**How To Help: Ideas for Congregations and Individuals**

* If you know someone is struggling with substance use disorder, send a note or card to check in with them once a month.
* “Adopt” a sober living home in your area...bring and share a meal together or help decorate the home for holidays...demonstrate God’s love for them so that they can feel their worth.
* Host a support group for grandparents who are raising their grandchildren because of a child’s substance use disorder
* Help open a sober living home in your area. These are in way too short of supply. A congregation could take this task on as a ministry and could make a huge difference for people in recovery in their area.
* Put resources in your parish bulletin and bathroom stalls
* **Form an Action Team** at your church to develop a collaborative strategy to address the addiction crisis in your community and ways to make your church more welcoming.
* **Be a Welcoming Community** by adopting and intentionally using Person-First Language <http://www.mentalhealthamerica.net/person-centered-language>.
* **Start Talking About Addiction** regularly in the pews and from the pulpit <https://starttalking.ohio.gov/>
* **Promote Addiction Awareness & Reduce Stigma** by hosting mental Health First Aid training to learn how to recognize signs of a mental health crisis <https://www.mentalhealthfirstaid.org/>; By creating a list of addiction resources/programs your church offers & sharing with your county board.
* **Collaborate for next steps in your region**. Let us know if you're willing to host/co-host a follow up event at your church for interested Catholics and Lutherans in your region. Fill out the Google form below.
* **Reduce Overdose Deaths** by hosting Project D.A.W.N. (Deaths Avoided with Naloxone) training to educate and equip members and church staff with Naloxone   h[ttp://www.odh.ohio.gov/health/vipp/drug/ProjectDAWN.aspx](http://www.odh.ohio.gov/health/vipp/drug/ProjectDAWN.aspx).
* **Get Involved with your County Board** by getting to know local addiction service providers, hosting trainings, and/or offering sacred space for conversation and healing through inclusive community. (see contacts in section below).