

FOCUS GROUP REPORT

Grand Traverse - Individuals in Recovery

- **Limit Access to Substances**

- Provide education on substances and the importance of not sharing prescribed medications with others as well as educating on keeping medications in spaces children can't access them.

- **Decrease Overprescribing**

- Limit prescriptions per patient of certain medications to prevent overuse or selling of substances.

- **Educate Youth on Substance Effects**

- Provide education to children to try to prevent the early onset of substance use. Also being aware of signs of substance use to try to prevent addiction if a child or teen is already using substances.

- **Increase Mental Health Services**

- Providing help for mental health issues and being able to create healthy coping mechanisms can help decrease substance use and decrease chances of relapse.

- **Decreased Time Before Treatment**

- By getting into treatment faster and decreasing the wait times, this can help individuals with their recovery and prevent potential overdoses or harmful outcomes.

RECOMMENDATIONS

- **Treatment with Mental Health Services**
 - Connect treatment centers to mental health services in order to strengthen the recovery process.
- **Providing Education in Schools**
 - Using schools to educate the youth allows for widespread education on substance use effects.
- **Increase Spread of Resources**
 - Providing more resources for substance use treatment or recovery help to areas such as homeless shelters.
- **Provide Education on Safe Medication Storage**
 - Educating individuals, especially parents or older adults, on storing their medication in safe areas out of reach of children or guests can help limit the ease of access to substances.