



American  
Heart  
Association.

## Empowering Your Community Against Stimulant Use Disorders In-Person Lesson Plan

Methamphetamine and stimulant use disorders are one of our country's most pressing challenges. Communities are rising to meet this challenge with compassion, strength, and hope. The American Heart Association is empowering those efforts through the latest science-based information and care. Together we can make a difference.

### PREPARING FOR THE LESSON

- Plan enough time to test audiovisual equipment to make sure the video plays correctly and sound can be heard.
- Budget at least 30 minutes to present the lesson.
- There are different options for dissemination of the pre- and post-video survey. Consider which option would work best for your audience:
  - (1) You can email and/or text congregants the survey links and QR codes beforehand (see below for English and Spanish versions). Post the survey links (and/or QR codes) in a place where people can see it.
  - (2) Please let your congregation know that the link is for a research opportunity which will help us to evaluate the effectiveness of the video lesson.
  - (3) Note: Please inform congregants that they should refrain from opening the link until they are in the session where the video is being presented, as there will be three parts of the link, including a consent form and demographic data which wouldn't specifically identify them, a pre-video survey, and a post-video survey.

Link to survey and QR code are below for the English and Spanish versions of the survey. Congregants may access the online pre- and post-video survey there. Please let congregants know that they will be able to access the survey with either the link or the QR code.

Links and QR code for the survey in  
ENGLISH:

<https://redcap.link/AHAEMPOWER>



Links and QR code for the survey in  
SPANISH:

<https://redcap.link/AHAencuesta>



## AUDIOVISUAL NEEDS

- Projector/laptop/speakers to play video
- Internet connection – Video link [Empowering Your Community Against Stimulant Use Disorders - YouTube](#)

## PROGRAM FORMAT

1. Survey link – Email/text the link or invite participants to enter the web address themselves into their phones. If they choose to participate, they can access the survey, which includes the consent form and demographic information, as well as the pre- and post-video survey questions. Of note, when they are completing the parts of the survey they can click through once they complete each section at the bottom of the page. The consent form does not require a signature, as in choosing to answer the questions, they are conveying their consent for participation, as is stated in the form.
2. Introduction - Begin your program with a warm welcome and opening remarks. This could include an inspiring quote or reading, or you can share with the group why this topic is important to you and your reason for offering to host this lesson.
3. Play video - [Empowering Your Community Against Stimulant Use Disorders - YouTube](#)
4. Discussion questions – Encourage everyone to participate.
  - a. Have you been able to challenge prior judgmental beliefs that you may held prior to this lesson given the information in the video? If so, how?
  - b. What previous knowledge did you have about how substance use disorders affect people prior to this lesson?
  - c. What new information have learned through this lesson?
  - d. What is something you'd like to learn more about substance use disorders in the future?
  - e. Would you share this video with other people to help them learn about stimulant and methamphetamine use?
5. Post-video questions – People will be able to click through at the bottom of the pre-video questions page, which will take them to the page where the post-video questions are located. They should not close that page on their phones or computers while viewing the video. After the video, congregants can then answer the post-video survey questions and click submit after they have completed the questions.
6. Closing remarks - Thank everyone for coming. Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.