

Hello, November!



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. Great American Smoke Out

- The American Cancer Society has hosted the Great American Smokeout on the third Thursday of November for more than 40 years. The Great American Smokeout is an opportunity for people who smoke to commit to healthy, smoke-free lives. This event challenges people to stop smoking and helps them learn about the many tools they can use to help them quit and stay quit.
- This year, this event is being held on **November 17, 2022**. For more information, please view their website: [The Great American Smokeout](#)

2. CPE Seats

- The MIHEN is still offering the Certified Peer Education course for students! CPE training is an effective strategy for building a well-educated and sustainable peer education group. The CPE training helps students develop leadership skills to successfully create and implement campus programs. It includes eight modules, covering the role of peer education, helping peers make a behavior change, listening skills, response and referral skills, how to take action and intervene, recognizing the role of diversity and inclusivity, programming and presentation skills, self-care, and group dynamics.
- If you are interested, please reach out to me! This course is completely free for your students to take, as the MIHEN is funding it. If you have questions, please let me know. Feel free to email me at alexw@preventionnetwork.org or call me at (517) 393-6890 or (989) 385-1919.

3. NASPA Strategies Conference 2023

- The 2023 NASPA Strategies Conference will be held on **January 19-21, 2023 in Kansas City, MO**. The NASPA Strategies Conference provides student affairs practitioners with the knowledge and skills to effectively address collegiate alcohol and drug abuse prevention, mental health, sexual violence prevention and response, and well-being through a variety of comprehensive and integrative approaches.
- For more information and how to register, view here: <https://www.naspa.org/events/strategies>
- P.S. I will be presenting at the conference, so I hope to see some of you there!

4. Michigan Youth Coalition Network (MYCN)

- Prevention Network has a new program! We now have the Michigan Youth Coalition Network (MYCN) that is ran by Allyson Taylor. The MYCN aims to provide professional development opportunities, resources, and support to coalitions working with youth in SUD prevention. See below for some exciting opportunities with the MYCN:
 - **November 8, 2022, 10:00am - 11 am:** The MYCN is having their first membership meeting. Members meet monthly to network, discuss emerging trends in the SUD field, and provide input on MYCN activities. Everyone is welcome! [Click HERE](#) to register to attend.
 - **November 9, 2022, 3:00 pm - 4:00 pm:** The MYCN is having the first Youth Advisory Council (YAC) Informational Meeting. MYCN is seeking youth to participate in a statewide YAC! Members will meet monthly after school via zoom. Please NOMINATE any student who has shown exceptional leadership skills in your coalition activities or school. Interested students should a) [Register to attend the informational meeting](#), and b) [Submit an application](#)
 - [MYCN Advisory Council](#)
- For more information on the MYCN, you can view the [webpage here](#). If you have any questions, you can reach out to Ally via email allysont@preventionnetwork.org or via phone at (517) 393-6890.

5. Kratom Resources

- The Chippewa Valley Coalition for Youth and Families, the Macomb County Office of Substance Abuse, and the Greater Macomb Project Vox created three resources for Kratom. These resources are for those in recovery, professionals, and for parents/community members. Please share these with your networks.
 - [Alert! For Persons in Recovery](#)
 - [Alert! For Healthcare and Other Professionals](#)
 - [Parent & Community Alert!](#)

Public Health Research from the Last Month...

[Addressing Burnout in the Behavioral Health Workforce through Organizational Strategies](#)
SAMHSA

[Adolescents' Use of Free Time and Associations with Substance Use from 1991 to 2019](#)
NIH

Upcoming Events...

- American Indian Heritage Month - **all November**
- MYCN Membership Meeting - **November 8**
- MYCN YAC Meeting - **November 9**
- NASPA Conference - **January 19-21**



College Prescription Drug Study 2022 Key Findings

The Ohio State University College of Pharmacy

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

