

## **Summer 2022 Newsletter**

Program Updates - Announcements - Grants - Articles - News - Events

#### Save the Date

- 7/26 Prevention Ethics Training (Lansing, MI)
- 8/16 MCRUD Birthday Party (East Lansing, MI)
- 8/23-25 National Prevention Network Conference (Virtual)
- 8/31 "Empowering Youth To Lead" A
   Training for Adults Who Work with
   Youth (Mid-Michigan College, Mount
   Pleasant, MI)
- 9/15 Deeper Dive into Open Communication Among Families - PAM Webinar (Virtual)
- 9/18-20 <u>23rd Annual Substance Abuse</u> and Co-Occurring Disorder Conference (Grand Rapids, MI)
- 9/26 "Empowering Youth To Lead" A Training for Adults Who Work with Youth (Marquette, MI)
- 9/26 Prevention Network Open House

### **Featured**

Letter from the Director

**Prevention Network Announcements** 

Program Updates

What's New - Resource Updates

**Grant Opportunities** 

Updates from our State and Federal

**Partners** 

Other Announcements

Articles from Partners

**New Resources** 

Mission: Cultivate healthy communities across Michigan through resources, technical assistance, and support.

**Vision:** A life free of substance misuse in Michigan

# Letter From the Executive Director By: Louise Montag

Happy Summer Prevention Professionals! I hope you are enjoying this beautiful Michigan Summer. © This past quarter, Prevention Network has been focused on planning and strategic growth.

You may have noticed our new logo and branding when opening this newsletter. As our work in prevention constantly adapts to better understand the current landscape, our organization felt we needed to update our branding to reflect these changes. With the support of the Michigan Health Endowment Fund, our Board and Staff wanted to ensure our mission, vision, and values are inclusive and represent who we are. We expanded our mission to support prevention across the lifespan and updated the language to currently accepted substance use disorder terminology. We also detailed what our values mean to us. This mindset is at the core of each goal, objective, and activity you will find in our new strategic plan. Lastly, we updated our logo to a cleaner, simpler version, while keeping the purple color and Michigan mitten that people have come to recognize us by. With that, you will continue to find the same programs and support that you always have. We are really excited to share our new look and strategic plan with you (on page 2).

Additionally, we have hired two new staff. Sara Kirkpatrick – who has a degree in child development and experience working in childcare in addition to being a mother of two – is leading our PAM program and Allyson Taylor – a former intern with a background in public health and a passion for environmental prevention strategies – is leading our new youth development program. Visit our website to learn more about our staff.

https://www.preventionnetwork.org/ourteam

Our new youth development program is kicking off with networking, training opportunities, and an environmental scan. Stay tuned for the survey that will be coming out in the next month and help us share it with others. You can read more about this new program and how to get involved on page 8.

This upcoming quarter, our Staff will be focusing on preparing for next fiscal year. We are beginning the process of updating our website to better meet your needs, developing tracking mechanisms to report back updates in the strategic plan, and updating work plans for the upcoming year. We have a few more trainings and events to celebrate the work we have done this past year and gear up for next. Be sure to stay in touch, so you don't miss these dates!

As always, if you need anything, reach out to us. We are here to provide training, technical assistance, and support to you and the communities you serve.

Prevention is better together, Louise



## **Exciting PN Announcements**

## Prevention Network's 2023-2025 Strategic Plan

Prevention Network's board and staff, equipped with guidance from community members and currently available data, created its 2023-2025 Strategic Plan. This strategic plan is created in an effort to support local prevention efforts and ensure effective prevention in our communities. Intentional in its design, this document will help us provide credibility to our future planning and prevention efforts.

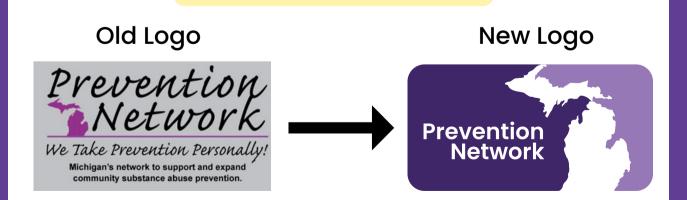
This plan highlights Prevention Network's key goals and activities to serve as a statewide networking/support system, grow core networks and programs, develop and maintain communications, monitor and share national and state legislative updates, provide training, financial support, and technical assistance to individuals and community groups, and strengthen the Network's identity as a visible, credible, statewide leadership organization.

Click Here to View

#### Prevention Network's New Mission Statement

Prevention Network updated the mission, vision, and values to better reflect the support we provide in Michigan communities and improved language around substance use disorder prevention.

To learn more about our current mission, vision, and values, click here.



Lastly, we updated our logo because we wanted something clean, clear, and easy to read. We used similar colors while all around giving this a much more modern look and feel!

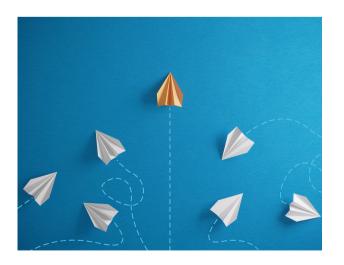
# The Michigan Higher Education Network By: Alex Wray MIHEN

Resources the MIHEN has collected over the past few months:

<u>Words Matter - Terms to Use and Avoid When Talking About Addiction</u> - This is a great tool from the NIH that offers background information and tips for providers to keep in mind while using first-person language, as well as terms to avoid to reduce stigma and negative bias when discussing addiction.

New Publications From SAMHSA: College Drinking - This is a new publication from the PTTC and SAMHSA where new strategies are shared to address the problem of high-risk drinking.

<u>Preventing Suicide in LGBTQ Communities</u> - This is a great page on the American Foundation for Suicide Prevention that discusses different facts and research about LGBTQ mental health and suicide risk.



Throughout the past couple of months, I have been working on different ways to reshape the MIHEN. To start with this, a MIHEN survey is currently being distributed to help me better understand what I can do to help improve the MIHEN, and make sure that everyone is getting the benefits out of it that they need. Once the results are analyzed, some changes may be made to the MIHEN as far as new content, more trainings, more meetings, and much more. As these changes come into place, I will be sure to keep everyone updated on what is to come next. I am so excited to be bringing the MIHEN into a new phase of improvement and to see what we can do from here together as a team!

## The Michigan Coalition to Reduce Underage Drinking - MCRUD

By: Mike Tobias

## MCRUD Schedule July - September, 2022

- Tue. July 26, 9:00-11:00 a.m. MCRUD Steering Committee meeting. Click here for zoom link.
- Wed. August 3, 11:00–12:30 p.m. Dialogue on Fetal Alcohol Spectrum Disorder. Click here to register.
- Mon. August 8, 10:00-11:00 a.m. Alcohol Policy Issues.
- Wed. August 10, 10:00–11:30 a.m. Setting Up Effective Controlled Buy Operations. Click here to register.
- Tue. August 16, 11:30–2:00 p.m. MCRUD Birthday Party at Patriarche Park in East Lansing. Click here to RSVP.
- Mon. September 12, 10:00-11:00 a.m. Alcohol Policy Issues.
- Wed. September 21, 10:00 a.m. Michigan Liquor Control Commission Semi-Annual Public Hearing. LCC Lansing Office - Constitution Hall. 525 W. Allegan St, Lansing.

Coalition leaders and any other stakeholders are encouraged to participate in any of our MCRUD meetings. If you would like more information about MCRUD please contact Mike Tobias. (miket@preventionnetwork.org)

## Parenting Awareness Michigan - PAM

By: Sara Kirkpatrick

## **Educational Opportunities**

For Parents, Caregivers and Professionals

When: September, 15th 10:00 am - 11:30 am
Where: Virtual
Topic: Open Communication in Families

Title: Deeper Dive into Open Communication

Among Families

Description: PAM Coordinator, Sara Kirkpatrick has partnered with Sexual Education professional Jennifer Hinds providing a webinar about open communication within families. During this webinar, you can expect to learn how the significance of open communication in the home is vital in preventing youth risk behaviors. Subject matter will include tough discussion topics like drugs and alcohol use, SUD, tobacco use, sex, relationships, self-love, societal and peer pressure, LGBTQA+ populations, and how we can give children a voice. We will dive deeper into the importance of these conversations, look at appropriate ways to bring up uncomfortable topics at any age, and how these measures can help prevent or reduce the chance of risk behaviors. The skills and knowledge you receive you will be able to take home and use today.



#### **PAM Webinar**

Registration coming in August.



## Coalition Support & Community Change - C3

#### By: Ruth Schwendinger

When summer hits it seems you're either in vacation mode or in catch-up mode. I want to encourage each of you to establish or continue in a pattern which includes professional development, networking, and self-care. To draw a focus to the importance of networking, our Capacity Builders' Workshops are taking the form of networking opportunities this summer. We will resume training with CEU's in October by taking a look at the rich history of prevention in Michigan with Doreen Turk-White.



Check the C3 page for the summer schedule with Zoom links, office hours, podcast, and other ways to connect.

2nd & 4th Wednesdays, 4-5:30 pm via Zoom

July 13 & 27-SPECIAL INVITATION to coalitions working with people ages 17-25

August 10 & 24-SPECIAL INVITATION to coalitions working with parents and other responsible adults

Sept 14 & 28-SPECIAL INVITATION to coalitions working with people ages 12-18

#### **CLICK HERE**

To be added to the C3 Program mailing list.

#### 7 Rules for Effective Coalitions

- Communicate openly and freely with everyone.
- Be inclusive and participatory.
- Network at every opportunity.
- Set Reachable goals, in order to engender success.
- Hold creative meetings.
- Be realistic about what you can do: don't promise more than you can accomplish, and always keep your promises.
- Acknowledge and use the diversity of the group.

List compiled by Phil Rabinowitz and obtained from the Community Toolbox (accessed 6.29.22) a service of the center for Community Health and Development at the University of Kansas.

## Prescription Drug/Opioid Overdose Related Deaths, Grant Program - PDO By: leshia Dawson

The PDO grant program will strengthen the capacity of communities to develop policies and practices that prevent, and allow for appropriate responses to, prescription drug/opioid-related overdoses, including post-overdose referral to treatment and recovery services.

Table listed below is the **SCOPE OF WORK** we are implementing for the PDO Program

10 PROJECT AREAS	
(1) Build capacity	(6) Educate Opioid Use
(2) Toolkit	(7) Partner MVN program
(3) Referral and Care Management	(8) Naloxone box at community hot spots
(4) Naloxone distribution plan	(9) Use state Naloxone portal to order Naloxone for distribution
(5) Identify and train community -base SUD providers	(10) Prescriber education CME events



Recovery surrounds an individual's whole life, including mind, body, spirit and community. There are a growing number of ways people are approaching recovery from opioid use disorders, including: medical, public health, faith and social support. Recovery may begin in a doctor's office, treatment center, church, recovery coaches, prison, peer support meeting or in one's own home. By taking a knowledgeable stand on the issue of opioid use, communities and leaders can help bring healing to individuals and families in their communities.

#### Resources:









#### Impacting the Opioid Crisis Online Course

Free U-M online course for non-prescribing providers considers the opioid epidemic from several evidence-based strategies including prevention, intervention, education and policy.

**Learn more** 

July 21st Rural Michigan Opioid and Substance Use Disorder 150 Dale Dr. Gaylord, MI

#### PDO Looking Ahead:



- Trainings
- Workshops
- Opioid Talk Through Media Platforms

If you are interested in learning more please click the link below to join our PDO mailing list.

**Click Here** 

## Youth Development Program

By: Allyson Taylor

Prevention Network has recently added a new program for Youth Development! Currently the main focus of this program is to identify the needs of coalitions working with Youth in SUD Prevention throughout Michigan. Our goal is to empower coalitions by providing resources, training, and support.



#### **Short-Term Program Goals**

Prevention Network has partnered with Wayne State University to conduct an environmental scan and needs assessment of coalitions and preventionsits working with youth in Michigan. This data will highlight coalition needs and best practices when working with youth.

#### Long-Term Program Goals



- Professional Development Opportunities
- Technical Assistance
- Youth Specific Training
- Youth Development Coalition Toolkit

#### Upcoming Training - Empowering Youth to Lead

Prevention Network is partnering with Dawn Flood, Student Leadership Services (SLS) Program Director to provide Professional Development training for adult advisors, teachers, coalitions, and agencies that work with youth. Learn about the most common addictions, why youth turn to them, and how to empower youth in prevention activities.

#### Learning Objectives:

- How to engage students and empower youth
- How to build leadership skills
- Key strategies to guide youth without taking over
- How to establish group goals and objectives to create school and community climate change
- The four tenets of youth development

Limited to 25 participants.

Cost - \$25 (Price includes lunch)

Participants should only attend

one of the trainings

Approved for 6 MCBAP CEUs

Click here for the flyer

Would you like to subscribe to receive updates for the Youth Development Program?

<u>If so, please Click HERE</u>



## What's New - Resource Update

## Trainings and Events

We are regularly updating the website with trainings and events that are both hsoted by Prevention Network and our partners across the state. Check the page out if you haven't done so in a while. If you see an event that is missing, let us know, so we can add it!

<u>Trainings and Events Page</u>



## Coalition/Partner Links

As a networking agency, we hope to connect you with others across the State working on Substance Use Disorder (SUD) prevention activities. We have started a list of coalitions with their website or social media links. If you would like to be added, please let us know! If you would like us to connect you, we are happy to make the introductions.

Coalition/Partner Links

Prevention Network is currently working to refresh the website with new resources, information, a chat feature, and calendar. We hope to launch this by the end of the calendar year. In the meantime, we will continue to update the current website with any relevant information that you may be interested in.

## **Learn About Our Available Grants**

#### **SAMHSA**

SAMHSA introduces the Recovery Innovation Challenge, seeking to identify innovative practices in behavioral health that advance recovery on the ground and in the community.

The goal of this challenge is to identify innovative practices developed by individuals, groups, and organizations or within state systems that advanced recovery in the decade since SAMHSA established its working definition of recovery.



## How to Participate to

- Visit <u>Challenge.gov</u> to learn how to enter SAMHSA's Recovery Innovation Challenge, as well as eligibility, participation rules and requirements.
- All submission materials must be submitted through <u>Challenge.gov</u> by the specified submission deadline date and time.
- For any questions regarding the challenge, email<u>challenge@samhsa.hhs.gov</u>.

This challenge competition will offer up to ten awards. The challenge purse is up to \$400,000.

Phase 1 Application Deadline: July 15, 2022

#### **APPLY HERE!**

For more information: Watch the recording

View the presentation slide deck (PDF| 1MB)

Read the news announcement



#### The Health Fund

The Michigan Health Endowment Fund's final capacity building grant round of the year is now open. This is a chance to apply for support for basic organizational needs. Examples include, but are not limited to, financial management support, leadership development, and evaluation and learning. Concept papers are due by July 28 and proposals are due August 18.

# Updates From Our State and Federal Partners

- SAMHSA's "Talk. They Hear You." campaign podcast: "What Parents Are Saying Prevention Wisdom, Authenticity, and Empowerment," provides a platform for parents and caregivers to get informed, be prepared, and take action by having open and honest conversations with their kids about substance use and mental health. Hosted by Debbie Berndt, Director of Parent Movement 2.0, the podcast features discussions with parents, caregivers, and nationally recognized experts lending their unique perspectives and experiences on how to navigate conversations around these important topics. Click Here to Listen
- Tobacco-free Toolkit for Behavioral Health Agencies: SAMHSA's National Center of Excellence for Tobacco-Free Recovery has recently released the Tobacco-free Toolkit for Behavioral Health Agencies. This brand new toolkit has step-by-step instructions, case studies, and sample resources to help take a facility tobacco-free.

Click HERE to download the toolkit for free!

- From SAMHSA On July 16, SAMHSA transitioned to <u>988</u>—the easy-to-remember number to reach the existing National Suicide Prevention Lifeline. This transition is an important step to strengthening and transforming the crisis care continuum in the U.S. To help our partners communicate about 988, SAMHSA has added downloadable print files for wallet cards, magnets, and posters to its <u>988 Partner Toolkit</u>. The toolkit already includes logo and brand guidelines, key messages, frequently asked questions, fact sheets (English and Spanish), radio PSA scripts (English and Spanish), and more. SAMHSA is also working to make the print materials available for ordering from the SAMHSA store and will be adding social media shareables by mid-July about the basics of 988. SAMHSA anticipates 988 will continue to grow and evolve over the years. In 2021, the Lifeline received 3.6 million calls, chats, and texts. That number is expected to at least double within the first full year after the 988 transition.
- The Michigan Department of Health and Human Services (MDHHS) recently reorganized. The prevention, gambling, and epidemiologists are now back with the rest of SUD treatment and recovery and housed under the Behavioral and Physical Health & Aging Services Administration. The new section name is Substance Use, Gambling, and Epidemiology Section with Angie Smith-Butterwick as the section Manager.







## **Alcohol Policy Updates**

## By: Mike Tobias

- HB4115 (Extending alcohol sales until 4:00 a.m.). Passed the House March 18, 2021 and has been sitting in the Senate Regulatory Reform committee since March 23, 2021.
- Public Act 101'22 was signed by the Governor on June 14, 2022 with immediate effect. This allows an individual that is 17 years old to sell or serve alcoholic liquor provided they undergo server training and are supervised by someone age 18 and older.
- HB5387 would "With regard to issuing, denying, suspending, or revoking a (liquor) license under this act, the commission shall not consider a qualified violation if at least 2 years have elapsed since the act that resulted in the qualified violation." No change on status of bill.
- HB5595 would allow mixed spirit drink and spirit drink sales at farmers markets. No change on status of bill.
- Public Act 136'22 will allow bars and restaurants to put in self-service wall taps so customers can serve themselves alcohol. This would be for beer, wine, and mixed spirit drinks and could dispense up to 96 ounces. The bill passed the Senate on December 7, 2021.
- There is pending legislation in the House and the Senate that would eliminate the Prepaid Inpatient Health Plans (PIHP). See SB597 and House bills 4925, 4926, 4927, 4928, and 4929. This package of bills were placed on order of third reading on March 2, 2022.
- This package of bills (HB5695, 5696, 5726) were presented to the Governor on July 11, 2022 for approval and would allow children age 16 to stock shelves with alcohol and create alcohol displays in alcohol licensees.
- HB5731 would allow certain veterans organizations to obtain an on-premises liquor license without regard to any local population restrictions. No change on the status of this bill and it has been sitting in House Regulatory Reform since February 10, 2022.
- "House Bills 5732, 5772, and 5773 would amend different acts to change the funding source for the Secondary Road Patrol and Training Fund..."would result in increased funding for county and local law enforcement agencies and decreased revenue to the state's general fund." These bills passed the House on April 13, 2022 and have been referred to the Committee of the Whole with Substitute S-1 on June 9, 2022.

## The FDA Banned JUULS!

By: U.S. Food and Drug Administration

The U.S. Food and Drug Administration recently issued marketing denial orders (MDOs) to JUUL Labs Inc. for all of their products currently marketed in the United States. As a result, the company must stop selling and distributing these products. In addition, those currently on the U.S. market must be removed, or risk enforcement action. The products include the JUUL device and four types of JUULpods: Virginia tobacco flavored pods at nicotine concentrations of 5.0% and 3.0% and menthol-flavored pods at nicotine concentrations of 5.0% and 3.0%. Retailers should contact JUUL with any questions about products in their inventory.

#### Please Click Here to Learn More

"Today's action is further progress on the FDA's commitment to ensuring that all e-cigarette and electronic nicotine delivery system products currently being marketed to consumers meet our public health standards," said FDA Commissioner Robert M. Califf, M.D.



## Dealing with Burn Out

By: Holly Tiret, Michigan State University Extension - April 4, 2022



Prevalence of burnout in the United States has increased since 2019, especially due to the pandemic. The Merriam-Webster dictionary defines it as "exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration." The World Health Organization describes burnout as a work-related phenomena that includes three parts: exhaustion, detachment and pessimism, which should not be applied to other areas of life. Now more than ever, it is a good time to remember the importance of self-care strategies, which can help counteract signs and symptoms of burnout.

79% of people experience work related stress.

36% of people reported cognitive weariness.

32% of people report emotional exhaustion.

44% of people reported physical fatigue.

**Continue Reading Here** 

## **Gender Equity Reading Initiative**

By: Daniel Hunt, Safe Haven

One of our newest initiatives at Safe Haven is the Gender Equity Reading Initiative. The Gender Equity Reading Initiative, or the GERI (pronounced, "Jerry," affectionately by Safe Haven staff), will focus on sexual and domestic violence prevention by utilizing literature to help facilitate dialogue and learning. The main goal of the GERI is to expose youth of all ages to empowering messages and healthy social norms that aid in reducing the likelihood that they will choose violence.

- The books selected for GERI cover a wide range of topics including harmful gender norms and stereotypes, consent, and female empowerment. Safe Haven will provide the books on the curated list along with accompanying educational toolkits to three community partners: the Grand Rapids Public Library Main Branch; Books & Mortar; and a Mothers of Preschoolers group from the 49507 zip code.
- Along with supplying the books, Safe Haven is also creating educational toolkits. These resources will be directed toward parents/caregivers as well as the youth, and will include developmentally-appropriate ways for the reader and/or parent to facilitate further discussion around key themes of the book. We recognize that parents might need extra support when talking to their children about sensitive topics and the goal of these guides is to empower individuals to have potentially tough but very important conversations with children of all ages. Additionally, these materials will include support resources and tips for how parents/caregivers can create supportive environments if a child has already experienced a form of violence. The toolkits will be available in print and through an online platform on Safe Haven's website.
- To learn more, go to <a href="https://gerigr.org/">https://gerigr.org/</a>



# People with substance use disorders may be at higher risk for SARS-CoV-2 breakthrough infections

By: National Institute on Drug Abuse

Co-occurring health disorders appear to contribute to increased risk, NIH study suggests.

- An analysis of electronic health records of nearly 580,000 fully vaccinated people in the United States found that the risk of SARS-CoV-2 breakthrough infection among vaccinated patients with substance use disorders was low overall, but higher than the risk among vaccinated people without substance use disorders. The study was published today in World Psychiatry and led by researchers at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health, and Case Western Reserve University in Cleveland, Ohio.
- The study also found that co-occurring health conditions and adverse socioeconomic determinants of health, which are more common in people with substance use disorders, appear to be largely responsible for the increased risk of SARS-CoV-2 breakthrough infections. People with substance use disorders—such as alcohol, cannabis, cocaine, opioid, and tobacco use disorders—also had elevated rates of severe outcomes, including hospitalization and death, following breakthrough infections.

To Learn More Click Here



# Addressing Trauma and Mass Violence By SAMSHA

The SAMHSA-funded National Child Traumatic Stress Network has developed a range of resources to help children, families, educators, and communities including the following which you can access via these links:

- <u>Talking to Children about the Shooting</u>
- Helping Youth After a Community Trauma: Tips for Educators
- <u>Talking to Teens about Violence</u>
- Coping After Mass Violence: For Adults
- For Teens: Coping After Mass Violence



- <u>Helping School-Age Children with Traumatic Grief: Tips for Caregivers</u>
- <u>Helping Teens with Traumatic Grief: Tips for Caregiverstic Grief: Tips for Caregivers</u>
- <u>Helping Young Children with Traumatic Grief: Tips for Caregivers</u>
- After a Crisis: Helping Young Children Heal

To Read More, Click Here

## **Additional Links and Resources**

- Our Community Listens is a three-day communication skills training offering a transformational learning experience to strengthen relationships, align teams, and build stronger communities. Made available to you by Chapman Foundation for Caring Communities.
- Most everyone knows the dangers of drinking and driving, but recent headlines have put the spotlight on another danger on our roads – kratom and driving. Kenneth Stecker and Kinga Canike summary the danger of driving and kratom. <u>Click here to read.</u>
- Michigan for Ukraine is a local fundraising program established in Northern Michigan to directly support the humanitarian effort resulting from the invasion in Ukraine by Russia. All charitable contributions are used to allocate resources on a needs only basis as indicated by our partner Olkusz Pomaga. This is a ground level approach allowing citizens and businesses in Michigan to provide immediate tangible assistance directly to those in need. To donate and read more, click here.





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Download this Summer 2022 Edition <a href="https://www.preventionnetwork.org/newsletter">https://www.preventionnetwork.org/newsletter</a>

The next newsletter will be distributed in October, 2022.

SUBMIT an article for the next newsletter

Mission: Cultivate healthy communities across Michigan through resources, technical assistance, and support.

Vision: A life free of substance misuse in Michigan

Prevention
Network

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