

Module 2: Medications for Opioid Dependence & Harm Reduction Strategies

Section 1: How Ready Are You to Make a Change?



Change doesn't usually happen all at once.

Most people feel pulled in two directions at the same time. Part of them wants something better, and part of them isn't ready to let go yet. That's normal.

Check In With Yourself

Read through the statements below and mark any that sound like you lately:

- ☐ I've thought about quitting for good, but I'm not sure I'm ready
- ☐ I know opioids are hurting me, but part of me still wants to use
- ☐ I've thought about trying Suboxone, methadone, or Vivitrol
- ☐ I'm scared of what life would feel like without using
- ☐ I want to stay sober but don't know where to start
- ☐ I think I could do better with the right support or medication
- ☐ I'm ready to try something different, even if it's hard
- ☐ I just want a chance to feel normal again
- ☐ I'm tired of the cycle and want to get out for good

What This Means

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If you checked even a few of these, it means you're already thinking about change. Even if you feel unsure. Even if part of you is still holding on. That's how change starts.

 Pause and Reflect

What stands out most to you from what you checked?

It's possible to want two different things at the same time. You can: want to stop, and still feel pulled to use.

That doesn't make you weak or not capable of change. It just means your brain is still adjusting.

What Can Help

Support and treatment—including medication—can help your brain and body stabilize while you figure things out. You don't have to have everything figured out first.

You just have to take the next step.

 Make It Personal

What feels like your next step right now? (It doesn't have to be big.)

Keep This in Mind: There's no one "right" way to recover. But staying alive and protecting your future is always a good place to start.



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Section 2: Busting The Stigma



For a long time, people struggling with opioid use didn't just deal with addiction.

They also carried something else - judgment.

Words like “addict” or “junkie” came from fear and misunderstanding. They weren't meant to help. Over time, they made people feel ashamed, stay quiet, and even avoid asking for help.

Pause and Reflect

Have you ever heard those words before? Or even used them on yourself? How did that feel?

When people feel judged, they're less likely to ask for help.

They may hide what they're going through, avoid treatment and/or try to deal with it alone

And that can keep the cycle going.

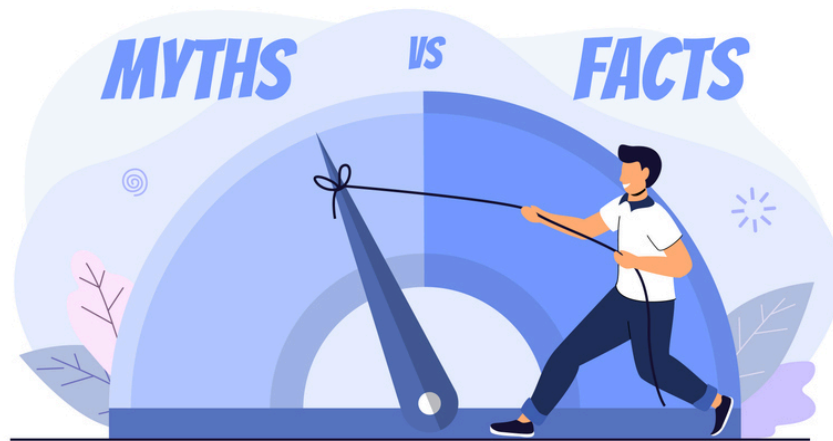
Think About This

What do you think makes it hardest for people to ask for help? Is it:

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Section 3: Addressing Misconceptions About MOUD



There are a lot of beliefs about medication for opioid use.

Some are based on facts.

A lot are not.

And those misunderstandings can stop people from getting help that actually works.

Pause & Check In

Before going further, take a minute. What have you been told about medication for opioid use? What do you believe or feel about it right now?

(You don't have to change anything yet—just reflect on it.)

What MOUD Actually Is

MOUD is a medical treatment.

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It's also about:

- showing up
- staying consistent
- making small improvements over time

Even small steps matter.

Small Win Check-In



Write down one thing you've done recently that shows effort (It can be small, like getting through the day, asking for help, or showing up to a group session)

Your Next Step This Week:

Now think about moving forward. What is **one thing you will do this week** to support your recovery? Keep it simple and realistic.

Change doesn't happen all at once. It happens in the small choices you make every day.

What Counts as Progress?

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