



May 2016

Prevention Network

We Take Prevention Personally!

The clear choice

THE PREVENTION WAY OF LIFE.

IN THIS ISSUE

Introducing PN's Spring Newsletter for 2016!

Welcome to the inaugural edition of our e-newsletter. Many of you gave us feedback that you relied on our earlier newsletter, *Network News*, for updates on important issues, links to important resources, and stories on what was happening in Michigan's vibrant prevention field. We hope this new resource assists you in your efforts to improve the health, wellness, and safety of those living in your community. We are planning quarterly editions of this newsletter, and welcome your input.

May National Prevention Week May 15-21, 2016

The overall theme for 2016 is "Strong As One. Strong Together."

- *Prevention of Tobacco Use – Monday, May 16*
- *Prevention of Underage Drinking & Alcohol Misuse – Tuesday, May 17*
- *Prevention of Prescription & Opioid Drug Misuse – Wednesday, May 18*
- *Prevention of Illicit Drug Use & Youth Marijuana Use – Thursday, May 19*
- *Prevention of Suicide – Friday, May 20*
- *Promotion of Mental Health & Wellness – Saturday, May 21*



Visit SAMHSA at www.samhsa.gov/prevention-week

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From the Director
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A Message from the Executive Director

Ken Dail, Prevention Network

I would like to start off by thanking our outgoing Board co-Chairs, David Pletzke and Sara Lurie, for their commitment and service to Prevention Network. David is retiring from his job at Peckham, Inc., and is ready to travel and spend more time with family and on the hobbies he so dearly loves. Some of you will recognize his name, as he has been involved on the PN Board since our beginning over 30 years ago. When he tells the stories of PN's humble beginning, he tells them from firsthand experience. He was there. Sara has accepted a new position as the Chief Executive Officer of the Clinton, Eaton, Ingham Community Mental Health Authority. Her new role and responsibilities will consume much of her time during the transition in her role at CEI CMH. We anticipate both David and Sara will remain on the Board for the foreseeable future.

We welcome our new co-chairs, John Hyden and Shelly Marcusse. You will get to know them a bit in our next quarterly edition.

If you were to stop by the office, you would see some things have changed since our last newsletter went to print. There are a few new faces at the office and we now have an office in Detroit where the Community Connection Grant program is coordinated. We have added a few new partnerships with the W.K. Kellogg Foundation, the Michigan Department of Education, and the federal Substance Abuse and Mental Health Services Administration. All while maintaining our flagship partnerships with the Skillman Foundation and the Michigan Department Health and Human Services Office of Recovery Oriented Systems of Care.

While the specific details of those contracts have shifted a bit over the years, the main goal continues to be the improvement of the health, wellness, and safety of Michigan's communities. You will see in this edition information about several of the programs and initiatives Prevention Network is currently involved in. We also have a couple stories submitted by local partners throughout the state. In the future, you can expect more of these stories, and links to important local, state, and national resources.

And we will continue to keep you up to date on our corner of the world. As we prepare for our almost 35th year in this business, we are happy to report that the doors are still open, the lights are still on, and we stand ready to assist you in your efforts. How we help might look a bit different than it did in the beginning, but our steadfast commitment to you hasn't changed.



Drug Free Communities by Maureen Smith

In October 2014 Prevention Network was awarded a Drug Free Community Grant through SAMHSA - Substance Abuse and Mental Health Services Administration, which focuses on reducing youth use of alcohol, marijuana, and prescription drugs by working with the programs and services offered by the Ingham Substance Abuse Prevention Coalition (ISAP).



The Ingham Substance Abuse Prevention coalition's mission is "working collectively to enhance the health and safety of Ingham County youth and citizens through the reduction of the overall impact of substance use, abuse, and dependency". The primary goals of ISAP include prevention and reducing underage drinking, youth and adult binge drinking, youth misuse of prescription drugs, youth use of tobacco, youth use of marijuana, and increasing the perception of harm of using marijuana.

In order to achieve our goals, ISAP focuses on implementing early intervention strategies. Since ISAP's inception, Ingham County has seen a dramatic reduction in youth alcohol use and

tobacco use. Our data shows that the youth perception of ease of obtaining alcohol is decreasing and the perception of risk of using prescription drugs is increasing. Overall, youth and adult use of tobacco is at a steady decline.

With the legalization of medical marijuana in 2008 and the fight to legalize recreational marijuana underway, our data shows that the perception of risk of marijuana use is declining at an alarming rate, as use is starting to increase after nearly a decade of steady decline.

This year, the main message spread through resources from the Drug Free Communities grant is that most teens are not using alcohol, tobacco, or other drugs. We know that as the perception of harm of drugs increases, use decreases. In order to increase the perception of harm further, it is our goal to empower youth with skills to talk to each other about how they stay above the influence of alcohol and drugs, as well as skills to refuse their friends who may try to entice them to use. In partnership with middle and high schools across the tri-county area, we are increasing awareness that most teens are not using alcohol, tobacco and other drugs. For more information, contact Maureen Smith at maureens@preventionnetwork.org.

Michigan Higher Ed Network

Prevention Network (PN) has been reaching out to Michigan colleges and universities interested in underage drinking and prescription drug misuse prevention and intervention on and around Michigan campuses. As of April, 65 contacts from more than 30 Michigan colleges and universities have agreed to participate in the Michigan Higher Ed Network. Participants are interested in learning what other Michigan campuses are doing to address underage drinking, high risk drinking, and drug abuse; connecting with other professionals in the field; gaining fresh ideas and strategies for dealing with underage drinking and drug abuse; learning what programs are most effective as well as cost effective; and gathering current trends, data, best practices, and lessons learned. The Michigan Higher Ed Network has met once via teleconference and is planning two more meetings over the next five months. A system for sharing resources electronically has been created via email, Facebook, and Prevention Network's website. For more information on the Michigan Higher Ed Network, contact Luanne Beaudry at pamcampaign@preventionnetwork.org.

Prevention Network has a contract with the Michigan Department of Health and Human Services, Behavioral Health and Developmental Disabilities Administration, Office of Recovery Oriented Systems of Care (MDHHS, BHDDA, OROSC) to facilitate the creation of a network of Michigan campuses.

It's Time To - Do Your Part - Be The Solution

Do Your Part: Be the Solution is a program of the Michigan Department of Health and Human Services designed to educate Michigan citizens about the dangers and the extent of substance abuse in Michigan, especially the abuse of prescription drugs and alcohol. It is our hope that with the right information, everyone can do their part and be the solution to the growing substance abuse problems in our state. Visit <http://www.michigan.gov/doyourpart> to learn more about prescription drugs and underage drinking.



Parenting Awareness Michigan

by Luanne Beaudry like PAM on Facebook



Parenting Awareness Michigan – A Statewide Initiative Advocating for Effective Parenting Practices. PAM seeks to draw public attention to the critical importance of effective and informed parenting across the lifespan. The initiative promotes education and resources for developing parenting skills. Effective parenting is a key factor in alcohol, tobacco, and other drug prevention, and the prevention of other risk behaviors in children and youth. For resources to include in your local parenting programs and activities visit www.preventionnetwork.org/pam; request a tool-kit of printable materials or download from our website. For more information, contact Luanne Beaudry, Coordinator, at 800-968-4968, or pamcampaign@preventionnetwork.org.

Professional Development for Parent and Family Service Providers, Educators, and Advocates. Each year the Parenting Awareness Michigan Conferences are held to bring together professionals and volunteers who work with parents and families. Two statewide conferences are held in the fall. In 2015, PAM Conference participants wrote,

"This was a great conference and I can't wait to go next year!" and "This is my fourth PAM Conference and they continue to excel at providing relevant information." The PAM Steering Committee who plan the conferences love those affirming remarks. With that, the committee is pleased to bring to you the **24th Annual Parenting Awareness Michigan Conferences: Thursday, October 13, 2016, in Marquette, and Friday, November 18, 2016, in East Lansing.** The PAM Conferences are for anyone who works with parents and families. Highlights: keynote presentations, workshops on issues facing today's parents and caregivers, and a variety of exhibitors showcasing parenting programs and resources. Bonus activities include networking with others throughout the state, fun door prize baskets, and the



annual Ice Cream Social to end the day. In addition, continuing education will be offered for MCBAP, Social Work, and SCECH. Please visit www.preventionnetwork.org/pam for more information. Questions can be directed to Luanne or Kristine at 800-968-4968.

Be Creative! Enter the 2017 Parenting Awareness Month Poster Contest

Michigan residents pre-school through adult have an opportunity to present the winning poster idea for the statewide 2017 Parenting Awareness Month! This will be the 24th year that Parenting Awareness Michigan has conducted the PAM Poster Contest. The Grand Prize Winner will receive \$100 and the winning entry will be transformed into a poster and matching bookmark with parenting tips for use during Michigan's Parenting Awareness Month and throughout the year. First and second place winners in each age category will win \$50 or \$25. Deadline for entries to be received is October 7, 2016. Winning posters will be displayed at the 24th Annual Parenting Awareness Michigan Conferences in the fall of 2016. For an entry form call 1-800-968-4968 or visit www.preventionnetwork.org/pam.

PAM Packet/Toolkit, Posters, and Bookmarks Available

The 2016 PAM Packet is available in limited supplies. It's filled with reproducible parenting materials for use throughout the year. These can be used as handouts, for newsletter articles, to send home in school folders, and so forth. The 2016 PAM Poster and Bookmark (with parenting tips) are also available for year around use with parents, caregivers, and families. To order materials contact 1-800-968-4968 to request an order form, or download a form at www.preventionnetwork.org/pam. All materials available at no cost, but shipping charges will be invoiced. PAM Packet materials can also be downloaded from our website.

The Power of Parents! Important Things to Know in Parenting for Alcohol, Tobacco, and Other Drug Prevention


Parents and caregivers have a crucial role in drug use prevention! Informed and effective parenting are important components of preventing alcohol, tobacco, and other drug use and related risk behaviors in children and youth.

Parents have the power! Here are five of eight research-based factors related to a reduction in alcohol, tobacco, and other drug use among children and youth.

- Parents' knowledge about youth drug use (the effects on brain and body, addiction, rates of use, why youth use, and child development stages).
- Parenting skills (communication, building positive parent-child relationships, setting clear expectations, rule setting, consistent discipline, appropriate monitoring/supervision, managing family conflict).
- Parental role modeling (setting a good example, parental use of drugs).
- Knowledge of risk and protective factors (individual, family, community).
- Parents' attitudes and behaviors about youth/underage alcohol use, and tobacco and other drug use.

To download a handout on all eight factors, visit www.preventionnetwork.org/pam and look for *The Power of Parents*.

Michigan Coalition to Reduce Underage Drinking

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MCRUD News

April was a busy month for the MCRUD Coordinator, Mike Tobias. April 6-8 he attended the Alcohol Policy 17 Conference which was held in Arlington, VA. The theme of the conference was "Evidence to Action" and several of the sessions focused on the World Health Organization's "Best Buys" to address harmful alcohol use. These best buys are: 1) alcohol tax increases, 2) restricted access to retail alcohol, and 3) bans on alcohol advertising. For more information about the World Health Organization's Best Buys visit http://www.who.int/nmh/publications/best_buys_summary/en/.

One of the highlights of the conference was a screening of the documentary, "Sober Indian/Dangerous Indian." Film maker John A. Maisch provided some commentary before the screening and a brief discussion after. The following description of the film

is an excerpt taken from www.soberindian.com: "Sober Indian | Dangerous Indian is both a story of brave men and women on the Pine Ridge Indian Reservation who have found empowerment through sobriety and those still struggling to overcome their alcohol addiction."

Alcohol Policy 18 will be held in the Spring of 2018 in the Washington D.C. area. For more information and to access some of the presentations from the conference, visit www.alcoholpolicyconference.org.

On April 26, the Michigan Coalition to Reduce Underage Drinking held its "Shoaliton Showcase" for the second straight year. This event highlights some of the great work that community coalitions are doing to address underage drinking. Throughout the day, coalition leaders give a "shout out" and tell the others what they are doing to address underage drinking. In addition to the "shout outs," we had the following sessions:

- Azlan Ibrahim from Byrum Fisk Communications did a presentation on how to engage the media in your events.
- Rep. Thomas Hooker discussed why it's important for him to do something to address alcohol problems.
- Michigan Liquor Control Commissioner (MLCC), Dennis Olshove, talked about the role of the Commissioners and how coalitions can interact with the MLCC.
- A panel to discuss coalition funding. Panel members were Nancy Morrison (Troy Community Coalition), Lisa Peeples-Hurst (Berrien Co Health Department), and Ken Dail (Prevention Network).

The Shoaliton Chair is Lisa Coleman, who is Region Ten's prevention coordinator. The planning committee will be meeting in June to review evaluations and discuss if there will be another Shoaliton next year.

Upcoming MCRUD Steering Committee Meetings:

- May 24 – Region 4 – Portage ■ June 28 – Region 2 – Exact Location to Be Announced ■ August 23 – Region 1 – Escanaba

For more information about MCRUD visit www.mcrud.org. Anyone is welcome to attend our steering committee meetings in person or via conference call.

The Impact of Alcohol Cost of Prevention Conference 2016

On June 10, the Michigan Coalition to Reduce Underage Drinking is helping to sponsor a conference that will be focusing on the public health benefits of raising alcohol and tobacco taxes. There will also be discussion on the importance of alcohol regulations and why it's important to protect the three tier system. MCBAP credits will be offered. The cost is \$49 which includes continental breakfast, lunch, and all conference materials. The conference will take place at Peckham, Inc. in Lansing. Nationally recognized speakers Frank Chaloupka (University of Illinois - Chicago) and Pam Erickson (Health Alcohol Marketplace) are two of the presenters. Other sponsors include the Substance Abuse and Mental Health Services Administration, the National Alcohol Beverage Control Association, and Michigan Alcohol Policy Promoting Health and Safety. Visit www.MCRUD.org to register.

Community Connections Grant Program by Lisa Leverette

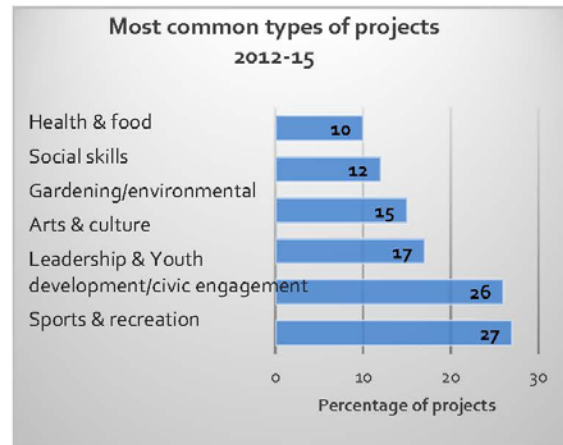
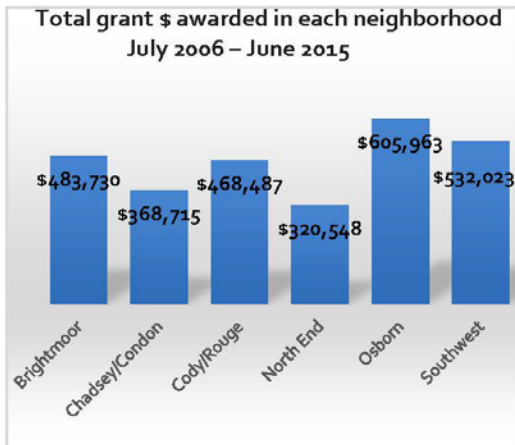
Good News AND It's our Birthday!!

Community Connections founded in 2006 celebrates its 10th year in September 2016. The grant program has supported an astounding 879 projects for \$2,942,075. The grant program awards grants of \$500 to \$5,000 to local grassroots groups that are connected and engaged in the community, to provide support for innovative, youth-focused, grassroots projects to impact community change in the Brightmoor, Chadsey/Condon, Cody/Rouge, North End, Osborn, and Southwest neighborhoods of Detroit. Projects are encouraged to engage in some combination of youth involvement, community action, and collaboration, in the belief that this combination "will contribute to change in systems to better support neighborhoods and young people who live there."

Resident Reviewers, also known as Change Makers, meet monthly to review applications and make decisions on which projects to approve contributing to the resident-led aspects of the program. It is that type of ownership at the community level that inspires and supports Change Makers and grantees to exercise their leadership within their own communities. Youth applicants of the grant program are increasingly stepping into roles leading their peers in improving their lives and community.

The program goals support those of the Skillman and W.K. Kellogg foundations. One of the major goals is for youth to be well educated. Resident leaders' hard work is paying off. They, along with other partners, have contributed to an increase in high school graduation rates for schools located in target communities. The graduation rate in those areas is approaching 90% in some cases!

Some interesting basic facts about the grant program over the last 10 years include:



Caring Competent Adults are supporting youth in their Communities

Youth spend most of their time in their neighborhoods. Resources and opportunities available outside the community are often out of reach to young people. Groups supported by Community Connections attract a large number of youth in the target communities due to their proximity to the youth's home and also due to their relationships, often built over time. Over 3000 youth participate annually in funded projects.

Adult participation in projects as volunteers is generally high. Community residents and stakeholders are excited about contributing their talents and time to nurture youth in their communities. Their contributions to the youth can have implications far beyond just supporting youth in projects. Researchers have determined that 3-5 nurturing adults in the lives of young people is one component necessary for school success.

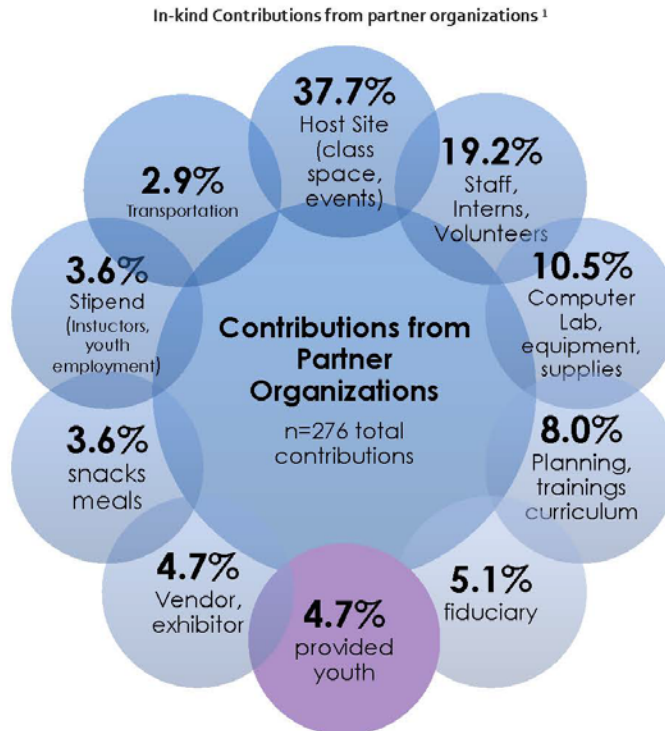
A median number of 36 youth and 10 adults involved per project.

Median #	Brightmoor	Chadsey/ Condon	Cody Rouge	North End	Osborn	Southwest
Of Youth participants	25	33	47.5	28.5	25	36
Of Adult Participants	14	6.5	6	14	8	14.5

Development that Grows from the Neighborhoods

Community Connections has supported a tremendous number of groups and organizations in these six neighborhoods. Adult and youth project leaders exercise their influence to attract other adults and resources to their projects. Funded projects offer on-ramps for other adults and neighborhood stakeholders to contribute to the well-being of youth. Leaders are building powerful relationships with organizations, strengthening the network of individuals supporting youth. The chart below demonstrates the impressive value that grassroots leaders are leveraging from partner organizations on behalf of youth.

Learning and Evaluations: Community Connections maintains a data spreadsheet where many data points from the applications and final reports are compiled and analyzed for learning. A "data team" comprised of a staff person plus two external consultants, one from JFM Consulting Group in Detroit and the other from The Touchstone Center for Collaborative Inquiry in Minneapolis work together to conduct analyses, develop data displays, and guide learning conversations.



¹ (data displays based on our most current 100 final reports)

Follow us on Twitter at: [CCGrantsDetroit](#)

Like us on Facebook at: [Community Connections Grant Program](#)

Lower Eastside Grant Program Supports Unsung Heroes

The Lower Eastside Community Grant program (LLCG) is a grassroots grant-making program providing awards between \$500 and \$5000 to groups of residents and stakeholders working with youth in the community. "There has been a tremendous response to the program," says Program Director, Lisa Leverette. "There are a dedicated number of residents from the community with a pent-up desire to support youth and families in the community. Some residents have been exercising leadership with youth for years with out-of-pocket funds. Others were simply interested in working with young people but did not have the resources or support to design and implement projects." The grant program provides both monetary, technical and coaching support to applicants.

The focus of the grant program is intended to align with the goals of the W.K. Kellogg foundation to ensure that families are secure and youth are healthy and well educated. The grant program operates as a civic engagement tool to encourage adults to engage and support young people. "There has been an erosion of opportunities for youth of color in many urban areas, Detroit included," says Lisa Leverette. LLCG encourages residents to step into that gap to nurture young people. The effects of broken and/or inequitable systems are being minimized by the neighbors and stakeholders who live and work in the community where youth spend most of their time. The level of commitment adult leaders have toward the young people is truly amazing. Local adults are eager to regularly read to pre-school age young people in order to expose them to and increase their literacy. Others work with high school students to prepare them for the ACT and expose them to the college environment. "The grant program is an important resource for hard working community members," says Leverette. "The real story, however is the unsung heroes that are working to improve conditions and odds for youth."

Prevention Network has a contract with the Skillman Foundation and W.K. Kellogg Foundation to Administer the Community Connections Grant Program and the Lower Eastside Grant Program

Substance Abuse Prevention Ethics Training Available

Cost is \$75
Friday, August 26, 2016
9:00 AM - 4:00 PM
Prevention Network
3815 W St Joseph C-100
Lansing, Michigan 48917

Trainings are for individuals interested in Substance Abuse Prevention Ethics. This training fulfills the six hour Substance Abuse Prevention Ethics requirement for the MCBAP certifications, CPS and CPC. Visit <http://www.preventionnetwork.org/Ethics>. Contact our office at 800-968-4968



- ✓ Prevention Network Michigan
- ✓ Parenting Awareness Michigan
- ✓ Michigan Coalition to Reduce Underage Drinking (MCRUD)
- ✓ Community Connections Grant Program @CCGrantsDetroit

Need Data?

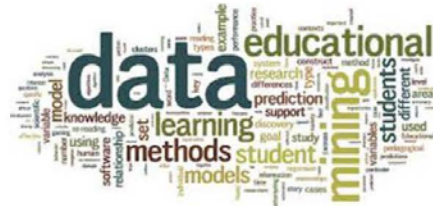
Come visit the Michigan Substance Use Data Repository! <http://mi-suddr.com>.

Search data by:

- Substance: Marijuana, Alcohol, Prescription Drugs, Cigarettes, and Illicit Drugs
- Age Group: Adult or Youth
- Consequences: Traffic Crashes, Lung Cancer, Death
- Mental Health: Condition
- Geography: County or Region

With selected data bar charts and tables can be created. Other useful visualizations include a Michigan map where counties can be selected for local data. Also helpful are downloadable fact sheets on E-Cigarettes, Marijuana, Prescription Drugs, Cancer, and Alcohol Use. Visit <http://mi-suddr.com/fact-sheets>.

The Michigan Substance Use Data Repository was created through a federal grant to the State Epidemiological Outcomes Workgroup (SEOW) of the Office of Recovery Oriented Systems of Care (OROSC) within the Behavioral Health and Developmental Disabilities Administration to provide data for local prevention agencies and coalitions to assist in their programming decisions.



Prevention Training Now! Online Training Portal

Center for the Application of Prevention Technologies (CAPT)

This site contains a collection of web-based training materials for practitioners interested in planning, implementing, and evaluating effective efforts to prevent substance use and misuse. All CAPT courses are free of charge. For access to courses you'll need to create an account for yourself on this web site.

A number of CAPT online courses are available to the public for self-enrollment. To see a list of these courses, click the "Available Courses" tab on the menu bar. Here are some examples of online courses:

- Prevention Sustain Abilities: Understanding the Basics
- Introduction to Substance Abuse Prevention
- What is the SPF? An Introduction to SAMHSA's Strategic Prevention Framework
- Go Get It! Finding Existing Data to Inform Your Prevention Efforts
- Involving Youth in Your Substance Abuse Prevention Program

Visit <https://captonline.edc.org>

Dawn Farms

Free Community and Professional Education Program

Did you know that Dawn Farm has provided free community and professional education for 25 years? The Dawn Farm Education Series provides helpful, hopeful, practical information on a variety of topics related to substance use disorders, and each on-site program provides 1.5 free MCBAP-approved professional CE hours. People unable to attend the on-site programs can find videos, audio recordings and slidecasts for many programs on Dawn Farm's web site and very low-cost professional CE on Dawn Farm's continuing education site (<http://dawnfarmeducation.com>.) Programs

are held on the last 2 or 3 Tuesdays from September through June, at the St. Joseph Mercy Hospital Education Center, located at 5305 Elliott Drive in Ypsilanti, Michigan. For information please see www.dawnfarm.org or contact Dawn Farm at 734-485-8725 or info@dawnfarm.org.

Teens Using Drugs: What to Know and What To Do

Teens Using Drugs: What to Know and What To Do is a FREE, ongoing, two-part series designed to help participants learn to understand, identify and address adolescent alcohol/other drug problems. Since its inception in 1999 this unique program has

provided a starting point for families concerned about adolescent alcohol/other drug use. The series is held on the first (part one) and second (part two) Tuesdays of October, November and January through June, from 7:30 pm to 9:00 pm at the St. Joseph Mercy Hospital Education Center, located at 5305 Elliott Drive in Ypsilanti, Michigan. For information please see www.dawnfarm.org or contact Dawn Farm at 734-485-8725 or info@dawnfarm.org. Washtenaw County

Submitted by: Jess Antanaitis

9th Annual Substance Abuse Video/Poster Contest Held

The substance abuse video/poster contest has been in existence in Delta & Schoolcraft Counties for the past nine years. It was started by the Delta County Coalition Against Prescription Drug Abuse. After a few years they approached the SAVE - Substance Abuse and Violence Education Council to assist with the contest. The Coalition Against Prescription Drug Abuse has since been dissolved, and the SAVE Council has continued the contest. SAVE has only been able to continue this popular, worthwhile contest because of the community effort and support. The contest is only possible because of these supports and efforts. The funds donated go directly to the students in the form of cash prizes. This year's sponsors (who donated time or funds) were: ■ Public Health Delta & Menominee Counties ■ Substance Abuse & Violence Education (SAVE) Council ■ Bay College ■ Johnston Printing ■ OFS St. Francis Hospital & Medical Group ■ Escanaba Public Safety ■ Hannah Indian Community

■ Escanaba Noon Kiwanis ■ Gladstone Kiwanis ■ Elks ■ Delta-Schoolcraft ISD ■ GFWC – Escanaba Women's Club.

We feel the reason the contest is so successful is because students are a wealth of creativity. Students do the research and study the effects of substance abuse, then they share what they're learning with their friends and families; so they are educating those around them. They create colorful posters or imaginative videos which are shown at the award ceremony where there have been between 300-400 people attending. We also look for ways to continue using these educational pieces throughout the year to continue teaching people about the effects of substance abuse. It is one of the best educational projects out there. Schools as far west as California all the way over to New York have contacted us to inquire about the program and wanting to emulate it.

This year's contest saw record submissions, 128 in all! We had submissions from many schools, ranging from Manistique all the way over to Hannahville School. The award ceremony was well attended again this year, we had about 300 people attend to cheer on the "student educators"!

We recently added the People's Choice Award which has put an interesting twist to the ceremony. The people at the ceremony vote for their favorite video, we tally up their votes and then present both a middle and high school student(s) with a \$250 cash prize! This year's People's Choice for middle school was "Drug Wars" by Bryce Lundquist, Calvin Thibault, and Franklin Thibault, 7th graders from Rapid River School. The high school winner was Dana Haswell, a senior from Gladstone High School for her video "Truth".

Submitted by: Kelly Arnold

Spotlight on Maternal Mental Health: *Climb Out of the Darkness 2016*®

This spring, seven cities in Michigan prepare to participate in Postpartum Progress' *Climb Out of the Darkness*®, the world's largest event raising awareness of maternal mental illnesses like postpartum depression, postpartum anxiety & OCD, postpartum PTSD, postpartum psychosis, bipolar/peripartum onset, and pregnancy depression and anxiety.

Climb Out of the Darkness is held on or near the longest day of the year annually to help shine the *most* light on perinatal mood and anxiety disorders. The event features mothers and others across the globe joining together to climb mountains and hike trails to represent their symbolic rise out of the darkness of maternal mental illness and into the light of hope and recovery.

Mark your calendars! This year Climb Out of the Darkness 2016 will be held Saturday, June 18th, with teams across Michigan hiking in Lansing, Ann Arbor, Detroit, Kalamazoo, Grand Rapids, Grand Haven, and Manistee. Team members include survivors and their families, professional and personal allies of this cause, and business/community leaders. Forming a strong community around the topic of maternal health is an important part of prevention, both for women and for their children, who will be raised in a healthier environment when mothers have mental health resources.

Help us advocate so that new mothers will receive better information and better treatment, and their new families will get off to the healthy and strong start they deserve. PN staff member Emily Wacyk Paski is leading the Lansing team for the second year, and is passionate about increasing prevention for women and infants. If you have questions, would like to lead or join a Climb, or are interested in becoming a Climb sponsor, email Emily at emilyp@preventionnetwork.org to get connected with your local team.

Prevention Network wants to take this opportunity to let you know how much you are appreciated.

Please consider supporting Prevention Network in our mission by visiting our website www.preventionnetwork.org and clicking the "Donate Now" button. Charitable contributions are tax deductible.

Do you have information you want to share? Let us know by contacting

our office at 800-968-4968 or visit our website at www.preventionnetwork.org and submit a story online



May 2016 Prevention Network

PN LANSING STAFF

Ken Dail, Executive Director
kend@preventionnetwork.org
Luanne Beaudry, PAM Coordinator
pamcampaign@preventionnetwork.org
Mike Tobias, MCRUD Coordinator
miket@preventionnetwork.org
Maureen Smith, DFC Grant Program Coordinator
maureens@preventionnetwork.org
Kristine Norton, Program Assistant
kristinen@preventionnetwork.org
Emily Wacyk Paski, Program Assistant
emilyp@preventionnetwork.org
Joyce Hughes, Accountant
joyceh@preventionnetwork.org

DETROIT STAFF

Community Connections Grant Program &
Lower Eastside Community Grant Program

Lisa Leverette, Director
lisa@preventionnetwork.org
Inetta Mims, Program Assistant
mimsi@preventionnetwork.org
Kayla Perrin, Community Coach
kperrin@preventionnetwork.org

Blackberry Cobbler

From The Pioneer Woman

1 stick butter, melted
1 1/4 c. sugar
1 c. self-rising flour
1 c. milk
2 c. blackberries, (frozen or fresh)
Whipped cream or ice cream, for serving

Preheat the oven to 350° F. Butter round ceramic pie plate. Stir together 1 cup of the sugar and the flour into a mixing bowl. Add the milk, whisking until combined. Gently whisk in the butter until smooth. Pour the batter into the buttered dish. Sprinkle the blackberries over the top of the batter, distributing them evenly. Sprinkle the remaining 1/4 cup sugar over the top. Bake 1 hour, or until golden.

Serve with whipped cream or ice cream.



Prevention Network

PO Box 4458
East Lansing, MI 48826
800-968-4968
www.preventionnetwork.org