

PREDATOR & PREY

A discussion guide for communities
dealing with the opioid crisis



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dealing with the opioid crisis

<https://www.predatorandprey.org/>

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*Predator & Prey produced by Traverse City East Middle School Digital
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Introduction: PREDATOR & PREY

Northern Michigan is like many communities across the nation that have been hit hard by the opioid epidemic. Like most, this epidemic is a silent killer that knows no economic, gender, or age barriers.

In Northern Michigan, people are dying, and citizens are tired of seeing their family members, friends, and loved ones struggling with an epidemic that could have been prevented.

Predator & Prey: Opioids' Savage Effect on our Community, takes a long, hard look at the crisis that is touching so many across the nation and brings to life the voices of families and friends that have experience dealing with this epidemic. Those featured want to share that their family members and friends were far more than addicts, and that opioids possess a great danger, but overdoses can be prevented.

The teacher and students who created this film felt that now was the time to tell this story. In these pages you will learn about the despair parents feel, the helplessness healthcare providers experience, and the defeat stigma can cause. Most importantly, you will learn that our community is strong, hopeful, and resilient.

It is our hope that this guide can help other communities have the important conversation around what can be done to end this crisis and stop other families and friends from losing those they love.



*"I don't want another family or another friend to go through the loss of a loved one so senselessly, because there is help out there."
- Anne Grizzel*

(Left, Alex & Anne Grizzel)

About the Filmmaker: JODY MACKEY

Mackey and her students chose to focus on the greater Grand Traverse region's opioid epidemic because members of the community are dying. Three former East students lost their lives to opiate overdoses in 2017/18, along with 20 other individuals across the region. Alex Grizzel was a former West hockey player who fell into substance abuse and addiction in his early teens – showing this epidemic has no social or economic barriers.

Mackey and her students want to put a stop to the stigma of what an addict 'is' and educate those across our region – parents, students, addicts, and others about the crisis that is changing the face of our community. There are recovery options available, and their goal is to shed light on the options so those struggling might seek help.

Through this project, East Middle School students have learned compassion and empathy for those struggling with addiction, and especially for those who have lost someone to it. They have also learned the dangers of opiates and are committed to spreading the word to keep themselves and their peers safe from this crisis.

The most important thing these students have worked on is changing the stigma of addiction that keeps people silent and stops them from seeking help. The purpose of this film is to spark conversations and create awareness that addiction effects everyone and anyone--and that it is a complex community issue that must be tackled together.



Jody Mackey with son Austin and husband Norman at Grizzel's Game

Jody Mackey, a local teacher and Traverse City native, has also felt the effects of drug abuse. Growing up with several addicted family members, and having struggles with her son during his teen years, she felt compelled to act after hearing of the loss of Alex, who was a former hockey teammate to her son, Austin. Additionally, Alex was the third young person Mackey knew in 2017 who died from opiate addiction - losing two other former students, Dana Hendrickson & Michael Hertler.

The Mackey Family, including son Austin, and Jody's husband, Norman, felt strongly about aligning with Grizzel's Game after learning about Tyler Thirlby's tribute event. Mackey approached Thirlby and Grizzel and began working closely with them to incorporate her students' talents, creating an awareness video to play at the event. Mackey's son returned from college and proudly participated in Grizzel's Game, where both he and his father provided support behind the scenes.

For more than 15 years, Mackey has been teaching Digital Media & Communications at Traverse City East Middle school, which produces Trojan TV, The Link website, and the school yearbook. Her program and students have received countless awards and recognition over the years, and most recently were the recipients of the Michigan Interscholastic Press Association's coveted Spartan Award for journalistic excellence for scholastic journalism.

The Facts: OPIOID EPIDEMIC STATISTICS

- In 2015, the number of deaths from opioid overdoses exceeded those of traffic and gun fatalities and in 2016, also exceeded breast cancer deaths
- In 2016, the state of Michigan was ranked #10, per capita, for opioid prescriptions. That means that 11 million prescriptions were written - enough for every man, woman, and child across the state to have their own bottle of opiates
- The Centers for Disease Control and Prevention estimates that the total "economic burden" of prescription opioid and heroin misuse in the United States is \$504 billion, including the costs of death and overdose, lost productivity, addiction treatment, and criminal justice involvement (2017)
- Opioids' account for more than 72% of all drug-related deaths across our nation
- Between 2015 and 2016, Michigan saw a 36% increase in opioid related overdose death rates
- In 2017, more than 56 people across our region died of drug-related overdoses
- In 2016, there were more than 63,600 drug overdose deaths in the United States
- About 80 percent of people who use heroin first misused prescription opiates
- Opiate prescriptions across our region increased 28% between 2010 and 2016

What is ADDICTION?

ad·dic·tion

/ə'dikSH(ə)n/

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

synonyms: dependency, dependence, habit, problem

Film Synopsis: **PREDATOR & PREY**

"Well, you've got to look at it as a predator, and then understand the prey," says David Cantrell, in the opening seconds of Predator & Prey: Opioids' Savage Effect on our Community. "And we all know what predators are; they stalk and then they kill," he says.

"Predator & Prey: Opioids' Savage Effect on our Community" was created by the students of Jody Mackey, Digital Media and Communications teacher at Traverse City's East Middle School.

Mackey's students knew they had to do something when former students from East, and other local schools, were among those statistics. Across the nation, that number is staggering: in 2017 nearly 64,000 lives were lost to opioid overdoses.

This documentary features local families and individuals that have been the victims of the predator that is addiction. These are real people, sharing their reality. The face of addiction is shown, and it looks like your friends, your family, and your neighbors.

It is the hope of those who created and were featured in this film that you will use "Predator & Prey" as a tool to talk about addiction, the current opioid crisis, and the ways that you can better understand the struggle that faces so many across our community and our nation.

Anne Grizzel by Mallory Swope

Traverse City native Anne Grizzel, lost her son, Alex, to an overdose in October 2017. Heartbroken, and knowing there was nothing she could do to reverse the tragedy of losing her son, Anne took action.

Side by side with Tyler Thirlby, one of Alex's best friends who also struggles with the disease of addiction, the Grizzel family is taking their story to the streets in an effort to better educate the public about the opioid epidemic.

"FEAR WILL KEEP YOU FROM ASKING FOR HELP. ASKING FOR HELP IS THE MOST COURAGEOUS THING YOU CAN DO."

When Tyler approached Anne about an event to honor Alex, Grizzel's Game, the Grizzel's were on board. Throughout the planning and execution of the event, Anne and her family grew to love Tyler as another son and appreciate him for fulfilling her late son's motto to "have a purpose." She stood with her family and Tyler on the ice at Grizzel's Game on February 10, 2018 in front of a crowd of more than 1,500 people. The event launched a community-wide discussion on the opioid crisis.

Anne's decision to be the feature of Predator & Prey was a leap of faith and strong purpose. She originally agreed to take part as a "behind the scenes" story-teller and adviser. As the project progressed, Anne became a regular fixture at East Middle School working closely with the students. She credits their seriousness and professionalism with her decision to open up on camera. Anne's courage brought her daughter Katie on board, and their stories, along with Tyler's, turned into Predator & Prey.

Anne, in long-term recovery herself, can be found going to schools educating teenagers about the dangers of addiction. She does so with Tyler Thirlby and her daughter. Like any mother mourning the loss of a child, she is still dealing with heartbreak, but using her son's death as a reason to help others brings her hope that her community can better support those struggling with addiction.

(Top) The Grizzel Family



(Middle) Alex with Anne and sister Katie



(Bottom) Anne with Tyler Thirlby at Grizzel's Game



©Alie May Photography

Katie Hanson by Mallory Swope

(Top) Katie (center) with Alex (left) and her husband



(Bottom) Katie with Alex



Katie Hanson was best friends with her brother Alex from the day he was born. Though more than 3 years apart, they had a deeply devoted bond, forged through unconditional love. When Katie got married in June 2017, her brother stood for her as her "Man of Honor."

Alex struggled with addiction for more than six years, and while Katie herself didn't struggle with the disease, it shaped her life.

"I HAVE SEEN THOSE I LOVE VERY MUCH STRUGGLE TO REACH SOBRIETY, AND I HAVE BEEN THERE FOR BOTH THE SUCCESSES OF LONG-TERM RECOVERY, AND THE COMPLETE DEVASTATION THAT CAME WITH LOSING MY BROTHER TO AN OVERDOSE."

Katie's efforts to support recovery are echoed in the work that she does to support her mother's mission of educating youth across the region about the dangers of drugs and addiction and making sure that no other families experience the grief and heartbreak that the Grizzel's faced when Alex lost his life to addiction.

Her goal moving forward is to work on removing the stigma that surrounds addiction and open the lines of communication, both with those who are struggling and with the community as a whole. Her wish is to normalize this discussion so that people won't feel ostracized and will be more likely to reach out for help.

Tyler Thirlby by Mallory Swope

Tyler Thirlby, 23, a Traverse City native, battled with addiction to opioids and heroin for eight years before he started on the road to recovery. He was just 15 when first exposed to drugs and alcohol. Alex Grizzel, Thirlby's best friend, also struggled with this battle for virtually the same reasons. Unlike Thirlby, Grizzel lost his battle to the disease of addiction on October 14, 2017.

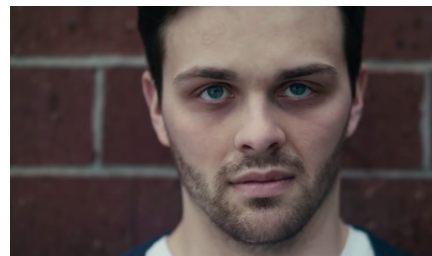
Struck by shock and disbelief, Thirlby learned of the loss of his friend while in treatment.

"NO ONE IS GOING TO LOOK AT ME AND SAY 'OH, A HEROIN ADDICT' BUT I AM. SO FOR THE STIGMA TO GO AWAY, AND THEN REACH OUT FOR HELP, THAT'S THE BEST CASE SCENARIO FOR ANYBODY. IT WILL SAVE FAMILIES."

Thirlby has shown immense strength as well as showing resistance to caving in with grief. He instead took his best friend's death as an opportunity to share the dangers of addiction. To help heal and spread awareness, Thirlby organized a charity hockey game in partnership with Alex Grizzel's mother Anne, in February 2018, to honor Alex. Thirlby gathered the former teammates and rivals of his best friend to play, organized a silent auction, had jerseys, bracelets, and shirts made, and even participated in the game. Together, the two organized and hosted an event like no other.

Thirlby's bond with the Grizzel family has deepened and continues to grow. Thirlby is still actively working on recovery and continues working diligently to spread the word about the dangers of addiction, and meets regularly with East Middle School students to prevent other students from traveling his path.

(Top) Tyler Thirlby



(Center) Thirlby & Grizzel on the ice



(Bottom) Thirlby at Grizzel's Game



©Alie May Photography

David Cantrell by Mallory Swope



David Cantrell

David Cantrell is a warrior. His burly appearance and fire in his eyes say it all. They tell the story of someone who has seen the worst and survived. From childhood, Cantrell suffered the perils of addiction. He fell victim to drugs early on, remaining at their mercy for decades.

Cantrell's background made him the ideal target for the predator of opioids. His parents were both alcoholics, often drunk in front of him. His father was an ex-Marine boxer with a temper, and violence was routine in the home. Cantrell was no stranger to his father's wrath. If he deviated from his father's expectations, his father's fists made their point. Not only did Cantrell suffer from physical abuse at home, but he endured a fair share of verbal and mental abuse as well.

"YOU HAVE TO THINK OF DRUGS AS PREDATOR AND PREY."

When he was 13, Cantrell experimented with heroin for the first time. He said drugs seemed like the cure to the emotional and physical trauma he experienced as a young child. Drugs created a reality so good and realistic that his brain thought it was true — a common experience for thousands of other addicts nationwide. But soon Cantrell lost all sense of who he was. As most addicts do eventually, he disengaged with his friends and family. His life became focused on seeking the next high.

Thus began the series of Cantrell's many visits to jails and prisons. At 13, he was arrested for the first time in a drug-related incident and sentenced to five years in juvenile detention. But after his release, Cantrell returned to drugs and alcohol. In all, Cantrell has been arrested a total of nine times, all with varying verdicts.

At 34, Cantrell finally had enough. He began the road to recovery by admitting he was an addict, something he was unable to do before.

Today, Cantrell is 40 years clean from using drugs and alcohol. He went on to become a counselor, retiring a few years ago, and now he speaks at Munson telling the story of his journey.

Nancy Dow by Mallory Swope



(Top) Nancy & Daughter, Dana
(Bottom) Dana Hendrickson



Nancy Dow of Traverse City is a victim of the opioid crisis; her daughter, Dana Hendrickson, fought addiction to opioid painkillers and other prescriptions for several years before her death in April of 2017.

As an act of love for her daughter, and to continue to share Dana's courage and voice, Nancy works tirelessly to prevent other deaths, and is working to spread awareness about the deadly effects of addiction.

Dana was a dedicated friend, loving daughter, and incredible auntie to her nieces and nephew. Dana believed in helping others and did so as often as possible. Dana was in recovery for many years and sponsored other women working to seek recovery. Because of Dana's efforts, several young women remain in recovery today.

"DANA LOVED LIFE. SHE LOVED BEING A FRIEND TO MANY PEOPLE. SHE LOVED HER FAMILY MORE THAN ANYTHING. THEY WERE THE MOST IMPORTANT THING IN HER LIFE."

Because her daughter was a former student of East Middle School and Central High School, Nancy agreed to take part in the Predator & Prey documentary and share Dana's story. Nancy has been active in spreading awareness in the community through various media interviews and campaigns.

Nancy continues to share Dana's light of hope and love and advocates for those struggling with addiction across the community.

Stigma: From the eyes of a provider and survivor By Erin McFadden

STIG·MA: a mark of disgrace associated with a particular circumstance, quality, or person. **Synonyms:** shame, disgrace, dishonor, humiliation

I am a person in long term recovery and a substance use treatment provider. Honestly, because of stigma, even making that statement publicly is difficult.



I entered recovery at a young age; it has occurred to me over the years that I could go through my entire career without anyone ever knowing that I am in recovery. In some ways I have. I am lucky to work at an agency that is supportive and understands recovery and I have never had to hide my own past here, but when interacting with other agencies and professionals I have been much more hesitant to be transparent and often, have not been transparent at all. Stigma makes getting help harder. I recall vividly the fear and shame I felt when I decided to go into treatment. I had avoided it for a multitude of reasons, but probably the biggest was that I felt it was a public acknowledgment of what I already knew, that I had a problem.

"STIGMA MAKES RECOVERY HARDER. I WATCH PEOPLE WORK TOWARDS RECOVERY EVERY DAY. STIGMA DOESN'T DISAPPEAR WITH RECOVERY."

It's a common feeling for individuals who are making this big change to feel as much if not more shame about asking for help than the behaviors that have come before.

Although you know judgements have been made about your in active use, you care more about the judgements with a clear mind. I was lucky that I was at a point in my life that I didn't have to explain my absence to many people, by that point, I didn't have a lot of people left who would need an explanation.

The individuals I work with often do have to take a substantial leave from their lives to attend treatment. It means telling their boss that they need to be gone for a month or more and risk losing their job; it means that they won't be at their childrens' school events and the teachers might find out; it means that their relationship with their doctor will change now that they "know." It means publicly acknowledging something that many in our community don't understand. Aside from the stigma of the community, our systems for helping people contain stigma as well. It is difficult to access treatment if you are a middle-income individual. There are options on either end of the spectrum, but private insurance often still comes with costly deductibles or minimal coverage. Medications that are intended to support and improve recovery rates are costly and often hard to access.

Stigma makes recovery harder. I watch people work towards recovery every day. Stigma doesn't disappear with recovery. Our communities aren't educated about substance use or recovery. They don't see it as a disease or a medical condition. It's still a moral failing, a lack of willpower and being selfish.

You aren't supposed to abuse drugs or alcohol, so no one is handing out "cookies" for something you should have been doing anyway. I watch clients explain gaps in employment when they go to get a new job and worry about whether it will negatively impact them. I watch people try to hide from their community and employers why they need to be somewhere at the same time every week for the counseling session, I see our clients go back to jail when they show symptoms of their disease rather than medication or therapeutic interventions happening.

I see and have felt the assumption that once you stop you should be cured and relapse is a personal failure, rather than a recurrence of a medical condition. But still, there is pride to be had in recovery, although there won't be any parties or parades for sustained remission, people who understand the disease and the process understand what a feat recovery is. I truly believe that continued education and awareness will improve people's recovery chances and allow them to be authentically themselves within their communities. We can create communities where recovery is understood and where it isn't hidden away in basements and behind closed doors.

This is me, practicing what I preach and stepping out from my own shadows and showing another face of recovery.



*"We've got to get rid of the stigma that drug use is weak, that it's dirty and disgusting. That only the shabbiest of people will go there. Because it's not. It's not those people at all. It's those people and more. It's my son."
-Anne Grizzel*

(Left, Katie, Alex, and Anne Grizzel)

FIRSTHAND REFLECTIONS: What the opioid epidemic looks like from the emergency department

By Julie Moore, PA



For more than 8 years, I have witnessed firsthand the effects that opiates have had on members of our community. As a Physician's Assistant in the Emergency Department, I have heard a mother's "death howl." That God-awful, gut wrenching, doleful sound that you can never un-hear. I always selfishly say to myself I hope I never make that sound. I have seen the waiting rooms of ER's packed with teenagers waiting to find out about their friend; children who should be at a dance or the movies now realizing death is a reality, and they won't ever see their friend alive again.

"I HAVE HEARD A MOTHER'S 'DEATH HOWL.' THAT GOD-AWFUL, GUT WRENCHING, DOLEFUL SOUND YOU CAN NEVER UN-HEAR."

Most people struggling with addiction didn't start by using heroin. They started out with prescription opiates and then it escalated. Opiates bind to receptors in the brain to give

the perception that the pain is relieved. Not everyone who is pre-scribed opiates becomes addicted, but everyone is at risk for dependence. If dependence develops, there is significant discomfort when the opioid is removed. When a prescription runs out, or a provider refuses to refill, those folks who are physically dependent will turn to the streets, whether they want to or not. They may feel they have no choice.

During one of my last encounters with an overdose patient in the ED, we had administered the overdose antidote: naloxone, or Narcan, as you might know it. This woman had been dependent on opiates and her lifeline had just been ripped away from her in a matter of seconds. Naloxone is administered to displace opiates from brain receptors. Its purpose is to restart the respiratory drive that opiates have depressed. In most cases, naloxone works instantly and precipitates immediate withdrawal; this woman experienced excruciating pain, contracting limbs, vomiting, and even soiled herself. An elderly couple in a room down the hall asked me if there was a woman giving birth. I imagine that what she was experiencing was much worse.

In Michigan, naloxone is available to the public at any pharmacy, but most people can't afford it. Why isn't a life-saving medication covered? Now that awareness is increasing the public, rightfully so, is demanding answers.

The good news is public health strategy is changing - we recognize the fault is at all levels. Pharmaceutical companies have over-sold, providers have over-prescribed, and patients have overused. On the provider level, The State of Michigan has begun to heavily regulate prescribing practices. One of those laws, effective June 1st, 2018, will require health care providers to obtain parental or guardian consent when a

prescription opiate is deemed necessary for a minor (for those under 18, not emancipated). The prescriber must also educate the minor patient and parent or guardian on the risk of opiate addiction, the increased risk of addiction if there is also a mental disease present, and the danger of using opiates with a sedative such as alcohol. All parties then sign a "Start Talking Consent Form." Not abiding by those new laws will result in heavy fines or even suspension or termination of medical licensure for the provider.

Pharmaceutical companies are frantically researching to find non-opioid interventions for pain control. Insurance companies are being pressured to cover the cost of addiction treatment. The cost of preventing addiction, however, pales in comparison to the cost of treating addiction and overdoses. Wouldn't it be in everyone's best interest for prevention and education costs to be covered?

Together, we're getting there. The medical community is as frustrated as anyone else. I have two small children and I hope they never know this world. I want opiates off the streets as much as anyone. My dream is that someday I'll be telling a medical student about *"the old days when we used to prescribe opiates for pain"* and they'll look at me in shock.



"Not everyone who is prescribed opiates becomes addicted, but everyone is at risk for dependence. If dependence develops, there is significant discomfort when the opioid is removed. When a prescription runs out, or a provider refuses to refill, those folks who are physically dependent will turn to the streets, whether they want to or not."
-Julie Moore, PA

FIRSTHAND REFLECTIONS: What the opioid epidemic feels like for Law Enforcement

By Jeff O'Brien, TCPD Chief of Police



In short, law enforcement in the Grand Traverse region is not effective in solving the opioid problem across our area. Currently, we have naloxone - although a very effective drug in opioid reversal - it does not get to the root of the problem. Our drug enforcement is less than effective because all we do is bust the user and incarcerate them. We very seldom arrest the supplier. This creates a vicious cycle.

Everyone who is concerned with this issue recognizes the approach to addressing the problem is divided into three segments: prevention, treatment, and drug trafficking. We know that we must change the doctors' prescribing practices and educate the population about addiction to painkillers. We also must assist people who are dependent on opioids including treatment, prevention and rescue. Last, but not least, we must get the dealer.

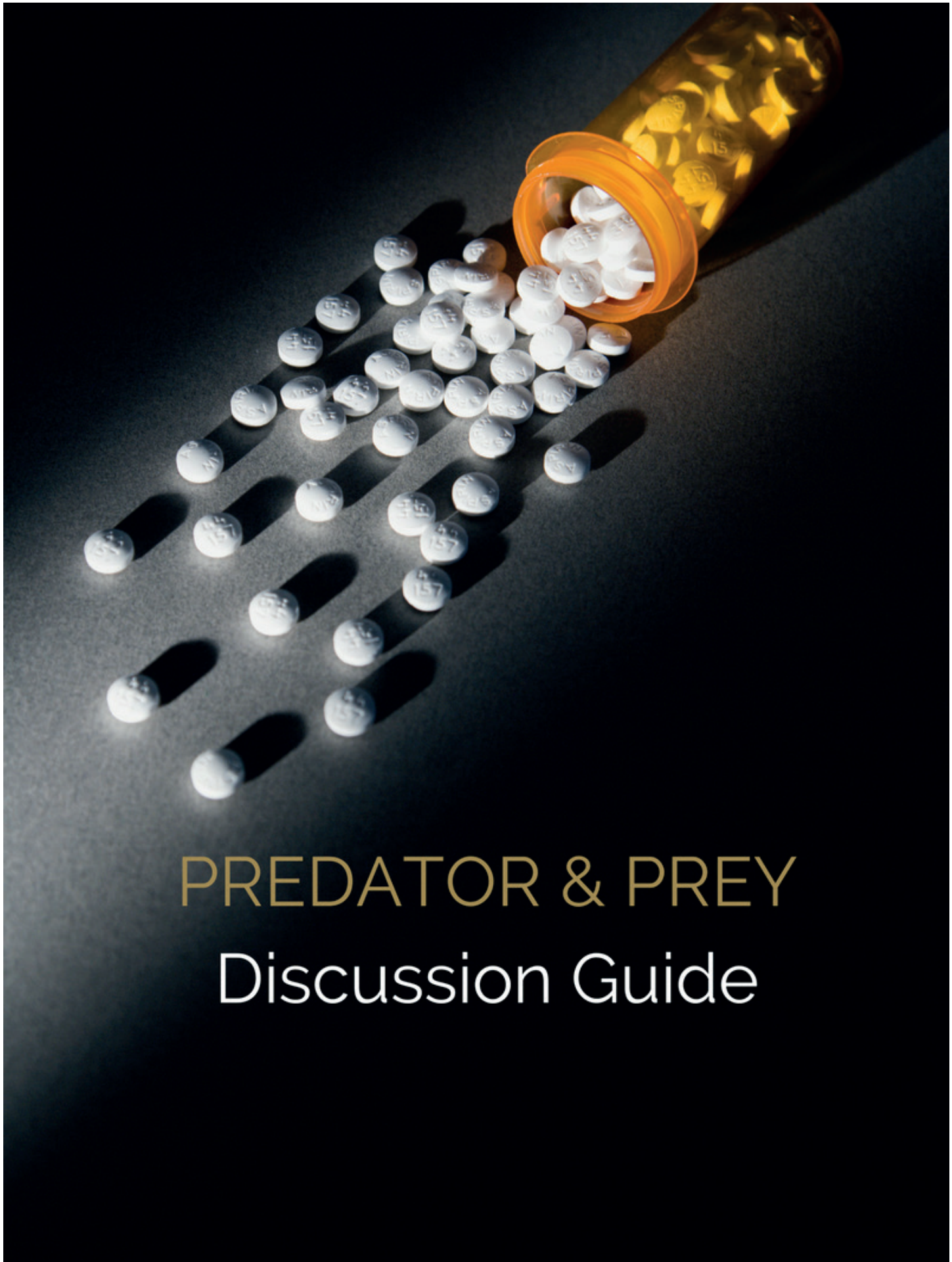
This problem has been evolving for several decades - starting on the East Coast - moving towards the Midwest, and now it has gripped not only our community in Northern Michigan, but the rest of the nation. Most of us agree that the "war on drugs" isn't working and it's time to look at this crisis in a different light.

There are strategies that are working across the nation. **"IF WE DON'T SOLVE THIS PROBLEM, MANY PEOPLE WITH SUBSTANCE USE DISORDERS WILL DIE IN OUR COMMUNITY."**
In Plymouth County, Massachusetts, police chiefs learned from their healthcare

partners that the stigma associated with those who have substance use disorders (SUD), as well as their family members and loved ones, was so strong and powerful that it prevented many from accessing the treatment, recovery, and family support resources that were available.

These chiefs knew they had to create a model that better provided outreach in a more comfortable setting for overdose survivors and their loved ones. From this outreach, they developed Plymouth County Outreach, which is a drop-in center model. These centers, to date, have had more than 900 visitors with more than 250 at-risk individuals receiving naloxone, and more than 200 individuals with SUDs receiving referrals to treatment.

In our own communities, we must offer help and support to community members, and to the loved ones of those suffering with SUDs. We must also advocate to reduce the stigma that keeps so many out of treatment. We have the ability to collaborate with community stakeholders, and provide resources to those dealing with SUDs. Together we can save lives by advocating, providing resources, supporting treatment options, and facilitate better partnerships that will stop the flow of illegal drugs in our communities.



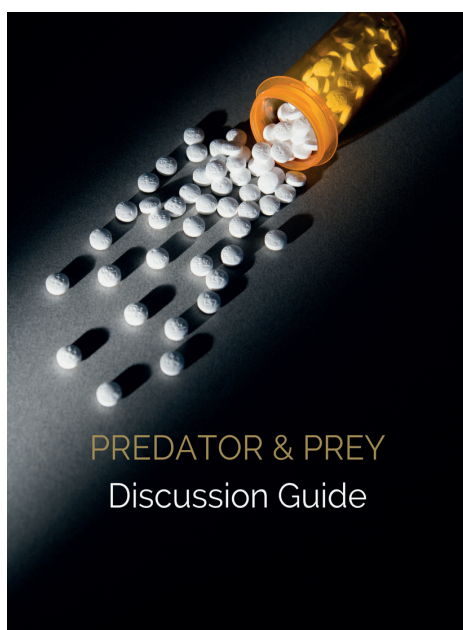
How to Use This Guide: PREDATOR & PREY

Predator & Prey presents data that can be used independently, but this film and accompanying guide will have the most impact when used together. The tools and discussion questions in this guide can be used for a wide variety of audiences and can be helpful in understanding drug addiction.

Plan ahead for your discussions and make sure to have the appropriate questions and stories for your audience ready in advance. In this guide, you will find discussion questions for the following groups:

- **Community Groups**
- **Student Groups**
- **Professionals**

The last section of this guide is a reflective journal that may be useful for families or individuals struggling with addiction and recovery, or those who want to better understand the effect that drugs and/or alcohol have on themselves and/or family members.



Sample Presentation Schedule:

1. Introduce the film and include background information on the filmmaker(s) and their motivation for the project.
2. Show the film. If you have a guest speaker, introduce them after airing the film, and give some background about their role in the film and/or the opioid epidemic. If you do not have a speaker present, allow a few moments for feedback after viewing the film and move onto distributing questions.
3. Give participants time to review and ask questions. Then open up the meeting for discussion.
4. Tailor your questions to your audience and ask them what they want to achieve from this conversation.
5. Begin the conversation by asking participants to share their reactions to the film. Ask what may or may not have surprised them about the film.
6. Allow a variety of audience members to share their thoughts and feelings. If you have a speaker present, allow them to converse with the audience and actively participate in the discussion.
7. Have a closing activity. Ask audience members what they learned and what they plan to do with the information and resources that were presented to them during the discussion.
8. Have resources available for audience members to take home.
9. If requested, plan a follow-up meeting or questionnaire for those who participated.

Facilitating Discussions: PREDATOR & PREY

Predator & Prey is a film designed to spark a conversation across the community. When discussing this film, the themes, and the individuals in it, the focus should remain on the stories and stigma that those with addiction and substance use disorders face. Following a discussion of these issues, there should be time to talk about the opportunities for treatment and recovery.

After you've had a chance to view the film, watch the interviews, and discuss the issues that each individual and family faced, take some time to review how others in the community are also facing similar issues and connect some of the feelings, perceptions, and issues that may affect your own family or yourself.

What are some of the factors that influence the opioid crisis in your own community? Are there resources across the community for those struggling? What issues might be a hindrance for treatment? Allow the audience time to consider their own circumstances. Explore if they might know someone with an addiction or substance use disorder.

Before closing, discuss resources and options within your community that are available to assist those battling an opioid addiction. Suggest participants consider their own concerns. It's important to have resources at the ready to share with your audience. For consideration, suggest that each audience member come up with a short list of questions for personal follow-up. Be sure to provide phone numbers, schedules, websites and other resources for your community.



"If you don't already know a family that's effected by addiction, I guarantee you will. You have the opportunity to make a difference in this epidemic...and when you share what you've learned, you don't just echo my voice, but you echo Dana's voice, and through that, she lives on and we help others and save their lives."
- Nancy Dow

(Left, Dana Hendrickson, Nancy Dow's daughter)

Questions for Community: PREDATOR & PREY

- 1) How aware of the opioid crisis in your community are you?
- 2) Does stigma play a role in this crisis?
- 3) What were some catalysts for these individuals to use opioids?
- 4) What factors influenced those who have had an overdose to seek recovery?
- 5) Are there certain behaviors that each individual featured has?
- 6) How did these individuals change when using opioids?
- 7) How are problems with opioids being addressed in your community?
- 8) What can be done to reduce the use of opioids in your region?
- 9) How are those with opioid addictions in your region viewed?
- 10) What are the labels and stereotypes of drug users in your community?
- 11) How does personal bias play a role in individuals not seeking treatment?

Questions for Students: PREDATOR & PREY

- 1) What are some behaviors individuals in this film shared?
- 2) How did they hide or minimize their use of opioids or other drugs?
- 3) How did self-perceptions play into their drug use?
- 4) What coping mechanisms did each individual use? Did they work?
- 5) What tools did the individuals need, but not have, to overcome their addiction or stop their drug use?
- 6) What are the consequences of young people using drugs/alcohol?
- 7) What role does peer pressure play in the use of drugs/alcohol?
- 8) What role does stigma play in drug/alcohol use?
- 8) What are the risks of drug/alcohol use?
- 9) In your opinion, what can be done to reduce the use of drugs/alcohol in youth?
- 10) Does your school currently have prevention programs that provide education regarding drug and alcohol use? If yes, what techniques and/or prevention strategies do they use?

Questions for Professionals: PREDATOR & PREY

- 1) What are some behaviors and common characteristics that those with an opioid addiction share?
- 2) How did these users try to hide or minimize their addictions from friends and family?
- 3) What were some catalysts for these individuals to use opioids?
- 4) What tools/knowledge did these individuals need, but not seek, to overcome their addiction?
- 5) What is the social stigma related to those with opioid addictions?
- 6) How are the problems/issues related to opioid use addressed in your professional environment?
- 7) How are the problems/issues related to opioid use addressed in your community?
- 8) What can be done by professionals/providers to reduce stigma around the community? In professional environments?
- 9) How can providers better support patients/clients with opioid addictions?
- 10) Why seek recovery?

References: PREDATOR & PREY

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https://www.cdc.gov/nchs/nvss/dvs_data_release.htm

Multiple Cause of Death 1999-2016 on CDC WONDER Online Database, released 2017. Data are from the Multiple Cause of Death Files, 1999-2016, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program.

<http://wonder.cdc.gov/mcd-icd10.html>

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<https://www.cdc.gov/drugoverdose/data/statedeaths.html>

2017 County Health Rankings

<http://www.countyhealthrankings.org/app/michigan/2016/measure/factors/138/data>

Definition of Addiction

<https://www.asam.org/resources/definition-of-addiction>

Resources: PREDATOR & PREY

The Effects of Opiate Use

<https://drugabuse.com/library/the-effects-of-opiate-use/>

Drugs and the Brain - NIDA

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain>

Prescription Drug Misuse & Abuse - SAMHSA

<https://www.samhsa.gov/topics/prescription-drug-misuse-abuse>

CDC Wonder Online Database

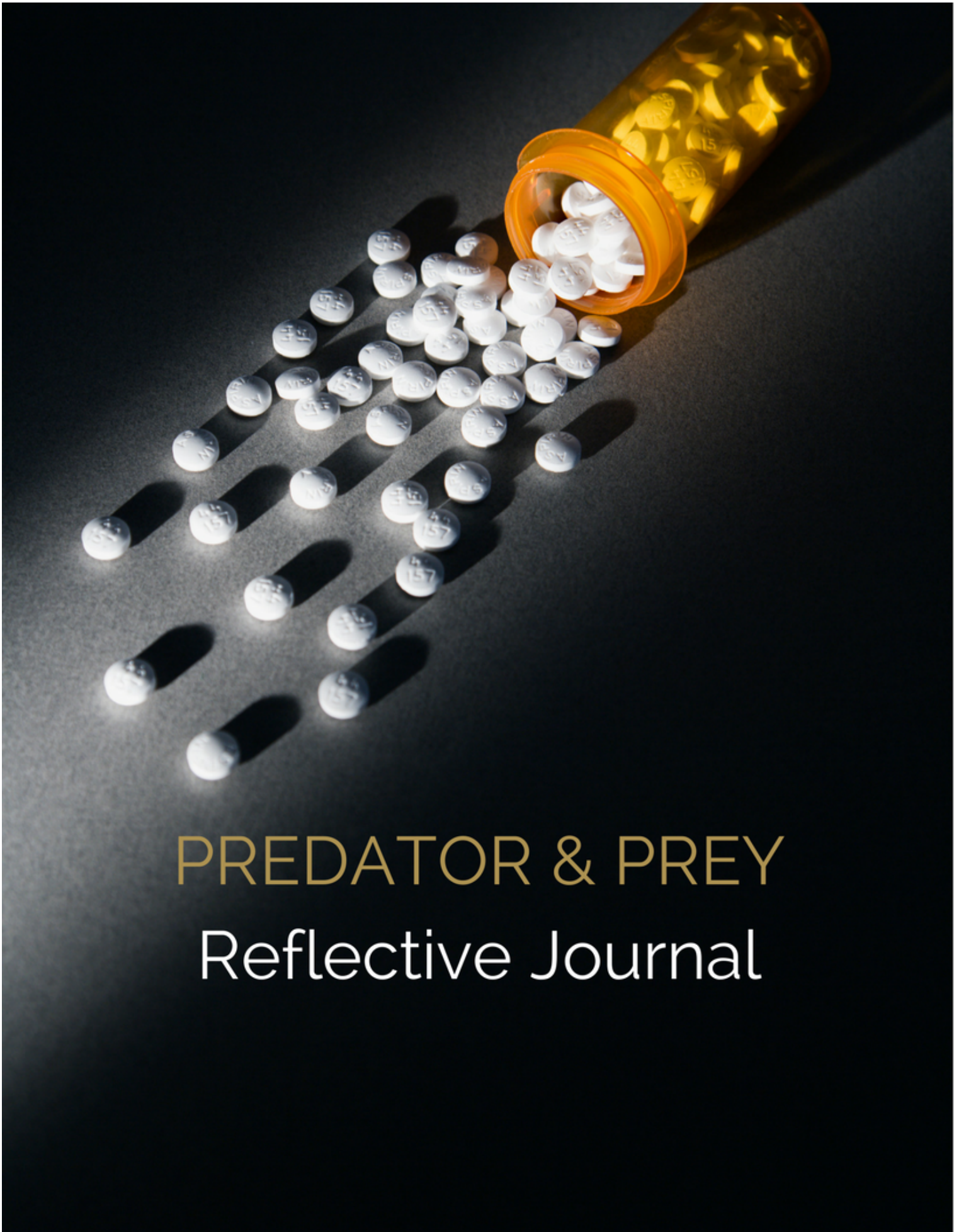
<https://wonder.cdc.gov/>

Medication Assisted Treatment - SAMHSA

<https://www.samhsa.gov/medication-assisted-treatment>

SAMHSA's National Helpline - Treatment Referral Routing Service

<https://www.samhsa.gov/find-help/national-helpline>



PREDATOR & PREY

Reflective Journal

Reflective Journal: **PREDATOR & PREY**

Write your reflections after viewing **PREDATOR & PREY**.

Which story or stories did you identify most with?

Anne Katie Tyler David Nancy

What about their stories sounded familiar?

What did you learn about yourself while watching this film?

How does drug use effect your family?

How does drug use effect your mental health?

How does drug use effect your physical health?

How does drug use effect how you parent?

How does drug use effect you professionally?

How does drug use effect your self-worth?

How does drug use effect you emotionally?

What life experiences contribute to your drug use?

Did/do you use drugs to deal with problems and/or anxieties?

How does your behavior change when you use drugs?

Did your self-perception or self-confidence contribute to your drug use?

In what way(s) do you typically deal with your emotions and/or emotional stress?

Do you experience shame related to your drug use?

How does/did denial play a role in your drug problem?

What triggers do you have for using?

What do you do when you have cravings? What could you do differently?

Who supports your recovery? How can those supportive people help you?

Who can you ask for help?

What relapse prevention(s) do you have in place?

What situations do you need to develop plans for?

What resources are there in your community to aid in your recovery?

How do you take care of yourself?
Physically?

Emotionally?

Spiritually?

In relationships?

What can you do today to support a healthy recovery lifestyle?

