

# 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

- This year, National Prevention Week is taking place **May 12-18!** National Prevention Week is a public education platform showcasing the work of communities and organizations nationwide that are preventing substance use and promoting positive mental health. View [SAMHSA](#) for more information on how to get involved.
- You can also celebrate with Prevention Network all week! We will sell Prevention Week apparel and stickers, showcase our Prevention Network staff all week, and host *two coffee chats!* We will also have a bingo card available to fill out and you can be entered into winning a prize! For more information on how to get involved with us this week, [please view our website.](#)

### 2. Mental Health Awareness Month

- May is Mental Health Awareness Month! Mental Health Awareness Month has been a foundation of addressing the challenges faced by millions of Americans living with mental health conditions. This year, the National Alliance on Mental Illness (NAMI) is celebrating Mental Health Awareness Month with the Take the Moment campaign.
- For more information and ways to get involved, view [NAMI](#).

### 3. MIHEN Webinar - Cannabis: Examining Recent Science,

## Trends, and Prevention Opportunities

- Join the MIHEN for a webinar with Dr. Jason Kilmer on **May 22, 12:00 pm - 1:00 pm**. During this time, participants will be able to:
  - Identify at least 2 of the possible symptoms/criteria associated with cannabis withdrawal.
  - Identify at least 2 risks/outcomes related to cannabis use and mental health among college-age individuals.
  - Identify at least 2 prevention/intervention opportunities for use within their community on their college campus.
- You can register at the link here: [Webinar Registration](#)
- You can read more information on the webinar here: [Cannabis: Examining Recent Science, Trends, and Prevention Opportunities](#)

## 4. MIHEN Conference

- The MIHEN Conference is next month!!! I am so excited to see everyone and hear from our phenomenal speakers. Please use the [link to register](#) for the conference. There is also information about the room block!
- If you have any questions, please let me know!

## 5. MIHEN Meeting

- The next MIHEN meeting has been moved to **July 18, 1:00 - 2:00 pm EST**. The agenda will be shared next month. If you have questions, let me know!

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

#### Community Colleges Tackle Another Challenge: Students Recovering from Past Substance Use

The Hechinger Report

#### Exploring Drinking Motives and Alcohol Use in College Students: The Moderating Effects of Gender

The Higher Education Center

### Upcoming Events...

- Mental Health Awareness Month - **all May**
- National Prevention Week - **May 12-18**
- MIHEN Webinar - **May 22**
- MIHEN Conference - **June 13**
- MIHEN Meeting - **July 18**



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



[Prevention Network Homepage](#)