

# JESSICA FLUHARTY

## MARION, OH

**How is the opioid epidemic affecting you, your family, and your neighborhood? :**

I developed an eating disorder when I was 13 and suffered with drugs and alcohol abuse until I went into recovery in July 20, 2013. I married a man who is an addict. Together we had two beautiful girls. The relationship was toxic and abusive. I II don't know where he is now and am partially very glad. My girls are finally happy and so am I.

**What do you see as causes of the epidemic in your community and in Ohio? :**

We suffer from low self-worth and no coping skills

**What steps might we take as a state to combat the opioid epidemic? :**

I am a yoga teacher today and I teach children. I want to prevent kids from feeling as I did growing up.

**What might we do as individuals and a community to reduce opioid abuse?:**

Teach children coping skills and bring yoga into schools. We used to mask how we felt.