



Spring 2021

Prevention Network

We Take Prevention Personally!

The clear choice

THE PREVENTION WAY OF LIFE.



## SAMHSA Announces National Prevention Week 2021

The purpose of National Prevention Week

The three primary goals of National Prevention Week are to:

Involve communities in raising awareness of substance use and mental

health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs; Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health; and Promote and disseminate quality substance use prevention and mental health promotion resources and publications.

Each year, National Prevention Week includes daily themes to focus on major substance use and mental health topics.

The 2021 daily themes are:

**Monday, May 10:** Preventing Prescription Drug and Opioid Misuse

**Tuesday, May 11:** Preventing Underage Drinking and Alcohol Misuse

**Wednesday, May 12:** Preventing Illicit Drug Use and Youth Marijuana Use

**Thursday, May 13:** Preventing Youth Tobacco Use (E-Cigarettes and Vaping)

**Friday, May 14:** Preventing Suicide

Visit SAMHSA at <https://www.samhsa.gov/prevention-week/about>

## KENT County Youth Opportunity: Prevention Network Wants Your Help. Michigan's Synar Tobacco Inspection Compliance Check Program

The purpose of the project is to find youth who can participate in Michigan's Synar Tobacco Inspection Compliance Check Program. The youth will get paid **\$11 an hour** and work with an adult from a locally funded substance abuse prevention agency to conduct undercover tobacco buys in stores to determine if the store follows the law that minors should never be sold tobacco products.

Keeping youth safe is our top priority. We are looking for a handful of youth between 16 and 17 years of age from **Kent County who would be back up youth decoys**. If you know of someone in the school district or any agency working with youth we could connect with, please contact Kristine Norton, [kristinen@preventionnetwork.org](mailto:kristinen@preventionnetwork.org)

### Featured

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# A Message from the Executive Director

Happy Spring!

Approximately one year ago, we were tested with the challenge to see how adaptable the prevention community could be. Prevention Network was prepared to move our programs remotely, but I never could have imagined it would unfold as it has. Yet, over the course of the year, we have found new and innovative ways to mobilize communities, reach our target populations, and support each other.

Outside of work, I enjoy getting to the gym to run and strength-train as a mental health break. Last April, when the gyms closed, I moved my workouts outside. I was encouraged to see more people exploring the neighborhood trails by my house than ever before. Within a few weeks, someone added signs along my running route as gentle reminders that “[I have] got this,” to “Keep going,” and “[I] rock.” Later in the summer, the concrete path was chalked with images of rainbows, hearts, sunshine, and words of encouragement. While there were definitely days I was tired and questioned why I tried pushing myself so far, those signs always reminded me that I could finish.

Within the first few weeks of moving everything to a remote platform, there were weekly Zoom meetings to check in on others and see what new app or technology someone else had found helpful. Within a month, there were multiple Google docs sharing resources to help the field adapt. These constant reminders that we were not alone and that “we’ve got this” powered us through a difficult year. While the meetings have become monthly or quarterly, I enjoy the chance to see colleagues and hear what new projects they are working on. The prevention community is continuing to do great things.

Now, my runs are becoming much less snowy. I see new flowers starting to sprout and grow. This is a new season and we seem to be turning a corner. Many of us are tired of zoom calls and missing in person events, but these gentle reminders of encouragement for the work we do push us to the finish line.

The data from this last year has shown us the work that still needs to be done, including mental health struggles, health and economic disparities, and increases in substance misuse and deaths. The innovative approaches to prevention have pushed us to reach new people and connect in different ways. We have figured out some things that work just as well or better online. New programs and ideas have emerged that will continue on after this pandemic.

I have also seen new forms of empathy and compassion. We met our colleagues family members and pets on Zoom calls. We helped first graders with their math between emails. We heard dogs bark as the mailman dropped off mail at a co-worker’s house. And we were still able to push forward. This empathy and compassion have improved the work within our communities. It has also pushed us to think of barriers we may not have fully seen before. It has provided an opportunity to grow and new directions.

In this season of growth, I cannot wait to see the prevention field come out with some exciting new projects and programs for Michigan. Thank you all for the incredible and important work you do! And remember that Prevention Network is here to support you!

Warmly,

Louise

# Michigan Higher Education Network By Hawra Ahmad



## The Ways We Have Stayed Connected

This past year has brought a latitude of changes among the higher education community, from challenges with virtual learning to unprecedented historical events. The effects of the pandemic have touched students and higher education professionals, but we have pivoted. We found ourselves connecting in new ways, from video calling to group messages. We have found ways to meet with new partners we could not reach before. Most importantly, we found ways to support one

another virtually. Developing new connections and maintaining old relationships, we have found a way through these challenges, even when it has not been easy. MIHEN wants to give you a virtual pat on the back for all the incredible work you've accomplished in the past year and all the work you'll continue to do.

Here are a few tips from the MIHEN on how we can continue to stay connected and support one another virtually:

- Rotate shared responsibilities: Ask members/students to volunteer to take meeting notes, write a schedule, etc.
- Consider 1:1 meetings with members/students to allow for personal reflection and discussion.
- Set up communication channels that work best for your team, allow for options. Many people enjoy using apps like GroupMe, Google Hangouts, Microsoft Teams, and Slack. Ask members what they are interested in using.
- Centralize documents so that members/students can access them easily.
- Host informal group check-ins to allow for connection among members/students.

MIHEN webpage: <https://www.preventionnetwork.org/mihen>

To learn more or join the Michigan Higher Education Network (MIHEN), please contact Hawra Ahmad, the MIHEN coordinator, at [hawraa@preventionnetwork.org](mailto:hawraa@preventionnetwork.org)

## 2021 Annual Michigan Higher Education Network Conference

July, 30th 2021 | 09:00 AM to 03:00 PM | Where: Virtually

Looking at higher education through a social justice lens allows professionals to support students and meet the needs of those who are underserved and unrepresented. The conference will explore whether justice and equity are consistently practiced in every aspect of college and university life. It will help identify specific social justice issues across college campuses and look at different solutions and strategies to provide equal opportunities and access for all students. For more information visit the web page

<https://www.preventionnetwork.org/mihenconference>

# Parenting Awareness Michigan

By Kristine Norton

## 2021 Save-the-Dates | Two Half Day Events! 29<sup>th</sup> Annual Parenting Awareness Michigan (PAM) Virtual Conference



The Parenting Awareness Michigan initiative has been in existence since 1993 when it began as an awareness month to promote parenting, the foundation for guiding children and youth to be healthy and drug free. PAM began as the idea of one parent, a father. Within a short time PAM had evolved into a year-round initiative. Parenting is so important especially during the pandemic. As we see the light at the end of the tunnel, this year's conference will be virtual again, but we are looking ahead and will start planning our 30<sup>th</sup> Anniversary in the fall of 2022.

With your attendance, this conference will continue to be held to bring together professionals and volunteers who work with families to learn about issues facing today's parents and caregivers, network with other family advocates, and kick off the coming years Parenting Awareness Month in March. The virtual conference will provide an opportunity to get recharged about the important work of supporting parents and families, learn what others are doing in their work with parents and families.. Thank you for all that you do on behalf of parents, caregivers, and families in Michigan.

**Who Should attend?** Individuals who work with parents and families, educators, services providers, school personnel, parent networks, coalition members, parent leaders, volunteers and anyone interested in parenting.

<b>Monday, November 8, 2021</b> 8:45 am to 1:45 pm	<b>Tuesday, November 9, 2021</b> 11:30am to 4:30 pm
<div data-bbox="94 898 344 1222" data-label="Image"> </div> <div data-bbox="402 875 812 1222" data-label="Text"> <p><b>The Resilience Cascade: Supporting Children, Families, Organizations and Communities</b></p> <p><b>Keynote Speaker: Nefertiti B. Poyner, Ed.D., Devereux Center for Resilient Children</b></p> </div> <div data-bbox="86 1255 812 1862" data-label="Text"> <p>As we think about the most effective strategies to promote the overall well-being and happiness of children, we don't always appreciate the need to focus on our own well-being, the health of our colleagues and organizations, and even the strengths of our communities. There is, however, plenty of research that directs us to do just that - to focus on the child within the context of the child's family, school and community. This presentation will introduce the concept of the resilience cascade: how strong communities that collaborate can influence the health of organizations and staff, and how healthy adults can support the resilience of children. By gaining a stronger understanding of these important connections, participants will gain an appreciation for looking outside the box for strategies to support children. Participants will feel validated that taking care of themselves is not "selfish" or "self-serving," but directly connected to the well-being of those in their care. Participants will also feel empowered to take a holistic, "big picture" view of resilience, leaving with a new perspective on how to best support children and families.</p> </div>	<div data-bbox="863 913 1068 1201" data-label="Image"> </div> <div data-bbox="1107 875 1550 1180" data-label="Text"> <p><b>Raising Drug Free Kids in a Drug Using World</b></p> <p><b>Keynote Speaker: Mark Sanders, LCSW, CADC, is an international speaker, trainer, and consultant in the behavioral health.</b></p> </div> <div data-bbox="839 1255 1550 1705" data-label="Text"> <p>Drug overdose deaths are at all time high. In addition, kids are starting to experiment with drugs at an earlier age and the stress caused by COVID 19 increases their vulnerability of problematic use. This presentation focuses on how prevention specialists and professionals that work with parents can help parents raise drug free kids in a drug using world. Topics covered include: how parenting styles influence child and adolescent drug use; how parental substance use impacts child and adolescent drug use; the best way to talk to your kids about drugs; reducing the shame which fuels child and adolescent drug use; how the frequency of family dinners impact child and adolescent drug use; how to slow down the progression of problematic drug use; Helping kids have a vision for their future which does not include drug use.</p> </div>

Visit our website for conference highlights as we get them. Stay updated by visiting the PAM web page <http://www.preventionnetwork.org/pam>. If you have other questions or need more information feel free to contact Kristine Norton, PAM Program Coordinator, [kristinen@preventionnetwork.org](mailto:kristinen@preventionnetwork.org)

# Michigan Coalition to Reduce Underage Drinking

By Mike Tobias

## [Michigan Coalition to Reduce Underage Drinking \(MCRUD\)](#)



### Legislative Updates and MCRUD March-May Schedule:

- Rep. Berman introduced [HB4115](#) which would give local units of government the authority to extend alcohol sales until 4:00 a.m. Currently, licensed bars/restaurants can serve alcohol until 2:00 a.m. There have been attempts to extend alcohol sales to 4:00 a.m. for at least the past 10 years.
- There was a hearing at the House Judiciary on March 2 on two bills that Representatives Hammoud and Filler introduced respectively ([HB4308](#), [HB4309](#)) that would keep the BAC limit for drunk driving at .08. This limit will revert back to .10 if the Michigan Legislature doesn't take action to keep the limit at .08.
- **March**
  - Tues. March 23 – MCRUD Steering committee meeting. 9-11am.
  - Wed. March 24 – Mtg w/ MLCC Adm. Commissioners. Registration [here](#).
  - Wed. March 31 – Shoalition Planning Meeting
- **April**
  - Monday, April 12 - Alcohol Policy Issues Meeting from 10-11am
  - Friday, April 16 - MCRUD Policymaker survey deadline
  - Tuesday, April 20 - Meeting with MLCC Licensing staff from 9-10 am.
  - Wednesday, April 28 - Webinar with Dr. Elyse Grossman on alcohol and COVID.
- **May**
  - Monday, May 10 - Alcohol Policy Issues Meeting from 10-11am
  - Tentative. Monday, May 17 - Webinar with Mary Franks (Michigan's alcohol epidemiologist) from 1-2pm.
  - Tuesday, May 25 - MCRUD Steering Committee meeting from 9-11am.
  - Wednesday, May 26 - Meeting with MLCC Commissioners from 1-2pm.

To learn more about Michigan Coalition to Reduce Underage Drinking contact Mike Tobias, MCRUD Coordinator, [miket@preventionnetwork.org](mailto:miket@preventionnetwork.org)



# The Marie A. Hansen Legacy Fund Supporting Students in Recovery at Michigan State University



We are pleased to announce the establishment of the Marie A. Hansen Legacy Fund Supporting Students in Recovery at Michigan State University.

Marie A. Hansen (1947-2020) was a dedicated student affairs professional who exemplified the best of her profession. She was a kind, wise and generous soul. She was also an advocate, innovator and visionary. This endowment has been created in her honor as a legacy to the values Marie lived in both her work and her life. Marie cared about students and was a tireless advocate for students struggling with alcohol or other drugs and went above and beyond to assist those who needed her help. Before there was an established Collegiate Recovery Community (CRC) at MSU, students in recovery have always had advocates in MSU staff and faculty like Marie Hansen, who unlocked a Student Services Building room at midnight on New Year's Eve for an AA meeting and sponsored a sober

tailgate out of her own pocket. In the spirit of Marie, this is an inclusive fund with a fully initiated endowment supporting the unmet needs of students in MSU's Collegiate Recovery Community.

MSU's Collegiate Recovery Community (CRC) serves students in or seeking recovery from alcohol and other drug addiction. The CRC is a campus haven where Spartans in recovery are free to be themselves. The CRC's mission is to provide a safe and supportive campus community in which students in recovery can successfully achieve their academic, personal, and professional goals..

## More about Marie

Marie Hansen graduated from MSU in 1969 and worked at MSU as a hall director (1976-1980) and the Director of Judicial Affairs (1980-2000). During her time at MSU, she oversaw the creation of the MSU alcohol and other drug program within the Division of Student Life. Marie's passion did not stop with retirement, and she continued her substance use disorder prevention work with the statewide nonprofit Prevention Network, the State of Michigan's Office of Recovery Oriented Systems of Care, and by co-founding the statewide nonprofit Michigan Alcohol Policy Promoting Health and Safety. Marie also continued her role as a powerful mentor to colleagues and students in the areas of social justice, student advocacy and support, and substance use disorder prevention. Many professionals, particularly in higher education, launched their careers under Marie's leadership and continue doing meaningful work thanks to her role modeling and mentorship. This legacy fund will continue some of Marie's work, which was so graced by her generous spirit and commitment to making a positive difference in the world.

<https://healthpromotion.msu.edu/recovery/index.html> | <https://www.facebook.com/MSURecovery>

To contribute, please visit this link: <https://givingto.msu.edu/crowdpower/collegiate-recovery-community-ggd>

For additional information about the Marie A. Hansen Legacy Fund Supporting Students in Recovery at MSU, please contact Dawn Kepler at [recovery@msu.edu](mailto:recovery@msu.edu).

# Opioid Use, Prevention, Treatment, and Recovery in Michigan

by Mereta Post is a Bay College Student and Preschool Teacher at IMKCS Woodland. Journal 1/31/2021

It is no secret that the United States has an opioid crisis on its hands. In 2018, overdose deaths in the United States counted for 67,367 deaths (1) and opioids were involved in nearly 70% of all overdose deaths (2). In 1999, there were only 3,442 opioid caused deaths and we see an astronomical increase through the next 18 years, with 17,029 opioid caused deaths in 2017(6). While prescription opioid deaths were down 4.6% in 2018, synthetic opioid overdose deaths rose (2). So where does Michigan fall in this opioid crisis? How are we handling this crisis within our county (Dickinson)?

The average rate for provider prescribed opioids in the United States per 100 persons was 51.4 prescriptions in 2018. However, Michigan has a whopping rate of 62.7 prescriptions per 100 persons (2). And out of the 83 counties within our state, from 2006 to 2011, Dickinson County ranked #11, selling 10,752,310 opioid pills total from the county's businesses (Wal-Mart, TDS Pharmacy, Rite-Aid, etc.) (3). However, since 2018 Michigan has moved to reduce the number of opioid prescriptions. According to Michigan Department of Health and Human Services (MDHHS), 239,608 fewer residents received opioid prescriptions in March 2018 than in March 2016 (4).

Here in Dickinson County, we are also taking measures to reduce opioid prescription addiction. In January 2018, The Daily News reported that DCHS Emergency Department has reduced its opioid prescriptions in an effort to prevent further addictions to pain medications and since 2015 has reduced its oral opioid prescriptions by 59%. And as Elizabeth Juneau, RN, BSN, states "The nation's, and our county's, opioid epidemic was growing for years. But we are doing our part to reduce narcotics

Below are a few of the resources found in Dickinson County:

## Prevention Resources:

UP Coalition Network - [Prevention | UP Coalition Network \(upcnetwork.org\)](http://upcnetwork.org)

K.I.N.D. – Kingsford, Iron Mountain, Norway Drug Enforcement Team (prevention of street drugs).

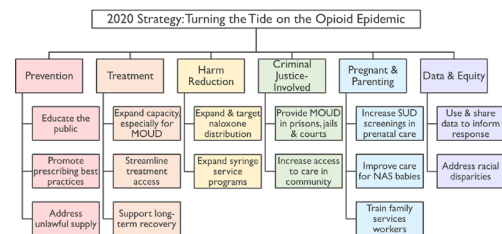
We know that overdose deaths, regardless of type of drug, is preventable. Together, we can move forward to bring awareness and prevention within our communities and hopefully we can see a decline in the loss of life due to this drug epidemic. It is up to us, for our families and for our future.

## References:

1. Hedegaard H, Miniño AM, Warner M. Drug overdose deaths in the United States, 1999–2018. NCHS Data Brief, no 356. Hyattsville, MD: National Center for Health Statistics. 2020.
2. NIDA. 2020, April 3. Michigan: Opioid-Involved Deaths and Related Harms. Retrieved from <https://www.drugabuse.gov/drug-topics/opioids/opioid-summaries-by-state/michigan-opioid-involved-deaths-related-harms> on 2021, January 31
3. Mack, J. (2019, August 14). Michigan counties ranked by opioid pill distribution, 2006-12. mlive. <https://www.mlive.com/news/g66l-2019/08/85dae3a4ob2350/michigan-counties-ranked-by-opioid-pill-distribution-200612.html>
4. MDHHS Injury and Violence Prevention Unit (IVP). (2018, June). [https://www.michigan.gov/documents/mdhhs/MAPS\\_Drug\\_Data\\_Summary\\_Sheet\\_June\\_2018\\_631758\\_7.pdf](https://www.michigan.gov/documents/mdhhs/MAPS_Drug_Data_Summary_Sheet_June_2018_631758_7.pdf)
5. DCHS reviews Emergency Department care. ironmountaindailynews.com. (2018, September 18). <https://www.ironmountaindailynews.com/news/local-news/2018/09/dchs-reviews-emergency-department-care/>
6. National Institute on Drug Abuse. (2020, October 19). Overdose Death Rates. National Institute on Drug Abuse. <https://www.drugabuse.gov/drug-topics/trends-statistics/overdose-death-rates>.

prescriptions... Our Emergency Department has stepped up its focus on delivering evidence-based care to our patients while reducing the prescribing of narcotics. Although absolutely necessary in some cases, other forms of pain management are being used to help prevent the risk of addiction to these habit-forming pain medications." (5).

While it may not be every provider nor every pharmacy, it is a start. Along with prescription reduction, there are many programs and resources throughout the state, and here in Dickinson County, helping battle the opioid pandemic and helping to prevent further addictions. In August 2019, Governor Whitmer signed an executive order to create the Michigan Opioids Taskforce, which brings many departments across the state to fight the opioid epidemic, and MDHHS created a strategy plan to help battle the epidemic (see below).



Throughout the state, and here in Dickinson County, there are programs and resources for prevention, treatment, and recovery. For statewide resources, see [https://www.michigan.gov/documents/mdhhs/SOR\\_Year\\_One\\_Report\\_681700\\_7.pdf](https://www.michigan.gov/documents/mdhhs/SOR_Year_One_Report_681700_7.pdf), for options that fit your area and needs.

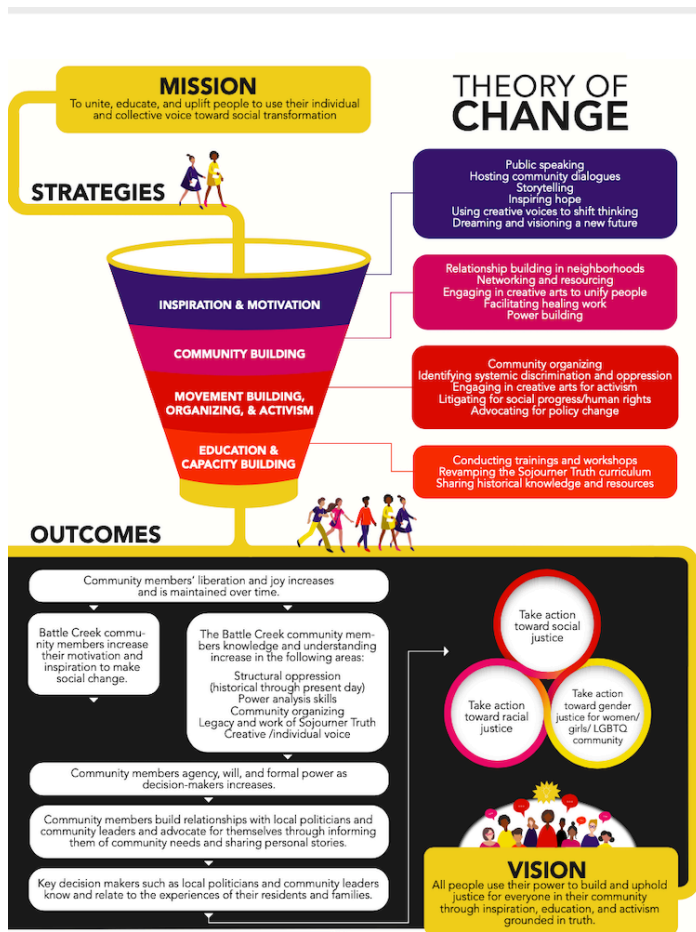
## Treatment Resources:

Northcare Network – 1-888-333-8030  
Dial Help - <https://dialhelp.org/>

## Recovery Resources:

Great Lakes Recovery - <https://www.greatlakesrecovery.org/>  
Narcotics Anonymous - <https://www.na.org/>  
Smart Recovery - <https://www.smartrecovery.org/>

# How a Theory of Change can Provide your Path Forward: Partnering with the Sojourner Truth Center for Liberation & Justice



Sojourner Truth was the most famous African American woman in 19th century America. Born in slavery, she became a leading abolitionist. In 1998, Dr. Velma Laws Clay established an institute in the city where Sojourner Truth sought freedom, Battle Creek.

In 2019, the leadership of the Institute partnered with BECOME to create a five-year, community-driven strategic plan for the center, envisioning their infrastructure and work from present day to 2025.

As culturally-responsive evaluators, we have several ways of building strategic plans. Creating or fine tuning a theory of change is often part of our planning and learning process in order to answer clearly the question "what will we have achieved five years from now?"

We begin with a visioning process. For example, Sojourner Truth was focused on building infrastructure for a revitalized community institution. We helped them create a visioning process that brought together four generations to participate in the process--board, staff, community residents, and partners--to an imaginative and creative place to think about the ideal impact they wanted to make on the world.

Then, we work backwards to begin concretizing that vision into outcomes. We ask questions such as: How will this vision look when realized in this world? and What indicators will show we are on the right path? Next, we dig into the process aspect, asking those who participated in the process, What effective strategies will get us to achieve these outcomes?

These processes can shift based on time, budget and capacity. But all embrace the idea of incorporating those most affected by the issues an organization seeks to address into the heart of the process -- asking their help both in designing the process as well as helping to inform the results.

Ultimately, we want to make sure that a theory of change allows many audiences to understand the organization's mission, work, and direction. This process of dreaming and thinking big about the organization's work can be inspiring and fun!

The graphic representation of this content is key as potential funders learn about the Center's focus and phases over the next five years. Of course, it helps to have a talented graphic designer that can visually represent your conceptual framework clearly! We worked with Emily Neumann of EcoWilde Social Good Initiative, who captured the energy and meaning behind the content with creativity.

The theory of change serves a blueprint: a tool that provides an intentional overview of how the organization will make the impact they want to make in their community and beyond

At BECOME, our mission is to nourish communities affected by injustice to make their vision of a thriving community a reality. To create that reality, we use a toolbox of services that include community organizing, evaluation, facilitation, community-driven strategic planning, and training to build on the community's strengths and deepen their capacity.

As one way to further that mission, we share this case study of building a Theory of Change (TOC) with the Sojourner Truth Center for Liberation and Justice based in Battle Creek, Michigan.

A Theory of Change is a graphic representation of how a person/group sets out to realize the change they seek to make. It includes the actual changes (or outcomes) they want to make and strategies and actions they use to meet these goals.

The reader can start from the top and work their way down or start with the end (vision) and work their way up. Strategies provide the path from current situation to envisioned outcomes. A Theory of Change can ensure an internal team operates from a common understanding. It allows internal and external audiences to evaluate progress toward goals. Plus, it's a great way to tell the organization's story to the broader community.



## Join Us in Child Abuse Prevention (CAP)Month!



Welcome to Spring and the kickoff of CAP Month which is celebrated across the United States in April! With the last year behind us, we are focused all that is possible and will be happening in 2021! In the coming editions, we will keep you informed about the exciting things that are happening in our prevention programming. Today, we'd like to invite you to join us in the following ways, to show that you Stand Up for Kids in Michigan:

- **April 1<sup>st</sup> – National Wear Blue Day:** Prevent Child Abuse America declares that on this day, we shall stand together to support child abuse prevention by wearing blue! In Michigan, we ask that you wear blue, hold or wear a pinwheel if you have one and post it here (have the word here as the link to our social media). Pinwheel pins can be found [here](#).
- **Promote or Donate to CTF's Tax Campaign:** This tax season, your direct contribution, as well as your assistance in promoting this initiative across and beyond your organization and networks is vital to the prevention of child maltreatment across the state. By utilizing the Michigan Charitable Contribution Form 4642 when completing Line 22 of your MI-1040 and donating ANY portion of your state income tax dollars, CTF can match your investment with the federal dollars we receive to stop child maltreatment in Michigan's 83 counties!

These are just a couple ways you can support prevention programs in YOUR community! Will you check out our [Facebook page](#) to learn more ways that you can show your support for child abuse prevention efforts in our state (Like, Comment, Follow and Share with other Prevention Advocates)! You will learn more through our videos of our state's leaders expressing their commitment to Stand Up for Kids as well as hear from program leaders from throughout Michigan about the ways they are preventing child abuse and neglect and promoting child wellbeing right now!

Standing UP for Kids with you,

A handwritten signature in black ink that reads "Sp. Greenly".



## 2021 NPN Conference will be Virtual! Join us for the 34th Annual National Prevention Network Conference

Resilience in Prevention: Opportunities to Adapt and Build for a Stronger Tomorrow, August 24 - 26, 2021

The annual National Prevention Network (NPN) Conference highlights the latest research in the substance use prevention field. It provides a forum for prevention professionals, coalition leaders, researchers, and federal partners to share research, best practices and promising evaluation results for the purpose of integrating research into prevention practice.

Due to continued uncertainty surrounding the COVID-19 pandemic and to protect the health and safety of our attendees, we will host the National Prevention Network (NPN) Research Conference virtually. We look forward to this opportunity to continue providing leadership and support for the prevention field!

More information regarding the workshop proposal submission process and registration will be posted soon. Visit <https://nnpconference.org/#>

# New Consortium Addresses SUD in the UP

**Not everything that is faced can be changed, but nothing can be changed until it is faced.” James Baldwin**

The Western U.P. Health Department, Keweenaw Bay Indian Community, Lac Vieux Desert Band of Lake Superior Chippewa Indians, and Dial Help formed the FACE consortium in the Fall of 2020. Their vision is to help Upper Peninsula (UP) families face addiction and end the cycle to protect future generations. They are working to accomplish this by engaging “affected others” – friends and family of people dealing with SUD. This includes developing systems change that acknowledges the importance of family-centered treatment and developing and expanding services for families.

Affected others have been a long-standing gap in SUD/ODU treatment in the UP. When a person is first entering recovery, they often lose existing friends and experience stigma and misunderstanding from family members. Providing services and support for affected others is a powerful but underutilized way to promote recovery. When friends and family of those with SUD are educated about SUD and have tools to manage their relationship with the addicted person in a healthy manner, everyone benefits.

The biggest project of the FACE consortium to date was completing a comprehensive Needs Assessment. This was a challenge in the midst of a global pandemic, but it was important to gather as much information as possible from the community. Three online surveys were made available for three different groups – the general public, providers of direct care or assistance, and those with lived experience dealing with SUD. Surveys were promoted on the FACE website ([www.go6face.com](http://www.go6face.com)) and social media ([www.facebook.com/sudfaceup](http://www.facebook.com/sudfaceup) and <http://www.instagram.com/sudfaceup>).

A press release also generated interest from media partners:

- Local newspaper Daily Mining Gazette ran our press release on 1/18/21: <https://www.mininggazette.com/news/local-news/2021/01/support-for-families-recovering-from-addiction>
- Local news station WLUC TV6 held an interview that aired on 1/20/21: <https://www.uppermichiganssource.com/video/2021/01/21/help-available-copper-country-residents-struggling-with-addiction>
- Local radio station showcased the FACE Project on Copper Country Today, a popular public affairs show that aired on 1/24/21: <https://anchor.fm/copper-country-today/episodes/Gail-Ploe--FACE-Program-Jeff-Ratcliffe--KEDA-epcjqg>

In a two-week period, 469 people completed one of the surveys, and 20 key informant interviews were held. In addition, 18 people with lived experience and more than three dozen others provided their contact information for follow-up conversation. The data compiled from the survey not only gave a clear picture of community priorities, it provided a long list of potential partners.

Next steps for the FACE consortium include: Developing a tribal-specific resource page at <https://go6face.com/>; Identifying specific programs/services for potential implementation; and Approaching other partners to join the consortium

The FACE Needs Assessment is now up online at [www.go6face.com/data](http://www.go6face.com/data) and can be used by anyone in the UP seeking a grant award for SUD prevention/intervention/treatment.

Contact Ginny Machiela, FACE Consortium, 906-281-6061 and [go6face@gmail.com](mailto:go6face@gmail.com). Visit <http://www.facebook.com/sudfaceup>

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## Addiction, Substance Use and Recovery during the COVID-19 Pandemic

Excellent, science-based website on prevention and related mental health topics. Updated regularly. This one focuses on COVID-19 and substance misuse/abuse. Submitted by Jim O'Neill, Ph.D., Madonna University, Provost/VP; [joneill@madonna.edu](mailto:joneill@madonna.edu); 734-432-5313

### 3 Things To Remember

- COVID-19 related social isolation and stress can increase susceptibility to substance misuse, addiction, and relapse.
- Substance use can lead to immune system, respiratory, and pulmonary changes and may increase susceptibility to COVID-19 as well as complications.
- A number of [remote resources](#) are available to help assist individuals and loved ones.

During these uncertain times, those who misuse or abuse alcohol and/or other drugs, are particularly vulnerable. The stress from social isolation and other COVID-19 related life changes can lead to or worsen substance use and misuse. There are also health risks resulting from chronic alcohol/drug use as it weakens the immune system and puts stress on the body's cardiovascular and respiratory systems.

Visit [Michigan Medicine Department of Psychiatry](#)

# Get to Know the Michigan Health Alliance for Tobacco Treatment

The Michigan Health Alliance for Tobacco Treatment (MiHATT) is a statewide partnership that strives to include all interested tobacco treatment professionals working in healthcare, public health, community mental health and other clinical settings. MiHATT provides a forum to develop collaborations between members to improve access to and quality of tobacco treatment services for all Michiganders who want to quit tobacco, thereby reducing the burden of chronic disease caused by tobacco use in Michigan. [Download full article here.](#) By Alena Williams. Visit the Facebook page [here](#)

THE IMPORTANCE OF  
**COMMUNITY IN RECOVERY**

BECOME INVOLVED IN COMMUNITIES OF LIKE MINDED PEOPLE

 **RECOVERY HOUSING**

 **LOCAL CLASSES, GROUPS & ACTIVITIES**

 **LOCAL 12 STEP MEETINGS**



**"HI I'M SARAH..."**

I've been in recovery for over three years now after being an addict for almost 30 years.

I started this journey in a recovery house at Live Rite and was just sentenced to drug court. I now have a job I'm passionate about helping other people in or get into recovery, my own place, relationships with my children again, a wonderful relationship with my boyfriend and as a result of that a beautiful baby boy!

I am allowing myself to heal and learn a new way of life through the community I've built around my recovery.

**FOR A LIST OF OPEN MEETINGS IN MACOMB COUNTY OR FOR RECOVERY HOMES CALL (586) 217-5899**

[www.liveritestructuredcorp.com](http://www.liveritestructuredcorp.com) | [www.liveriterecoveryhomes.com](http://www.liveriterecoveryhomes.com)

## The Importance of Community in Recovery

Communities of like-minded people in recovery can be found anywhere! For a list of open meetings in **Macomb County** or **Recovery Homes** Call 586-217-5899

<https://www.facebook.com/liveritestructuredcorp/> Contact Sydney Scholz , Live Rite Structured Recovery Corp , 586-217-5899, [sydney@liveritecorp.org](mailto:sydney@liveritecorp.org)

## Capital Area Project VOX



We have recently updated our [Treatment & Recovery Resource Guide](#), providing multiple resources for treatment and other support services in the Greater Lansing and Mid-Michigan areas. Contact Kathy Reddington, Capital Area Project VOX, [wellwithin12@gmail.com](mailto:wellwithin12@gmail.com) Unite to Face Addiction Michigan,

[Kathy@ufamichigan.org](mailto:Kathy@ufamichigan.org), 517-230-6995.

### Quarterly Prevention Network News

*Prevention Network News is produced by Prevention Network staff. The newsletter is intended as a source of information and public forum regarding preventing underage drinking, alcohol and drug misuse, marijuana misuse, tobacco/vaping use, traffic safety, making healthy choices, social and environmental change to reach public health goals, effective parenting, and related subjects. Articles, events, news, and resources are invited. Visit our [website to see current PN deadlines or to be added to the alert list](#). Contact [Kristine Norton](#) or [Louise Harder](#) for more information.*

**Guide to Acronyms:** \*SUD=Substance Use Disorder \*ACE= Adverse Childhood Experiences \*CADCA = Community Anti-Drug Coalition of America \*PAM =Parenting Awareness Michigan \* MIHEN=Michigan Higher Ed Network \*MCRUD= Michigan Coalition to Reduce Underage Drinking \*PN=Prevention Network. For a list of acronyms PN is working on [click here](#).

# The Greater Lansing Developmental Disability Advocacy Collaborative

**(GLDDAC)** is an important hub for disability advocacy for the State of Michigan. The two founding member organizations of the GLDDAC are the Mid-Michigan Autism Association (MMAA) and Adaptive Social Programs Providing Instruction, Recreation and Enrichment (ASPPIRE). MMAA and ASPPIRE saw the need in mid-2020 for parents, care givers and disability advocates to have a way to connect with their legislators on the local, state, and national level. Our Collaborative ensures that our members are updated on a frequent basis on the current legislation relevant to those with developmental disabilities of ALL ages.

Our Mission: To advocate for persons with developmental disabilities using our collective voices with local, state, and federal officials following suggested needs proposed by national and state organizations representing people with disabilities.

If you would like more information about the GLDDAC, please feel free to contact Cathy Blatnik, President of the Mid-Michigan Autism Association at [lblatnik@juno.com](mailto:lblatnik@juno.com) or Bob Steinkamp, Deputy Director, ASPPIRE at [bsteinkamp@asppireofmidmichigan.com](mailto:bsteinkamp@asppireofmidmichigan.com)

## Directions Not Included Podcast



A monthly podcast that features candid conversations for a stronger

community. So many of life lessons do not include instructions. It's a live and learn situation, especially when it comes to raising strong families and creating healthy communities. Together, we will discuss tough topics that help make us better people and overall, a better community. Because together, we can build a legacy.

<https://www.tlc4cs.org/podcasts/>

<https://www.facebook.com/tlc4cs/>

The podcast is available on all major podcast platforms (Apple, Google, Spotify, Etc.)

## Good to Know Campaign

The Community Alliance 4 Youth Success, a coalition coordinated by The Legacy Center, and Midland County Department of Public Health joined forces in 2020 to launch a new campaign to educate the community on the laws, responsible use of and prevention of underage use of marijuana. The campaign, Good to Know, addresses issues such as driving under the influence, pregnancy and marijuana, underage use, and safe storage.

This year, the coalition is working on expanding messaging to focus on mental health and healthy coping skills. The new messages and promotional materials should be available Summer 2021!

Whether or not you choose to use marijuana, we all play a role in keeping our community safe. So, let's help one another along as we learn to navigate the rules and guidelines that govern safe, legal and responsible marijuana use. Because when it comes to marijuana, there's one thing we can all agree on — it's Good to Know.

<https://www.tlc4cs.org/good-to-know/>

<https://www.facebook.com/tlc4cs/>

Angela Johnson, [ajohnson@tlc4cs.org](mailto:ajohnson@tlc4cs.org) 989-496-1425



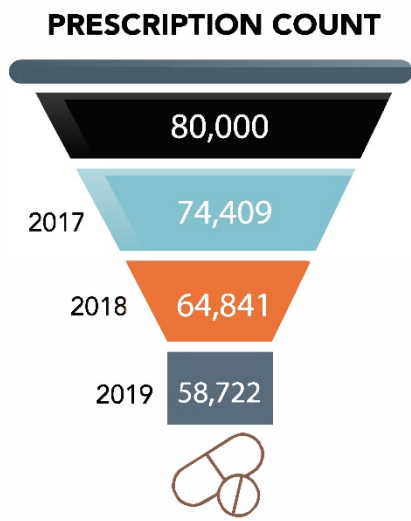


# Livingston County Community Alliance Rx Infographic

We created an infographic that shares information about the amount of prescription opioids and dosages there are in Livingston County from 2017-2019. We want to continue to spread awareness about prescription opioids and where to properly dispose of expired/unused medications. Contact Sarah McGeorge, Livingston County Community Alliance, [sarahm@livingstoncatholiccharities.org](mailto:sarahm@livingstoncatholiccharities.org)

## Prescription Opioids in Livingston County Amounts Prescribed and Pills Distributed Yearly

Talk to your doctors about the prescription opiate medication (medication for pain) being prescribed and the quantity you are given!\* If you continue to experience pain, talk to your doctor about the next steps.

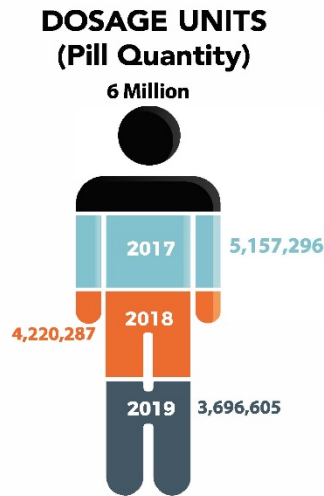


### LIVINGSTON COUNTY POPULATION



**Educate. Collect. Dispose.**

Properly dispose of your medication in the Big Red Barrel. They are located at all Police departments, Sheriff office and the jail in Livingston County.



Amount of Pills per person in Livingston County:



**2017: 27.16**  
**2018: 22.07**  
**2019: 19.25**

**That's a decrease of 7.91 pills/person in 2 years!**

**livingstoncountycommunityalliance.org**

**\*Disclosure-** Our information was taken from the Michigan Automated Prescription System. We focused our data on full agonists and schedule 2 opiates.

Full agonists - bind tightly to the opioid receptors and undergo significant conformational change to produce maximal effect. Examples of full agonists include codeine, fentanyl, heroin, hydrocodone, methadone, morphine, and oxycodone. (<https://www.pharmacytimes.com/contributor/jeffrey-fudin/2018/01/opioid-agonists-partial-agonists-antagonists-oh-my>)

Schedule II drugs, substances, or chemicals are defined as drugs with a high potential for abuse, with use potentially leading to severe psychological or physical dependence. These drugs are also considered dangerous. (<https://www.dea.gov/drug-scheduling>)

## Prevention & Early Action- Alcohol: What Parents Need to Know About College Binge Drinking

The feeling of sending a grown child off to college for the first time can be described as a strange mixture of pride, relief and severe anxiety. What do parents need to know as their adult child takes this big step? As a public health researcher, I have some good news to share, and some reminders about what to be aware of during this critical transition for both you and them.

The first piece of good news is that your voice matters. Your child might not tell you, but when researchers have asked them about your influence, they find that parent attitudes and the rules you put in place during their development are major influences on their risk-taking behavior. Preparing and protecting your child from engaging in excessive drinking during college starts way before "drop-off" day. Even in middle school, and throughout high school, sending a clear message of your disapproval for underage drinking is critical and equally important in college. Read the [full article](#) written by Amelia Arria, Ph.D. Visit [Partnership to End Addiction](#) For more tips on starting the conversation about alcohol with your child, please visit [www.collegeparentsmatter.org](http://www.collegeparentsmatter.org).

## Michigan DEC Alliance: Children At



### Risk Evidence Collection Sheet

**Children at Risk: Evidence**  
**Which professionals can look for signs and evidence**

**of risks to children?**

**[Download the flyer to understand signs to look for.](#)**

This article provides information on drug endangerment risks to children and can be used as an evidence collection resource by professionals when in the field.

[https://www.michigan.gov/msp/0,4643,7-123-72297\\_34040\\_75047---,00.html](https://www.michigan.gov/msp/0,4643,7-123-72297_34040_75047---,00.html)

Contact Libby Gorton, Michigan Alliance for Drug Endangered Children, Michigan State Police Grants and Community Services Division, [gortonl1@michigan.gov](mailto:gortonl1@michigan.gov), 517-284-3251



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

## Employee Assistance Program: [Prescription Drug Toolkit and Fact Sheets.](#)

The EAP Prescription Drug Toolkit and Fact Sheets provide guidance related to counseling, referrals, and follow-up services (e.g., alternatives to prescription drugs, workplace drug misuse and relapse prevention, dangers of combined drug use, screenings, and evaluations before returning to work). The Toolkit shares insight for employers about preventing substance misuse and maintaining professional standards. Publication Date January 2021 [SAMHSA website](#)

## Elevating Family & Parent Leadership

Posted On ECIC October 28, 2020 by Cassie O'Hagan

The Early Childhood Investment Corporation and the Michigan Home Visiting Initiative announce the release of the publication, [Stepping Up and Speaking Out: The Evolution of Parent Leadership in Michigan.](#)

Stepping Up and Speaking Out draws on learnings from parents, providers and administrators across the state. This publication is about the unspoken ingredients needed to build a parent leadership system and provides examples and strategies that can be implemented so parents can emerge as leaders and agents of change.

When parents are supported in becoming leaders, families are stronger; children, families and programs have better outcomes; and systems are more effective because parents help shape decisions that are equitable, culturally competent and customer centric. Join us as we continue the journey to promote and build authentic parent voice and leadership in programs, policy and systems.

Thank you for being an advocate of family and parent leadership. [Download the publication](#) to learn how to build family and parent voice, and please share with your powerful networks. Together we can make family and parent leadership a priority in the early childhood field. This publication is available in English, Spanish and Arabic.

Visit Early Childhood Investment Corporation website <https://www.ecic4kids.org/>, Contact [Info@Ecic4kids.org](mailto:Info@Ecic4kids.org) 517-371.9000

# Empowering Children

\*By Dorothea M. Rogers, D. Min., LMFT, CFLE-Certified Family Life Educator. Dr. Rogers is an Adjunct Professor at Spring Arbor University.

“Don’t spank your child.” “Spare the rod, spoil the child!” Many people have their formula for raising the perfect child, but the fact is parenting is demanding, and the parenting process itself is complex, as well as downright scary. Parenting is not for the faint-of-heart, or the slow to find humor<sup>1</sup>. Children do not come with a set of instructions. Moreover, children are not the same; clearly, children are unique little beings with what we almost consider blank slates ready to be written on. Parents desire that their children mature into productive human beings. Parents also truly care for their children’s social, physical, cognitive, psychological, and spiritual development. Therefore, the staggering responsibility to help children mature into valuable members of society rests upon the responsibility of the parents. As

parents empower their children, that is, give children a sense of control over their own lives, both parents and children can feel a sense of personal power, confidence, self-worth, and wholeness.

A common definition of power is the ability to influence another person. “Most research of the use of power in the family has focused on a person’s attempting to influence or control the behavior of another”<sup>2</sup>. Empowering, on the other hand, attempts to establish power in someone else. “Empowering is an active, intentional process of enabling another person to acquire power. The person who is empowered has gained power because of the encouraging behavior of the other”<sup>2</sup>, by giving such persons a growing sense of self-control and the ability to determine their own future.

Steffen Saifer defines empowerment in children as, “Giving someone the ability to have control over a situation, themselves, or their lives. Children are empowered when they are given choices and encouraged to make meaningful decisions”<sup>3</sup>. The affirmation of children by empowering them gives them the ability to learn and grow and become all that they can be. Additionally, empowering children will help them be aware of their strengths and how to best use these strengths.



## Several ways in which parents can help empower their children are:

- Showing children love, concern, and respect at all times.
- Giving children choices when possible, such as deciding between different outfits for school or selecting the menu items for a family meal.
- Having rules that are understood and allowing children to be part of the rule-making process, and if consequences are involved, helping to determine what might be the most effective deterrents for them.
- Helping children to express their feelings and really listening to them with undivided attention.
- Being a good role model in actions and speech. Realize, children may mimic their parents’ negative qualities as well, regardless of all efforts to teach them good manners!

Parents have the awesome responsibility of raising their children to become all that they can be. Steps can be taken to aid parents as they endeavor to affirm their children’s journey through childhood by empowering and encouraging them to make the best decisions. Henry Ward Beecher summed up admirable parenthood as: “Whoever makes a home seem to the young [to be] dearer and more happy, is a public benefactor”<sup>4</sup>. The greatest reward to parents and children comes when those who have been empowered go on to help empower others

## References:

<sup>1</sup> Walker, L.B. (2001). *Humor for a woman’s heart*. West Monroe: Howard Publishing.

<sup>2</sup> Balswick, J.O., & Balswick, J.K. (1995). *The family, a Christian perspective on the contemporary home*. Grand Rapids: Baker Book House.

<sup>3</sup> Saifer, S. (1990). *Practical solutions to practically every problem*. St. Paul: Redleaf Press.

<sup>4</sup> Beecher, H.W. (1868). *Village life in New England*. New York: Charles Scribner.

## Questions submitted by teenagers to scientists- National Institute on Drug Abuse

[www.drugabuse.gov](http://www.drugabuse.gov) The event took place during the 2019 National Drugs and Alcohol Chat Day.

**Question:** *My friend smokes marijuana everyday, how will that affect her? Is there any way I could help her stop - 309*

**Answer:** Thank you for being such a caring friend!! Animal studies suggest that --because the teen brain is still developing---early use of marijuana alcohol or tobacco may alter the brain's reward system, putting teens at higher risk of using other drugs. In addition, using marijuana puts children and teens in contact with people who use and sell other drugs, increasing the risk of additional drug use. Getting off drugs and quitting varies, depending on the person and the drug. If you want to ask about getting substance abuse treatment for your friend, call 1-800-662-HELP, 24/7. Or you can go to <https://findtreatment.samhsa.gov/> to find information about treatment centers in your area. - Mary Kautz

**Question:** *What different effects do CBD and THC have on a teenager brain/behavior? - HWP4Y*

**Answer:** Great question. We know much more about THC than we do about CBD. THC is the main ingredient in the cannabis plant that makes you high. It works by attaching to "cannabinoid receptors"--proteins found in the brain and the body that are part of a signaling system involved in pain, appetite, emotions, memory, nervous system development, immune function and more. THC is responsible for most of the effects we associate with cannabis--particularly in youth--memory problems, increased risk for addiction and other psychiatric problems. CBD is much less well understood in terms of how it works and what its long-term effects are. It doesn't make you high and doesn't lead to addiction. Recently the FDA approved a CBD medication--Epidiolex-- for treating severe epilepsy in young children. One of the main concerns with CBD is that unregulated products are not what they say they are or are not manufactured safely. - Tisha Wiley

**Question:** *Why are teens less afraid of weed and why are adults so worried? - batroomcommunity*

**Answer:** Hi Batroomcommunity! Thanks for participating today and for the great question. Teens may want to experiment

but NIDA-funded research shows that when usage starts during the teen years, marijuana use is associated with impaired thinking, memory, and learning functions. It is also associated with a number of mental conditions, including psychosis (schizophrenia), depression, anxiety, substance use disorders, and suicidal thoughts or attempts. However, it is not yet clear whether marijuana use directly causes these issues or just makes them worse. Currently, the strongest evidence is for the link between marijuana and psychosis in persons with a preexisting genetic or other vulnerability. Marijuana intoxication can, in rare cases, produce a temporary psychosis. Some teens might try to use marijuana to make them feel better but in the long run, it can cause problems, including misuse.

- Kristen Huntley

**Question** *If you were in middle/high school and have been smoking weed for 4 years (7th-10th) what effects?- dr.doofenshmer*

**Answer:** Hi Dr.doofenshmer Interesting username :) Heavy and regular use of marijuana at any age is detrimental to health causing cognitive problems such as reduced memory, concentration and/or motivation. However, in the case of middle/high schoolers the effect of cannabis can be worse since the brain is still under development (the brain matures in the mid 20's). Cannabis interferes with normal brain development in youth and research has shown some of the bad effects are not reversed even after one stops using cannabis (e.g. lower IQ, risk for psychosis). You can find out more at <https://teens.drugabuse.gov/drug-facts/marijuana>. In essence, marijuana and a teenager's brain are best never acquainted! - Geetha Subramaniam

**Question:** *What are the effects of thc?- bluefacebaby*

**Answer:** THC is the active ingredient in marijuana. THC produces changes in mood and perception that some users find desirable. However, THC can also induce adverse effects including increased heart rate, irregular heart beats, psychotic thinking and

uncontrollable vomiting. The following link provides more detailed information Marijuana: Facts for Teens booklet:

[www.drugabuse.gov/publications/marijuana-facts-teens/letter-to-teens](http://www.drugabuse.gov/publications/marijuana-facts-teens/letter-to-teens) Michael Baumann

**Question:** *What's a dab? - Chapoopoo*

**Answer:** Thanks for the question Chapoopoo! Dabs are various forms of high grade hash (marijuana), usually made with a process involving butane, and concentrated into a smokable oil. The amount of THC (the psychoactive component of cannabis) in a dab is highly concentrated and very strong. You can find out more about marijuana and addiction here

<http://teens.drugabuse.gov/drug-facts/marijuana>- Tisha Wiley

**Question:** *Why is weed a drug if it is a plant? Charlie Hartman*

**Answer:** Hi Charlie It is a great myth that plant-based products are safe or benign - case in point - cannabis. There are several substances that are derived from plants that can be dangerous/poisonous or addictive. Tobacco, opium derived from the flowers of poppy plants, and cocaine derived from leaves of the coca plant (commonly grown in South America) are all examples of drugs (i.e. addictive substances) derived from plants and are addictive and can be harmful. So plant based products are not necessarily safe. -Geetha Subramaniam

**Question:** *What is an effective solution to helping a friend quit smoking without looking like a snitch? Moses*

**Answer:** Dear Moses, It is great that you are concerned about your friend's health. Tobacco, marijuana, and nicotine all impact the body and brain negatively. If you are concerned about your friend, you could let them know in a nonjudgmental way how smoking is harmful. You can educate yourself and share your concern about how they could be, or are being negatively affected. You can also talk with them about seeking help from a trusted adult like a teacher, coach, or parent. More information on smoking and marijuana is available at: <https://teens.drugabuse.gov/>

- Redonna Chandler





Research Update is published by the Butler Center for Research to share significant scientific findings from the field of addiction treatment research.

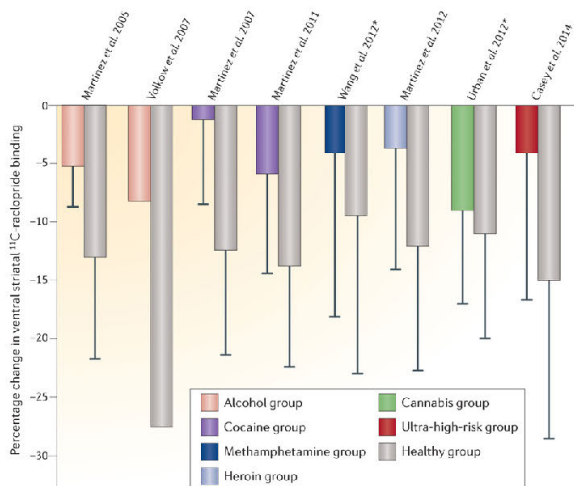
## The Brain Disease Model of Addiction

Many people assume that addiction is not a disease but a weakness of character.<sup>1</sup> This misconception contributes to the stigma of addiction and unfairly minimizes the challenge of overcoming chemical dependence. Advances in neuroscience and imaging technology have rapidly evolved our understanding of addiction and demonstrated a great deal of support for what is often referred to as the brain disease model of addiction. This model considers genetic and environmental factors that cause physical changes to the brain and is the basis for many existing and emerging concepts, including (but not limited to) genetic predisposition to addiction, behavioral addictions, psychopharmacological treatment interventions, and cross-addiction.

### Defining Addiction

The complexity of addiction makes it difficult to define in a way that allows for precise study. Due to the significant impacts of social, developmental, and other external factors on addiction, symptoms and prognoses vary a great deal from person to person. This interdisciplinary complexity has drawn comparisons between addiction and other complex diseases, including obesity, diabetes, and cardiovascular disease.<sup>2,3</sup> However, most scientists agree that a number of characteristics are generally present among addicted individuals. In summarizing the disease model of addiction, Volkow, Koob, and McLellan (2016) highlighted three primary symptoms of addiction: (1) desensitization of the reward circuits of the brain; (2) increased conditioned responses related to the substance an individual is dependent upon; and, (3) declining function of brain regions that facilitate decision making and self-regulation. These themes are echoed throughout the neurobiological literature on addiction<sup>2,4</sup> and are also common in other psychology fields, including behavioral conditioning<sup>5,6</sup> and behavioral economics research.<sup>7</sup>

By identifying observable symptoms associated with addiction, scientists have been able to narrow research to structures and chemicals associated with these functions and behaviors. Paired with ever-increasing imaging technology, researchers have been able to identify a number of consistent, physical characteristics in the brain that support the concept of addiction as a brain disease.



Nature Reviews | Neuroscience

This graph shows the differences in dopamine release between control subjects and individuals with various chemical dependencies. Large negative differences (like those seen among controls) are representative of larger amounts of dopamine in the striatum after administration of a stimulant. Smaller differences (like those seen among the chemically-dependent subjects) are representative of less dopamine in the striatum after stimulant administration.

Data Source: Nutt, D. J., Lingford-Hughes, A., Erntzoe, D., and Stokes, P. R. A. (2015). The dopamine theory of addiction: 40 years of highs and lows. *Nature Reviews Neuroscience*, 16, 305–312.

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### THE HAZELDEN BETTY FORD EXPERIENCE

#### Comprehensive Opioid Response with the Twelve Steps (COR-12™)

COR-12™ is Hazelden Betty Ford Foundation's current effort to combine evidence-supported, disease model research with treatment options available to our patients. The COR-12™ treatment path includes group therapy and lectures that focus on opioid addiction in addition to medication-assisted treatment (MAT) as a means to helping people achieve a stable, Twelve Step-based recovery lifestyle and ultimate abstinence from opioids. Components of the MAT plan include the possible use of two medications—buprenorphine/naloxone (Suboxone®) and extended-release naltrexone (Vivitrol®)—which are offered under closely supervised care. These medications have been shown to improve the likelihood of abstinence from opioids, boost retention and engagement in treatment, reduce cravings for opioids, and lower relapse rates. For additional information, visit [HazeldenBettyFord.org/COR12](http://HazeldenBettyFord.org/COR12).

#### QUESTIONS & CONTROVERSIES

*Why is the brain disease model of addiction so controversial if it is supported by evidence?*

One of the major controversies about the disease model of addiction is related to its impact on patients in recovery. While most professionals generally don't argue the fact that behaviors related to addiction are the result of physiological effects on the brain, many worry that educating patients about the disease model of addiction may not reduce the stigma of addiction and will instead erode patients' sense of control over their treatment.<sup>1,9,10</sup> Others argue that the cost of disease model research does not justify its continued study; disease model research has received a large portion of available research funding in recent years, yet the number of new treatment options resulting from these studies has been lower than some anticipated.<sup>10</sup> Proponents of the disease model point to a number of benefits to support their research, including advances in MAT and significant increases in core understanding of addiction that may pave the way to more precise and effective treatment options in the future.

*Why are programs using prescription drugs to treat dependence? Isn't that part of the problem?*

It is understandable for individuals seeking treatment to be suspicious of pharmaceutical solutions; however, modern medication-assisted therapies rely on non-habit-forming drugs that are made to counteract the reward-center activation effect that occurs when alcohol and other drugs are used. This reduces cravings and increases the odds for successful recovery. For those who are uncomfortable with MAT, many behavioral interventions, including Twelve Step programs and cognitive-behavioral therapy, have been supported through research to be effective treatments

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## Michigan Rider Education Program (Mi-REP)



Motorcycle riding season is right around the corner in Michigan. Riding a motorcycle is a fun, enjoyable means of transportation. The lack of glass and metal around you make you one with the road and more involved with your environment than a four-wheeled vehicle. Because of this, knowledge and safety skills are very important when riding a motorcycle. If you are interested in learning to ride a motorcycle, go online to [Michigan.gov/Motorcycling](https://Michigan.gov/Motorcycling) to learn about Michigan's requirements and find a training provider near you.

**MOTORCYCLISTS ARE HARD TO SEE. LOOK TWICE. SAVE A LIFE.**



If you drive a vehicle, you need to be aware there are hard-to-see motorcyclists on the road with you. The "Motorcyclists are Hard to See. Look Twice. Save a Life." campaign was launched to inform motor vehicle drivers of high-risk crash locations and behaviors and best practices for sharing the road with motorcyclists. Most motorcycle-vehicle crashes occur on city streets, not on highways. Motorcyclists are hard to see and often are overlooked because of their size and profile. Look Twice. Save a Life. [Michigan.gov/LookTwice](https://Michigan.gov/LookTwice)

*Safe Drivers*  
*Smart Options*  
Keys to Lifelong Mobility

Keeping an aging family member safe without compromising their independence and mobility is essential to maintaining a thriving, engaged life. The Safe Drivers Smart Options (SDSO) website at [Michigan.gov/AgingDriver](https://Michigan.gov/AgingDriver) is designed for aging drivers, their families and friends, and the professionals who care for them. SDSO provides information and resources and identifies programs and activities to help keep Michigan's aging population safe and mobile.

Michigan, like other states across the country, is experiencing a growing boom in the number of aging drivers. Statistics indicate that one of every five drivers in Michigan is a driver aged 65 or older, and the number is only expected to increase over the next several years. While improvements to roads, street signs and vehicles are an important part of the equation to help keep aging drivers safe, the ultimate solution rests with aging drivers and the family and friends who support them. The Safe Drivers Smart Options website encourages everyone to be proactive and to plan for a future that includes "driving retirement."



For more information about these campaigns contact Carol Reagan, Traffic Safety Section Manager, Customer Services Administration, Michigan Department of State, [ReaganC@michigan.gov](mailto:ReaganC@michigan.gov), 517.241.3567

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## Oakland Community Health Network Highlights Prevention Efforts

As substance use treatment and prevention remains in the forefront of conversations, OCHN will continue to work with individuals facing substance use challenges, their families, youth, parents, community partners, and service providers to ensure anyone in need of help, will receive help, as one death from an overdose is one too many. [Read full article here](#) Visit [www.oaklandchn.org](http://www.oaklandchn.org) | Facebook: [www.facebook.com/ochn1](https://www.facebook.com/ochn1) Twitter: @OaklandCHN. Contact Emily Springer, Oakland Community Health Network, 248-758-1982, [springere@oaklandchn.org](mailto:springere@oaklandchn.org)

# 100 Acts of Kindness - An Initiative to Connect



During this time of taking precautions regarding the COVID threat to our health and well-being, isolation has been more pronounced in our communities. Data indicates that people who drink alcohol are drinking more, opioid relapses have increased, and mental health issues are also increasing. On the other

hand, research also states that one of the healthiest indicators in our lives is connection with each other.

The purpose of this initiative is to Highlight Positive Actions, Promote Pro-Social Behaviors, and Reduce the Stress of Isolation. A number of articles reporting on research identify that when people witness kind acts, they also receive a benefit of positive body chemistry reactions and inclinations to also perform acts of kindness.

TO SUMMARIZE the 100 Acts of Kindness Initiative we have identified three primary actions.

- 1) **OBSERVE:** People will be invited to submit acts of kindness they see or hear about. These may also be acts of kindness they personally did for others.
- 2) **CREATE:** Once submitted, these acts will be developed into short stories and/or graphics to share with others. No real names, pictures, likenesses, or other identifying information will be used to honor and protect the anonymity of individuals.
- 3) **SHARE:** Once developed the Acts of Kindness will be shared throughout the community to promote a positive influence in the community.

This initiative is designed to engage not just a few team members but multiple people throughout the community through the three steps noted above: 1) observing and submitting acts of kindness, 2) developing the kindness stories, and 3) sharing the kindness stories.

TO ADOPT 100 ACTS OF KINDNESS – At the time of this writing, four counties in the mid-Michigan area have implemented the 100 Acts of Kindness initiative, with the 5<sup>th</sup> and 6<sup>th</sup> counties expected soon. To adopt this

initiative in your county, take the initial outline and work it to what makes sense to your team.

AS EXAMPLES OF INVOLVEMENT, the following are offered as to how individuals and organizations may be involved with the 100 Acts of Kindness:

- 1) **OBSERVATIONS AND SUBMISSIONS** may come from any individual, be an organized activity by a service club, be promoted in a business and/or church newsletter, from self-support groups, recovery meetings, classrooms, through newspaper and radio promotions, as well as other creative means.
- 2) **CREATING THE STORY** may enlist the skills of high school or college classroom students, local writer's groups, as special projects for service clubs, and other groups / organizations / individuals; to write short stories, produce graphics which may be used as Facebook or other social media posts, creating YouTube videos and Podcasts, flyers to post on bulletin boards throughout the county, releases for local newsletters, newspapers and radio spots, for mailings, and/or other options that may be identified.
- 3) **SHARING WITH OTHERS** options may be implemented in multiple ways, including through adding a short story and/or flyer with Meals delivered to homes; by youth groups posting flyers on community bulletin boards (grocery stores, libraries, laundry mats, etc.); as Kindness Corner stories in business, church, school, agency, etc., newsletters; as weekly (or daily) Kindness story over the radio and other media stations, as billboards sponsored by different groups, as an Ice-Breaker story for virtual platform meetings, by publishing booklets with 20 to 25 stories of kindness in each volume, used in classrooms as a basis for writing assignments, as well as other options which may be identified.

SUBMISSION FORM: To see the submission form check out [www.MontcalmPrevention.org](http://www.MontcalmPrevention.org) Home Page and scroll down to the buttons to see the Summary and paper format or the online submission format.

Here is our [latest Facebook post](#). Also, a link to our [flyer](#) and an earlier [press release](#)



# Child, Adolescent and School Health Conference

Registration is Open: <https://2021cashconference.regfox.com/cashconference>



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

**Child, Adolescent and School Health Conference  
2021  
SAVE-THE-DATES!**

Following the successful launch of the CASH Conference and webinar in fall 2020, we are pleased to announce the 2021 schedule. Please mark your calendars for the following CASH Conference hosted events:

**SEE PAGE 2 FOR WEBINAR PROGRAM DETAILS.**

**MARCH 31, 2021  
2:30-4:30 pm (EDST)**  
Reproductive Justice & Health Equity for Young People with Cherisse Scott

**MAY 4, 2021  
3:00-4:30 pm (ESDT)**  
Understanding and Addressing Bias-based Bullying with Stephen Russell

**OCTOBER 18-20, 2021**  
CASH Conference at the Park Place Hotel in Traverse City

Call for Workshop Proposals will be available in April.

**WEBINAR REGISTRATION INFORMATION:**

- There is no cost to register for any of the webinars.
- For those requesting continuing education credits only: \$15 fee for one webinar, \$25 if you register for both webinars at the same time. CEUs are being sought for Nursing, Social Work, CHES, PACE AGD and MCBAP.

In 2020, the Michigan Department of Health and Human Services (MDHHS) announced that the Moving Toward Solutions: Addressing Teen Pregnancy Prevention in Michigan (MTS) Conference had been rebranded to the **Child, Adolescent and School Health Conference (CASH)**. Over the years, the scope and topics presented at MTS had expanded to include broader child and adolescent health content so it was fitting that in 2020, we rebranded the entire conference to align with this new focus.

**CASH CONFERENCE OVERVIEW:** The CASH Conference events 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.

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

**2021 WEBINAR #1  
Reproductive Justice & Health Equity for Young People  
MARCH 31, 2021 | 2:30-4:30 PM (EDST)**

**PRESENTED BY: Cherisse Scott**  
Founder and CEO, Sister Reach  
CEO, Obsidian Song, LLC



This webinar will address an approach to health equity and racial bias regarding offering young people reproductive and sexual health strategies for prevention and intervention through the human rights framework, reproductive justice. Participants will learn about the reproductive justice theory, history, principles and approach. Ms. Scott will offer best practices used by SisterReach, a reproductive justice organization based in the south, that works with young people, their families, advocates, public health officials and the school system around these issues.

**Webinar Objectives:**

- Participants will learn about reproductive justice as a lens to consider applying to their own lives, their work in public health and as a best practice for education delivery.
- Participants will learn about the intersections of reproductive and sexual health delivery, health equity and racial bias and the impact of curating an environment of safety, inclusion and youth-centered advocacy.
- Participants will be offered best practices and recommendations to achieve health and equity by applying a reproductive justice lens to their work.

**2021 WEBINAR #2  
Understanding and Addressing Bias-based Bullying  
MAY 4, 2021 | 2:30-4:00 PM (EDST)**



**PRESENTED BY: Stephen Russell**

- Priscilla Pond Flawn Regents Professor in Child Development
- Chair, Department of Human Development and Family Sciences
- Director, School of Human Ecology, University of Texas at Austin

What is the role of bias or discrimination in adolescent bullying? In this session, research on bias in bullying is reviewed, considering multiple forms of bias-based bullying and its consequences for adolescent health and well-being. The session focuses on new evidence for addressing bias-based bullying and promoting safer school and community settings for children and adolescents.

**Webinar Objectives:**

- Underscore the role of bias or discrimination in adolescent bullying, including implications for adolescent health.
- Identify best practices for addressing bias-based bullying and creating safer schools and communities.

**REGISTRATION OPENS MARCH 10 AT:  
<https://2021cashconference.regfox.com/cashconference>**

[Download Flyer](#) and share with your appropriate networks. Questions? Contact Diane Drago, CASH Conference Coordinator, at [ddrago@dmsevents.com](mailto:ddrago@dmsevents.com)

## Drifting Apart: Parents and their Teens During COVID-19

*The devastation of COVID-19 has not brought parents and teenagers any closer- in fact, they appear to be more disconnected than ever.*

Coronavirus (COVID-19) deaths eclipsed 500,000 in the United States.

With the overabundance of grief and loss ravaging communities everywhere, one might assume families have been brought closer together as a result. However, recent studies continue to point towards a trend of teenagers feeling disconnected from family members, even though many are stuck at home.

A 2020 [article published by HuffPost.com](#) featured a [survey](#) conducted by Harris Poll on behalf of the National 4-H Council, which revealed that out of the 1,500 teens that participated, 61% of them reported feelings of loneliness. This statistic's startling nature is only bested by findings from a separate [national study conducted by the Covid-19 Outbreak Public Evaluation Initiative in 2020](#). After interviewing over 5,400 adults throughout last summer, data showed that nearly 41 percent of the participants were said to have some form of anxiety and or depression symptom, which only dropped to roughly 31 percent by September.

So, this suggests that both parents and teens need each other now more than ever to overcome the ambiguity and despair of the current environment.

[Read the full article here.](#)

**About the Writer** Keyshawn McMiller is a training clinical social worker attending the University of Michigan.





**Free Resources to Educate Youth, Parents, and Community about the Dangers of Marijuana and a Call to Action!**

The Chippewa Valley Coalition for Youth and Families, a Macomb County coalition joining Chippewa Valley Schools, parents, and community, in youth drug and suicide prevention efforts, collaborated with the Macomb County Office of Substance Abuse, to launch the *Mobilizing Michigan... Protecting Our Kids from Marijuana Campaign*.

### **A Free Campaign Tool Kit**

The Mobilizing Michigan... Campaign Tool Kit includes the following free resources:

- High School Curriculum PowerPoint Lesson\*
- Middle School Curriculum PowerPoint Lesson\*
- Community Education PowerPoint
- PSA (English and Spanish)
- Social Media Posts
- Fact Sheets
- Infographics (parents, law enforcement, business, school staff)


\* The curriculum lessons have been approved as compatible with the Michigan Model for Health and have embedded videos, presenter notes, a bibliography, and supplemental Activities.

The *Mobilizing Michigan... Protecting Our Kids from Marijuana Tool Kit* can be accessed on the Chippewa Valley Coalition for Youth and Families website – [www.cvcoalition.org](http://www.cvcoalition.org). For more information, contact Dr. Charlene McGunn, Executive Director, Chippewa Valley Coalition for Youth and Families.

### **Join Our Call To Action! The Mobilizing Michigan Social Media Campaign Has Been Launched!**

Let's Protect Our Kids and Our Communities! Sign Up to Receive Weekly Posts with research-based Information by emailing [cmcgunn@cvs.k12.mi.us](mailto:cmcgunn@cvs.k12.mi.us). The campaign is underway with broad dissemination state-wide. The Michigan Prevention Association is providing campaign posts to elected officials in state government and to the Marijuana Regulatory Agency.

#### Sample Social Media Posts:

**THE DEVELOPING TEEN BRAIN** 

*The human brain develops until the mid-20s or longer.*

Teen marijuana use can derail this process, potentially leading to life-long problems with memory, learning, problem-solving, and attention. (Centers for Disease Control and Prevention)

**TODAY'S HIGH POTENCY MARIJUANA**

The potency of THC, the addictive chemical in marijuana, has increased SIGNIFICANTLY over the years, resulting in a drug that is 3 to 7+ times more powerful, and addictive, than it was decades ago.

When tested for potency, some samples of marijuana have an 80 to 90% level of THC. (National Institute on Drug Abuse)

MARIJUANA POTENCY  
ADDITION

**MOBILIZING MICHIGAN**  
PROTECTING OUR KIDS FROM MARIJUANA

For more information: visit [www.cvcoalition.org](http://www.cvcoalition.org)

**Prevention Network Trainings:** Prevention Network has new webinar and training opportunities that we cannot wait to share with you! We look forward to seeing you at these events with us! **April 7, 1pm-2pm.** Cost: Free. **Smokescreen: What the Marijuana Industry Doesn't Want You to Know** Presenter: Dr. Kevin Sabet, CEO of Smart Approaches to Marijuana (SAM). For more information, [see the flyer here](#). Register [here](#). **April 22, 10am-12pm,** Cost: \$25. **Bring Your A Game to Work,** Presenter Todd E. Bradley, CHRIS, For more information, [see the flyer here](#). Register [here](#).

## Do you enjoy receiving PN Newsletters?

Consider supporting Prevention Network by donating [here](#). A donation of \$66 funds all campaign email communications for one month. Contributions are tax deductible to the extent of State and Federal law. To learn more about Prevention Network, click [here](#).

Download this spring 2021 edition on our website <https://www.preventionnetwork.org/newsletter>

Submit an article for the next newsletter by [May 10 2021. here](#). The next newsletter will be distributed June 2021.

Spring 2021

Prevention  
Network

### Prevention Network Team

Louise Harder, Executive Director

[louiseh@preventionnetwork.org](mailto:louiseh@preventionnetwork.org)

Mike Tobias, Michigan to Reduce Underage Drinking (MCRUD) Program Coordinator

[miket@preventionnetwork.org](mailto:miket@preventionnetwork.org)

Kristine Norton, Parenting Awareness Michigan (PAM) Program Coordinator

[kristinen@preventionnetwork.org](mailto:kristinen@preventionnetwork.org)

Hawra Ahmad, Michigan Higher Ed Network (MIHEN) Program Coordinator

[hawraa@preventionnetwork.org](mailto:hawraa@preventionnetwork.org)

Special thanks to the  
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### Vegan Dill Potato Soup (yield 3-4 servings)

Submitted by Hawra Ahmad

**Ingredients:** 4 medium russet potatoes (cubed), 2 carrots (diced), 1 large onion diced, 2 celery stalks diced, 1 can of coconut milk, 1/3 cup diced pickles with brine, 1/4 cup of fresh dill or dried, 2 cups of vegetable broth, 1/4 cup of nutritional yeast

In a large pot add in enough oil of choice to coat the bottom of the pot toss in the carrots, onion and celery and they are slightly soften or fragrant.

After vegetables have softened add in the vegetable broth, coconut milk, potatoes and pickles.

Allow mixture to come to a mild simmer until potatoes have cooked through fully.

Once potatoes have cooked add in nutritional yeast and dill. Season to taste with salt and pepper.

Enjoy your comforting bowl of vegan dill potato soup!



- ✓ [Prevention Network Michigan](#)
- ✓ [Michigan Coalition to Reduce Underage Drinking \(MCRUD\)](#)
- ✓ [Parenting Awareness Michigan \(PAM\)](#)

Prevention Network  
3815 W. St. Joseph Ste C-100  
Lansing, MI 48917  
517-393-6890  
[www.preventionnetwork.org](http://www.preventionnetwork.org)