

# 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. DEA Issues Warning About Illegal Online Pharmacies

- The Drug Enforcement Administration has issued a Public Safety Alert to warn about illegal online pharmacies. The DEA has seen an increase in illegal online pharmacies selling and shipping counterfeit pills made with fentanyl and methamphetamine to unsuspecting customers in the United States who believe they are purchasing real pharmaceutical drugs such as oxycodone, Adderall, Xanax, and other drugs from legitimate pharmacies. The full Public Safety Alert can be found here: [DEA Issues Warning About Illegal Online Pharmacies](#).
- In light of these risks, your help to promote the [One Pill Can Kill Campaign](#), raise awareness through [Red Ribbon](#), and support [Prescription Drug Take Back](#) efforts is more important than ever.

### 2. Young Professionals Advisory Board Application

- The [Young Professionals Advisory Board](#) is led by youth for youth! Drug Free America Foundation is looking for energetic youth that are passionate about preventing substance use to keep our youth, families, and communities safe and healthy.
- As a Member, you have a unique opportunity to have a voice in a critical global public health issue and make a difference in promoting healthy behaviors and preventing substance use through education and influencing policy and change. This is an excellent opportunity to develop and enhance a variety of skills such as

leadership, problem-solving, research, public speaking, collaboration, and advocacy as well as gain experience and community service project hours for both college and job applications. Further benefits include developing valuable relationships with others who may have a shared experience and access direct-to-teen marijuana training through Johnny's Ambassadors.

- Youth ages 18 to 25 are invited to apply. Members will commit to serving a one-year term and adopt the One Choice health goal which is no use of any alcohol, nicotine, marijuana, or other drugs under the age of 21 for their health. Learn more about One Choice at [www.onechoiceprevention.org](http://www.onechoiceprevention.org).

### 3. Transgender Awareness Week and Transgender Remembrance Day

- 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 to get involved, [view here](#).

### 4. Great American Smokeout

- About 34 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.
- While the rates of cigarette smoking have declined over the past several decades, from 42% in 1965 to 14% in 2019, the gains have been inconsistent. Some groups smoke more heavily or at higher rates and suffer disproportionately from smoking-related cancer and other diseases. These populations tend to be those who experience inequities in multiple areas of their lives, including those at lower socioeconomic levels, those without college degrees, American Indians/Alaska natives, African American/Black communities, LGBTQ communities, those in the military, those with behavioral health conditions, and others.
- This year, the Great American Smokeout will take place on **Thursday, November 21**. This is a event organized by the American Cancer Society to encourage people to quit smoking or make a plan to quit. For more information and how to get involved, [view here](#).

### 5. NASPA Conference

- The NASPA Strategies Conferences provide student affairs practitioners with the knowledge and skills to effectively address collegiate alcohol and drug misuse prevention, mental health, sexual violence prevention and response, peer education and well-being through a variety of comprehensive and integrative approaches.
- [Registration is open](#) and the conference will be in Boston, MA, **January 16-18**.

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

[Patterns of Alcohol, Cannabis, and E-Cigarette Use/Co-Use and Mental Health Among US College Students](#)  
Higher Education Center

### Upcoming Events...

- Transgender Awareness Week - **November 13-19**
- Transgender Remembrance Day - **November 20**
- Great American Smokeout - **November 21**
- MIHEN Meeting - **December 12**
- NASPA Conference - **January 16-18**

Collaborative Substance Use Prevention:  
Stronger Together  
SAMHSA

Prevention Profiles: Take Five  
Campus Drug Prevention



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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