



The G.A.P. Network

A program of Prevention Action Alliance

"Remember the parents who have survived"



Gretchen Miller-Addison is a mother who lost her son to substance use disorder. She wrote this in honor of her son, Tyler Addison, and to mark International Overdose Awareness Day on August 31st.

Gretchen writes frequently about her son and about living with grief. She also led a workshop on journaling grief expression. [She also advocates for solutions to the opiate epidemic, as evidenced by this article in the Columbus Dispatch.](#) Today's column is no exception—it invites you to take a moment to remember the parents who survived the deaths of their children.

By Gretchen Miller-Addison

Today is the day we recognize all of our beautiful and talented children we have lost to overdose.

I'd also like to take a moment and remember the parents who have survived.

They say it is the worst thing that can happen to a person; they say it is, in fact, a death sentence. In a moment, our world was annihilated, and there was nothing we could have done to stop it. The new life that was forced upon us is not the life we would have chosen for anyone...ever. It is a life of daily ups and downs, triggers and memories. It is a life where underlying anger and anxiety go hand in hand. There is no healing, there is no getting over it, we will carry this heavy mass of pain and loneliness in front of us until the day we leave this earth.

But the thing about carrying that heavy mass around is that while it is heavy and uncomfortable, it also provides benefits. Our arms become stronger, giving us the ability to reach down and help other parents get back up. With stronger arms come stronger embraces for those going through this without a stable support system. With stronger

embraces come stronger friendships.

Our souls have been broken, we now watch life through a window filled with cracks. The good news is that it makes no difference to the sun's rays if the window is clean, cracked, or broken—the sun will still make its way through. Brokenness doesn't mean being unimportant or worthless. In fact, every year over one million people visit one of the most famous "broken things" in our country—the Liberty Bell. Although repaired several times, the iconic crack still remains in one of the great symbols of American strength and independence to this day.

Albert Schweitzer sums it up perfectly: "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." In spite of our pain and imperfections, we are able to rise above our circumstances and be there for each other in the darkest hours like no one else can.

So, on this day of remembering all those who have lost their life to overdose, let us also take a moment to remember those of us left behind.

Remembering Tyler Andrew Addison 9.25.93 - 11.3.14



**Register Now:
2018 Rally for Recovery!**



The 2018 Rally for Recovery is a chance to bring together people from all different communities across the State of Ohio to unite to face addiction and to support those who have sought and sustained recovery. By bringing together all supporters, advocates, and individuals effected by this disease we can begin to change the perception of addiction and celebrate those who have found a way to recovery.

**September 29, 2018
Huntington Park
330 Huntington Park Ln, Columbus, OH, 43215
12:00 p.m. - 4:00 p.m.**

[Get your Free Tickets Here!](#)

[Visit Rally for Recovery Website](#)

Cornerstone of Hope Presents: Taste of Hope



Cornerstone of Hope is a center for grieving children, teens, and adults. This year's proceeds benefit Cornerstone of Hope's individual and family grief counseling services.

September 19, 2018
6:00 p.m. - 8:00 p.m.
Amelita Mirolo Barn
4395 Carriage Hill Lane
Upper Arlington, Ohio 43220

[View Event Flyer](#)

[Register or Learn More Here!](#)

Addiction Policy Forum What is Addiction?



Want to learn more about how to prevent substance use disorders, how addiction can hijack the brain, and what we can do to get better when it does? Watch these short animated videos to get a better understanding.



[Episode 1: "The Hijacker"](#)

(3:18)

Explains how, like to stages of cancer, there are levels of severity for substance use disorders (SUDs) and they tend to get worse over time, which is why early detection and intervention is so important.



Episode 2: "Whirlpools of Risk" (2:32)

Explains why not everyone who uses alcohol or drugs develops a substance use disorder (SUD)—why is that?

People have different risk factors that make them more vulnerable to developing SUDs.



Episode 3: "Understanding Severity" (3:25)

Explains how, like to stages of cancer, there are levels of severity for substance use disorders (SUDs) and they tend to get worse over time, which is why early detection and intervention is so important



Want Printable Materials on Addiction to Distribute to Family, Friends, or a Community event?

[Visit Addiction Policy Forum's Website](#)

About Addiction Policy Forum

Addiction Policy Forum works to eliminate prejudicial ideas and practices surrounding addiction, bring science to families for clearer information, launch resources and programs, and promote awareness campaigns.

Ohio Farmers Take Up Fight Against Opioids



The feedback in rural communities is often the same: a lack of resources, no prevention specialists in the area, a long drive to get help, and denial that opioid abuse is even happening.

A group of 17 rural leaders [spent two hours discussing what is being done in their communities](#) to help people of all ages understand the issue, and solve the problem.

Roger Winemiller, a Montgomery County farmer who has lost two children to overdoses, showed his courage at this meeting. He shared his story and advocated for communities to take action and become engaged in solutions. After losing so much to substance use disorder, his life goal is to do something positive for the world.

[Read the Article Here](#)

[Read Farm and Dairy's Award-Winning Series on Rural Addiction Here](#)

[Watch PBS ThinkTV Special that features Roger Winemiller's Story Here](#)



A photo of Roger Winemiller and the G.A.P. Network's Director, Tyler Begley, at the 2018 G.A.P. Network Summit in Columbus Ohio

Senior Citizens are the Newest Victims of the Ohio Opioid Crisis

**Cuyahoga County—14 people have died from drug overdoses in the first week of August.
Half of these deaths were people 60 and over.**

A recent analysis from [Stanford University](#) found that seniors covered by Medicare have "among the highest and most rapidly growing prevalence of opioid use disorder."

[Read the Article Here!](#)

Other News in Ohio

New Mental Health Rehabilitation Facility in Athens

Governor Challenges High Schools to Talk About the Dangers of Drugs Prior to Friday Night Lights

Student-Created Mental Health Program Reaches Unioto

Summit County group distributes 60,000 disposal pouches for prescription drugs

Dayton: Approx. 1500 at FOA Rally for Recovery - Speaker Mike DeWine

How Hard is it to get Opioids in Ohio? Not Very.

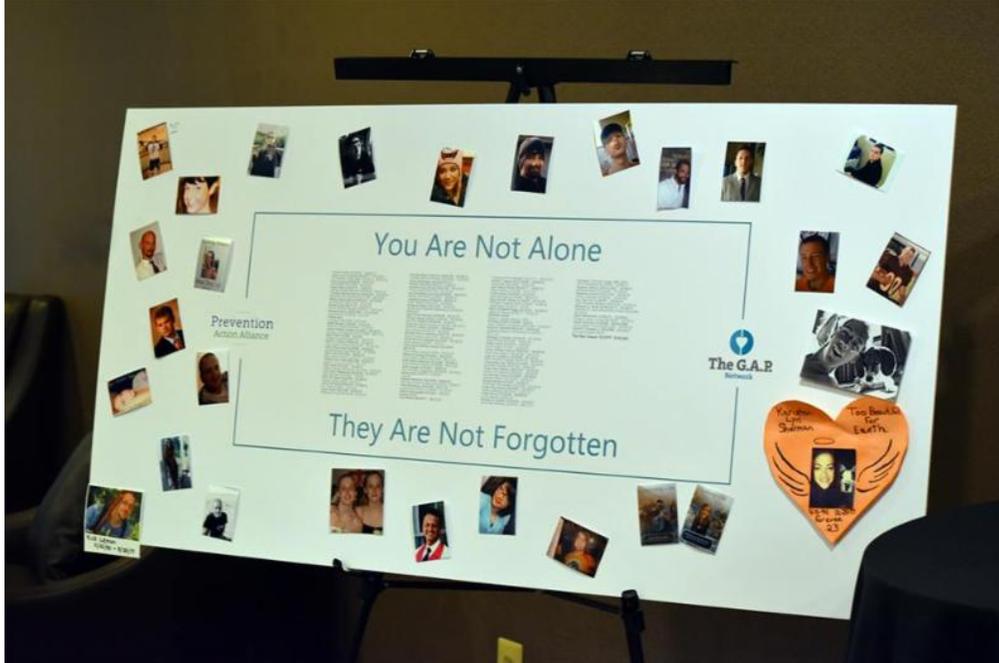
Butler County gets \$830K to Fight Opioid Epidemic

As Ohio Goes, So Goes the Nation in the Battle Against Opioids

How Opioids Reshape Your Brain, and What Scientists are Learning about Addiction

Memorial Banner

The opioid epidemic has devastated Ohio. Currently, 14 Ohioans each day are passing away due to substance misuse, and each one of them is loved by someone. You are not alone in your grief. Here we remember those people as the fathers, mothers, sons, and daughters that they were. They are not forgotten. If you would like to make a submission to the Memorial Banner, please contact Tyler Begley at tbegley@preventionactionalliance.org.



Memorial Banner Web Page



Questions? Comments Suggestions?

[Click here to email Prevention Action Alliance](#)

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