

WELCOME

TO THE

2025

CODACELEBRATION

GUIDE



WELCOME TO THE CODA CELEBRATION GUIDE!

Pick A Week in April that works best for your school community
Theme #CODAconnects #BeTheLink "You Don't Know The Half Of It"

THERE ARE FIVE DAYS OF ANNOUNCEMENTS, USE "5" ON YOUR CODA CELEBRATION DAY

1

Have you heard of CODA? CODA stands for Co-Occurring Disorders Awareness. Believe it or not over 20 million people have Co-Occurring Disorders, but most have never heard of it! Co-Occurring Disorders or COD is the combination of one or more mental health challenges and alcohol, marijuana, opioid or other substance misuse. One in two people with substance use issues also struggle with mental health challenges. We are going to spend this week learning more! Let's see how TOGETHER we can save lives & improve outcomes. Learn The Story Behind the CODA 2-Star logo, and participate in activities on April ____ in the _____. Stay tuned!

2

What is CODA? CODA stands for Co-Occurring Disorders Awareness. Co-Occurring Disorders is the combination of one or more mental health challenges and alcohol, marijuana, opioid or other substance misuse. Did you know you don't need to already have a mental health challenge to develop Co-Occurring Disorders? Substance use can cause chemical changes in your brain leading to Co-Occurring Disorders. Genetics, trauma, and the environment can also be factors in developing Co-Occurring Disorders. Let's start the conversation, tell someone what you learned today.

3

What is CODA? CODA stands for Co-Occurring Disorders Awareness. Co-Occurring Disorders is the combination of one or more mental health challenges (things like anxiety disorders, depression, ADHD) and alcohol, marijuana, opioid or other substance misuse. The hashtag #CODAconnects represents the value of connecting with each other, the hashtag #BeTheLink highlights the importance of knowing who you would turn to if you are concerned about yourself or a friend. Know that you can reach out to: _____ (NAME SPECIFIC SCHOOL RESOURCES) ANYTIME!

4

What is CODA? CODA stands for Co-Occurring Disorders Awareness. Co-Occurring Disorders is the combination of one or more mental health challenges and alcohol, marijuana, opioid or other substance misuse. Understanding the paths to substance misuse and addiction, the WHY and HOW things like - stress, anxiety, depression; sports injury and wisdom tooth removal; and, understanding the risks of what some consider "experimentation" on the developing brain - especially when 25 and under - can lead to empowered decision-making, and being a supportive friend #CODAconnects #BeTheLink

5

Today we are celebrating CODA DAY! You are learning some of the basics during CODA Week. Visit the CODA table in the (LOCATION) to participate in activities, pick-up some great SWAG, and become part of the CODA Movement! CODA connects and each one of us has the power to Be The LINK! Learn The Story Behind the CODA 2-Star logo, and help us bring Co-Occurring Disorders: out of the shadows and into the light.
#CODAconnects #BeTheLink

SUPPLIES & ACTIVITIES

CODA SUPPLIES & SUGGESTED 2025 ACTIVITIES

Your CODA Celebration Box contains all supplies for an amazing CODA Celebration:

CODA Tee-shirts

CODA rack card with facts

“The Story Behind The Stars” rack card

CODA 2-star stickers, temporary tattoos

the harris project/CODA silicone bracelets

Tablecloth, green, white, black streamers

Markers, pens, post-its, tape

I Am Poem – [activity](#)

Blob Tree – [activity](#)

#CODAconnect #BeTheLink Wallet Cards – [activity](#)

#BeTheLink chain – [activity](#)

Meditation and Grounding – [activities](#)

Leave One/Take One - Compassion Wall – [activity](#)

Throw-And-Tell Beach Ball – [activity](#)

“What’s Important To Me” worksheet and wallet cards – [activity](#)

“What’s Important To Us” posters – [group activity](#)

CODA Fact-Fiction Grab Bag – [activity](#)

How to host a CODA Athletic Game with field announcements and decals

CODA posters and Social Media tiles (messaging, grounding, mindfulness)

Chalk the Walk – [activity](#)

Other Activities & Planning Guide!

Encourage everyone to wear green, white, black on the day you designate your “CODA Celebration Day” in recognition of CODA WEEKS in April

Questions or need additional supplies,
email stephanie@theharrisproject.org



I am

POEM ACTIVITY

OBJECTIVE:

This icebreaker activity aims to promote self-expression, build a sense of community, and learn more about the author. Participants will create “I Am” poems, providing a platform for personal reflection, sharing, and understanding within a supportive environment.

MATERIALS NEEDED:

I AM template
Writing utensils

INTRODUCTION:

- Begin by explaining the purpose of the activity: fostering self-expression, building connections, and how this aligns with the themes of CODA.
- Briefly define co-occurring disorders to ensure participants have a basic understanding.

EXPLANATION OF “I AM” POEM STRUCTURE:

- Describe the structure of an “I Am” poem, emphasizing the three stanzas, each consisting of 6 lines.
- Emphasize that lines 1, 6, 12, and 18 should be identical, providing a consistent refrain throughout the poem.

PROMPTS FOR REFLECTION:

- Encourage participants to reflect on various aspects of themselves, their experiences, and their emotions.
- Suggest prompts related to mental health, personal strengths, challenges, and aspirations to tie into the theme of co-occurring disorders awareness.

POEM CREATION:

- Allow participants time to write their “I Am” poems. Encourage creativity, honesty, and vulnerability in their expressions.
- Reminder: adhere to the specified structure, repeating lines 1, 6, 12, and 18.

SHARING AND REFLECTION:

- Create a safe and respectful space for participants to voluntarily share their poems with the group.
- After each sharing, invite brief reflections or comments from others to foster a supportive atmosphere. Discussion on COD:
- Facilitate a brief discussion about co-occurring disorders, sharing relevant information and resources.
- Encourage participants to connect their reflections in the poems to the broader theme of mental health awareness.

CLOSURE:

- Highlight the value of self-expression, community building, and awareness-raising through activities like “I Am” poems.

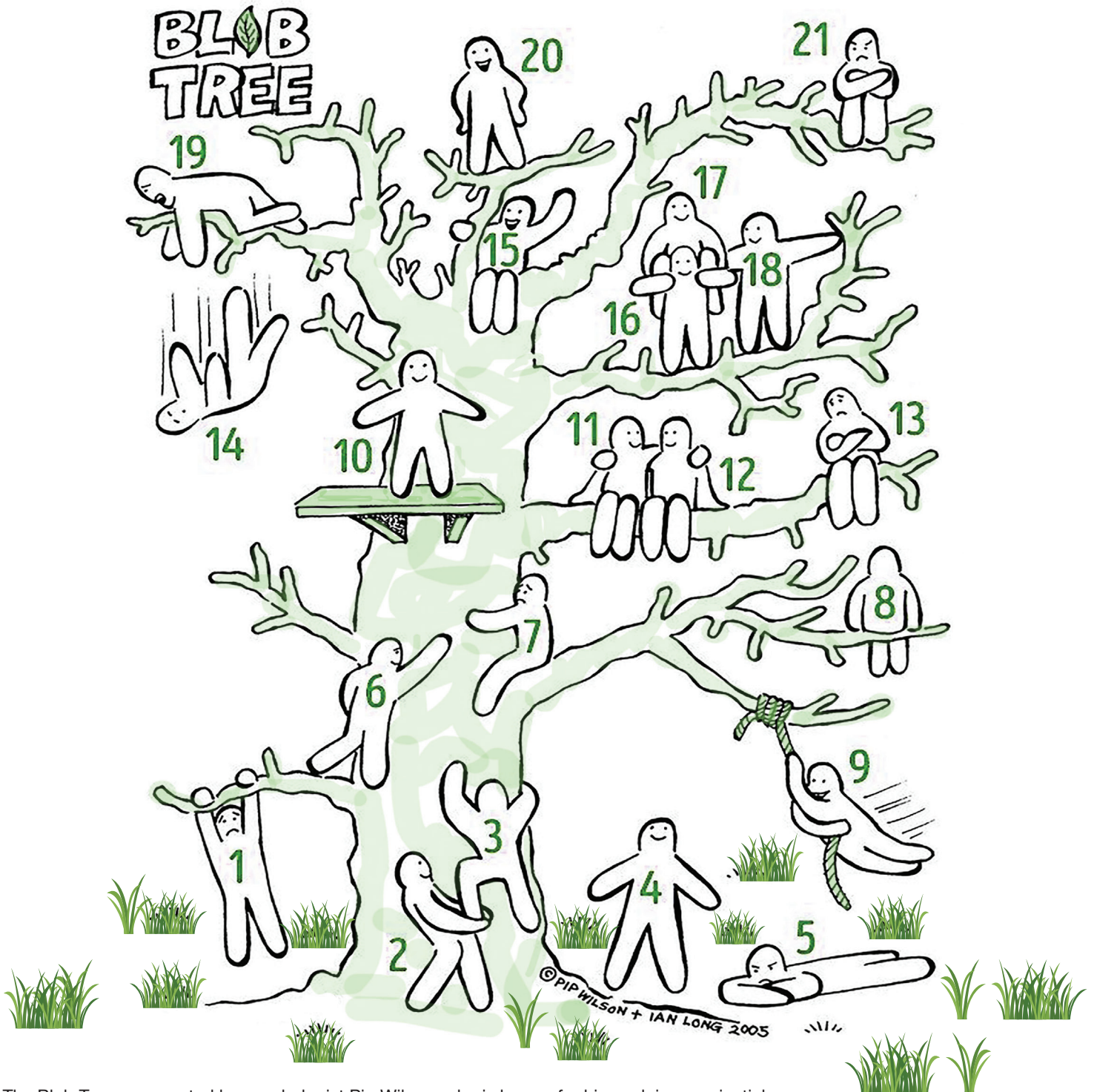
This icebreaker not only provides a creative outlet for self-expression but also facilitates open conversations about mental health, contributing to a more supportive and understanding community.

I AM POEM	
I am	(Two special characteristics)
I wonder	(Something you are curious about)
I hear	(An imaginary sound)
I see	(An imaginary sight)
I want	(A desire you have)
I am	(The first line of the poem repeated)
I pretend	(Something you pretend to do)
I feel	(A feeling about something imaginary)
I touch	(An imaginary touch)
I worry	(Something that bothers you)
I cry	(Something that makes you sad)
I am	(The first line of the poem repeated)
I understand	(Something you know is true)
I say	(Something you believe in)
I dream	(Something you dream about)
I try	(Something you make an effort on)
I hope	(Something you hope for)
I am	(The first line of the poem repeated)

Blob Tree

Look at the tree with the blob figures. Each blob represents a different emotion or state of mind. This activity helps you understand yourself better and see where you are and where you want to go. It's a simple way to check in with yourself and think about how you're feeling now and where you'd like to be.

1. **Pick a blob:** Choose the blob that best shows the emotion you're feeling right now.
2. **Share why you picked that blob:** What about it connected with you?
3. **Look to the future:** Pick another blob that shows the emotion you want to feel or who you want to be.



The Blob Tree was created by psychologist Pip Wilson, who is known for his work in experiential learning and emotional intelligence development. His approach helps people achieve their potential and find balance in life. This tool is used with adults and youth, and it's been scientifically proven to be effective for expressing and recognizing emotions in all age groups. It's a simple way to explore how we feel and where we want to go.



#BeTheLink

#BeTheLink - linking together students, staff, and the school community through this activity can make a powerful visual statement. Individual links celebrate what makes us unique, creating the chain highlights the strength of connectivity.



Supplies:

Green and white paper strips, markers, tape

Activity:

1. Give each participant a white or green link and marker.
2. Encourage participants to write a message on one side about a quality that makes them unique, and on the other who they would connect to if they were concerned about themselves or a friend/peer.
3. Tape the individual strips together to make one long, connected chain, which visually represents the power of uniting around how #CODAconnects and that each of us has the power to **#BeTheLink**

Leave One Take One COMPASSION WALL



The concept of compassion is powerful. Think about ways we can better support each other when it comes to mental health/trauma/substance misuse/addiction/risky behavior. We may have no idea what personal battle someone is facing, but being compassionate and providing a hopeful message can be the first step in showing someone they aren't alone.
Supplies: Post-Its, Markers, Compassion Wall

1. Hang the COMPASSION WALL
2. Place about 100 compassionate, positive messages to start the wall, include some CODA-themed messages
3. Invite participants to write post-its that provide compassionate and positive messages, and to take one of their choice
4. Take pics and post on social media use: #CODAconnects #BeTheLink

*"CODA – You Are Not Alone" "Knowledge = Power"
"co-occurring disorders: out of the shadows and into the light"*

Meditation And Grounding Exercises

CULTIVATING AWARENESS AND INNER PEACE

We've put together 7 simple meditation and grounding exercises to help you and your peers find calm. These techniques focus on different aspects, like using your sense, giving your mind a break, being kind to yourself in your thoughts, imagining peaceful scenes, relaxing your muscles, trying out straightforward meditations, and focusing on your breath.

SENSES
CREATING PERSONAL CALM WITH GROUNDING
FOCUSING ON YOUR SENSES

Grounding is a technique that helps you focus on the present moment by using your senses. It can help you feel more grounded and less overwhelmed by your thoughts and emotions.

Run cool or warm water over your hands.
Notice the feeling on your skin.

Carry a grounding object in your pocket.
Such as a small object like a small rock, piece of wood, or something that you can touch whenever you feel unpleasant emotions rising.

Stretch.
Extended your fingers, arms, legs, and gently tilt your head around.

Clench and release your fists.
Try it three times or any number you choose. Vary the timing of the hold.

Touch various objects around you.
Open your eyes, feel the texture. Notice texture, color, weight, temperature. Compare the objects you touch.

Grab tightly onto your chair or hold on to you can.
Notice the sensations and the experience.

Jump up and down.
You can shake your legs or you can do jumping jacks.

Notice your body.
Weighting your feet in your socks the feel of your back against the chair.

Focus on your breathing.
Notice each inhale and exhale. Repeat a pleasant word to yourself on each exhale.

Put something in a soothing way.
Fully experience the food. Describe the sight, aroma, texture, flavor, and the experience in detail to yourself.

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MIND
CREATING PERSONAL CALM WITH GROUNDING
FOCUSING ON THE MIND

Grounding is a technique that helps you focus on the present moment by using your senses. It can help you feel more grounded and less overwhelmed by your thoughts and emotions.

1 Describe your environment in detail. Using all of your senses. For example: "The walls are white. There are five blue chairs. There is a wooden bookshelf against the wall." Describe objects, sounds, textures, colors, smells, shapes, numbers, and temperatures.

2 Play a "categories" game with yourself. Think of types of dogs, musicians, cities, famous people (any category) that begin with each letter of the alphabet.

3 Describe an everyday activity in great detail. For example, describe making a bowl of cereal: "I've opened the cabinet and take a bowl. Then open the upper cabinet and take out the box of cereal. Open the box of cereal. Open the plastic top. Scoop the cereal into the bowl. Open the refrigerator. Grab the carton of milk..."

4 Imagine. Use a pleasant or comforting mental image. Use all of your senses. Imagine it as real as possible.

5 Read something, saying each word to yourself. Or read each letter backwards so that you focus on the letters and not the meaning of the word.

6 Use humor. Think of something funny to tell yourself out of your mind. A comedian's act. A meme. A private joke. Anything.

7 In the slowest way ever, count to 10 or say the alphabet backwards. Now do it in your mind. You can even do it backwards after the first round.

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KINDNESS
CREATING PERSONAL CALM WITH GROUNDING
FOCUSING ON SELF-TALK

Grounding is a technique that helps you focus on the present moment by using your senses. It can help you feel more grounded and less overwhelmed by your thoughts and emotions.

Say kind statements, as if you were talking to a friend.
"You are a great person going through a hard time. You're going to get through this."

Think of favorites. Think of your favorite color, animal, season, food, time of day, TV show.

Picture people you care about and look at photographs of them.

Remember the words to an inspiring song, quotation, or poem that makes you feel better.

Say a coping statement.
"I can handle this" or "This feeling will pass."

Plan a safe treat for yourself. Such as a piece of candy or fruit, a favorite drink, or a warm bath.

Think of things you are looking forward to.
Perhaps time with a friend, watching a movie, or going on a trip.

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IMAGINE THIS
CREATING PERSONAL CALM
- IMAGERY -

Your thoughts have the power to change how you feel. If you think of something sad, it'll feel sad. If you think of something good, it'll feel good. The opposite is also true when you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety. It takes time and practice. Find the technique that feels comfortable and works best for you.

Think of a place that you find comforting. It could be a beach, your bedroom, a quiet meadow, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don't just think. Feel it about this place - really imagine it and practice it.

1 What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.

2 What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.

3 Are you eating or drinking something enjoyable? What is it? How does it taste? How does it feel? How does it taste? How does it feel?

4 What can you feel? What is the temperature? What is the feel of the air or the feel of the ground? How does it feel? How does it feel?

5 What can you smell? What is the smell? How does it feel? How does it feel?

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RELAXATION
PROGRESSIVE
MUSCLE RELAXATION

Progressive muscle relaxation is a technique that helps you relax your muscles and reduce stress. It involves tensing and then relaxing different muscle groups in your body.

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of pain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

Feet Curl your toes tightly into your feet, then release them.

Calfs Point or flex your feet, then let them relax.

Thighs Squeeze your thighs together tightly, then let them relax.

Torso Tuck in your abdomen, then release the tension and let it fall.

Back Squeeze your shoulder blades together, then release them.

Shoulders Lift and squeeze your shoulders toward your ears, then let them drop.

Arms Make fists and squeeze arms toward your shoulders, then let them drop.

Hands Make a fist by curling your fingers into your palm, then relax your fingers.

Face Scrunch your facial features to the center of your face, then relax.

Full Body Squeeze all muscles together, then release all tension.

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CALM
A GUIDED
MEDITATION FOR CALM

This guided meditation is designed to help you find calm and relaxation. It involves focusing on your breath and using your senses to ground yourself.

Here's a simple meditation that a person can read aloud to guide a group, or you can even record yourself reading and play it back to yourself.

Find a quiet and comfortable place where you can sit or lie down.

Close your eyes, or if you prefer soften your gaze and focus on a point in front of you. Take a deep breath in through your nose, and exhale slowly through your mouth. Repeat this a few times, letting go of any tension or stress as you exhale.

Now bring your focus to your body. Start at the top of your head and scan down through your body, noticing any areas of tension or discomfort. Take a deep breath and let go of any tension as you exhale. Release through your neck, your shoulders, your back, your stomach, your legs, your feet, your toes.

If it's okay if your mind has wandered, bring it back to your breathing.

Focus on your breath. Notice the sensation of the air moving in and out of your body. Breathe in for 4 counts, and out for 4 counts. Do this a few times.

As you continue to breathe deeply, imagine a peaceful and calming scene. This could be a beach, a forest, or any other place that brings you a sense of tranquility. Visualize yourself in this scene, surrounded by peace and serenity.

Repeat this calming mantra to yourself, "I am calm, I am peaceful."

Stay in this state for a few more minutes, allowing yourself to fully embrace the calm and peace you've created. When you're ready, take a few more deep breaths and slowly open your eyes.

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INHALE PEACE
A GUIDED
BREATH MEDITATION

This guided breath meditation is designed to help you find calm and relaxation. It involves focusing on your breath and using your senses to ground yourself.

Here's a simple meditation that a person can read aloud to guide a group, or you can even record yourself reading and play it back to yourself.

Begin by finding a comfortable seated position, with your back straight and your feet flat on the ground.

Gently close your eyes, or if you prefer soften your gaze and focus on a point in front of you. Take a deep breath in through your nose, filling your lungs with air, and hold for a few seconds.

Slowly exhale through your mouth, letting go of any tension or stress.

Take another deep breath in, and as you exhale, release any thoughts or distractions that may be occupying your mind.

Begin to focus your attention on your breath, feel the sensation of air moving in and out of your body.

Allow your breath to flow naturally, without trying to control or change it in any way.

If your mind begins to wander, gently bring your focus back to your breath.

As you continue to breathe, imagine that with each inhale you are bringing in calm, peaceful energy, and with each exhale you are releasing any negativity or tension.

Stay with this practice for a few minutes, allowing yourself to fully embrace the present moment and the feeling of your breath moving in and out of your body.

When you are ready to end the meditation, take one final deep breath in, and as you exhale, release any remaining tension or stress.

Stay with this practice for a few minutes, allowing yourself to fully embrace the present moment and the feeling of your breath moving in and out of your body.

CODA the harris project

THROW & TELL



The best way to connect and be able to support someone can include getting to know them! Your group will have the opportunity to share and discuss goals and values, while getting to learn more about each other.

SUPPLIES: CODA beach ball(s), permanent markers

PREPARATION:

- Inflate your beach ball(s)
- Write the prompts below all over it (leave out any you don't love)!

INSTRUCTIONS:

- Have your group sit in a circle
- Toss the ball around the circle
- When someone catches the ball, have them read and respond to the prompt closest to their thumb on their right hand

- | | |
|--|---|
| • My goal for the day | • My proudest moment |
| • I wish I were better at... | • A hurdle I overcame |
| • What makes a day good? | • What I do to relax |
| • A day I would love to live over | • Three wishes |
| • What I would write a book about | • A way I've "given back" |
| • When I disagree with someone I... | • You can depend on me to... |
| • Worst fear | • How I handle conflict |
| • Who or what makes me laugh | • What I value in relationships |
| • A person I want to thank | • A healthy habit I practice |
| • Hardest thing about trying something new | • Who I turn to for help |
| • When I feel stressed I... | • What makes me impatient |
| • Something I'm thankful for | • Is saying "I'm sorry" hard? |
| • Where I might be in 5 years | • Favorite after school activity |
| • A thing I wish I could stop doing | • What I do for self-care |
| • Most difficult thing I've ever done | • I can make a difference by... |
| • My best coach/teacher, why? | • My feelings about social media |
| • I got in trouble when... | • If I were famous it would be for... |
| • Something I'd like to invent | • New skill I'd like to have (with no effort) |
| • I feel most like myself when... | • A healthy relationship feels like... |

HOW TO HOST A CODA GAME

PREVENTION THROUGH SPORTS



RAISE AWARENESS AND BUILD COMMUNITY

Bringing **CODA** (Co-Occurring Disorders Awareness) to the game is a powerful way to educate the community about the connection between mental health challenges and substance use issues. By hosting a **CODA** game, you'll help break stigma, spark conversations, and connect people to valuable resources. Here's how to make it a success in three simple steps.

1

BEFORE THE GAME

Get permission from the school administration and coordinate with sports teams to host a **CODA** game. Ensure that all necessary approvals are in place.

Coordinate with your Athletic Department and sports teams (e.g. football, basketball, soccer, baseball, softball, lacrosse, track) to ensure their support.

Share the “Story Behind The Stars” and let them know you will provide decals and tattoos for players and coaches to wear during the game. Enlist the help of team captains, if possible.

2

GAME DAY

Distribute decals

and tattoos if you haven't already provided them, make sure you have enough for players, coaches, and the opposing team.

Use announcements. Work with the school's public address announcer to share messages before, during, and after the game to engage fans. Suggested field announcements are provided.

Set up an awareness table to provide information, resources, and give-aways for fans related to co-occurring disorders. Consider partnering with other clubs for additional support.

3

INTERACT AND REFLECT

Use social media. When sharing posts, include pictures and stories using **#CODAconnects** and **#BeTheLink** hashtags, and tag **@theharrisprojectCOD** on Instagram. This can help extend the reach of your awareness campaign. Also share to school websites and reach out to local newspapers.

Reflect and plan for the future. Gather feedback after the event. See what worked and what can be improved. Consider hosting **CODA** athletic games for every sports season.

FIELD ANNOUNCEMENTS

Raise awareness about CODA (Co-Occurring Disorders Awareness) with these field announcements, promoting wellness and supporting the health of our athletes, students, and families.

Understanding CODA

Ever heard of CODA? Co-Occurring Disorders Awareness (CODA) is shedding light on the combination of mental health challenges and substance use issues. More than 20 million people have co-occurring disorders, but most have never heard of it.

[If you set up a table, include:]

Check out the CODA table to learn more about co-occurring disorders, the CODA 2-star logo on our student athletes, and the story behind the stars.

Mission of the harris project

Did you know? 22% teens in the US have a mental health disorder with severe impact, things like anxiety, depression, ADHD, bi-polar disorder, and post traumatic stress disorder. One in two people with substance use issues also face mental health challenges. The harris project is on a mission to bring co-occurring disorders: out of the shadows and into the light.

Pathways to Substance Misuse

Can mental health challenges and sports injuries lead to substance misuse? Yes. They, along with “experimentation” on developing brains under 25 and family history, contribute to Co-Occurring Disorders. CODA empowers informed decisions.

The 2-Star CODA Logo

The 2-star logo you see on our student athletes? It represents the power of human connection, the importance of linking to the right supports, and the two main components of co-occurring disorders: mental health challenges and substance use issues. It's also a reminder that “You Are Not Alone.” Use #CODAconnects #BeTheLink to spread the message of connection and support.

The Influence of Substance Use on Mental Health

Did you know that substance use can lead to chemical changes in the developing brain, especially for those 25 and under? Even legal opioid prescriptions for things like sports injuries can contribute to co-occurring disorders.

COD is Preventable and Treatable

The good news? Co-Occurring Disorders is preventable and treatable. Raising awareness is the crucial first step toward saving lives and improving outcomes. Then comes accessing resources. Here, you can reach out to (name appropriate school supports). Join the CODA Movement and use #CODAconnects #BeTheLink to amplify the message.

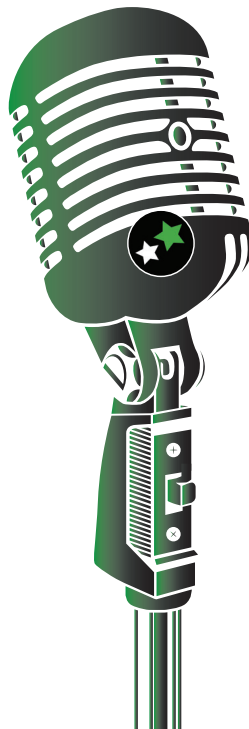
Expressing Gratitude

A heartfelt thank you to (____), Athletic Department, AD, Coaches, Trainers, and, most importantly, our student athletes and community for being an integral part of the CODA Movement.

Your support makes a significant impact.

Learn More

Dive deeper into CODA and explore available treatment opportunities by visiting theharrisproject.org or reaching out to stephanie@theharrisproject.org. Knowledge is power and together we can make a meaningful difference!



WHAT'S IMPORTANT TO ME & WHAT'S IMPORTANT TO US

SUPPLIES: What's Important to Me 8.5 x 11 handout, markers.
What's Important to Me wallet cards. What's Important to Us posters.

The “What's Important To Me” tool can help you and your peers in a number of ways:

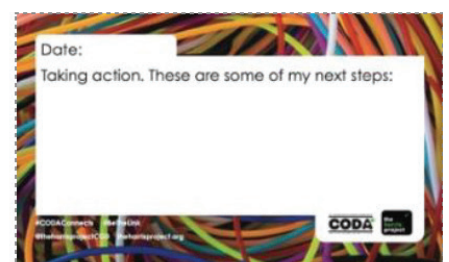
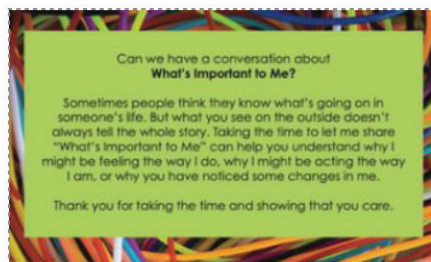
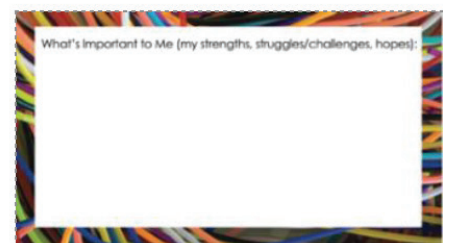
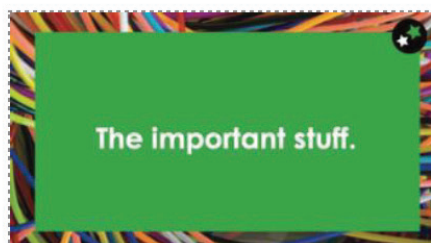
First and foremost it can help you think about your priorities, challenges, hopes, and dreams.

It can also help you “find your voice” when speaking with people including family, peers, teachers, counselors, coaches & professional supports by helping you frame the things that are most important to you.

This can help others around you be in a much better position to understand what is important to you and work with you to problem-solve and find the best path forward.

By being able to share this information with the people in your life, it helps them understand more about the sort of things that are meaningful and fulfilling for you, what might be keeping you from achieving your goals, and helps you provide information they might not otherwise take the time to ask about – it's a win-win!

We hope that you will also take the time to ask those in your life “What's Important To You?” to spark meaningful conversations!



Who did you talk to? • How did it feel? • What happened?

PART 2

WHAT'S IMPORTANT TO US

SUPPLIES: Posters and markers.

Creating a poster of common goals and priorities for your school community can foster a positive shift in community connectedness and culture. Being mindful of the challenges you may face as a group shows you understand that it isn't always easy to bring change.

Include your advisor or an administrator on next steps which can include: holding a brainstorming session on introducing WHAT'S IMPORTANT TO US; determining how you will decide what to include on the poster (maybe a school or gradewide vote); and, exploring ways to use the ideas generated to make the most impact at your school!



CODA
FACT OR **FICTION**
GRAB BAG



Find out what your school and community know about Co-Occurring Disorders: the relationship between mental health disorders (like anxiety, depression, ADHD, etc.), and self-medication, substance misuse, and addiction; the potential addictive impact of opioids, even when legally prescribed for things like sports injury/wisdom tooth removal; and, how brain changes caused by “experimentation” can lead to the development of co-occurring disorders.

Supplies: Fact/Fiction cards and answer key (in Google drive), prizes, drawstring bag

1. Cut apart fact/fiction cards
2. Place cards in drawstring bag
3. Participants reach into the drawstring bag, read the information and decide **FACT** or **FICTION**
4. Using the answer key, let them know if they are correct or incorrect and why
5. Use CODA stickers, buttons, awareness bracelets, and tootsie rolls as prizes
6. Knowledge=Power, this activity can be used to raise awareness



THE MASKS

WE WEAR

Download the mask template from the Google drive.
Decorate the front of your mask using markers and stickers. Choose designs, decorations, slogans, pictures, or words that represent what you show the world. Think about the colors you are using and what they represent. On the back, if you are comfortable, write feelings or thoughts that are not as noticeable to those around you.

What do people hide behind the masks they wear? Why?

Some responses we've heard:

Anxiety, fear of failure, stress about fitting in, feeling like I'm not good enough, embarrassment that my life doesn't look like those on social media, depression, loneliness, I'm a mess, I don't care what people think about me, I care what people think about me, being funny keeps people from knowing who I really am, excitement, vulnerability, my true self, anger, happiness, sadness.

Almost all of us wear a mask sometimes - it's part of human nature. Having self-awareness about the different masks we wear, and the reasons behind it, helps us gain understanding about ourselves. Feeling secure, loved, and accepted enough to allow our authentic selves to be seen without our masks may be easy for some, and a step-by-step process for others - and that's OKAY!

If you're comfortable sharing: how did you feel? what did you learn?

SOCIAL

CODA/the harris project is very active on social media and encourage sharing graphics on your accounts.

GET THE GRAPHICS:

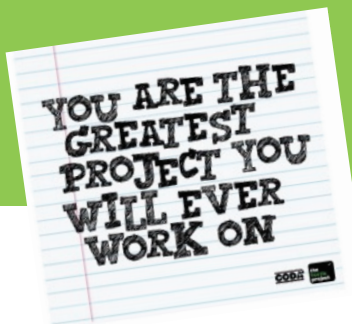
You will be provided with a link to the google drive that contains our social media graphics to use for this campaign! You can also check out our Instagram and use our selected posts to schedule content on your accounts.

POST ON YOUR SCHOOL, CLUB, AND PERSONAL SOCIAL MEDIA

Don't forget to tag the harris project in your post. That way, we can follow along and support your campaign! Plus, use #CODAconnects and #BeTheLink to see what other schools are doing to spread the CODA message!

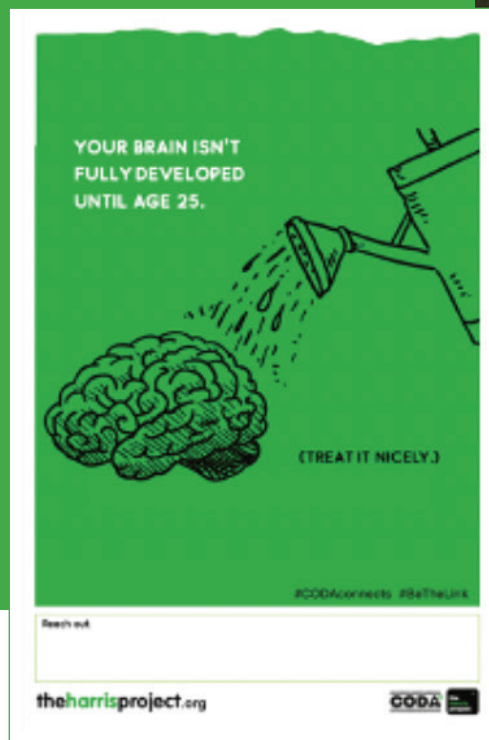
Multiply your reach by encouraging your audience to like, comment, and share your posts! Consider crafting a TikTok challenge or Instagram story tag that others can easily participate in.

INSTAGRAM: @theharrisprojectcod
TIKTOK: @theharrisprojectCOD
FACEBOOK: @theharrisprojectCOD
X: @theharrispro



POSTERS

There are 11x17 posters, including the movie poster, You Don't Know the Half of It, for you to display around your school providing Co-Occurring Disorders, Mental Health, and Substance Misuse information, together with positive affirmations. Please add the names of school resources in the space provided. A complete set of the posters is also available in the Google drive.



HOST A SCREENING

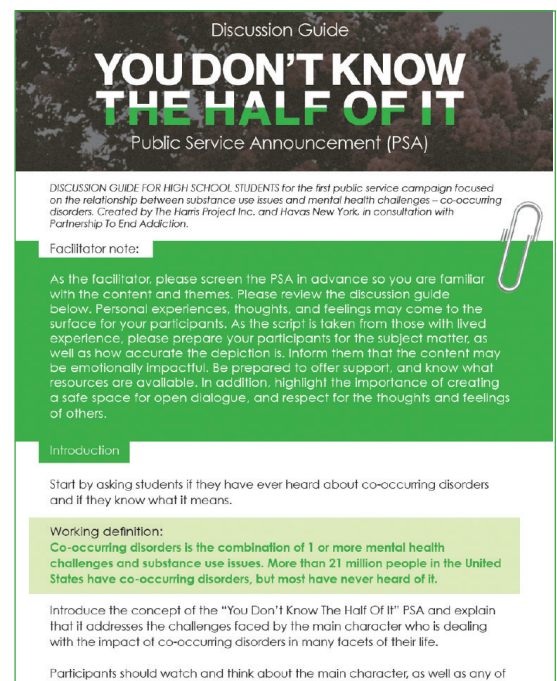
"YOU DON'T KNOW THE HALF OF IT"

You are invited to host a screening of the harris project's award-winning "You Don't Know The Half Of It" co-occurring disorders awareness public service announcement. Created by advertising firm Havas New York | Media, our campaign is all about going beyond the surface and understanding the real experiences people with co-occurring disorders may be facing. Plan to use a quiet and comfortable space where everyone can see and hear (incorporate measures for accessibility when possible).



DISCUSSION GUIDE

We've created a discussion guide to spark some important conversations about the connection between substance use issues and mental health challenges. When hosting a screening we encourage you to think about ways to make it a space for talking openly, breaking down stigma, and learning from one another. So, dive in together and explore this important topic. Your thoughts and voices matter, and together, you can make positive impact.



#CODACONNECTS #BETHELINK

WALLET CARDS

Each #CODAConnects #BeTheLink Wallet Card has 1 of 9 inspiring quotes, plus a place for recipients to write who they might link to if concerned about themselves, a friend, peer, teammate, community member, or loved one.

It's a reminder that **You Are Not Alone!**

SUPPLIES: Wallet cards, pencils

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
—Maya Angelou

#CODAconnects

The CODA movement highlights the value of creating connections and communities that care, recognizing the importance of knowing which adult you will link to if you are concerned about yourself or a peer.

WHO IS YOUR LINK?

#BeTheLink



Our greatest glory is not in never falling, but in rising every time we fall.
—Confucius

Believe you can and you're halfway there.
—Theodore Roosevelt

It is during our darkest moments that we must focus to see the light.
—Aristotle Onassis

Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.
—Roy T. Bennett

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.
—Harriet Tubman

Sometimes the biggest accomplishment in life is to find yourself.
—Luisa Fernanda Cicero

You are searching the world for treasures. But the real treasure is yourself.
—Rumi

Self-care is how you take your power back.
—Lalah Delia



What's Chalk the Walk?

Chalk the Walk is all about spreading positive vibes with sidewalk chalk and your creativity! Your messages will inspire others and support mental health and wellness in your community. It's a fun way to raise awareness about mental health, substance misuse, and co-occurring disorders while encouraging open conversations.

Goal:

Create chalk art that shares CODA (Co-Occurring Disorders Awareness) messaging and promotes positive mental health and wellbeing.

Who Can Join?

Make it yours! You can keep it just for your school or invite family, friends, and local businesses to join in.

How to Get Started:

Get approval from your school administration.

Pick a date and location for your Chalk the Walk during April CODA Weeks.

Spread the Word:

Let everyone know when and where to join! Share the details so people can come and chalk their messages and affirmations.

What You'll Need:

Green & White chalk (included in your CODA Celebration Box)

A sidewalk (that's it!)

Share the Positivity:

Take photos and share them on school sites and social media with these hashtags:

#CODAconnects #BetheLink #ChalktheWalkWestchester

Tag @theharrisprojectcod and @westchester_county_dcmh.

Your message might be featured during CODA Weeks in April and Mental Health Month in May!

Chalk the Walk, Have the Talk Westchester is an initiative of the Westchester County Suicide Prevention Coalition and Co-Occurring System of Care Committee in collaboration with Greater Mental Health of NY; The Greenburgh Public Library; SPEAK; NAMI Westchester; and the harris project.

CODA ★
theharrisproject.org



OTHER ACTIVITIES

SELF-CARE BINGO!

SUPPLIES NEEDED

THE BOARD (found in the Google drive) Send CODA bingo boards to all first period classes or homerooms. Make an announcement over the PA system or virtual daily news about the activity of the day and how to play. Encourage students to complete the cards throughout the day and drop off at the CODA table to win prizes. Give away bracelets, pins, stickers, and lollipops.

HOW TO

Print bingo boards, Markers/pens

PLAY

Set the rules: how can you get bingo? Across, down, diagonal, boxes? Pick intervals: how often will players win? Once per period/day?

CODA Edition 				
B	I	N	G	O
Been a good friend 	Did something to take care of me today	Gave myself a compliment	Thanked someone 	Talked to someone about CODA
Tried a mindfulness activity	Gave myself a HUG!	Drank enough water	Know which adult I would link to if concerned about a friend	Had a quiet dance party 
Used a skill to feel better	Accomplished one thing on my To-Do list 		Unplugged from technology for the day	Did 7 jumping jacks-got moving
Filled out "What's Important To Me"	Wrote down positive words and put them someplace I can see them	Asked for help when I needed it	Checked on someone to be a CODA connector	Gave up a habit that no longer served me
Choose to use words that are kind	Know what self-help strategies work best for me	Learned one new thing today	Shared what I noticed when concerned about a friend	Gave myself a break

CODA YOUR

CALENDAR

(Taking a page from Valhalla CODA)

Create a calendar designed with monthly opportunities to do a little self-care, CODA planning, etc.

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Compliment Someone	2 GO TO SLEEP 30 min earlier	3 1 minute MEDITATION	4 STRETCH & CALM YOUR MIND	5 GO FOR A HIKE
TAKE 30 MINUTES TO READ	6 ONLY DRINK WATER TODAY	7 Write down something good that happened!	8 CALL A FRIEND	9 ASK FOR HELP	10 FIND A NEW HOBBY	11 REACH OUT TO A FRIEND
Sleep in	13 CROSS AN ITEM OFF YOUR TO-DO LIST	14 CODA MEETING	15 PUT DOWN YOUR PHONE	16 Let go of something that has been bothering you	17 Call a friend NOT TEXT	18 Enjoy nature
Listen to a new band.	20 BAKE	21 COMMIT YOURSELF	22 Spend time with a pet	23 THANK SOMEBODY	24 Spend time with a friend	25 Slow down and enjoy little moments
Exercise	27 Spread Kindness	28 MAKE A GRATITUDE LIST	29 DECLUTTER	30		

CODA | MENTAL HEALTH



SPIRIT WEEK



MAY | OCTOBER

CODA isn't just about a week; look for weeks or months to celebrate CODA and mental health/recovery, then plan your ways to spread the word so your classmates can join in the fun.



Some ideas are:



Monday
SUPERSTAR

Celebrate the CODA 2-star logo by dressing as your favorite star

Tuesday
TIE-DYE

We all have a variety of emotions, wear tie-dye to embrace all that we feel, and to show it's okay to feel and experience these – sometimes even in one day!

Wednesday
SCHOOL SPIRIT

Embrace the “family”, and being linked together, extra points for saying hi to someone new!



Thursday
BE COMFORTABLE IN YOUR OWN SKIN
Pajama day, dress comfy

Friday
GREEN, WHITE & BLACK are CODA colors,
GREEN is also mental health.



Create some ideas of your own and share with us!
Reach out to stephanie@theharrisproject.org

CODA | INCLURE

OATH TO SELF

- **Acceptance of Awareness:** Enjoy a Tootsie Roll as a symbol of accepting the sweet commitment to share co-occurring disorders awareness with friends, family, and community.
- **Shine Your Light:** Crack a glow stick bracelet to symbolize being a positive example to others.
- **Implement Self-Care:** Agree to explore stress-relief and self-care methods, committing to positive and substance-free practices.

Supplies: Oath, Markers, Tootsie Rolls or other sweet, Glow Stick Bracelets

These actions signify your dedication to promoting awareness and support those with co-occurring disorders.



CODA



PLANNING GUIDE

Bringing the conversation
to our school community

WHAT MESSAGE(S) CONNECTED

WHAT ARE OUR PRIORITIES

EVENTS/ACTIVITIES/SPEAKERS

TARGET POPULATION(S)

- ☐ Classmates and peers
- ☐ Athletics, the arts, clubs
- ☐ School administrators, staff
- ☐ Parents, guardians
- ☐ Community partners
- ☐ Elected officials

WHO SHOULD BE AT THE
PLANNING TABLE

GOALS & ACTION STEPS

Questions or need additional supplies, email stephanie@theharrisproject.org