

Free Digital Program for Individuals Impacted by Substance Use

Level Up with **EASE** is a flexible, digital program designed to support individuals with substance use disorder. In just 4 parts, participants build skills to strengthen protective factors, reduce risk, and support long-term recovery from substance use.

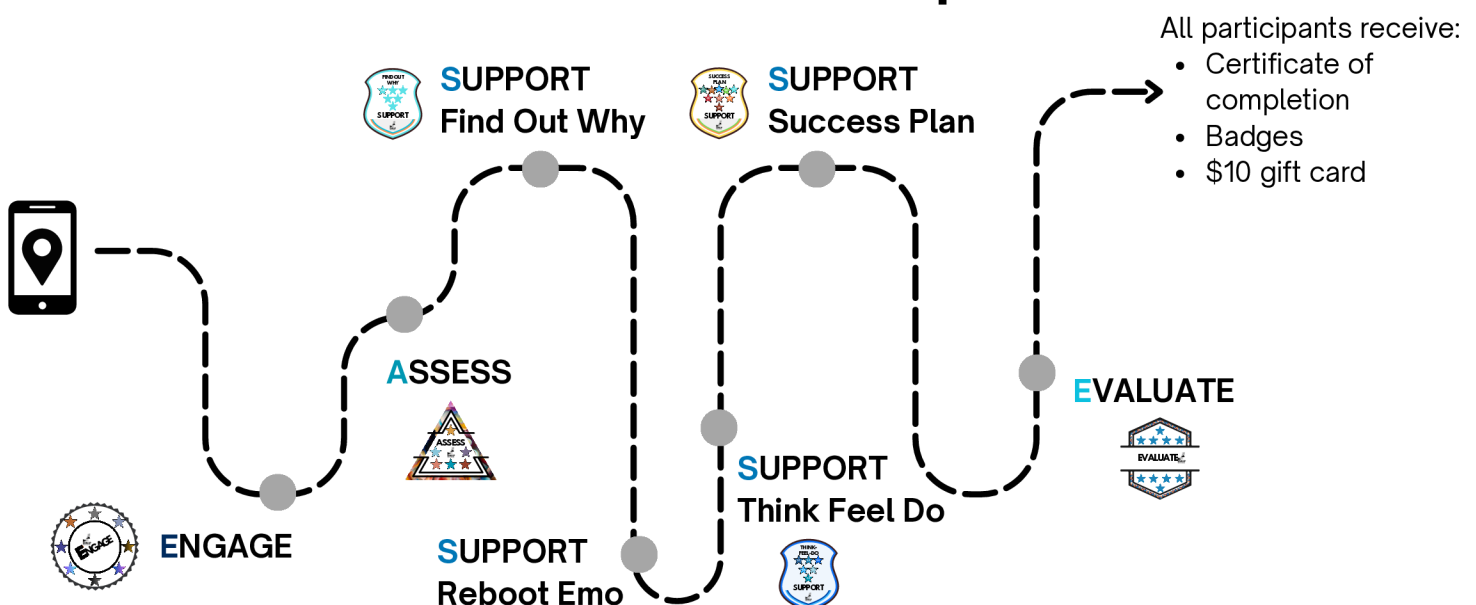
Engage
Assess
Support
Evaluate



Program Features

- ✓ 20 hours of content
- ✓ Digital coaching
- ✓ Available on any smart device
- ✓ Certificate of completion
- ✓ Digital badges
- ✓ \$10 reward

Course Roadmap



Sign Up to Enroll in the Program



bit.ly/LEVELUPWITHEASE



What You'll Learn

- How to build supportive relationships
- Communication and emotion regulation skills
- Healthy decision-making tools
- Goal-setting and planning for the future

FREE Until September 2026

Contact mamadoblanco@fsu.edu with any questions