

# CAMINOS DE ESPERANZA

(PATHS OF HOPE)



### **INTRODUCTION:**

THE GONZALEZ FAMILY, UNITED BY LOVE AND HOPE, FACED A CHALLENGING CHAPTER WHEN THE FATHER, JUAN, ADMITTED TO STRUGGLES WITH ALCOHOL AND DRUGS, PRIMARILY PRESCRIPTION OPIOIDS. THROUGH AN EMOTIONAL JOURNEY, THEY EDUCATED THEMSELVES ABOUT SUBSTANCE USE DISORDERS (SUD), DEBUNKING MYTHS , LEARNING ABOUT STIGMA, GUILT AND SHAME, AND EMBRACING TREATMENT WITH THE HELP OF HEALTHCARE PROFESSIONALS.

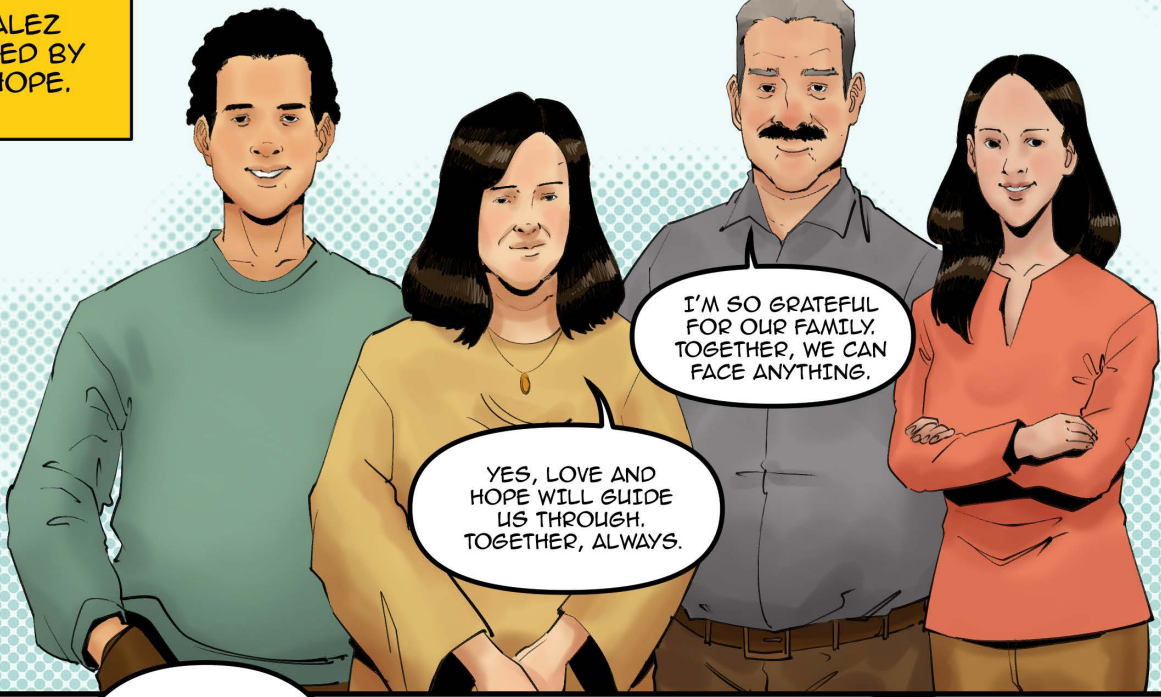
PARTICIPATING IN SUPPORT GROUPS, PEER SUPPORT AND THERAPY, THEY UNDERWENT A PROFOUND EMOTIONAL TRANSFORMATION, BOLSTERED BY COMMUNITY SUPPORT. DESPITE THE POTENTIAL OF A RETURN TO USE PERIOD, THEIR UNWAVERING SUPPORT FOR JUAN HIGHLIGHTED THEIR RESILIENCE. THIS JOURNEY OF UNDERSTANDING, STRENGTH, AND HOPE NOT ONLY TRANSFORMED THE GONZALEZ FAMILY BUT ALSO INSPIRED, INFORMED, EDUCATED, MODELED, AND CHANGED THEIR COMMUNITY'S PERCEPTION AND UNDERSTANDING OF SUD NOT AS A MORAL/CHARACTER FLAW BUT AN ILLNESS/DISEASE THAT CAN BE TREATED AND MANAGED LIKE ANY OTHER CHRONIC DISEASE, SHOWCASING THE POWER OF FAMILY UNITY IN OVERCOMING ADVERSITY.

### **ABOUT FOTONOVELAS:**

FOTONOVELAS ARE FAMILIAR AND PROMISING TEACHING TOOLS IN HISPANIC AND LATINO CULTURES. IN THE UNITED STATES, FOTONOVELAS HAVE BEEN USED SUCCESSFULLY TO ADDRESS HEALTH ISSUES FOR IMMIGRANT SPANISH-SPEAKING POPULATIONS BECAUSE THEY ARE EASY TO READ AND CULTURALLY RELEVANT. THEY ALSO CAN BE EASILY SHARED AMONG COMMUNITY MEMBERS, AND THEY APPEAL TO PEOPLE OF ALL AGE GROUPS AND EDUCATION LEVELS. FOTONOVELAS PLACE IDEAS IN A CONTEXT THAT IS EASY TO UNDERSTAND AND OFFER POWERFUL ROLE MODELS BY USING CHARACTERS WITH WHOM AUDIENCES CAN RELATE. FOTONOVELAS ALSO OFFER GREATER READABILITY AND UNDERSTANDING AND CAN BE A POWERFUL VEHICLE FOR EDUCATING PEOPLE WITH LOW LITERACY. - DO IT FOR THEM, BUT FOR YOU TOO, FOTONOVELA FACILITATION GUIDE (CDC)

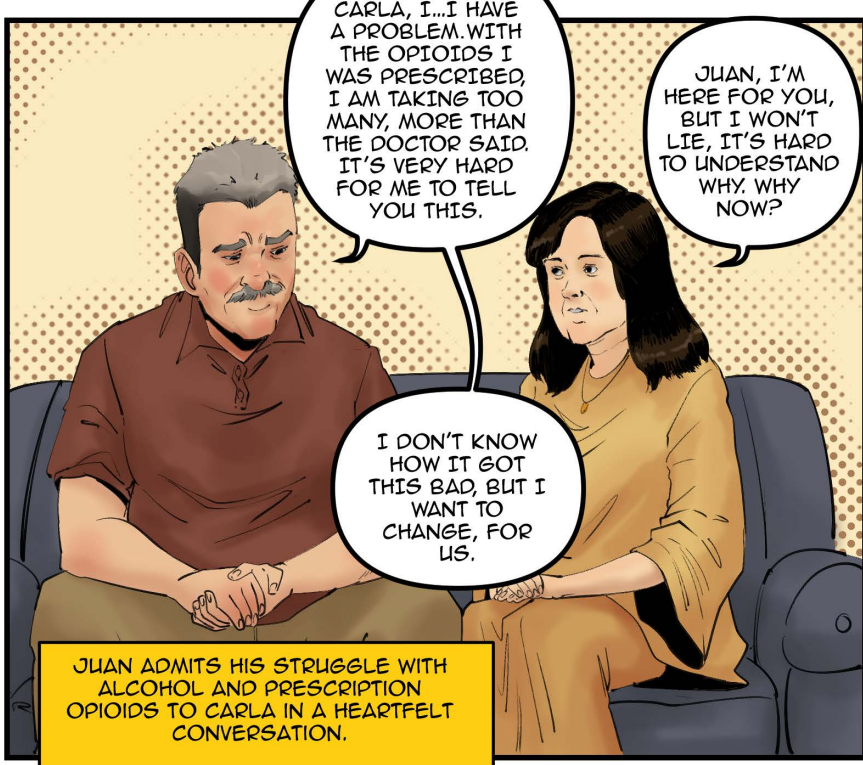
THIS PROJECT IS SUPPORTED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) AS PART OF A FINANCIAL ASSISTANCE AWARD TOTALING \$1,500,000 WITH 100% FUNDED BY CDC/HHS. THE CONTENTS ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF, NOR AN ENDORSEMENT BY, CDC/HHS OR THE U.S. GOVERNMENT.

THE GONZALEZ FAMILY, UNITED BY LOVE AND HOPE.



I'M SO GRATEFUL FOR OUR FAMILY. TOGETHER, WE CAN FACE ANYTHING.

YES, LOVE AND HOPE WILL GUIDE US THROUGH. TOGETHER, ALWAYS.

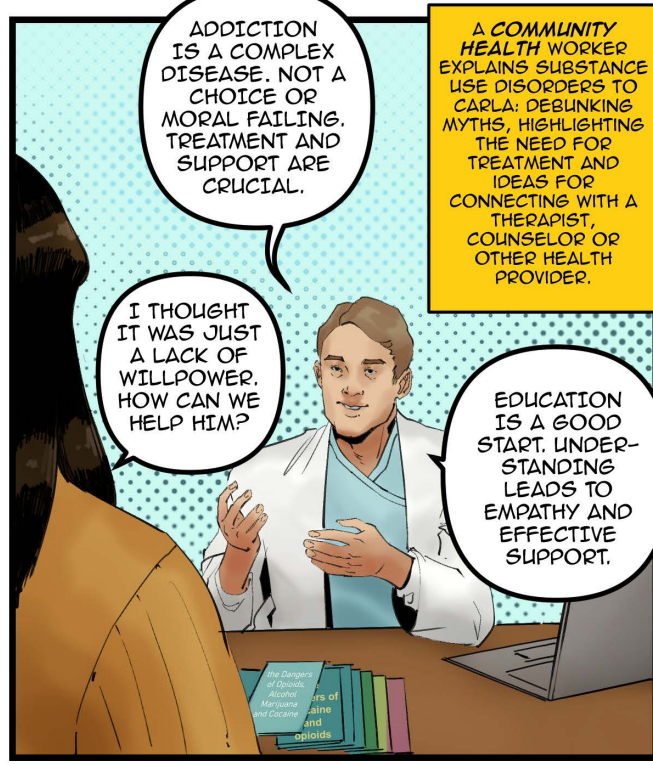


CARLA, I...I HAVE A PROBLEM. WITH THE OPIOIDS I WAS PRESCRIBED, I AM TAKING TOO MANY, MORE THAN THE DOCTOR SAID. IT'S VERY HARD FOR ME TO TELL YOU THIS.

JUAN, I'M HERE FOR YOU, BUT I WON'T LIE, IT'S HARD TO UNDERSTAND WHY. WHY NOW?

I DON'T KNOW HOW IT GOT THIS BAD, BUT I WANT TO CHANGE, FOR US.

JUAN ADMITS HIS STRUGGLE WITH ALCOHOL AND PRESCRIPTION OPIOIDS TO CARLA IN A HEARTFELT CONVERSATION.



ADDICTION IS A COMPLEX DISEASE. NOT A CHOICE OR MORAL FAILING. TREATMENT AND SUPPORT ARE CRUCIAL.

I THOUGHT IT WAS JUST A LACK OF WILLPOWER. HOW CAN WE HELP HIM?

A COMMUNITY HEALTH WORKER EXPLAINS SUBSTANCE USE DISORDERS TO CARLA: DEBUNKING MYTHS, HIGHLIGHTING THE NEED FOR TREATMENT AND IDEAS FOR CONNECTING WITH A THERAPIST, COUNSELOR OR OTHER HEALTH PROVIDER.

EDUCATION IS A GOOD START. UNDERSTANDING LEADS TO EMPATHY AND EFFECTIVE SUPPORT.

The Dangers of Opioids, Alcohol, Marijuana, Cocaine and Opioids



DANGERS OF OPIOIDS, COCAINE, MARIJUANA & ALCOHOL

THE DANGERS OF OPIOIDS, COCAINE, MARIJUANA & ALCOHOL

I'LL NEED TO THINK ABOUT THIS. I LIKE THE IDEA OF FAMILY SUPPORT, BUT THIS IS OUR FAMILY'S PRIVATE BUSINESS, WHAT WILL PEOPLE THINK?

WELL, I KNOW I HAVE TO FIND SUPPORT. IF THIS HELPS ALL OF US THEN I AM OK WITH US SHARING OUR PROBLEMS IN A GROUP. I FEEL LESS ASHAMED KNOWING YOU ARE ALL BEHIND ME.

I'M JUAN, AND I'M STRUGGLING. BUT I'M HERE TO FIND MY WAY BACK.

JUAN ATTENDS SUPPORT MEETINGS, FINDING STRENGTH IN SHARED EXPERIENCES.

WE ARE GLAD YOU ARE HERE JUAN, WE ALL HAD OUR FIRST DAYS AND HOPE YOU CONTINUE TO COME AND USE YOUR OTHER SUPPORTS

YES, I AM GLAD THAT I CAN ALSO JOIN VIRTUAL MEETINGS. AND I BEGAN TO WORK WITH A PEER SUPPORT WORKER.

CARLA IS SHARING WHY SHE HAD BEEN QUIET IN THE PREVIOUS MEETINGS. SHE WAS HAVING DIFFICULTY SHARING WHAT SHE THOUGHT WERE FAMILY PRIVATE MATTERS. BUT NOW, AFTER LISTENING TO OTHERS SHE HAS BUILT THE COURAGE TO SPEAK. CARLA IS SHARING WHY SHE HAD BEEN QUIET IN THE PREVIOUS MEETINGS. SHE WAS HAVING DIFFICULTY SHARING WHAT SHE THOUGHT WERE FAMILY PRIVATE MATTERS. BUT NOW, AFTER LISTENING TO OTHERS SHE HAS BUILT THE COURAGE TO SPEAK.

I HAVE NOT BEEN ABLE TO SHARE SINCE I STARTED COMING. IT HAS BEEN DIFFICULT TO OVERCOME THAT FEELING THAT I AM NOT SUPPOSED TO TALK ABOUT PRIVATE FAMILY ISSUES. BUT HEARING ALL OF YOU GAVE ME THE STRENGTH.

THANK YOU CARLA FOR SHARING. WE ARE ALL HERE FOR YOU AND YOUR FAMILY.

WELCOME EVERYONE, DOES ANYONE WANT TO SHARE? CARLA, I SEE YOUR HAND IS UP, GO AHEAD.

IT'S COMFORTING TO KNOW WE'RE NOT ALONE IN THIS. SHARING OUR STORY HELPS US HEAL.

SOME DAYS ARE HARDER THAN OTHERS, BUT FEELING YOUR SUPPORT MAKES A DIFFERENCE.

THROUGH UPS AND DOWNS, THE GONZALEZ FAMILY EXPERIENCES EMOTIONAL TRANSFORMATION AND COMMUNITY SUPPORT.

WE'RE LEARNING, GROWING. OUR LOVE FOR YOU IS UNCONDITIONAL. WE'LL GET THROUGH THIS TOGETHER.



**THE GONZALEZ FAMILY EDUCATES THEMSELVES ABOUT SUBSTANCE USE DISORDERS AND SEEKS SUPPORT.**



<p><b>Myth: You can't help or change someone with an addiction.</b></p>	<p><b>Myth: If someone has a stable job and family life, they won't be using hard substances.</b></p>	<p><b>Myth: Prescription drugs are not addictive like street drugs because they come from a doctor.</b></p>	<p><b>Myth: If Someone Returns To Use, They Are A Lost Cause</b></p>
<p><b>Myth: Using alcohol or other drugs is a choice, so if someone gets addicted, it's their fault.</b></p>	<p><b>Myth: I'm worried I may be codependent</b></p>	<p><b>Myth: Detox Will Fix Everything</b></p>	<p><b>Myth: MOUD is not effective because it does not immediately end drug dependence.</b></p>
<p><b>Myth: You must apply "tough love" if you want people with addiction to change.</b></p>	<p><b>Myth: People choose to get addicted</b></p>	<p><b>Myth: If I try to be supportive of someone with an addiction, I'm basically enabling their bad behavior.</b></p>	<p><b>Myth: MOUD is only for the "weak."</b></p>
<p><b>Myth: Going to treatment will fix the problem</b></p>	<p><b>Myth: Addiction is treated behaviorally so it must be a behavioral problem, not a disease.</b></p>	<p><b>Myth: If someone just uses willpower, they should be able to stop.</b></p>	<p><b>Myth: MOUD is a bad moral choice. It's inferior to recovery without medication because of the negative stigma of MOUD comes from different ways of understanding addiction.</b></p>
<p><b>Myth: You Just Need Will Power To Quit</b></p>	<p><b>Myth: If someone relapses, they're a lost cause.</b></p>	<p><b>Myth: MOUD replace one addiction with another</b></p>	

THERE ARE SUPPORT GROUPS FOR FAMILIES, TOO. WE CAN LEARN HOW TO SUPPORT DAD.

LOOK AT THIS, MOM. IT SAYS ADDICTION AFFECTS THE BRAIN'S DECISION-MAKING. IT'S NOT JUST ABOUT WANTING TO QUIT.

THIS SAYS FAMILY MEMBERS AND LOVED ONES ARE ALSO AFFECTED AND IT'S IMPORTANT THAT WE FIND SUPPORT FOR OURSELVES TOO.



JUAN IS FACING THE REALITY OF HOW HARD IT IS TO STOP USING SUBSTANCE. WITH THE HELP OF HIS PEER SUPPORT WORKER, HE LEARNS THERE ARE.

CHANGE HIS HARD, BUT I KNOW I WANT TO START THE HEALING PROCESS.

YOU ARE TRYING AND THAT IS WHAT'S IMPORTANT. HOW DO YOU FEEL ABOUT MODERATING YOUR USE OR CHOOSING TO BE COMPLETELY ABSTINENT? BOTH ARE PATHWAYS TO HEALING.

IT HELPS TO KNOW I HAVE OPTIONS.

UNITED BY LOVE, UNDERSTANDING, AND PERSEVERANCE, THE GONZALEZ FAMILY, INCLUDING EXTENDED FAMILY, EMBODIES STRENGTH AND HOPE TOGETHER.

LOOK HOW FAR WE'VE COME. OUR PATH ISN'T EASY, BUT IT'S OURS, AND IT'S FORWARD.

WITH HOPE AND OUR FAMILY'S SUPPORT, I FEEL STRONGER. I'M NOT JUST FIGHTING FOR ME, BUT FOR US.

TOGETHER, WE WALK THIS PATH OF HOPE. OUR LOVE AND UNITY IS OUR GREATEST STRENGTH.

WE ACKNOWLEDGE THAT THERE IS TREMENDOUS DIVERSITY WITHIN THE LATINO\* DIASPORA AND COMMUNITIES. THE CHARACTERS IN THIS FOTONOVELA DEPICT A SMALL SECTOR OF THIS VERY LARGE, HETEROGENEOUS GROUP. WE ASK THAT READERS KEEP IN MIND THE WIDE VARIATIONS IN INDIVIDUALS' AND COMMUNITIES' COUNTRIES OF ORIGIN, FAMILY DYNAMICS AND MAKEUP, RELIGIOUS AND SPIRITUAL BELIEFS, LANGUAGES SPOKEN, GENDER IDENTITY AND SEXUAL ORIENTATION, MIGRATION HISTORY AND OTHER FACTORS. "LATINO" IS THE TERM USED IN THIS FOTONOVELA. HOWEVER, THE WAY INDIVIDUALS CHOOSE TO IDENTIFY VARIES GREATLY, AND THIS IS IMPORTANT FOR READERS TO BEAR IN MIND. SOME INDIVIDUALS PREFER TERMS SUCH AS "LATINE," "LATINX," "LATIN@," OR "LATIN."

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*for* **Mental**  
**Wellbeing**

HEALTHY MINDS  
STRONG COMMUNITIES

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