

Dear #192aDay Campaign Participant,

Thank you for wanting to share the story of your loved one lost to the disease of addiction. By sharing their story, you are helping other families impacted by this disease and reducing stigma for those who are still struggling.

Below is a sample template that you may find helpful when drafting your story. Please note that your story does not have to follow this format - we have merely provided this template as a tool to assist those who may want to use it.

Again, thank you for your willingness to participate in this campaign. Together, we can make a difference and change the narrative surrounding the disease of addiction.

The Addiction Policy Forum Team

FIRST PARAGRAPH: INTRODUCTION

This is a great opportunity to tell readers about your loved one.

- What were their hobbies?
- What did your loved one do for a career or aspire to do?
- What were some unique characteristics about your loved one?

MIDDLE PARAGRAPH: RELATIONSHIPS

Tell us a little bit more about your loved one and your relationship with them.

- What was your relationship like?
- What other relationships were important to them?
- What are some of your favorite memories with your loved one?
- When did you start to notice a change?

MIDDLE PARAGRAPH: CHANGING BEHAVIOR(S)

Addiction is a complicated disease. Some individuals with addiction show multiple changed behaviors, and some do not - tell us about your and your loved one's experiences.

- What were some of the first "warning signs" (if any) you noticed about your loved one?
- How did you address the situation? How did they respond?
- Was there a period of treatment and/or sobriety?
- What do you wish were different about this experience (ex.: access to treatment and/or recovery supports, more information on steps to take for a loved one battling addiction, etc.)

MIDDLE PARAGRAPH: HOW ADDICTION DISEASE AFFECTED YOUR FAMILY

Addiction is a family disease and no family member is left unaffected - tell us about what your family's experience was like.

- Did other family members and/or friends notice a change in your loved one's behaviors? Did they try to help?
- How did addiction change your loved one's other relationships?
- What were your loved one's final days like?

FINAL PARAGRAPH: LIVING WITH LOSS

Losing a loved one to addiction is a devastating experience. Share your experience of losing a loved one to this disease, and what your life has been like since.

- How did you initially react to losing your loved one?
- What were the best resources to address your grief, if any?
- Have you become an advocate since? If so, what organizations and/or policies have you been advocating for?
- What do you do today to honor your loved one?