

## Clearing up misconception and tackling stigma

*“In all my years as a physician, I have never, ever met an addicted person who wanted to be an addict.”* ♦

- Dr. Nora Volkow, Director of the National Institute on Drug Abuse

Once an addiction starts, the drugs rewire the brain, which means the person is no longer in control, the addiction is. ♦

**Addiction:** An uncontrollable and compulsive, psychological, physiological or chronic need for a habit-forming substance, behavior, or activity. ■

**Substance Misuse:** Continued improper use of a mind-altering substance that severely affects a person’s physical health, mental health, social situations, and responsibilities. ■

**Stigma:** A strong feeling of disapproval that most people in a society have about something, especially when this is unfair. ❖

### Common Misconceptions:

- People with substance use disorder are somehow weak.
- People choose to misuse drugs or alcohol.

These ideas are major contributing factors to stigma. Though some addictions start from recreational drug use, often others start from pain medications due to an accident.

♦ Source: The Science of Addiction: Breaking the Stigma. By Jeffrey Juergens. July 17, 2015.

■ Source: Merriam-Webster.com

❖ Cambridge.com

## Find out more by starting a conversation with your doctor



- There are medications available to reverse the effects of some over-the-counter and prescription drugs, illicit drugs, and alcohol.
- Doctors can prescribe medications that suppress withdrawal symptoms, thus helping with recovery.
- If you, or someone you know, is struggling with substance misuse or addiction, there is hope. Recovery is possible.

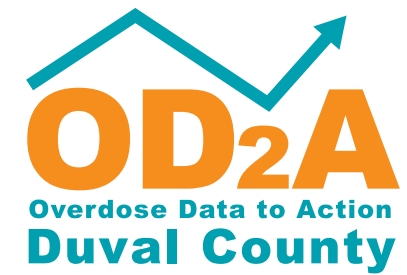


Florida Health: the first accredited public health system in the U.S.

OD2A Home Page



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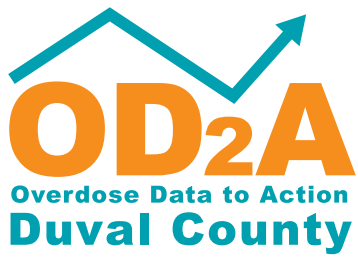


## Substance Misuse & Overdose Prevention

Find links and information at:

[Duval.FloridaHealth.gov](https://www.floridahealth.gov)

Find out more by clicking on the OD2A link located on the Florida Department of Health in Duval County’s homepage.



## What is Overdose Data to Action (OD2A)?

OD2A is the Centers for Disease Control and Prevention's (CDC) nationwide grant created to reduce the overdose epidemic in the United States.

The Florida Department of Health in Duval County was one of the organizations that were awarded this grant. The goal? Connecting community members struggling with substance misuse and addiction to programs to support their recovery while combating stigma.

For more information visit:

[Duval.FloridaHealth.gov](http://Duval.FloridaHealth.gov)

Click on the OD2A link



Treatment Locator



National Help Lines



Resources for Veterans



CDC: Information and Prevention Tips

## OD2A Partner Agencies Teaming up to support Duval County.

Links to partner websites  
are available on the OD2A homepage.



### Florida Department of Health in Duval County

Linking Duval County with support and resources.



### The Health Planning Council of Northeast Florida

Linking Duval County with health resources.



### Premier BioTech

Providing customized, drug screening services for criminal justice/corrections, workplace, health & human services, and clinical-based programs.



### Gateway

Providing compassionate services, including Peer Specialists, to those lost in the despair of addiction and mental health challenges.



### The Pain Assessment and Management Initiative

Advancing innovation and safety in pain education, patient care, and research.



### Yoga 4 Change

Using yoga to teach positive & healthy coping skills.



### Drug Free Duval

A community coalition offering training and support, with a single purpose: freedom from substance abuse for all.



### Inspire to Rise

Inspiring through community behavioral health, education, peer support, and arts services.



### Northeast Florida Healthy Start Coalition, Inc.

Serving Duval's substance-using pregnant women and their babies through home visiting peer specialists.

## Be a Champion for Help and Become Someone's Hero



## Get Involved

**Safely store and dispose of old or unused medications and drugs.**

FREE training available. Click on the OD2A link located at [Duval.FloridaHealth.gov](http://Duval.FloridaHealth.gov).

**Carry Narcan, you could save a life.**

FREE training and kit available. Click on the OD2A link located at [Duval.FloridaHealth.gov](http://Duval.FloridaHealth.gov).

**Join the Poly-Drug Task Force: community education & training committee meetings.**

Join Drug Free Duval in creating a safe and healthy community related to substances. Email [info@drugfreeduval.org](mailto:info@drugfreeduval.org) to join.

**Make the connection, help is available.**

If you, or someone you know, are struggling with substance misuse or addiction. Find resources by clicking on the OD2A link located at [Duval.FloridaHealth.gov](http://Duval.FloridaHealth.gov).