



Summer/Fall 2017

Prevention Network

We Take Prevention Personally!

The clear choice

THE PREVENTION WAY OF LIFE.

Join Prevention Network for our Annual Partner with PN Reception, September 25, 2017



The support of our friends and colleagues is important to us. Getting together once a year to enjoy social gathering, meet new people, and catch up with old friends, helps us recharge. Enjoying finger foods and conversations leads to finding out about all the great work you do for your communities around the state. The generosity of all our supporters is truly invaluable.

Let's get social starts at 4:15 pm and ends around 6:30 pm., at the Waterfront Grill - Steps from the river-right across from the Lansing Center on the northside of the building (325 City Market Drive, Lansing) No cost to you. Please RSVP by clicking this link www.preventionnetwork.org/PNReception2017

National Prevention Awareness August through October 2017

[National Prevention Week 2017 Resource Calendar](#)

- International Overdose Awareness Day – August 31
- National Recovery Month – September 2017
- Suicide Prevention Awareness Day – Sunday, September 10
- National Bullying Prevention Awareness Month – October 2017
- World Mental Health Day – Tuesday, October 10
- Great American Smokeout Day – Thursday, November 16

Visit SAMHSA at www.samhsa.gov to download 2017 calendar



Featured

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A Message from the Executive Director

by Ken Dail, Executive Director

“Where did the summer go?” If your life is anything like mine, you have heard that question a lot lately. We ask one another at school open houses and orientations, on social media, and at Labor Day and other end-of-the-summer cookouts and celebrations. Sometimes we ask it to make small talk with strangers in line at the bank, across the aisle in the grocery store, or at the next gas pump while filling our tanks. We never really expect an answer. We know the answer; and yet, we ask the question.

Every morning, the sun arrives in the eastern sky, arcs across our day, and gracefully disappears somewhere to the west. This happens whether we are up to see it begin, the sky is filled with clouds, or we are in a place to view our beautiful pure Michigan sun sets at the end of a long day. It happens seven days per week, roughly 30 times per month, and, excepting leap years, 365 times every year. Yet we continue to ask the question, “Where did the summer go?”

Time marches on. With time comes transitions. Change. Opportunity.

At Prevention Network, it is bringing us a new staff member, Louise Harder. Louise will be coordinating the Michigan Higher Education Network, or MIHEN. You can read a bit more about Louise and the work she is doing on page 3.

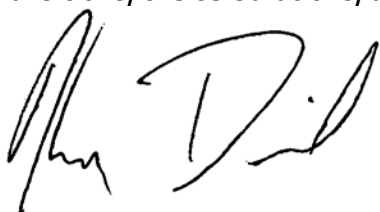
There are also transitions that are good for the person transitioning, but is a loss for us at Prevention Network. One of our Program Assistants, Emily Wacyk-Paski, is leaving Prevention Network to return to school full time and pursue a law degree. While we will miss her in the office, we are celebrating her opportunity to increase her personal capacity to advocate for the people and causes that are near and dear to her heart.

And sometimes there is loss. Loss that is inevitable, painful, and unfair. The world lost an incredible human being over the summer with the passing of David James Pletzke. David was at the table when PN was just a concept over 30 years ago. He served as our long-time board co-chair, leaving that position just two short years ago.

David was a staff member when I attended a Genesee County Regional Teenage Institute as a high school student in 1986. His life and mentorship are a part of who I am today. He will forever be a part of Prevention Network’s DNA. His drive to get along with others and bring out the best in everyone modeled for me how to behave as a husband, a father, a friend, and a professional. He will be missed dearly. And his legacy will live on.

As summer comes to an inevitable close, and we all head in to the next season before us, Prevention Network is prepared to help you to try to get along with others and bring out the best in everyone. As substance abuse prevention volunteers and professionals, that is our calling; to build consensus, identify needs, implement programming, and fill gaps in our community.

Prevention Network has a long history of assisting with those issues at the local, regional, and state level. For our entire life span, we have been here for your community. We will continue to be, through the seasons, the transitions, the celebrations, and the losses. If we can help you, give us a call.

A handwritten signature in black ink, appearing to read 'Ken Dail', is positioned at the bottom left of the page.

Drug Free Communities by Maureen Smith

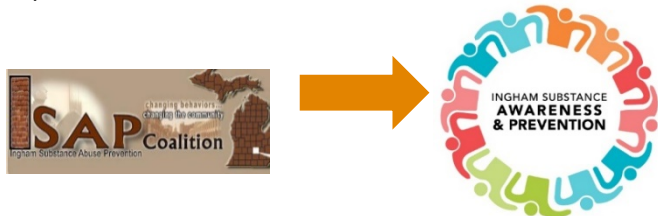
Drug Free Communities –

Drug Free Communities – Ingham County

Addiction is a disease of the brain. The clinical term for drug addiction is Substance Use Disorder. This language recognizes addiction as an illness, not a choice.

To be more in alignment with the philosophy of reducing the stigma of substance use disorder, in May, the Ingham Substance Abuse Prevention Coalition (ISAP) voted to change its name. The new name of the coalition is the Ingham Substance Awareness and Prevention Coalition (ISAP).

Additionally, we have a new logo! This logo better reflects the partnerships that the coalition relies on. ISAP is entering a new phase and we are excited to share our new look with the community.



For more information, you can contact Maureen Smith at maureens@preventionnetwork.org

Update on the Michigan Higher Ed Network (MIHEN) By Louise Harder

The MIHEN is ready to support college and university campuses this upcoming fall with the addition of a new coordinator. Louise Harder recently graduated from Oakland University with a Bachelor of Science in Wellness, Health Promotion, and Injury Prevention. Louise has a background in student affairs working for Oakland University Housing as a Resident Assistant and with Oakland University Recreation and Well-Being as a Peer Wellness Ambassador. She also has a background with utilizing needs assessments, using evidence based models to implement new programs, and evaluating health promotion programming. Louise is looking forward to building relationships with everyone and acting as a resource and support for you to use. She is very excited to begin her new role with Prevention Network and the MIHEN. If you would like to be included in MIHEN information or have any additional questions, please contact her at louiseh@preventionnetwork.org.



Prevention Network facilitates/coordinates the Michigan Higher Ed Network with support from the MDHHS, BHDDA, OROSC.

Be Inspired! Enter the 2018 Parenting Awareness Month Poster Contest

This will be the 25th year that Parenting Awareness Michigan has conducted the PAM Poster Contest. We are encouraging Michigan resident's pre-school through adult to have an opportunity to present "Parenting is for a Lifetime" creative artwork ideas for the statewide 2018 Parenting Awareness Michigan Conference! The Grand Prize Winner will receive \$100. First and second place winners in each age category will win \$50 or \$25. Deadline for entries to be received is October 7, 2017.

Winning posters will be displayed at the 25th Anniversary Parenting Awareness Michigan Conference in the fall of 2017. For an entry form call 1-800-968-4968 or visit www.preventionnetwork.org/pam.



25th Anniversary Parenting Awareness Michigan Conference

one conference for the entire state

Come and get recharged about your important work with parents, families, and children in Michigan! This professional development conference is for anyone who works with parents and families. Highlights: keynote presentations, workshops on relevant 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 Ice Cream Social to end the day. Continuing education will be offered for MCBAP, Social Work, and CFLE.



Monday, November 13, 2017, in East Lansing

**Keynote Speaker:
Dr. Deborah Gilboa,
AskDoctorG. Writer, Media Personality, and
Board Certified Family Physician**

"What's Happy Got to Do With It?"

Parents use their kid's happiness as the way to know if they are raising them right. As professionals, and volunteers who work with their children, and as parents, we know that happiness is what comes when kids try new things, learn the lessons they need, and get along with people who are different. In this keynote, Dr G will address the "snowplow parent" and how to help them step back so their children can step up. She'll outline strategies for how to partner with parents to build resilience in their children.

There will be 23 different workshops to choose from that include: Changing Lives: Learn How to Help When It's Not Your Kid; The Heart & Hard Work of Engaging Families; Confronting the Heroin & Opioid Epidemic; Michigan School Safety Program – OK2SAY; Social Connections: Understanding and Using the Protective Factor for Stronger Outcomes to name a few. We will have over 20 vendors for you to visit including *CTF, Thirty-One Bags, Discovery Toys, MSU Extension, PAM, and more.*

Learn more and how to register by visiting <http://www.preventionnetwork.org/pam>.
Questions? Kristine Norton, kristinen@preventionnetwork.org

Michigan Coalition to Reduce Underage Drinking

MCRUD News



On June 27, 2017, the MCRUD Steering Committee Meeting was held at Southwest Michigan Behavioral Health in Portage. During this meeting two work groups were established. The MCRUD Agreement/Membership Policy work group, to be chaired by Lisa Peoples-Hurst and the MCRUD Birthday Party work group to be chaired by E.J. McAndrew and Ken Dail. In addition, Danyelle Maitland agreed to be Secretary and Jena Jackson agreed to be the Social Media Coordinator. MCRUD Regional Representatives also continued to be identified.

On August 27, 2017, the MCRUD Steering Committee meeting was held at the Otsego County Department of Health and Human Services Building in Gaylord. Rep. Thurston, Mary Lou Emerson, and Michelle Swap from Utah presented information on Utah's new .05 BAC law. Also, at this meeting MCRUD's 21st Birthday was recognized. Thanks goes out to Northern Michigan Regional Entity for hosting the meeting and providing the lunch and birthday cake.

The next MCRUD Steering Committee Meeting is Tuesday, October 24 at Prevention Network, 3815 W. St Joseph Street, Ste. C100, Lansing, MI 48917. Meetings are open to anyone and there is always a conference line available for people to call in on.

For more information about MCRUD please contact Mike Tobias, at 517-393-6890 and/or visit www.mcrud.org.

The ½ Mile Rule – Why You Should Care

What is it? Although there are some waivers, the ½ Mile Rule limits the number of Specially Designated Distributor (SDD) Licenses to no more than one within a ½ mile of another. A SDD license is a retailer who sells spirits for off premises consumption.

Why is there a ½ Mile Rule? The ½ Mile Rule was created to somewhat limit the number of SDDs in an area.

Why is this Important? There is strong evidence to support limiting the number of alcohol outlets in an area. In general, the higher the outlet density, the greater the chance of alcohol related harms. For more information on outlet density check out the Center for Disease Control's new tool, the "CDCs Guide to Measuring Outlet Density" by clicking [here](#).

What is going on currently with the ½ Mile Rule? A few months ago, the Michigan Liquor Control Commission (MLCC) rescinded the ½ mile rule. After MLCC did this, the State of Michigan was sued on the grounds that MLCC did not follow proper procedure, such as having an open hearing to discuss the matter. After the State of Michigan was sued, MLCC reinstated the rule. However, since May 2017, MLCC has again been taking steps to rescind this rule and on Wednesday, September 6, 2017 MLCC held a public hearing on the matter. There are also two pending legislative bills (SB501 Rep. Jones and HB4079, Rep. Kesto) that would counteract what MLCC is doing and codify the ½ Mile Rule into statute.

What can you do? Educate yourself, the Michigan Liquor Control Administrative Commissioners, and Governor Snyder about the ½ Mile Rule and why it's important to keep it intact. Below are their names and contact information.

- Chairman Andy Deloney – deloney@michigan.gov
- Commissioner Dennis Olshove – olshoved@michigan.gov
- Commissioner Teri Quimby – quimbyt@michigan.gov
- Governor Snyder – Rick.Snyder@michigan.gov

If you do contact these people please let Mike Tobias (miket@preventionnetwork.org) know because we would like to track the number of people that contact them on this issue.

For more information about MCRUD contact the MCRUD Coordinator, Mike Tobias, at 517-393-6890 and visit www.mcrud.org. Like us on Facebook



Community Connections Grant Program

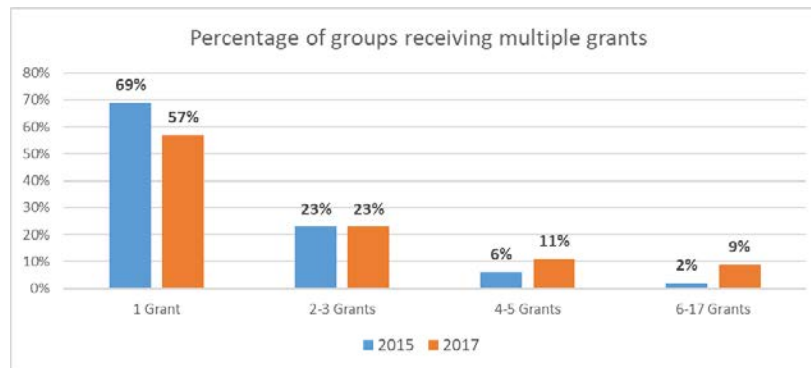
by Community Connections Staff

The Relativity of Time

Applicants to the Community Connections grant program often inquire about the length of time their project should run. Grantees are allowed to choose the length of their project. They can range anywhere from one day to upwards of a year. First time applicants generally plan to implement their project, volunteer their time to youth, and move on. These newcomers to the youth development work quickly become aware of the joys of working with youth and the tremendous impact they have on their lives. Many groups applying for the first time routinely reapply for a second or third grant once they realize the tremendous impact they are making in the lives of youth. Adult leaders literally become engulfed into the process of giving and learn that time becomes relative and doesn't lie within the start and end dates of their projects, but instead lies in the value of the interactions with the youth.

Developing K.I.D.S. is one such group that typifies the level of engagement of groups in our network. Kim Newberry, President and C.E.O. of the group began receiving grants from Community Connections Grant program in 2006. The group has received repeated support from the grant program over the past 10 years. The program has matured in its ability to provide support to youth over the same time frame. The dedication and engagement of the staff and volunteers is a direct result of them building relationships with youth and recognizing the positive difference they make in their lives. Their success with youth like Troy, a young man with multiple challenges including strained relationships with parents, who through mentoring and support from Developing KIDS graduated at the top of his high school class. Being a part of such successes encourage staff and volunteers to continue their good work. In fact, Developing K.I.D.S has so many former youth participants attending college that they have incorporated a college support division. Troy remained engaged with the program as he completed his college degree at Michigan State University securing a high value engineering position upon graduation. This type of success with youth is addicting. Groups view the grant program as a tool to support them as they grow to support youth throughout various developmental cycles. The length of a project truly blurs and extends over years, successive grants, and eventually over a lifespan.

Community Connections has a core group of grantees that utilize our modest grants and leveraged funding to provide year-round support for youth. The chart below describes how many groups' commitment to youth grows over time and the adjustments they make to respond to the needs of the youth.



Our current data on Community Connections funded groups show a substantial increase in the number of groups receiving multiple grants. After-school programs who also provide summer programming provide continuity for youth who participated in the afterschool program. They provide safe spaces and give marginalized youth access to educational resources in their own neighborhood. These programs also show a larger percentage of youth ownership; where the youth are actively planning steps of the project through planning committees, lessons from mentoring younger program youth, and program evaluations. These youth-led initiatives reveal that young people can be very influential with their peers, younger peers, and parents. Our data shows 17% more youth participation with youth input in the project design. These programs are building relationships, encouraging youth to speak up for themselves, and talk about what's important to them. Community residents and stakeholders supported by Community Connections Grants represent a strategic investment in our youth that can keep them engaged and learning as they transition into adulthood.

Lisa Leverette is the program manager for Community Connections & Lower Eastside Community Grant Programs. Contact her at Lisa@preventionnetwork.org with comments about the essay and/or grassroots grant making in general.

Follow us on Twitter at: [CCGrantsDetroit](https://twitter.com/CCGrantsDetroit)



Like us on Facebook at: [Community Connections Grant Program](https://www.facebook.com/CommunityConnectionsGrantProgram)



Michigan Officer Smartphone App - *Go to your smartphone app store and search: MI Officer*

Primarily designed for the officer on the street, this app is a depot of resources for police officers and others to quickly find materials, including the Michigan Vehicle Code, Uniform Traffic Code for Cities, Townships and Villages, Commercial Vehicle Enforcement, Traffic Crash Investigations, OWI enforcement, Michigan Penal Code, and publications by the Michigan Secretary of State.



MI Officer
+ Underage Drinking Enforcement
+ DUI Index - Section 625 Offenses
+ Crash Investigation Index
+ Traffic Index
+ International Drivers
+ Commercial Motor Vehicles
+ SFST
+ Autonomous Vehicles
+ Resources

Features:

- Michigan Vehicle Code
- Uniform Traffic Code for Cities, Townships and Villages
- Commercial Vehicle Enforcement
- Traffic Crash Investigations
- OWI enforcement
- Michigan Penal Code
- Publications by the Michigan Secretary of State

Email topic suggestions to: Dianne Perukel @ perukeld@michigan.gov

Michigan Department of Health & Human Services (MDHHS) Office of Recovery Oriented Systems of Care (OROSC)

Prescription Drugs and Opioids in Michigan

Prescription drug misuse is a serious problem in Michigan. Prescription drug overdose deaths are on the rise across the state. Two types of prescription drugs are the leading cause of misuse. These are painkillers (opioids) and tranquilizers (benzodiazepines). Opioids include both illegal drugs, such as heroin and prescription pain medicine. Common opioids used to treat pain include oxycodone, hydrocodone, morphine, methadone, and codeine. Opioid addiction affects everyone.

From 1999 to 2016, the total number of overdose deaths involving any type of opioid increased more than 17 times in Michigan, from 99 to 1,689. Data from the Michigan Automated Prescription System (MAPS) reported 11.4 million prescriptions for painkillers in 2015 were written; about 115 opioid prescriptions per 100 people.

Overdose deaths significantly increased as a result of increased prescription drug and heroin use.

In 2016, 2,335 people died of drug overdoses. That is more deaths than from car accidents.

MDHHS website provides information on prescription drug and opioid misuse prevention and treatment for patients and families, prescribers, community members, and pharmacists.



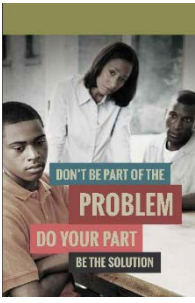
assistance.

Get Help Now

In need of treatment services for Substance Abuse or Gambling for you, a family member, or friend? [Click the map](#) for a local phone number to call for

For more visit

http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4871---,00.htm



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

Free education programs (with MCBAP CE) for community members and professionals by *Jess Antanaitis*

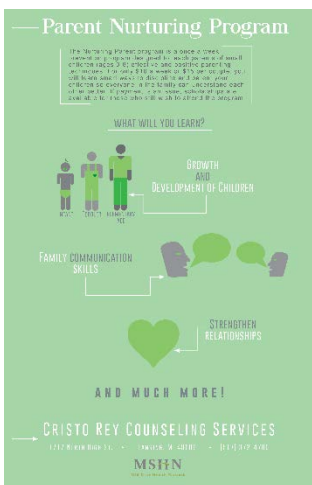
Dawn Farm offers two free annual community education series, presented at the St. Joseph Mercy Hospital Education Center, 5305 Elliott Drive in Ypsilanti on Tuesday evenings from 7:30 pm to 9:00 pm. All programs are free, no registration is required, and anyone with a personal or professional interest is welcome! Please contact Dawn Farm at 734-485-8725 or info@dawnfarm.org, or see www.dawnfarm.org for information.

“Teens Using Drugs: What To Know and What To Do” began in 1999 as a (one-time!) PAM activity and is now in its 19th year as a free, ongoing, two-part series. Programs are presented by Dawn Farm Youth and Family Services therapists on the first (part one) and second (part two) Tuesdays of October, November, and January through June. The “Teens” series is inclusive of parents, teens, other family members, professionals, and students (parents and teens are encouraged but not required to attend together). New this year: part two includes separate break-out sessions for adults and teens to explore the personal effects of substance use. Co-sponsors include Ann Arbor Public Schools, St. Joseph Mercy Greenbrook Recovery Center, and the WISD/LESA Health Educators' Learning Network (supporting and advocating for Whole School, Whole Community, and the Whole Child Approach-WSCC.)

The Dawn Farm Education Series provides helpful, hopeful, practical information on a variety of topics about substance use disorders, recovery, family concerns, and related issues, and provides free MCBAP CE for addiction professionals. The series will begin its 27th year as a free community resource on September 19, 2017. The 2017-2018 series will include exciting new programs as well as revisit previous favorites.

Please contact Dawn Farm at 734-485-8725 or info@dawnfarm.org, or see www.dawnfarm.org for information.

Fostering Growth in a Positive Way by *Alexa Kinnison, Cristo Rey Counseling Center*



Raising children can be extremely tough at times and often parents are not fully prepared to take on the task. Inexperience, impatience, and even neglect can have detrimental consequences with regards to a child's development. In Ingham county alone, 9,281 children were living in homes that were investigated in 2015. About 1,641 children were found to be confirmed victims of abuse or neglect that same year in out-of-home care numbers rose to 495 (www.mlpp.org). Ingham county ranks only 46 for child well-being while Eaton county sits at an overall ranking of 21 and Clinton at 2. Diligent prevention-based work is needed to not only avoid more children being put in these unfortunate circumstances but to remove children already living in abusive or neglectful households.

To improve the well-being of children in the greater Lansing area, Cristo Rey Counseling Services runs the Parent Nurturing Program which is evidenced-based and teaches parents with children aged 0-8 years how best to deal with topics such as discipline, behavior management, growth and development of children, and other informational topics vital to parents who may be struggling. The Parent Nurturing Program provides effective and positive parenting techniques that are preventative in nature and are designed to ultimately improve the well-being of infants, toddlers, and children in

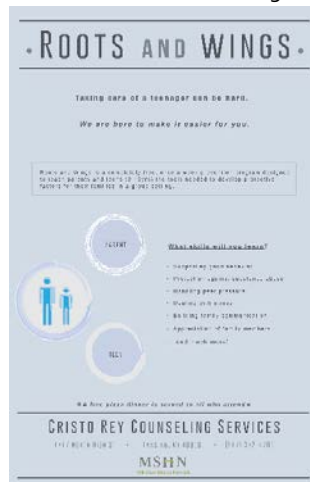
various households. [Click link the learn more](#)

Steering Teens in the Right Direction by Alexa Kinnison, Cristo Rey Counseling Center

graduating on time while Eaton and Clinton county followed

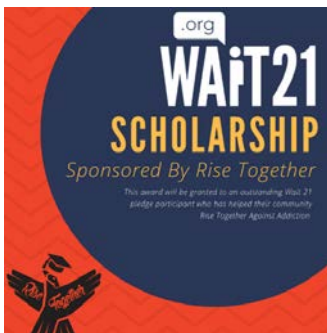
While raising a child is difficult in its own right, raising a growing teenager can prove to be even more of a daunting challenge. Being a teenager means pressure from peers, various new emotions, growth, and at times acting out. Parents only wish to protect their children and may feel lost when it comes to handling their teenager due to a multitude of risk factors that can occur during normal adolescent development.

Within the state of Michigan, there are families with teens living in poverty and subsequently not in the most ideal situations. In 2015, Ingham county ranked 63 of 79 for students not



with a ranking of 72 and 3, respectively. To combat this trend and put parents in control, as well as teens on the right track, Cristo Rey Counseling Services in Lansing, MI offers the Roots and Wings Program. Roots and Wings is a completely free, once a week evidence-based prevention program that teaches parents and teens the tools that are needed to develop protective factors for their families. Parents and teens, ages 9-16, participate in group centered counseling sessions where they address topics such as encouraging good behavior, protecting against substance abuse, handling peer pressure, building family communication, and numerous other topics relevant to today's society. Dealing with such topics allows the families to learn, grow, build healthier relationships, and overall live better lives. [Learn More.](#)

Wait 21 Scholarships by Maxwell Markson Brieden



Each year Wait 21 provides scholarships to outstanding youth who are leading the movement in educating communities on the science of addiction. This year, Wait 21 is providing two new scholarships presented by Crave 21 and Rise Together. These organizations have helped educate and bring awareness to this disease called Addiction.

How do students get these scholarships?

Students are eligible for Wait 21 Scholarships after taking the initial Wait 21 Pledge. In order to increase the odds of winning one of these special scholarships, one must recruit friends and stay active in the program by taking recommitment pledges throughout the year.

Sponsors?

Wait 21 is supported through the help of its sponsors. Crave 21 and Rise Together are two sponsors who have put up Wait 21 scholarships this year for students who are educating their communities on the science of addiction. Read

along to learn more about these great organizations. Crave 21 is a youth program for elementary school students, educating them on the 'Science of Craving', aka 'addiction.' Students give up their BIGGEST craving for 21 days and replace it with a HEALTHIER habit. Along their 21 day health challenge, students fill out a notebook where they record their learning experience from insightful VIDEOS and articles. The Crave 21 Challenge is also available for anyone else interested in learning a new habit and raising awareness around addiction.

Learn More <https://medium.com/wait21/wait-21-scholarships-b76e68a12a42>

Smoking-related outcomes and associations with tobacco-free policy in addiction treatment, 2015-2016 by Joseph Guydish, Deborah Yip, Thao Le, Noah R. Gubner, Kevin Delucchi, Paul Roman

Citing the high prevalence of smoking and studies showing no observable decrease in smoking prevalence among persons enrolled in addiction treatment, from 1987 to 2015, this study highlights the need for innovative approaches to smoking in this population. The study concludes that addiction treatment programs, and agencies responsible for licensing, regulating and funding these programs, should implement tobacco-free grounds policies.



Key Findings:

- Compared to programs with no such policy, those having tobacco free grounds recorded lower rates of staff and clients smoking together and lower cigarettes per day (CPD) across all treatment types.
- In the two residential treatment programs where tobacco-free grounds policies were implemented between 2015 and 2016, analysis of smoking-related outcomes showed significantly decreased smoking behavior and increased receipt of tobacco-related services post policy.
- These findings suggest the potential for tobacco-free grounds policies to impact smoking-related outcomes in addiction treatment programs.

Conclusion: [Download Full Report Here](#)

Findings reported from a large sample of clients drawn from a national sample of addiction treatment programs indicate first, little change over time in smoking prevalence or other smoking-related measures in this population and second, support the use of tobacco-free grounds policies as a strategy to address smoking in these settings. We recommend that the Center for Substance Abuse Treatment require tobacco-free grounds policies as a condition for block grant and capacity expansion funding to addiction treatment programs, that state agencies concerned with regulation and licensing of addiction treatment programs require adoption of tobacco-free grounds and that, even in the absence of any future mandate, addiction treatment programs implement tobacco-free grounds as a way to reduce health risks for both program staff and clients.

Preventing Child Abuse and Neglect Through the Michigan Children's Trust Fund

A moderate state investment that could yield life-changing results for children.

by Robert Dorigo Jones, Michigan Children's Trust Fund

This fall, Michigan's legislature will reconvene during a crisis in child welfare. Between 2009 and 2015, Michigan's child abuse and neglect (CAN) rate rose by more than 30%, and more than a thousand children enter foster care every year often for preventable reasons like economic instability and the physical or mental health, substance abuse and domestic violence needs of their parents. The damage wrought by CAN extends beyond the immediate aftermath – child development researchers have found that adverse childhood experiences can strain a child's well-being and development throughout their life. These children are not growing up with the stability they deserve, and at Michigan's Children, we believe this stability can only be found through policies focused on preventing the very conditions that lead to child abuse and neglect.

The direct and indirect costs of child abuse and neglect (CAN) are everywhere. According to the Centers for Disease Control and Prevention, someone who has experienced CAN will have serious immediate and long-term health needs, including mental health care, costing Medicaid and providers an average of \$43,000. That person is also far more likely to have special learning needs, enter foster care, and be sentenced to prison. The extra child welfare, criminal justice, and special education costs – all of which are funded in various levels and administered by the state – total about \$7,000 each. The effects of CAN cost the economy another \$144,000 in worker productivity over that child's lifetime. The total added lifetime financial cost of each victim

of child maltreatment is about \$210,000, more than the lifetime cost associated with having a stroke or Type 2 Diabetes. Beyond the unimaginable personal prices paid by children, society pays dearly when it fails to prevent abuse and neglect.

Luckily, prevention is not some impossible conundrum: professional knowledge, academic research, and common sense agree that preventing maltreatment by meeting the holistic needs of children and families can help nurture relationships, foster safe environments, and maintain stability in the lives of youth.

Michigan's best vehicle for funding prevention is the Children's Trust Fund (CTF), which currently supports 73 local councils and 33 direct-service programs throughout the state. Each local council acts as a county-wide 'prevention presence,' facilitating collective prevention work based on community needs, raising money, and building awareness of CAN issues. Holistic programs provided by and coordinated through the Councils connect people to education, mentoring, physical and mental health, and other critical supports. These programs cost a fraction of what the state already spends to treat the effects of CAN, and will reduce the state's health, criminal, legal, social, and educational costs down the road.

So, if Michigan already has a system to coordinate prevention, what's still missing? CTF grants to local councils range between \$5,000 and \$60,000, and are based on regional cost differences, with rural councils receiving about \$5,000. In total, the councils leveraged grants into more

than \$2 million in donations, and millions more in grants and other revenue. However, most of this money was brought in by councils that received larger grants. Many councils lack the capacity to pursue extra funds, and struggle to translate their \$5,000 into county-wide CAN prevention. No rural council managed to raise more than \$10,000 last year. Furthermore, many qualified direct-service applicants are denied due to lack of CTF funds, causing even higher-funded councils to struggle to meet the needs of their children.

At Michigan's Children, we are working with lawmakers every day to highlight the long-term effects of adverse childhood experiences like child abuse and neglect on the lives of children, on our communities, and on our economy. We call on Lansing this fall to prioritize the prevention of child abuse and neglect, rather than treat the symptoms of this unjust system, in part by raising funding for the Children's Trust Fund to expand the life-changing work being done by local councils to meet the needs of every child at-risk.

We need your help making the case for a public investment that can save the lives of thousands of children. Supporting holistic CAN prevention will not only improve the health and well-being of children and save thousands from traumatic life events, it's a signal that in Michigan, we are committed to providing for all of our children.

Bobby Dorigo Jones is the Policy and Outreach Associate at Michigan's Children. Learn more and get involved at michiganschildren.org

6 CONVERSATIONS TO HAVE BEFORE YOUR TEEN LEAVES HOME

As summer draws to a close and the school year starts up again, change is in the air. Many of us have children who are about to leave our homes and head off to college or the workforce for the first time. Many people are uncomfortable with change, especially big ones like this! They don't know how things will turn out and sometimes fear the worst. That's too bad—because change can be incredibly positive (for parents AND children).

This year's recent high school graduates are about to experience the greatest decade of change in their lives. Some of it will be voluntary and some of it not. Some of it will be clear and some of it will have highly uncertain outcomes. Some of it will be easy to handle and some will be highly stressful. It's all part of their journey, and their journey is what will make them, THEM! It's important we let them live it, find themselves, and be an encourager to them along the way.

Are you a parent of a teen who is heading off into the "real world?" How are they feeling about it? Do they know how much you believe in them?

These six topics, all addressed in [What I Wish I Knew at 18](#), will help you open up conversations about what may be in store. Share your stories about how you faced these similar changes—warts and all. Change doesn't seem as intimidating when someone else you know has navigated it successfully and learned important life lessons along the way. Plus, it will help open up safe lines of communication when they face challenges—as they will.

College majors and career paths. They will probably change their choice in career or major several times over, and this is NORMAL. The anxiety associated with this big decision is considerable, and far too many high schoolers are placing undue pressure on themselves to know their future major/career. (They're still discovering themselves and haven't even taken advanced courses, so how can they be so sure?) Let them know that it's okay to change their mind and that you will be supportive no matter what.

1. **Future jobs.** They will probably have five to seven jobs in their life. They will have to deal with new employers, new managers, new coworkers, new technology, and new locations multiple times. At these times, it helps to be especially proactive in meeting and engaging with new people. And, on their first day on the job, be sure they ask their supervisor how he/she defines "excellence" in this position and the one or two most significant accomplishments they could deliver in the next six months. It helps set the stage for a strong start.
2. **Moving.** They'll likely move several times, whether for long periods or for short-term assignments. The assimilation involved in each situation is significant.
3. **Dating.** They'll most likely date several different people before potentially settling down into marriage. Since there is much more at stake than during high school dating, the pressure is that much greater. Have conversations about their "need to have" and "nice to have" qualities in a long-term relationship. It becomes an invisible filter as new people enter their lives.
4. **Social adjustments.** It is important to make new friends once they go off to college, but it's also important to maintain their long-term friendships. They'll face lots of peer pressure (and you won't be there to coach them through it), so it's crucial for yours to never compromise their values to fit in with a certain social group or person. IF they have to change who they are to be accepted, it's time to move on. Self confidence when meeting new people is HUGE. Patience and selectivity are the keywords.
5. **The academic transition.** There's no way around it—college is much harder than high school, and the competition is stiffer. Like with me, their first year might come as a shock as they'll have to develop better study habits and time management skills to succeed.

Change can seem overwhelming, and it's wise to view it as a constant and become as adaptable as possible. That goes for all of us, no matter what season of life we're in!

If we can embrace it as an opportunity for growth and adventure, rather than something to be feared, it will prepare us for bigger things down the road. Encourage the young people in your life to be confident and courageous—and take it to heart yourself.



What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc ...) until appropriate professional or other help, including peer and family support, can be engaged.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help individuals who are experiencing a mental health or addictions challenge or is in crisis.

These 8-hour courses prepare members of the public to provide Mental Health First Aid to those in need. To register for trainings, click on this [Eventbrite link](#):. Download flyer [here](#).

Adult Mental Health First Aid (focus is on the adult population) & Youth Mental Health First Aid (focus is on adolescents ages 12-18)

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Chicken Casserole

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- 8-oz. noodles, cooked
- 2 c. cooked chicken, cubed
- 2 c. chicken broth, can use canned
- 1 c. milk
- 1 can mushrooms
- 2 tsp. salt
- 1/2 tsp. pepper
- 1/2 c. margarine
- 1/3 c. flour
- 1/3 c. grated Parmesan cheese

Preheat oven to 350° F. Melt margarine, then add flour and stir until smooth. Gradually add milk and broth, then seasonings and mushrooms. Combine chicken, cooked noodles and prepared sauce. Put in ungreased 9" x 13" x 2" baking pan and top with Parmesan cheese. Bake for 30 minutes, or until hot all the way through.



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