

For more information contact

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Ask Me How I Did It

About the Campaign

The **Ask Me How I Did It** campaign is designed to **get the conversation started** and share **success stories** on wellbriety.

Specifically, ORAPC is looking for your success story on how -

1. First Nation's people in Ontario have overcome their addictions (drug, alcohol, gambling) and have embraced a healthier lifestyle;
2. How NNADAP Workers (both Treatment Centre and Community-based) have assisted their clients in their healing and wellness journey away from addictions or why they, themselves, decided to enter the field of addiction counselling;
3. How First Nation Communities have developed programming to promote healthier lifestyles.



How To Get Started

If you are an individual, NNADAP Worker (treatment and/or community based), or a First Nation simply record a video message and upload to our Facebook Page. First, rehearse what you want to say and remember to include your name and number of years in wellbriety,

a) **For individuals**, include why you sought help and where you went to get help;

b) **For NNADAP Workers**, include why you chose the field of counselling; and

c) **For Nations**, include the type of programming you have offered and tell us how it made a difference in your community.

The Ontario Regional Addictions Partnership Committee (ORAPC), in response to the Opioid Crisis affecting First Nation communities in Ontario, have launched a 1-year long campaign called "Ask Me How I Did It".
Visit www.ontarionnadap.org

1. Record a short video (1 to 5 minutes) on your phone, laptop or desktop;
2. Upload your video to the ORAPC Facebook page at <https://www.facebook.com/ORAPC-165878184064820/>

OR

Type 'ORAPC Facebook' on your Google Search Engine, click on **ORAPC – Home/Facebook**

Your success story will be shared at the 2018 NNADAP Conference in Sault Ste. Marie on October 16, 17, 18, 2018 and it just might,

Help a person continue their healing journey
Inspire someone to help others
Give a Nation new ideas