

# Hello, May!



## 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. National Prevention Week

- National Prevention Week (NPW) is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health
- SAMHSA's NPW is **May 4 through May 18, 2022**.
- The 2022 SAMHSA Prevention Day (SPD) event will kick off National Prevention Week activities. It will be delivered virtually through an interactive online conference platform!
- For more information, please visit the [SAMHSA NPW website](#).

### 2. Mental Health Awareness Month

- Each year, millions of Americans face the reality of living with a mental illness. During May, the National Alliance on Mental Illness (NAMI) joins the national movement to raise awareness about mental health. Each year they fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.
- For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health".
- For more information, visit the [NAMI website](#).
- Also view here for SAMHSA webinars being held throughout the month of May: [National Mental Health Awareness Month Webinar Series](#)

### 3. Health, Justice, and Equity: A Call to Action to End Menthol and Flavored Tobacco Webinar - May 18, 12pm-1pm

- Commercial tobacco use is the number one cause of preventable disease and death in Michigan. Flavored tobacco plays a major role in enticing youth to start using tobacco and keeps many people addicted. Additionally, not everyone has a fair and just opportunity to be as healthy as possible - free from the harms of commercial tobacco use. In addition to targeted marketing by the tobacco industry, obstacles like poverty and discrimination increase rates of tobacco use, leading to poor health outcomes for those with fewer resources and less power in society. This is a social justice issue.
- Fortunately, work is occurring to bring about better health outcomes for Michiganders. Three local jurisdictions - City of Grand Rapids, Washtenaw County and Wayne County are working to restrict the sale of menthol and all flavored tobacco products. **WE NEED YOU!** Come hear about the work that is happening to protect youth and communities most affected by menthol and flavored tobacco products, engage with the Coalitions working on this policy and offer your support. Following this webinar, attendees will be able to:
  - Explain why tobacco health disparities exist and who is most affected.
  - Describe how National, State, and Local efforts are addressing these disparities.
  - Identify ways to get involved and protect communities targeted by the tobacco industry
- For more information, view the attached [flyer](#)

## 4. UFAM Rally

- Unite to Face Addiction Michigan (UFAM) is a non-profit organization dedicated to unifying the voices of Michigan citizens impacted by the health crisis of addiction and the organizations working to change the way addiction is perceived and treated in our State
- UFAM is holding their 5th Annual Rally and Advocacy Day on **May 19, 10:00 am - 4:00 pm at the Michigan State Capitol (Lansing, MI)**. The registration is free.
- For more information, please view the [UFAM Rally Flyer](#)

## 5. safeTALK Face-to-Face Workshop

- safeTALK is recognized as an evidence based 3.5 hour face-to-face workshop on **May 24, 8:30 am - 12 pm**. This in-person training goes more in-depth so people learn to recognize when someone needs help, how to talk with them to better understand their situation, and safely connect them to the resources they need.
- The training includes presentations, audiovisuals, and skills practice. safeTALK is appropriate for both professionals and anyone 15 years or older willing to learn this life saving skill.
- For more information and to register, visit [Bay County safeTALK](#).

## Public Health Research from the Last Month...

[Substance Misuse Prevention for College Students Spans the Pre-K-12 Years](#)  
Prevention Technology Transfer Center  
(PTTC)

[New Publications from SAMHSA: College Drinking](#)  
PTTC & SAMHSA

## Upcoming Events...

- Mental Health Awareness Month - **all May**
- National Prevention Week - **May 4 - May 18**
- Health, Justice, and Equity Webinar - **May 18**
- safeTALK Face-to-Face Workshop - **May 24**
- MIHEN Conference - **June 17th**

Alcohol Use and Alcohol-Related  
Consequences Based on Gender and  
Sexual Orientation Among College  
Students

Higher Education Center



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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Prevention Network Homepage

