

Hello, December!



MIHEN Monthly Newsletter

This newsletter will help summarize a lot of the great new things the MIHEN has been working on just for you. As always, if you have any feedback please email or call {517-393-6890}. Have a wonderful month.

New this month...

1. MIHEN Conference - Call for Presenters

- The MIHEN Conference call for proposals is now open! The conference will be on **June 13, 2024**. Proposals are due on **January 8th**. If you or someone you know would be interested in presenting, please fill out the form below and email it back to me. If you have any questions, please don't hesitate to reach out to me either via email (alexw@preventionnetwork.org) or via phone (517) 393-6890.
- **MIHEN Call for Proposals**

2. National Impaired Driving Prevention Month

- December is recognized as National Impaired Driving Prevention Month. Drunk driving crashes increase throughout the month of December as more people travel and attend events where alcohol is served. Alcohol and drugs - including opioids, marijuana, and some over-the-counter medications - can impair driving by causing drowsiness, altering visual functions, and affect mental judgment and motor skills.
- For more information, visit the National Safety Council's webpage: **Impairment Begins With the First Drink**.

3. HHS, SAMHSA Release 2022 National Survey on Drug Use and Health Data

- The U.S. Department of Health and Human Services (HHS), through the Substance

Abuse and Mental Health Services Administration (SAMHSA) has released the results of the 2022 National Survey on Drug Use and Health (NSDUH). This report focuses on substance use and mental health indicators in the United States based on NSDUH data from 2022.

- To read the full report, view here: [Results from the 2022 National Survey on Drug Use and Health.](#)

4. Virtual Water Cooler Chats

- The Higher Education Center is hosting the virtual monthly water cooler chats on **December 12th, from 2pm - 3pm**. These informal chats are an opportunity to exchange ideas and connect with AOD professionals across the country.
- For more information and how to register, visit their webpage: [Water Cooler Chats.](#)

5. MIHEN Meeting

- The next MIHEN meeting is coming up on **December 14, from 1 pm - 2 pm!** I will be attaching the meeting agenda here. I hope to see you all there!
- [MIHEN Meeting Agenda 12.14.23](#)

Public Health Research from the Last Month...

[Initial Results from a New College
Substance Use Prevention Program
Targeting Externalizing and Internalizing
Traits](#)

Higher Education Center

[Expert Outlines Dangers of Opioid Use
Among Student Athletes](#)

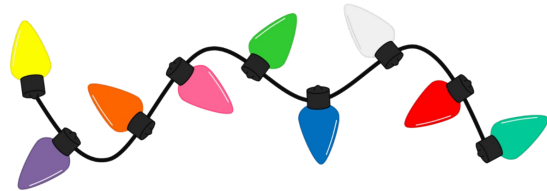
Campus Drug Prevention

[College Students' Prescription Drug
Misuse Over Time and Links With Their
Mental Health and Well-being](#)

Higher Education Center

Upcoming Events...

- [National Impaired Driving Prevention
Month - All December](#)
- World Aids Day - **December 1**
- Hanukkah - **December 7 -
December 15**
- Virtual Water Cooler Chats -
December 12
- MIHEN Meeting - **December 14**
- Christmas Eve - **December 24**
- Christmas Day - **December 25**
- Kwanzaa - **December 26 - January
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Thank you for your participation in the MIHEN. Please contact me at {alexw@preventionnetwork.org} or {517.393.6890} if you have any suggestions to further improve the network.

Best, Alex



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