



Discussion Questions for Alesha's Story

RCORP-ETC and Project Hope are producing digital stories that showcase how community members have been affected by opioid use disorder in rural East Tennessee. Digital stories have the power to transform communities, because they help people learn about and understand the experiences of others. To facilitate this, we have created discussion guides to accompany each of our digital stories. Discussing the events and themes of a digital story can improve understanding of the opioid epidemic and its effects, and ultimately reduce the stigma associated with opioid use disorder.

1. Let's start by recapping the video. How has Alesha been impacted by the opioid epidemic?
2. Which scene from the video stuck with you the most?
3. What events, resources, and opportunities led to Alesha's sobriety? Do you think that her story would be different without this support? If so, how?
4. Alesha talks about how both her parents struggled with addiction. Research indicates that genetics are responsible for approximately 50% of the risk for drug dependence. What role do you think Alesha's upbringing played in her drug addiction? How can we break the cycle of addiction?
5. Alesha talks about how she went into a downward spiral when her parents and grandparents passed away. How might we support people who've suffered from great loss (e.g., death, loss of employment, natural disaster, etc.) in an effort to prevent opioid use disorder and overdose?
6. Approximately two million people currently have opioid use disorder in the United States, and the East Tennessee region has been disproportionately affected by the opioid epidemic. How might you seek to offer support to someone who has been personally affected? What resources might you recommend?
7. Identify potential challenges that may arise when extending support to someone who has been affected by the opioid epidemic. How might you overcome these challenges while maintaining a comfortable and supportive environment?
8. How, if at all, did your opinion of the opioid epidemic change as you watched the video?
9. Are there any lingering questions from the video you are still thinking about?

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