

Hello, October!



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 Red Ribbon Week

- National Red Ribbon Week is celebrated annually on **October 23-31**. It is the nation's oldest and largest drug prevention awareness program! Red Ribbon Week offers a great opportunity for parents, teachers, educators, and community organizations to raise awareness about substance misuse.
- For more information and ways to participate, view these documents below:
 - <https://www.getsmartaboutdrugs.gov/rrw>
 - <https://www.dea.gov/red-ribbon/red-ribbon-toolkit>
 - <https://www.justthinktwice.gov/article/red-ribbon-week-oct-23-31>

2. SOPHE National Health Education Week

- Since 1995, the Society for Public Health Education (SOPHE) has led the National Health Education Week (NHEW) celebration during the third week of October. The dates for this year are **October 17-21**.
- NHEW activities increase awareness of major public health issues and promote a better understanding of the role of health education and health promotion. You can join SOPHE, its chapters, members, and partners this October for events, webinars, and activities across the country!
- For more information and to view these events, you can view their website here: [SOPHE National Health Education Week](#)

3. NAMI Mental Illness Awareness Week

- Since 1990, Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW). Each year, during this week, the National Alliance on Mental Illness (NAMI) and participants across the country raise

awareness of mental illness, fight discrimination, and provide support through MIAW.

- This year's MIAW is centered around the theme "What I Wish I Had Known," where the focus will be on the power of lived experience. Each day throughout the week, they will be elevating the voices of people with lived experience to talk about the components of their recovery where they learned something that could have helped them sooner. The dates this year are **October 3-7**.
- For more information and to get involved, view their website: [NAMI Mental Illness Awareness Week](#)

4. MIHEN Survey Results

- During last month's MIHEN meeting, I shared the results from the MIHEN survey everyone took a few months ago. I will be attaching those results here. Please let me know if you have any further comments or questions on this. I will take these results and do what I can to improve the MIHEN for all of you. Please reach out to me with any questions or concerns.
- [MIHEN Survey Results](#)

5. MIHEN Meeting Minutes

- Thank you to everyone who could attend the MIHEN meeting last month! It was great to see some of you. We were able to have Vera Kuma from the Truth Initiative Tobacco/Vape-Free College Grant program join us on this call. Unfortunately, I am unable to attach the slides from her presentation here. If you would like access to them, please let me know. For more information, you can visit the website here: <https://truthinitiative.org/tobacco-vape-free-college-program>
- [MIHEN Meeting Minutes 09.14.22](#)
- If you have any questions, please let me know!

Public Health Research from the Last Month...

[988 Partner Toolkit](#)
SAMHSA

[Delivering Culturally Responsive
Prevention Services](#)
SAMHSA

[Tobacco Use Among Lesbian, Gay,
Bisexual, Transgender, and/or Queer
\(LGBTQ+\) Individuals Issue Brief](#)
Tobacco Research Network: University of
Michigan

[Race - and University - Specific Norms
Associated with Alcohol Use Among Black
College Students](#)
Higher Education Center

Upcoming Events...

- National Substance Use Prevention Month - **all of October**
- NAMI Mental Illness Awareness Week - **October 3-7**
- SOPHE National Health Education Week - **October 17-21**
- National Red Ribbon Week - **October 23-31**



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

