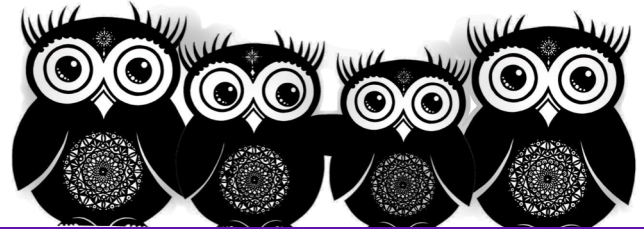


SeekHealing is a 501(c)3 non-profit serving people at risk for overdose in Buncombe County. We provide **free support services** to anyone at any stage in the addiction healing process.



### How do we build a community that is inherently *resilient* to addiction?

- **Public harm reduction education:** training in overdose reversal and redefining addiction
- **Open door policy:** current drug users, abstinence-only, & medication-assisted treatment all welcome
- **Ongoing support:** pairing with trained volunteers, community activities, & therapeutic services
- **Training in authentic connection:** how to better listen to others and yourself
- **Community re-integration:** see "How SeekHealing Works"



*"Addiction cannot be healed unless its source in childhood suffering is addressed, and unless the cycles of relapse are stopped through empathic human connections. **SeekHealing** is dedicated to healing trauma, and it provides the necessary connections that empower people to break from that self-defeating cycle."*

**Gabor Maté, M.D.**  
SeekHealing Advisory Council

*"Drugs alone do not address the root cause of disease."*

**Andrew Weil, M.D.**  
SeekHealing Advisory Council



*"Before SeekHealing, I lived my life in the shadows. I kept different parts of myself hidden from everyone in my life: I was a different person at work than I was with my family, than with my girlfriend, than with my drug dealer. Now, I live my life in the light. I'm living the life I want to live, and I'm being honest with the people around me about who I am, about what I do and don't want to do. It's because I have people to talk to about what's really going on, people who care about me and who will listen to me and not judge me for which chemicals I choose to use or not use."*

**Travis P.**  
SeekHealing participant and former heroin user

***SeekHealing*** is a community-sourced treatment model that empowers people to heal rather than achieve certain outcomes.

## What if the opioid crisis is actually a famine?

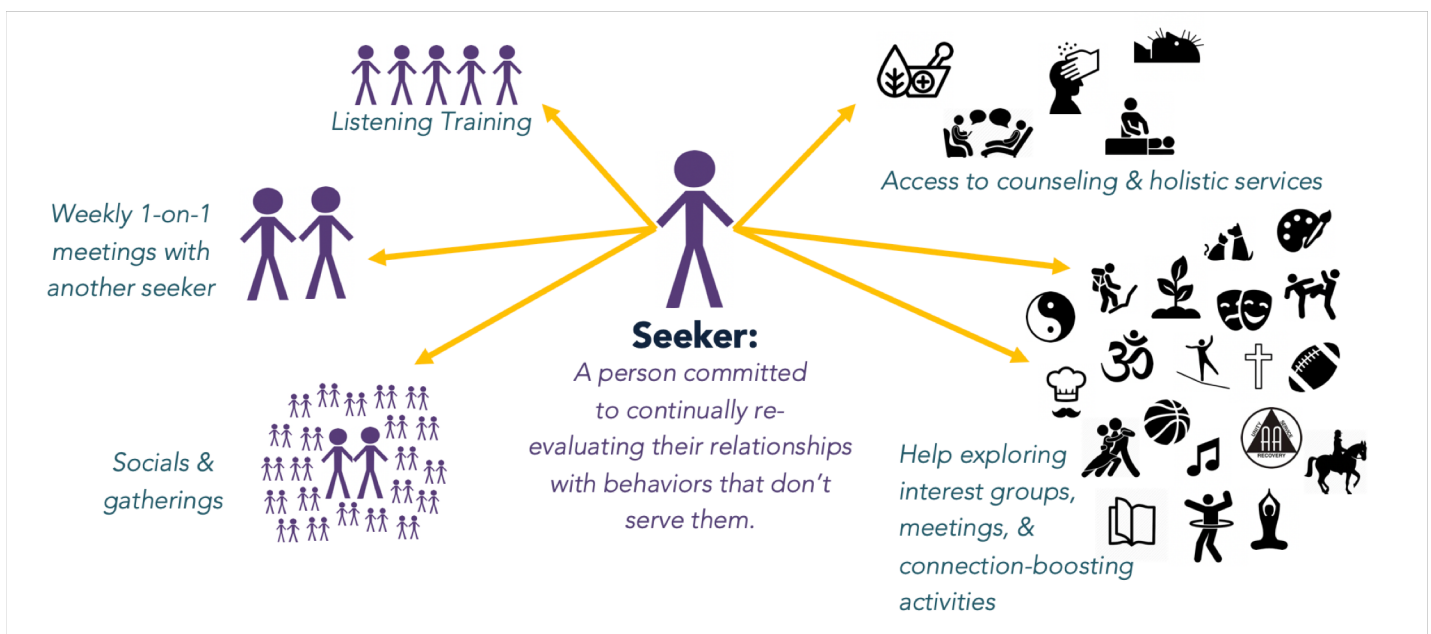
Connection is a human need as basic as food, shelter and water. Research shows that when this need is met through meaningful relationships with others, natural opioids in our brain signal satisfaction.<sup>1</sup> When we lack meaningful connection, decreased opioid signaling gives us the emotional equivalent of hunger pangs. Whether we know it or not, we feel lonely. Taking pharmaceutical opioids or heroin eases the pain of isolation, but only temporarily.

In many ways, modern life makes real connection hard to find. Regardless of socio-economic standing, we all live in a culture that inherently separates us. Traumatic experiences can wall us off from each other even more. Without healthy relationships, the pain of loneliness becomes unbearable. When prescription painkillers became widely available, it was like throwing a lit match into a haystack.

Conventional approaches to addiction do not address these root causes. Consequently, 80% of people who complete a drug rehab program will relapse within a month,<sup>2</sup> and most people who are revived from an overdose with naloxone will use again within 24 hours. This happens when a person returns to a life that drove them to addiction in the first place, a life of social isolation or superficial relationships.

To treat addiction effectively, we need communities that value and promote **authentic human connection**. We need to teach people how to listen to each other and share what's really going on in a way that overcomes stigma. We need to empower people by helping them to become aware of their own needs. We need treatment that supports people in setting and following their own goals for personal harm reduction rather than requiring certain results. We need all members of communities affected by the overdose epidemic to relate to each other with less shame and more empathy.

## How SeekHealing Works



1: Rachel Wurzman, PhD, University of Pennsylvania, TED.com, 2018

2: Smyth, B. P., Barry, et al. (2010). Lapse and relapse following inpatient treatment of opiate dependence. *Irish Medical Journal*. 103(6),176–179.