Postcard Pointers: Addiction Prevention & Support

- **Author** - Custom Resource by the Eluna Team

When responding to youth impacted by addiction there is often a series of complex factors contributing to these moments of human connection & support. As a caregiver, frontline worker, support professional, or camp partner - we recognize the need for resources that can be easily referenced and shared. Designed by Eluna's diligent programmatic teams, we are proud to present these pocket-size postcard pointers with top tips from the field of substance use disorder.

You are welcome to print the Addiction Prevention & Support postcard pointers and distribute freely or you can purchase a set of pre-printed postcards from Eluna to be shipped directly to you or a community organization.

**SUBSTANCE USE DISORDER PREVENTION & SUPPORT**

**Pointers:**

- Reassure youth that they are valued and it is not their fault
- Use person-first language that recognizes addiction as a disease & public health issue "_____ is struggling with a substance use disorder"
- Show respect toward the person struggling with a substance use disorder & support the youth's connection to that person
- Model & encourage healthy routines & activities that bring joy
- Provide prevention support by talking about risks, setting clear expectations, staying engaged & intervening early
- Consider prevention & mentorship programs - like [Camp Mariposa](#)
- Check in regularly & stay involved, offering support & an open door
- Welcome questions & LISTEN! LISTEN! LISTEN!

**Things to avoid:**

- Stigmatizing language that produces judgment, such as "addict" or "drug abuser"
- Prying without first building trust - start by spending time together and showing interest
- Expecting youth to take on 'parenting' or 'caregiving' roles instead of receiving care

To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center: sarahbehm@elunanetwork.org (206) 466-3998

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