drinking at Talk it Out NC (www.talkitoutnc.org)