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## September 2023 Promoting Positive Parenting

**M** *Parenting Awareness*  
**MICHIGAN**

PAM hopes to provide you with education and resource materials for those doing important work with parents and families in your community on various topics to raise awareness around parenting issues.

## Mark Your Calendar

### 2023 Upcoming Events

- 24th Annual Substance Use and Co-Occurring Disorder Hybrid Conference, September 11th - 12th, Lansing, MI
- State-wide Fetal Alcohol Spectrum Disorders Conference, September 12th - 13th, Gaylord, MI
- 2 Part Series PAM Webinar, Part 2 Wednesday, September 20th, 12:00 pm - 1:30 pm
- 2nd Annual MYCN Youth Coalition Development Leadership Retreat Monday, October 16th, 2023
- Child, Adolescent, and School Health Conference, October 23rd - 25th, Ann Arbor, MI
- 31st Annual PAM Conference Friday, November 3rd, 7:30 am - 4:00 pm, Gaylord, MI

Have an event to add to this calendar? Email Sara ( [sarak@preventionnetwork.org](mailto:sarak@preventionnetwork.org)) and we will make sure it is added.

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Introducing "PAM Spotlights" a new section of the newsletter where PAM will highlight one to three organizations each month and the great work they are doing with and for MI parents and caregivers! Have an event coming up? Want to celebrate your amazing achievements or recognize someone doing great work with parents and families? Email [sarak@preventionnetwork.org](mailto:sarak@preventionnetwork.org) to be included in the next edition of "PAM Spotlights" or follow this link "[PAM Spotlights](#)" to fill out the form.

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Featuring:  
MSU Extension  
Military OneSource

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## "PAM Spotlights"

**MICHIGAN STATE**  
**UNIVERSITY** | **Extension**

Michigan State University Extension (MSUE) responds to the needs of communities by bringing the knowledge and research of Michigan State University to people throughout the state. Our Child and Family Development Team within the Children and Youth Institute supports children and families by providing parenting education, family engagement programming, and professional development for caregivers and early childhood professionals. We offer statewide virtual webinars as well as local in-person programming in collaboration with community partners. Families can enroll in our statewide webinars on an ongoing basis. They can either go to our website, <https://www.canr.msu.edu/child-family-development/parent-education/>, follow us on Facebook @MIStrongerFamily, or email Courtney Aldrich, [aldric82@msu.edu](mailto:aldric82@msu.edu), to be added to a monthly distribution list of our upcoming programs with registration links.



# Building Strong Adolescents Webinar Series

## Class Information

### Dates:

- October 16
- October 23
- October 30
- November 6
- November 13

**\*Note: This is a series class and participants must plan on attending all five weeks.**

### Time:

**7:30pm– 9:30pm EST**

### Location:

**This class is an online webinar. The link to join the webinar will be sent after registration is complete.**

Building Strong Adolescents is a MSU Extension authored program for parents and guardians of adolescents ages nine to 16. The program focuses on the external and internal assets teens need to succeed.

Topics include:

- The need for teens to develop internal and external assets and strategies to promote growth
- Setting limits
- Implementing consequences
- Fostering independence
- Promoting self-esteem and school success
- Encouraging positive friendships (including dating)
- Discussing substance use and sex with your teen
- Helping your teen prepare for the future.



By the end of the program parents and guardians will be educated on methods to surround teens with positive relationships and opportunities that are important for a successful future.

### Participation Information

Certificates for participation are provided upon completion of the series. In order to receive a certificate, participants must actively participate in the webinar throughout all five sessions. Participants can attend via computer, or an app on a tablet or smartphone. Attendees can also listen to the presentation via phone (by calling in). **Those who choose to call in must contact the instructor for instructions on how to be eligible for a certificate.**

**If multiple people in the same location want to participate in the webinar and need certificates, they have to join the webinar separately or contact the instructor for special instructions to each receive a certificate.**

## **REGISTRATION:**

[https://msu.co1.qualtrics.com/jfe/form/SV\\_73DJocoHy0wEQzY](https://msu.co1.qualtrics.com/jfe/form/SV_73DJocoHy0wEQzY)

For information or accommodations\* contact:

**Courtney Aldrich, Program Instructor**

**Contact:** [aldric82@msu.edu](mailto:aldric82@msu.edu); (517) 993-8649

\* Accommodations should be requested no later than 2 weeks before class



MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

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# "PAM Spotlights"

# MILITARY ONE SOURCE

Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for parent support for 0-5, counseling, childcare locator, special need consultations, tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.



**Little things make a big difference.**

**Do you know how to support our littlest troops?**

**Learn everyday ways to keep children safe and healthy.**

It's often the little things that pose the biggest risks. Do you know how to protect your children? Get up-to-date, inside information designed for military families on these topics and many more:

- Ways to keep your baby safe during sleep
- The right age to leave kids on their own
- Positive ways to discipline at every age
- Coping skills and self-care strategies for parents



Find more MilParent Power tips and ideas for improving your parenting skills at [www.MilitaryOneSource.mil/MilParentPower](http://www.MilitaryOneSource.mil/MilParentPower)

**Parents: Share support, ask for support.**

It takes a community to raise our kids right. If you see a parent who needs help, reach out. And if you need support, don't be afraid to ask. Help is available from our military community – especially for new families. Contact Military OneSource or your New Parent Support Program to access resources including:

- Home visits for new or expectant parents – learn about safe sleep, nutrition, behavior and more, all at home.
- Referrals to resources – learn what's available at your installation and in the community.
- Prenatal care, parenting classes and playgroups – we can help you connect with local resources.

Contract your local Family Advocacy Program office or call Military OneSource at 800-342-9647 | [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)

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**Registration is now open  
for the 31st Annual PAM  
Conference!**



31ST ANNUAL  
PARENTING  
AWARENESS  
MICHIGAN  
CONFERENCE



November  
3rd, 2023

TREETOPS RESORT  
GAYLORD, MI

3962 Wilkinson Rd  
Gaylord, MI 49735

Featuring  
Mark Ostach



Keynote Topic: Fostering Connection &  
Wellness in Our Communities

Fostering connection is going to be key as we help heal and advance the communities we live in moving forward. Demonstrating empathy for the changes we are all going through and understanding ways to restore energy and human interaction are critical. In Mark's message, he will provide ways to reignite human connection leaving you filled with a newfound courage to connect.

Early Registration \$90.00

Late Registration \$110.00

**REGISTER HERE**



Who should attend:

INDIVIDUALS WHO WORK WITH PARENTS AND FAMILIES, EDUCATORS,  
SERVICE PROVIDERS, SCHOOL PERSONNEL, PARENT NETWORKS,  
COALITION MEMBERS, PARENT LEADERS, VOLUNTEERS AND ANYONE  
INTERESTED IN PARENTING.

Current Sponsors:



FOR QUESTIONS OR MORE INFORMATION CONTACT SARA  
KIRKPATRICK, PAM COORDINATOR AT  
SARAK@PREVENTIONNETWORK.ORG  
OR VISIT [WWW.PREVENTIONNETWORK.ORG/PAM](http://WWW.PREVENTIONNETWORK.ORG/PAM)

[Exhibitor Information](#)

[Sponsor Information](#)

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Parenting Workshop  
Simple, Realistic, Natural & Effective Tools



Take Back Control 2-Part Series

**PART 1** Wednesday, August 23, 2023  
Time: 12:00pm to 1:30pm

**Take Back Control of Your Daily Obligations, Overload & Emotional Health**

Gain an understanding of what healthy "control" looks like and how control impacts your emotions, thoughts, reactions and ultimately your situation. Recognize what you can and can't control and target your efforts on success. How "control" impacts familial relationships as well as co-parenting and parenting success. The impact "control" has on children's well-being from now until adulthood.

[Register Here](#)

**PART 2** Wednesday, September 20, 2023  
Time: 12:00pm to 1:30pm

**Stop Stress In Its Tracks. Reducing the Impact of Stress, Anxiety & Triggers**

Understand how you personally react to stress so you can quickly and effectively take steps to reduce its impact and tackle stressors head-on. Teach your child calming techniques and build on these results for long-term success. Significantly reduce the impact of stress and overload on our ability to make decisions, problem-solve, empathize with others, accomplish tasks successfully, as well as its impact on parenting success and our relationship with family members.

[Register Here](#)

*"I highly recommend these tools to anyone that has kids, works with kids, or for parents that need a good brush up on parenting skills."*

**Who This Workshop Is For:**

- Parents and caregivers (all ages)
- Individuals who work with or support parents or youth
- Educators

*Susan Graham*  
ACHIEVE LIFE BALANCE  
PARENTING COACH



Take Back Control Webinar Series Registration

Part 2 [Register Here](#)

Please contact Sara Kirkpatrick at  
[sarak@preventionnetwork.org](mailto:sarak@preventionnetwork.org) for more  
information or questions

**UNDERSTANDING SOCIAL SECURITY BENEFITS  
WITH DISABILITY NETWORK SOUTHWEST MICHIGAN  
THURSDAY, SEPTEMBER 7, 2023  
6:00PM-7:30PM**

Parents and guardians often feel lost when it comes to navigating Social Security disability benefits for their loved one with a disability.

This training will provide an overview of the two Social Security disability benefit programs – Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) – which can provide financial support to individuals with disabilities.

Presenters will touch on the benefit application process, important factors around turning age 18, the impact of parental income/assets, and the myth that people receiving benefits can't hold employment to reach further financial security.

**REGISTRATION: Paving the Way to Self Determination**

## National Prevention Specialist Conference

October 3-6, 2023

*Join other prevention professionals for this virtual conference and receive 22.5 ceu's for certification or recertification.*

**October 3rd**

- 1) 9:00-10:30- **The Role of Facilitative Leadership in Building Effective Coalitions**- Dave Closson, MS
- 2) 10:30-12:00- **Building Capacity to Serve Military-Connected Youth**- Sarah Jemison, BA, CPS
- 3) 1:30-3:00- **Facilitation in Today's High School Classroom**- Trevon Norman, CPS
- 4) 3:00-4:30- **O.K. Boomer! Risk and Protective Factors for Older Adults**- Julie Stevens, MPS, ICPS

**October 4th-**

- 5) 9:00-10:30- **The Intersection of Substance Use Disorder and Human Trafficking**- Meagan Cothron, AS- Human Services, CYC
- 6) 10:30-12:00- **Prevention- What Works and What Doesn't**- George Comiskey, Psy.D., LCDC, ICPS
- 7) 1:30-3:00- **Fake Pills, Illicit Fentanyl, and Other Emerging Drug Threats**- Rich Lucey, DEA
- 8) 3:00-4:30- **Under the Influence- Identifying Persons Using and Misusing Drugs**- Brian Brauer, RN, BSN, Ed.D & Ryan Snow, MA

**October 5th-**

- 9) 9:00-10:30- **Say What?! – A Workshop on Effective Communication**- Abbey Linn, BA
- 10) 10:30-12:00- **The Prevention Professional: Increasing Our Competencies**- Sandra Del Sesto, M.Ed, ACPS
- 11) 1:30-3:00- **Emotional Health & Resiliency**- Marissa Carlson, MS, CPS
- 12) 3:00-4:30- **And the Beat Goes On; Letting the Muse Guide Us**- Steve Miller, MAPS, CRPS

**October 6th-**

- 13) 9:00-10:30- **Prevention and Systemic Inequality : A History**- Sandra Del Sesto, M.Ed, ACPS
- 14) 10:30-12:00- **Alcohol – YES... it is a Drug!** - Mitchell Moore, ACPS, ADC, LCDC, BAT
- 15) 1:30-3:00- **The Art of the Ask**- Mitchell Moore, ACPS, ADC, LCDC, BAT

 **Prevention Training Services**  
*A Charitable 501(c)3 Training Organization*



Register soon at [www.preventiontrainingservices.com](http://www.preventiontrainingservices.com)





Child, Adolescent and School Health Conference  
Presented by the Michigan Department of Health and Human Services

2023 Child, Adolescent and School Health Conference

## REGISTRATION AND EVENT DETAILS

October 23-25, 2023

Radisson Plaza Hotel & Suites • Kalamazoo, MI

### CONFERENCE FORMAT

The third annual conference will be held in person only at the Radisson Plaza Hotel & Suites in downtown Kalamazoo, Michigan. This is unless health and safety concerns and/or regulations dictate an all-virtual conference.

### REGISTRATION FEES

Full conference with pre-conference:	\$ 200
Full conference without pre-conference:	\$ 150
Day 1 only:	\$ 100

### REGISTRATION AND CONFERENCE INFORMATION NOW AVAILABLE!

[REGISTER HERE](#)

<https://cashconfdms.regfox.com/2023-cash-conf>

NOTE: Registration Closes October 13th



In 2020, the Michigan Department of Health and Human Services (MDHHS) announced the Moving Toward Solutions: Addressing Teen Pregnancy Prevention in Michigan (MTS) Conference had been rebranded to the **Child, Adolescent and School Health Conference (CASH)**.

**CASH CONFERENCE OVERVIEW:** The CASH Conference will address the evolving needs of child and adolescent health professionals by offering emergent and engaging content from leading subject matter experts. Participants will gain practical and innovative strategies for the development and implementation of effective programs, policies, and practices to improve the health, well-being, and resiliency of young people. CASH Conference participants will strengthen their skills, gain valuable information and resources, and connect with others working in this field.

**CASH CONFERENCE TARGET AUDIENCE:** Child and youth-serving professionals from community-based organizations, schools, local health departments, child and adolescent health centers, healthcare organizations, violence prevention organizations, faith-based organizations, mental health organizations, and others interested in child and adolescent health issues.

### LODGING INFORMATION

The conference guest room rate is valid for the nights of Sunday, October 22 to Tuesday, October 24.

#### Event Location

Radisson Plaza Hotel & Suites  
199 West Michigan Avenue  
Kalamazoo, MI 49007  
269-343-3333  
<https://radissonkzoo.com/>

#### Reservation Cut-off Date:

October 1, 2023

[RESERVE GUEST ROOM HERE](#)

#### Guest Room Rate:

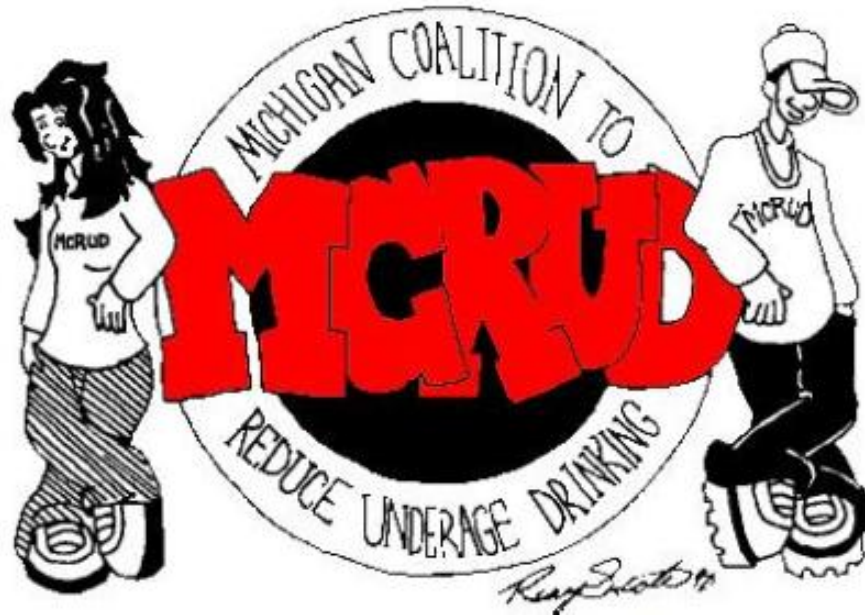
Single or Double Room: \$159 plus 6% sales tax and applicable local taxes. Conference parking rate is \$10/day for overnight guests and \$5/day for those not staying at the hotel.

By Phone: Call 269-343-333 and reference the MDHHS CASH Conference

Questions? Contact Diane Drago, CASH Conference Coordinator, at [ddrago@dmsevents.com](mailto:ddrago@dmsevents.com)

# REGISTER HERE

MCRUD has EXCITING news to share!



Interested in becoming a Mentor or Mentee with the field of Prevention??

Welcome to the Marie Hansen Mentors Program!  
An initiative of Prevention Network and the  
Michigan Coalition to Reduce Underage Drinking.

For more information please follow the link below:

[Marie Hansen Mentors Program Information Sheet](#)



Submit an idea to [Sara Kirkpatrick](#), PAM Program Coordinator

Prevention Network/Parenting Awareness Michigan (PAM)  
[preventionnetwork.org/pam](http://preventionnetwork.org/pam) | 517-393-6890

And feel free to make a donation to help continue providing free resources [click here](#)

# Prevention Network

