

Hello, September!



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 Recovery Month

- September is National Recovery Month! This is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.
- National Addiction Professionals Day will also be celebrated on **September 20** as part of National Recovery Month. This day aims to celebrate the vital players of the health system and continuum of care.
- For more information, please visit: <https://www.naadac.org/national-recovery-month>

2. National Suicide Prevention Week

- National Suicide Prevention Week is **September 4-10**, and World Suicide Prevention Day is observed on **September 10**. The American Foundation for Suicide Prevention (AFSP) also recognizes September as National Suicide Prevention Month.
- For more information on these days and different activities to attend, please visit: <https://nspw.afsp.org/>

3. DEA and Elks Drug Awareness: *Awkward Conversations*

- The Drug Enforcement Administration has announced the next installment of their collaboration with the Elks Drug Awareness Program. This project is the second season of a video podcast series, *Awkward Conversations*, which features Full House and Fuller House's Jodie Sweetin along with guest experts and celebrity

- parents.
- This 20 video podcast episodes cover a variety of subjects to help parents learn how to empower their kids with tools needed to stay safe, drug free, and make healthy decisions. Some topics include signs of drug use in teens, fake pills, preventing drug misuse among college students, bullying and peer pressure and its consequences, understanding your kids' social media use, and do's and don'ts when you talk to children about drugs.
- Please share this out with others in your community. You can view the podcast here: [Awkward Conversations](#)

4. Prevention Network Open House

- For those who don't know, Prevention Network recently moved locations! We are in the same building, just a different suite. We will be hosting an open house on **September 26, 1 - 3 pm**. You will have the chance to walk through our new office space, meet with our staff, and learn about their programs. Light hor'devours and refreshments will be served.
- For more information and for the address, view [here](#).
- If you have any questions, please let me know!

5. MIHEN Meeting

- The next MIHEN meeting is on **September 14 at 11 am!** During this meeting, we will be going over the survey results, and Vera Kuma from the Truth Initiative Tobacco Vape Free College Program will also be on to discuss what this grant entails. I hope to see you there! If you have any questions, please reach out to me.
- View the agenda [here](#).

Public Health Research from the Last Month...

[The Situational Contexts and Subjective Effects of Co-Use of Electronic Cigarettes and Alcohol Among College Students: An Ecological Momentary Assessment \(EMA\) Study](#)

The Higher Education Center

[Proposals for NASPA Strategies 2023](#)

[Open](#)

NASPA

[Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse Among College Students](#)

Campus Drug Prevention

Upcoming Events...

- National Recovery Month - all **September**
- National Suicide Prevention Day - **September 10**
- National Suicide Prevention Week - **September 4 - 10**
- MIHEN Meeting - **September 14**
- Prevention Network Open House - **September 26**



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

