

# Coalition Support & Community Change



## Remember Self-Care

There are many methods of self-care. One method that works well for me is to connect with my colleagues. This update will highlight ways we can connect.

Note: All underlined text provides a direct link.

### Coalition Support & Networking Group

We have put together a group for SUD Prevention Professionals working in coalitions. This group is open to all people associated with coalitions addressing substance misuse prevention in Michigan. We will meet virtually on a quarterly basis without an agenda. **New time this month Aug 29, 12-1:30 p.m. EST.** No registration required, [Zoom Meeting Link](#). Next group Nov 28.

### Put Yourself on the MI Prevention Map!

People continue to be the greatest resource. [Please add yourself to our map of community-based and professional organizations doing Prevention work in Michigan.](#)

Once you have a log-in created, you'll be able to access Prevention Network's secure resource library, map and online forum. Let others find you!

### Michigan Community Forum on CADCA

This resource continues to be a free option to anyone in Michigan to share resources, ask questions, and post job listings. Participants need to create a free account and CADCA has updated their website. On the [www.cadca.org](http://www.cadca.org) homepage, hover over the "Association" dropdown menu and click "CADCA Community." The "Michigan Community," which you can access through that page, has over 1,800 members, 200 discussion, and 100 resources in the library.

### A Few Upcoming Events...

- August 29 - [Coalition Support & Networking](#) Virtual 12-1:30 pm EST (Prevention Network)
- August 31 - [Facilitation and Prevention Skills Training](#) 9 am - 4 pm CST (Prevention Training Services)
- Sept 6-8 - [State of Black Health Conference](#) Virtual tickets available (Center for Black Health and Equity)
- Sept 10-12 - [24th Annual Substance Use & Co-Occurring Disorders Conference](#) Hybrid (Community Mental Health Association of Michigan)
- Sept 14 - [Cannabis Regulatory Agency](#) Public Meeting In Person 9:30-10:30 EST
- Sept 14 - [Opioid Advisory Commission](#) In-Person meeting with public comment time 10-12 EST
- Sept 20 - [Building Support for Policy Change: Ending the Sale of Menthol and All Flavored Tobacco Products in Michigan](#) Virtual 10-11 EST (Michigan Prevention Association)

For a full listing of upcoming events and trainings, visit [www.PreventionNetwork.org/events](http://www.PreventionNetwork.org/events)

### Self-Care Poll

Join the conversation!

---

## Prevention Navigators' Podcast

The podcast designed just for Michigan's prevention workforce is still running! Check out what's new or relisten to still relevant tracks on [www.SoundCloud.com/PreNav](http://www.SoundCloud.com/PreNav)

---



If you would like to help plan a Statewide SUD Coalition Conference, please email [ruths@preventionnetwork.org](mailto:ruths@preventionnetwork.org) with "Conference" in the subject line.



---

Ruth Schwendinger | Prevention Network 517.393.6890 [ruths@preventionnetwork.org](mailto:ruths@preventionnetwork.org)  
[preventionnetwork.org/c3](http://preventionnetwork.org/c3)



What method of self-care do you prefer?  
(Responses will be used in conference planning.)

### Sleeping Peacefully

Select

---

### Being in Nature

Select

---

### Socializing

Select

---

### Uninterrupted time with a puzzle or book

Select

---

### Volunteering with kids or youth

Select

---

### Creative Expression through music, art, dancing, etc.

Select

---