

THE FIRST DAY

A FOCUS ON THE BEGINNING

SCREENINGS & DISCUSSION



The First Day is an innovative approach to prevention and wellness education with a look into the struggles facing our youth today. Since 2009, Chris Herren, a former professional basketball player, author and wellness advocate, has shared his story with over 1 million people nationwide. His words resonate and make an impact with a focus on the beginning; *The First Day*.

SHARE THE MESSAGE

Through the power of storytelling, *The First Day* addresses some of the most difficult issues facing teens; offering all of us the opportunity to look within and reflect. The film provides insight and understanding regarding addiction, as well as individuals struggling with substance use, other harmful behaviors and mental health problems. In addition, it identifies pathways to recovery and brings greater awareness to the ever-evolving challenges facing young people today on their journey to adulthood.

Challenge your community to approach substance use prevention education with a renewed focus on wellness. Rethink how we look at addiction, changing the focus from the last day to the first and looking within to identify the "Why."

DISCUSSION GUIDE: PARENTS, COMMUNITIES, WORKPLACE & RECOVERY GROUPS

To accompany the film, a discussion guide has been created to include background information on Chris Herren, Jonathan Hock, the filmmaker, and information about substance use disorder and the opioid epidemic. Discussion starters and dialogue prompts are designed to include aligned themes for parents, communities, the workplace and the recovery community. It also provides resources for those seeking additional information or help for a loved one's substance use disorder.



"At the end of the day the "Why" is on the inside. We need to uncover our "Why" to grow and recover."

~ CHRIS HERREN ~

RESOURCES

Support is available through our nonprofit partners for individuals and families impacted by substance use disorder or addiction. Resources include treatment navigation and online support groups, a Parent Helpline that can be reached by text, email, phone or Facebook Messenger, and downloadable educational materials.

Visit: TheFirstDayFilm.com/partners

DOWNLOAD THE FILM:

For more information on the film or to access educational materials, the screening discussion guide or support and resources for your school, community or family visit:

TheFirstDayFilm.com

THE FIRST DAY IS PRESENTED BY:

