



Anyone Can Make



The Difference.



Anyone.

**Who Are The
“Difference Makers”
In Our Lives?**

Sometimes we are well aware of those who have made an impact and other times it might be a subtle suggestion or friendly act that can change things in a dramatic way. The actions on the reverse side can inspire you to use your own power to make the difference by preventing drug misuse or helping others impacted by addiction.

PAStop.org

Understand that addiction is a disease.

It is scientifically accurate and helps reduce the stigma and blame often directed at people who are struggling with a substance use disorder.

Connect with families who are impacted by addiction to communicate your support.

Show you care in a respectful, non-judgmental way to boost a family's sense of hope and confidence.

Be there for the adolescents in your life.

Positive interaction with the young people in your life can help them avoid substance use early in life and protect them from addiction.

Support evidence-based prevention programs in your schools and community.

There are prevention programs proven to help build strong kids who make good decisions and avoid risky behaviors. Some of these programs include: Life Skills, Big Brothers Big Sisters, and Strengthening Families Program.

Create a recovery-friendly workplace.

Advocate for proven strategies to make your workplace supportive to individuals in recovery.

Be supportive of all paths to recovery.

Addiction treatment isn't one-size-fits-all. Individuals need to find what works best for them.

Be conscientious about old medications.

Dispose of medication safely to avoid misuse or overdose. Encourage your family and friends to do the same.

Learn more about the signs of and how to reverse an opioid overdose.

Strategies and medications are available for this purpose.

Learn More. PAStop.org



**Commonwealth Prevention Alliance
Stop Opiate Abuse Campaign**

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