



MI-PDO FOCUS NEWSLETTER

Prevention of Prescription
Drug/Overdose Related Death



NEWS

Opioid harm reduction, education efforts reinforced through grant extension

[Access the resource here.](#)

Healthy Aging Campaign Targets Opioid Misuse in Older Adults

[Access the resource here.](#)

Progress on overdose deaths could be jeopardized by federal cuts

[Access the resource here](#)

[Access the resource here](#)

LOOK

OPEN office hours

OPEN will be hosting an office hour! Directly talk with a physician who specializes in addiction medicine to answer your questions about Substance Use Disorder (SUD) and receive tailored support. Their team will moderate and ensure you have a productive and enriching experience; register to submit questions ahead of the event.

Physician + Moderator:

Robert McMorrow, DO, FASM
Melissa DeMarse, LPC, CAADC

[Click Here To Learn More!](#)

Giving Back in 2025: Supporting Individuals and Families Affected by Addiction During the Holiday Season



A Message of Hope, Healing, and Community

As we close out 2025 and enter the heart of the holiday season, many families are preparing for celebration, connection, and reflection. But for thousands of individuals across Michigan and beyond, this time of year also brings unique challenges — especially for those living with substance use disorder, those in recovery, and the families who love and support them.

Addiction does not pause for holidays.

Loneliness does not take time off.

Recovery does not go on break.

That's why now more than ever, our communities play a critical role in offering compassion, resources, and meaningful support. This season invites us to slow down, look around, and remember that the most powerful gift we can give is presence, not presents.

The Reality: Why the Holidays Are Hard for People Facing Addiction

The holidays can intensify emotional and environmental triggers for many people navigating addiction or early recovery. Common struggles during this season include:

- Increased loneliness or social isolation
- Financial pressures that intensify stress
- Family conflict or grief
- Higher exposure to alcohol at gatherings
- Seasonal depression or traumatic memories
- Limited access to regular support services due to holiday schedules

These factors make November one of the highest-risk periods for relapse, overdose, or mental-health crises.

As a community, this is our call to step up.



How Our Community Can Give Back in 2025

Here are ways individuals, organizations, and partners can uplift our community this season and into the new year:

✓ Volunteer

Serve at recovery community centers, treatment programs, or local outreach events.

✓ Donate

Support organizations providing naloxone, housing assistance, youth prevention programs, and peer recovery support.

✓ Host a Giving Drive

Collect hygiene items, blankets, warm clothing, and resource cards for distribution.

✓ Share Recovery Stories (With Permission)

Stories reduce stigma and remind people that they're not alone.

✓ Attend a Training

Learn how to use naloxone, understand addiction, and respond to an overdose.

1. Check In Even If It's Been a While

A simple call or text can interrupt a spiral of isolation.

"Thinking about you today. I'm here if you need anything."

These words matter more than most people realize.

2. Avoid Judgment or Shame

Shaming people for their struggles increases isolation — which increases risk. Choose words rooted in encouragement and respect.

3. Understand Harm Reduction

Naloxone saves lives.

Fentanyl test strips save lives.

Safe storage and disposal reduce harm.

Compassion keeps people alive long enough to heal.

4. Offer a Safe, Substance-Free Space

If you're hosting, consider making your gathering inclusive for individuals in recovery. A simple alcohol-free drink station or "recovery-friendly table" can make someone feel seen and supported.

5. Connect People to Local Resources

Michigan communities offer:

- Naloxone distribution sites
- Peer recovery coaches
- Crisis lines
- Overdose-prevention trainings

✓ Support Local Prevention and Harm- Reduction Programs

Sustainable funding ensures long-term impact beyond holiday giving.

- Community mental-health agencies
- Warm lines and support groups

Knowing where to send someone or helping them make that first call can change a life.

*State of Michigan
Resources below click
on the title.*

**SAMHSA OPIOID
RESPONSE TOOLKIT**

OPIOID DASHBOARD

**OPIOID
INFORMATION**

**STATE OF MICHIGAN
OPIOID WEBSITE**



**Check out the Newest Information
and Provided Services below:**

[Opioid Prescribing](#)

[Safe Storage and Disposal](#)

[SUD Care/Services](#)

If you want to be featured in next month's newsletter or need resources, please contact me for more information.

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