

HAPPY
NEW
YEAR!



January 2024 Promoting Positive Parenting

M *Parenting Awareness*
MICHIGAN

PAM hopes to provide you with education and resource materials for those doing important work with parents and families in your community on various topics to raise awareness around parenting issues.

Mark Your Calendar

2024 Upcoming Events

- National Mentoring Month - all Month
- January 24th, Prevention Ethics Training, 9:00 - 4:00, Lansing, MI
- SAMHSA's 20th Prevention Day - January 29
- MIHEN Conference - June 13
-

Have an event to add to this calendar? Email Sara (sarak@preventionnetwork.org) and we will make sure it is added.

Have an event coming up? Want to celebrate your amazing achievements or recognize someone doing great work with parents and families? Email sarak@preventionnetwork.org to be included in the next edition of "PAM Spotlights" or follow this link "[PAM Spotlights](#)" to fill out the form.

"PAM Spotlights"

This month featuring Berrien RESA and Partners in Prevention.

Berrien RESA Celebrates this Holiday Season...

December 5th and 6th we welcomed families from all over Berrien County to our Welcome Winter. We had over 300 people show up and enjoy our celebration. Mr. and Mrs. Claus, Frosty, Cindy-Lou, and Grinch were on hand. There were snacks, crafts, and a room full of snow (Shredded paper) for the children to play in.



"PAM Spotlights"



Partners in Prevention is actively working towards helping create a future with better overall health. We are located in Northeast Michigan and provide learning tools that can help manage life's challenges with competence and confidence. When we know more, we can make a difference in our own life and in someone else's. Partners in Prevention has an array of free and fee-based services and customized training to help you grow. These can be used by caregivers, educators, providers, pastors, employers, and really any caring individual.

Partners in Prevention has one of EACH of the Mental Health First Aid

(MHFA) Courses available in January! Thanks to SAMHSA, these are free for anyone in Alpena, Montmorency, Presque Isle, or Alcona Counties - but space is limited!

Chances are that at least one - if not both - of these courses pertain to you! Our MHFA course is for all caring individuals and our Youth MHFA course is for adults who care for youth.

Details on all of our workshops can be found here
<https://www.partnersinpreventionemi.org/about-us>

You can register here or contact us.
<https://partners-in-prevention.ticketleap.com/>

YOUTH MENTAL HEALTH FIRST AID

**YOUTH MENTAL HEALTH
FIRST AID (YMHFA)
TEACHES YOU HOW TO
IDENTIFY, UNDERSTAND,
AND RESPOND TO SIGNS
OF MENTAL HEALTH AND
SUBSTANCE USE
CHALLENGES AMONG
YOUTH.**

**JANUARY 25 & 30
6PM TO 8:30PM**

**COMPLETED IN 3 PARTS:
2 HOUR ONLINE PRE-COURSE DONE AT YOUR
OWN PACE
IN-PERSON INSTRUCTOR-LED TRAINING JAN 25
IN-PERSON INSTRUCTOR-LED TRAINING JAN 30**

**GREEN TWP HALL
14261 M-32, LACHINE
(JUST WEST OF M-65 SOUTH)**

**FREE OF CHARGE!
(A \$250 VALUE)**

REGISTER HERE



OR CONTACT US:
PROGRAMS@NEMCPI.ORG
(989)356-2880

- WHO SHOULD ATTEND**
- PARENTS/CAREGIVERS
 - TEACHERS • SCHOOL STAFF
 - COACHES • CAMP COUNSELORS
 - YOUTH GROUP LEADERS
 - ADULTS WORKING WITH YOUTH



Funding thanks to SAMHSA's Mental Health
Awareness and Training Grant Award
#1H79SM084446-01

SAMHSA
Substance Abuse and Mental Health
Services Administration

helps our community raise children who are safe, loved, and resilient; and
helps adults increase knowledge and skills to address life's challenges.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

1 IN 5 in the U.S. lives with a mental illness.

SOURCE: NATIONAL INSTITUTE OF MENTAL HEALTH

MENTAL HEALTH FIRST AID (MHFA) TEACHES YOU HOW TO IDENTIFY, UNDERSTAND AND RESPOND TO SIGNS OF MENTAL HEALTH AND SUBSTANCE USE CHALLENGES AMONG ADULTS.

**JANUARY 26
8AM TO 3PM**

**COMPLETED IN 2 PARTS:
2 HOUR ONLINE PRE-COURSE DONE AT YOUR OWN PACE
IN-PERSON INSTRUCTOR-LED TRAINING JAN 26**

**MYMICHIGAN AUDITORIUM
1501 W CHISHOLM ST, ALPENA**

**FREE OF CHARGE!
(A \$250 VALUE)**

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID:

- EMPLOYERS
- LEADERSHIP
- HOSPITAL STAFF
- ANY CARING INDIVIDUAL

REGISTER HERE



OR CONTACT US:
PROGRAMS@NEMCPI.ORG
(989)356-2880



NORTHEAST MICHIGAN COMMUNITY PARTNERSHIP, INC.

Funding thanks to SAMHSA's Mental Health Awareness and Training Grant Award #IH79SM084446-01



helps our community raise children who are safe, loved, and resilient; and helps adults increase knowledge and skills to address life's challenges.

Save the Date: Prevention Ethics Training

***In-person training from
9am - 4pm
Cost: \$75***

**JANUARY 24, 2024 - LANSING
AREA** [Register Here](#)

MARCH 20, 2024 - DETROIT [Register Here](#)

**AUGUST 29, 2024 - GAYLORD -
REGISTRATION COMING SOON**

6.0 MCBAP Approved Hours for Prevention
Ethics (CPC, CPS certification)



OBJECTIVES

- Explore the role of ethics in their daily prevention work
- Describe the Prevention Code of Ethics' six key principles and engage in discussions on ethical issues presented in various scenarios
- Apply a four-step decision-making model to assess and address ethical dilemmas

ABOUT THE TRAINERS

Kim Thalison is a CPS with Eaton RESA, managing a grant-funded school wellness and prevention department. She has been working in the field of substance misuse and youth risk behavior prevention for 17 years, beginning her career with the Mid-South Substance Abuse Commission. Kim serves on the Board of Directors for the Michigan Certification Board for Addiction Professionals (MCBAP) and is the co-chair of the MCBAP Prevention Workgroup.

Louise Montag, CPC-R, Executive Director at Prevention Network, has over five years of experience working in substance misuse prevention. Louise was named one of the Top 10 Alumni within 10 Years at Oakland University and Michigan Preventionist of the Year in 2019 by the Michigan Department of Health and Human Service.

ABOUT THE CURRICULUM

The Ethics in Prevention training was developed under the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for the Application of Prevention Technologies task order. Reference#HHSS283201200024I/HHSS28342002T. For training use only. Both trainers are certified to facilitate this curriculum.



[JANUARY 24th Register Here](#)

[MARCH 20th Register Here](#)



\$ 3,000 Coalition Sub-Awards Q & A Webinar

Wednesday, Jan 17, 11 AM-12 PM
Tuesday, Jan 23, 5-6 PM

Hello!

You're invited to attend a \$3,000 Coalition Sub-Awards Q&A Webinar happening on January 17th and 23rd! The webinars will answer questions about the Sub-Awards, which are open to members of community organizations interested in applying from the following five counties: Bay, Berrien, Barry, Eaton, and Calhoun. Program staff will be available during the webinar to answer any questions you may have.

Click one of the buttons below to register in advance:

Wednesday, Jan 17, 11 am - 12 pm

Tuesday, Jan 23, 5-6 pm

About The Coalition Sub-Awards

Prevention Network is offering funding to coalitions to increase the number and quality of prevention strategies or promotion of prevention messages used in communities. Projects are to address health disparities experienced by persons with mental health within the local community around tobacco, e-cigarettes and marijuana use in Bay County, Berrien County, Barry County, Eaton County, Calhoun County.

Application Details:

Open: January 1, 2024
Deadline: June 14, 2024
Amount: \$3,000
Anticipated Notifications of Award: January 22, 2024 and monthly thereafter until funds are exhausted.

Learn all you need to know about about the sub-awards and how to apply by registering for the Q&A Webinar happening on January 17th or 23rd. You do not need to attend both sessions.

Visit PreventionNetwork.org/C3 for more information and to apply.

See you there!

[JANUARY 17th Register Here](#)

[JANUARY 23rd Register Here](#)

MICHIGAN STATE
UNIVERSITY | **Extension**

Michigan State University Extension

Child and Family Development January Offerings

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

- Class dates:
 - 1/09/2024: Positive Discipline
 - 1/16/2024: What Children Need to Know to Start School
 - 1/23/2024: How soon is too soon? When to teach your children money habits for life!
 - 1/30/2024: RELAX: Alternative to Anger for Parents and Caregivers
- Class Times: 8:00PM to 9:30PM

[Register Here](#)

Parenting Series

Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. Certificates of attendance are available.

- Class Dates: January 16, 23, 30
- Class Times: 11:30am-1:00pm ET

[Register Here](#)

The Parent Talk System

Do you feel like your children aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6 week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

- Class dates: January 22, 29
- Class times: 7:30pm-9:00pm ET

[Register Here](#)

Building Early Emotional Skills

Are you having trouble with biting, tantrums or the "terrible twos?" Building Early Emotional Skills (BEES) is a four-week class for primary caregivers of children 0-3 that teaches about how young children develop social emotional skills and helps give caregivers skills to deal with the stress of caring for children and to help their children develop strong social emotional skills. BEES will help you learn about:

- Your child's temperament and stress
- Your triggers and how to manage them

Being reflective about feelings and emotion coaching
Reducing biting, conflict and frustration and handling tantrums
Building a solid foundation for tomorrow

- Class dates: Wednesdays, January 10, 17, 24, 31
- Class times: 12:00pm-1:30pm ET

[Register Here](#)

Kinship Caregiver Classes

Kinship Caregiver classes are targeted to relatives caring for another relative's children.

- Workshop: 1/10/2024: Together We Can: Co-Parenting
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

Title: Let's Talk: Parent and Provider Communication

- Class Date: January 18th, 2024
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

Title: Understanding a Toddler's World

- Class Date: January 26th, 2024
- Class Time: 1:00 PM - 2:30 PM

[Register Here](#)

Additional Resources

Early Math Skills for Infants and Toddlers This class is eligible for MiRegistry Credit!

Attend the live session or watch a recording up to one week later. This program will give ideas, lessons, and resources for childcare providers to enrich their environment for infants and toddlers to gain early math skills.

Instructors: *LaDonna Werth and Lisa Poppe, University of Nebraska Extension Educators*

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, Iowa, Arizona, Kansas, Michigan, Wisconsin and South Dakota to meet annual in-service training requirements.

Date and Time: January 8, 2024, 7:00-8:00 P.M. CT (8-9 pm ET)

[Register Here](#)



January 10 Transition: What You Need to Know with Karen Wang from 6:30pm-8:00pm. [Register Here](#)

January 17 Personal Curriculum with Rashell Bowerman from 6:30pm-8:00pm. [Register Here](#)

January 23 Disciplinary Removals of Students with Disabilities: Counting the Days with Laura Zangara from 6:30pm-7:30pm. [Register Here](#)

January 24 Evaluation and Eligibility with Michelle Driscoll. For the 12:00pm-1:00pm webinar, [Register Here](#). For the 6:30pm-7:30pm webinar, [Register Here](#)

January 25 IEP: A Closer Look with Stephanie Nicholls from 9:00am-10:30am. [Register Here](#)

January 30 Navigating Manifestation Determination Review and Beyond with Laura Zangara from 6:30pm-7:30pm. [Register Here](#)

January 31 Section 504 @ School: What Parents Need to Know with Michelle Driscoll and Stephanie Nicholls. For the 12:00pm-1:00pm webinar, [Register Here](#). For the 6:30pm-7:30pm webinar, [Register Here](#)



Submit an idea to [Sara Kirkpatrick](#), PAM Program Coordinator

Prevention Network/Parenting Awareness Michigan (PAM)
preventionnetwork.org/pam | 517-393-6890

And feel free to make a donation to help continue providing free resources [click here](#)

Prevention Network

