



**choose  
you** > Live above  
the influence.

**“I choose to be a role model.  
I choose to live substance free.”**

Carter O. > David City, Nebraska



**NEBRASKA**  
Good Life, Great Mission.  
[www.dhhs.ne.gov](http://www.dhhs.ne.gov)

See Carter's story and find resources to help you live substance free at: [dhhs.ne.gov/chooseyou](http://dhhs.ne.gov/chooseyou)



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**"I choose to be present for my grandkids.  
I choose to live substance free."**

Janice M. > Papillion, Nebraska



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See Janice's story and find resources to help you live substance free at: [dhhs.ne.gov/chooseyou](http://dhhs.ne.gov/chooseyou)