

# Hello, November!



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## 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 Smokeout

- 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.
- This year, the event is being held on **November 26, 2023**. For more information, please view their website: [The Great American Smokeout](#)

### 2. MiNAV

- MiNAV is a new resource for community college students. It is a comprehensive mental health resource hub designed specifically for community colleges to explore counseling and crisis services on campus and in local communities.
- You can access the website here: <https://mentalhealthcc.org/minav/>

### 3. Mental Health Promotion and Suicide Prevention for LGBTQIAS+ Youth: Resource Guide

- The Suicide Prevention Resource Center partnered with NORC at the University of Chicago to develop one resource guide and four population-focused Focus Guides for those who live and work with Lesbian, Gay, Bisexual Transgender, Queer, Intersex, Asexual, and Two-Spirit (LGBTQIA2S+) youth. You can view the resource

guide below.

- <https://sprc.org/wp-content/uploads/2023/09/LGBTQIA2S-Resource-Guide.pdf>

## 4. Transgender Awareness Week - November 13-19 and Transgender Remembrance Day - November 20

- Transgender Awareness Week is **November 13-19**. People and organizations around the country participate in Transgender Awareness Week to help raise the visibility of transgender people and address issues members of the community face.
- Transgender Day of Remembrance (TDOR), is an annual observance on **November 20** that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence that year.
- For more information and ways to get involved, view here: <https://glaad.org/transweek/>

## 5. NASPA Conference

- The NASPA Strategies Conference provides student affairs professionals with the knowledge and skills to effectively address collegiate alcohol and drug prevention, mental health, sexual violence prevention and response, and well-being through a variety of comprehensive and integrative approaches.
- The conference this year is **January 18-20, 2024** in San Francisco, CA. For more information and to register, view here: <https://www.naspa.org/events/strategies>

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

[Michigan Overdose Report - September 2023](#)

[Drug Overdose Deaths with Evidence of Counterfeit Pill Use - United States, July 2019 - December 2021](#)

Campus Drug Prevention

[Beyond CollegeAIM: Lessons Learned in Alcohol and Other Drug Prevention](#)

Campus Drug Prevention

### Upcoming Events...

- American Indian Heritage Month - **all November**
- Transgender Awareness Week - **November 13-19**
- Great American Smokeout - **November 17**
- Transgender Day of Remembrance - **November 20**
- NASPA Conference - **January 18-20**



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

