

What is S.O.L.E.?

Stories of Lived Experience Program

The program is designed to amplify authentic voices and reduce stigma related to substance use disorder, mental health, and recovery.

S.O.L.E. creates multimedia outreach tools, including video storytelling, empathy-based exhibits, and community events, that transform lived experiences into catalysts for understanding and change.

Program Goal

To reduce stigma related to OUD/SUD by increasing public empathy, awareness, and connection to recovery resources.



Scan to learn more about S.O.L.E.!

hpcnef.org/sole

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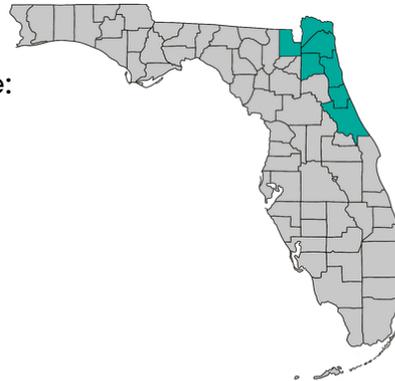


About HPCNEF

The Health Planning Council of Northeast Florida, Inc. (HPCNEF) is one of 11 Local Health Councils mandated by Florida State Statute 408.033 to dedicate resources and expertise to regional health utilization data management, health planning and research, community organizing, health promotion, and awareness programs.

Our Mission

To improve health outcomes by serving as the source for health information, analysis, and planning in Northeast Florida.



We proudly serve:
Baker County
Clay County
Duval County
Flagler County
Nassau County
St. Johns County
Volusia County

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S.O.L.E. Stories of Lived Experience



What is Stigma?

Stigma refers to **negative attitudes, beliefs, and stereotypes** people may hold towards those who experience mental health conditions and substance use disorders.

—CDC & NIH

What does reducing stigma look like?

Instead of saying...

“You don’t look like someone with a substance problem.”

You might say...

“I’m here to support you however I can.”

Instead of saying...

“People who use drugs don’t deserve the same medical care.”

You might say...

“Substance use doesn’t change someone’s worth or their right to care.”

Instead of saying...

“They chose that life... why can’t they just stop?”

You might say...

“Substance use is complicated. People deserve understanding and support.”

What is SUD?

“A substance use disorder (SUD) is a **treatable, chronic disease** characterized by a cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems.”

—CDC

The Effects of Stigma

→ Addiction and mental health disorders impact individuals differently.

→ Feelings of fear and shame can prevent someone from sharing their health condition with loved ones and medical providers.

→ Stigma can prevent or delay people from seeking care or cause them to discontinue treatment.

Your words and actions have an impact. Choosing the right language helps decrease stigma and creates a safe environment for those seeking treatment and support.

Local Resources for SUD Support

Below are some organizations offering SUD treatment, recovery support, harm reduction, counseling, and crisis line in Duval County.

Suicide & Crisis Lifeline: 988

Veterans Crisis Hotline:
988 then press 1

Gateway Community Services

Inspire to Rise

Jacksonville Fire & Rescue Department (JFRD) - CORE program

NAMI Jacksonville

Rebel Recovery Jacksonville

*additional information can be found at hpcnef.org/sole