

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

- Red Ribbon Week is celebrated annually **October 23-31**. As part of the DEA's Red Ribbon Week campaign, DEA and SAMHSA cosponsor a Campus Video PSA Contest for colleges and universities to promote the importance of preventing alcohol and other drug misuse among college students. Students must create a 30 to 60-second video PSA showcasing their campus's commitment to a healthy, drug-free lifestyle.
- For more information on Red Ribbon Week, [view here](#).
- For more information on the Campus Video PSA Contest and how to get your campus involved, [view here](#).

2. SOPHE National Health Education Week

- For more than 20 years, the Society for Public Health Education (SOPHE) has celebrated National Health Education Week (NHEW) in collaboration with the Department of Health and Human Services. The purpose of NHEW is to increase national awareness on major public health issues and promote a better understanding of the role of health education. This year, National Health Education Week will be held **October 21-25**.
- For more information and how to get involved, [view here](#).

3. NAMI Mental Illness Awareness Week

- Mental Illness Awareness Week is **October 6-12** and World Mental Health Day is **October 10**. This year's theme is "My Mental Health at Work" to recognize the importance of prioritizing mental health in the workplace. In new resources by the National Alliance on Mental Illness (NAMI), employers can find practical tips on how to better support their staff. Meanwhile, employees can learn about the resources available to them and how to advocate for mental health support at work. For more information and how to get involved, [view here](#).
- You can also start a NAMI on your college campus! NAMI on Campus for colleges is a great leadership opportunity for students to bring mental health clubs to their schools and communities. If you would like to get your campus involved, [view here](#).

4. Substance Misuse Prevention Month

- October is Substance Misuse Prevention Month and Youth Substance Use Prevention Month! Prevention Month lifts up the national conversation to showcase prevention's positive effects on communities across the country. For more information and how to get involved, [view here](#).
- The State of Michigan has proclaimed October as Substance Misuse Prevention Month and Youth Substance Use Prevention Month. You can view the proclamation [here](#).

5. MIHEN Meeting Minutes

- It was great to see some of you at last month's MIHEN meeting! We were able to have great discussions about the future of the group and topics to discuss. You can view the meeting minutes below. The next meeting is **December 12, 1:00 - 2:00 pm**.
- [9.12.24 MIHEN Meeting Minutes](#)

Public Health Research from the Last Month...

[Addressing a Co-Occurring Epidemic: Substance Misuse and Suicide](#)
PTTC

[The Intersection of Substance Misuse and Suicide Prevention](#)
PTTC

[Web-Based Alcohol Use and Cannabis Screening, Brief Intervention, and Referral to Treatment: College Students' Experience and Perceived Norms](#)
Campus Drug Prevention

Upcoming Events...

- Substance Misuse Prevention Month - **all October**
- Mental Illness Awareness Week - **October 6-12**
- World Mental Health Day - **October 10**
- SOPHE National Health Education Week - **October 21-25**
- Red Ribbon Week - **October 23-31**
- MIHEN Meeting - **December 12**



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



Alex Wray | Prevention Network 517.393.6890
alexw@preventionnetwork.org
<https://www.preventionnetwork.org/mihen>



[Prevention Network Homepage](#)

Prevention Network | 3815 W. St. Joseph Ste A--500 | Lansing, MI 48917 US

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