



THE PREVENTION WAY OF LIFE.

Summer / Fall 2020

*Prevention
Network*
We Take Prevention Personally!

The clear choice

MDHHS to Provide Free Naloxone to Community Organizations and Individuals Statewide

Naloxone can be requested via online portal to reverse opioid overdoses and save lives

The Michigan Department of Health and Human Services (MDHHS) has launched an [online portal](#) where community organizations can request free naloxone, a medication that reverses opioid overdoses and saves lives.

In 2018, opioid overdoses killed more than 2,000 Michiganders, or an average of five people every day. Turning the tide on the epidemic remains an urgent priority for Gov. Gretchen Whitmer, the Michigan Opioids Task Force and MDHHS. In the middle of the COVID-19 pandemic, which may have disrupted resources that people who use drugs rely on, access to naloxone is critical.

Naloxone saves thousands of lives each year by reversing the effects of an opioid overdose. However, a recent study found that only 25 percent of individuals using opioids in southeast Michigan had access to naloxone. Expanding naloxone access, especially for individuals at high risk of overdosing, is imperative and an integral part of Michigan's response to the opioid crisis. [Free naloxone to community organizations.pdf](#).

Getting to know Prevention Network Board of Trustees

Our board consists of a dedicated group of professionals from different segments in the prevention field. Our board remains consistently dedicated to fulfilling our mission during the toughest of circumstances. Chair: Joe Thayer, Macomb Family Services, donates his time to the Boys and Girls Club of Southeast Michigan. Joe also works with the Rotary, local schools, Parks and Recreation, nonprofit groups, and coalitions. Board of Trustees: Tim Gill, Retired from Michigan State Police as a Detective First Lieutenant in charge of the first district drug task force; Todd Bradley, is a Senior Learning and Development Specialist at Michigan State University; Suzanne Kapica, University of Michigan/Michigan Opioid Collaborative, is committed to prevention and treatment of SUDs and believes in community and organizational collaboration; Lisa Cattaneo-Boska, Families Against Narcotics, is passionate in assisting with prevention and treatment of SUDs; Larry Dobias is retired from a printing, mailing, marketing, and communications firm and is also a board member of Capital Area Literacy Coalition; Tom O'Connor works in the hospitality field, and supports recovery and prevention. Meet the board and learn how you can join the team of professionals. For more info, contact louiseh@preventionnetwork.org.

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A Message from the Executive Director

Dear prevention community,

This year has been full of surprises, changes, and unknowns. And we are only seven months in. We have found ourselves navigating a global pandemic, critically reviewing and addressing systemic racism within our work, and at Prevention Network, staffing changes and new board members, among many other things.

I am excited to announce that I will step in as Interim Executive Director at Prevention Network. Prior to this, I coordinated the Michigan Higher Education Network (MIHEN) and supported collegiate substance misuse prevention efforts across the state. I graduated from Oakland University and have a background in implementing evidence based prevention strategies on college campuses. I have also had the opportunity to provide key notes in the past, written journal articles, and received numerous honors, including the 2019 Michigan Preventionist of the Year from the Michigan Department of Health and Human Services Office of Recovery Oriented Systems of Care. I look forward to meeting and connecting with as many people as possible in this new capacity over a [*virtual* cup of coffee](#) in the coming months.

In the midst of many unknowns, Prevention Network continues to push forward. COVID-19 has exacerbated feelings of isolation, stress, mental health challenges, and Substance Use Disorders, making our work more important than ever. Prevention Network remains committed to providing resources, professional development, and technical assistance to individuals, grassroots groups, and community organizations. Our togetherness is essential to the goals of preventing substance misuse and other high risk behaviors, improving the health and safety of communities, and developing leaders and citizens who will challenge the present and enrich the future.

We know the next fiscal year will look and feel different, as we acclimate to staffing changes and new board members, in addition to navigating our current environment. To prepare for the challenges we can see, as well as those that might wait around the corner, Prevention Network has developed a [COVID-19 preparedness plan](#), moved all meetings and major events to a video conferencing platform, continues to host professional development and offer continuing education credits through virtual trainings, and is connecting with community members via email and phone. We have also launched a [COVID-19 resource page](#) on our website for colleges and universities, families, people in long term recovery, coalition members, and providers. As always, I am impressed by the dedication and compassion of our staff, funders, networks, and individuals we work with throughout this difficult time.

Despite the current need to mask-up and stay at a safe distance from each other, we see an increasing need to create healthy, safe communities, free of substance misuse.

Wishing you health, safety, and togetherness,

Louise Harder, Executive Director
Prevention Network

Michigan Higher Education Network

Changes in Higher Education

At the end of January, the United States reported the first confirmed case of COVID-19. On March 6, 2020, the University of Washington announced that classes would be held virtually through the end of the quarter, in an effort to reduce the spread of COVID-19 and protect the campus community. In the following weeks, other schools across the country followed suit. By the end of April, nearly every campus was closed to in-person classes. However, this is not the only adjustment campuses have been dealing with. In early May, the Department of Education released new Title IX regulations that need to be adapted by mid-August. Additionally, at the end of May, protests broke out across the country in response to the killing of George Floyd. Students have pushed campus administrators to critically examine current practices and provide more equitable opportunities and support for Black, Indigenous, and Students of Color. Campus leaders are being forced to navigate all of this as they communicate plans for the Fall semester in the midst of uncertainty.

Now, more than ever, our prevention work is needed on campus. Yet, it can be difficult to justify the cost of our services without understanding why they are so important. The Michigan Higher Education Network (MIHEN) has been working hard to stay up to date on the current climate and share resources and information as it becomes available. The following are a few sites and documents that you may find useful:

For information on COVID-19 and resources for campus professionals: <https://www.preventionnetwork.org/coronavirus>

Resources on Race, Equity, Anti-Racism, and Inclusion:

- [General List of Resources](#)
- [Envisioning Higher Education as Antiracist \(Inside Higher Ed\)](#)

Title IX Resources:

- [Title IX \(unofficial document\)](#)
- [Summary of major changes \(Dept. of Education\)](#)
- [Know Your IX Campus Organizing Toolkit](#)
- [Clery Center](#)
- [Culture of Respect: Title IX Technical Assistance Project](#)

Why this work is important:

- [The Critical Role of Substance Misuse Prevention During and After COVID-19](#)
- [The Psychological Impact of Quarantine and How to Reduce It](#)
- [COVID-19 Deaths of Dispair](#)
- [Impact of Hurricane Rita on Adolescent Substance Use](#)

Supporting Students remotely:

- [Supporting and Engaging Students Online](#)
- [NASPA Webinars on Professional Work Within a Virtual Space](#)
- [The Chronicle of Higher Education: Moving Online Now](#)

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.

Parenting Awareness Michigan

28th Annual Virtual Parenting Awareness Michigan (PAM) Conference is November 20, 2020

The COVID-19 pandemic has prompted a global shift in meetings and events, many moving from in-person gatherings to a more virtual implementation. PAM embraces these changes not only during these unprecedentedly uncertain times, but to inspire our network and colleagues to expand our reach, engaging and empowering us and others to connect locally and globally, especially at a time when timely research and connection are of great importance. PAM's mission is to bring professionals together to promote parenting awareness, education, and resources through state outreach and local effort. The PAM steering committee is dedicated to ensuring that the conference has quality content for our audience. We showcase current research, best practices, stories of successful collaborations, lessons learned, and solutions to community-wide issues within various program tracks. Our keynote speaker and breakout sessions with closing session provide attendees with knowledge, and practical ideas to help children and families around the state. **Our conference is a unique experience for anyone interested in** celebrating people raising children and promote year-round education and resources for parents and caregivers.

Who Should Attend? This conference targets; individuals who work with parents and families, educators, service providers, school personnel, parent networks, coalition members parent leaders, volunteers, and anyone interested in parenting.

M *Parenting Awareness*
MICHIGAN



Keynote Speaker: Barb Flis, Founder, Parent Action for Healthy Kids, **Social Distancing with Families – The Covert Pandemic**” this session will provide participants with an inside look at a case study conducted on family engagement. We will share stories of the attempts to put theory into practice and the roadblocks along the way. We will reveal, how in the midst of the case study, the pandemic hit and how the lessons on the importance of strength-based internal strategies and practices were actualized. By the end of this session participants will: Examine their commitment and capacity to engage families; Analyze the significance of thoughts, language and story telling; Practice utilizing their energetic system. **Two breakout session with four presentations will include:** Risk-Taking and Substance Misuse by David Allen Tyler, Sanilac County Counseling Services, Emergency Preparedness for Families in Michigan by Trp.

Ronnie Evans; Programming in the time of COVID-19: The Rapid Transition to Virtual Programming for Parents and Families by Leigh Moerdyke, and Brandy Hannah, Arbor Circle, and Children and Trauma by Tonya Womack, and Carolina Garza Flores, Care House of Oakland County **Closing Session:** Christine Triano, MSW, LCSW, Adult & Adolescent Psychotherapist, Director of Mental Health for The Center for Connection, from Pasadena, California **“Why Self-Care is More Important Than Ever.”** Parents, caregivers, educators, and advocates for children and young people are especially likely to end up giving until our wells runs dry. This session will address the fact that it simply is not possible to be there for others without also taking care of ourselves.

Cost; \$35 . 4.5 Continuing Education: CEU credits will be offered for MCBAP, Social Work, and CFLE pending approval. Registration will be available soon. Visit the website for regular updates. <https://www.preventionnetwork.org/parenting-conference>. Please remember to like us on Facebook

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

Contact Kristine Norton, PAM Coordinator at 517-393-6890 or 517-490-62448, or kristinen@preventionnetwork.org.



Michigan Coalition to Reduce Underage Drinking



Below are some MCRUD highlights of the last few months (April – July 2020)

- **April 16** – Call with the Michigan Liquor Control Commissioners. Attendees learned more about who the Commissioners are and how coalitions can better engage with MLCC. The Commissioners will also be joining us at our annual conference on Friday, August 28 from 9:00 am – 10:00 a.m.
- **April 30 and May 14 Two-Part Webinar series, Shaping the Alcohol Policy Environment: Past, Present, and Future.** Cassie Greisen with the National Alcohol Beverage Control Association ([NABCA](#)) was the presenter.
- **May 26 MCRUD Steering Committee meeting.** The Alliance of Coalitions for Healthy Communities hosted the virtual meeting and MaryAnn and Angela (from the Alliance) presented on the program, “Keep Them Safe, Keeping Them Healthy,” that they are implementing in some schools in Oakland County. For more information visit their website by clicking [here](#).
- **June 4th webinar – How the Three Tier System and Court Cases Impact Public Health and Safety in Michigan.** Mike Lashbrook (Center on Alcohol Policy), Don McGehee (State of Michigan), and Spencer Nevins (MI Beer and Wine Wholesalers Association) were our presenters.
- **June 25th webinar – Sports Prevention Wellness Programs** with Dr. Chudley Werch.
- **July 23 webinar – Effectiveness of Pricing Strategies in Reducing Excessive Alcohol Consumption.** Dr. Ce Shang, Ohio State University.
- **July 28 – MCRUD Steering Committee Meeting.** Huron County Prevention and Recovery Roundtable hosted this virtual meeting. Patrick Hindman (Alcohol Epidemiologist, State of Michigan) was our presenter for the meeting.

All of our presenters for our webinars and steering committee meetings did a great job! **Anyone can view these past webinars on the MCRUD website.** Click [here](#)

In other news, the brief alcohol policy survey with EPIC MRA was funded and we hope to have the results later this fiscal year. The Michigan Legislature also passed laws that allow cocktails to go and social drinking districts. Click here to read a recent article about some of these issues. The [Alcohol Policy](#) conference has been postponed until Spring of 2022 now.

Below is the upcoming MCRUD calendar. Our standing MCRUD meeting is the fourth Tuesday of the month from 10:00 a.m. – 12:00 p.m

- **August 25-28 (Tuesday-Friday).** Shoalition has gone virtual and registration is live! 14 MCBAP credits pending and the cost is only \$60. This year’s conference will be four half days. Click [here](#) for more information.
- **September 21** – MCRUD will be presenting at the state’s SUD/CO Disorders Annual conference. Hope to see you there!
- Due to the State’s SUD/CO disorders conference, there will **NOT** be a MCRUD steering committee meeting for September.
- **September 29** Tentative Save the Date for joint webinar with the [Michigan Higher Education Network](#).
- **October 27** – MCRUD Steering Committee Meeting

Lastly, the only way MCRUD can stay strong and healthy is by having strong participation from local community coalitions. If your coalition is interested in knowing more about MCRUD please contact the MCRUD Coordinator, Mike Tobias for more information (517.803.5586 or miket@preventionnetwork.org).

Michigan Overdose Data to Action (MODA)



Prevention Network has teamed up with MDHHS Injury & Violence Prevention Section to support the Michigan Overdose Data to Action (MODA) project. This project gives funding opportunities to assess, surveill and build the capacity of overdose prevention work being done in Michigan. MODA is hosting a Mini-Grant funding opportunity through Prevention Network who will award mini-grants to local groups monthly in amounts ranging from

\$1,000 to \$40,000. The mini-grant process began in June and is ongoing until August. First round grant awardees included: Leaders Advancing in Healthy Communities, Live Rite Structured Recovery Corp, Families Against Narcotics Inc., and Novi Community Coalition. Second round grant awardees included: Youth Inc., Alliance of Coalitions for Healthy Communities, Randy's House, Latino Family Services, and the Guidance Center. Congratulations to all MODA awardees!

The Moving Overdose Data to Action Mini-Grant Program (MODA) is soon coming to an end. Though we are saddened to have to end this project we do want to highlight some of the great work we accomplished! The MODA team was able to assess over 50 organizations through the MODA Organizational Capacity Assessment, a public report is now public [here](#) or we can email you a copy. With our partners at OT Consultancy, we have created a Prevention Network dashboard, an online community where prevention organizations can become members and share resources with one another. We currently have a network of over 100 members, and 10 courses related to prevention work that are made free for our stakeholders. Visit our dashboard at [moda community](#) or visit our website for more information www.preventionnetwork.org/moda.

Michigan Department of Health and Human Services, Division of Environmental Health Summary of Key Findings for 2018 Non-Fatal Amphetamine-Involved Drug Poisonings in Michigan:

- Amphetamine overdoses accounted for 2.5% of all nonfatal drug overdoses among Michigan residents treated at hospitals and emergency departments in 2018.
- Rates of nonfatal amphetamine overdoses are highest in males, individuals aged 25-34 years, and white individuals.
- Almost one-in-five (19.4%) of nonfatal amphetamine overdoses also involved one or more opioids.
- Serious health conditions associated with amphetamine use were common among nonfatal amphetamine overdoses; 18.7% had heart arrhythmias, 10.2% had rhabdomyolysis (a rapid breakdown of muscle tissue that can lead to acute renal failure).
- Several rural counties in the northern lower peninsula and upper peninsula had the highest age-adjusted rates of nonfatal amphetamine overdoses (Iron, Kalkaska, Crawford, Roscommon and Clare counties).

Additional Resources:

American Addiction Centers: [What's an amphetamine? Addiction: Signs, Symptoms, and Treatment](#)

NIDA Methamphetamine Research Report: [What treatments are effective for people who misuse methamphetamine?](#)

Report by Rockhill S. [Nonfatal Amphetamine-Involved Drug Poisonings, Michigan 2018](#). Lansing, MI: Michigan Department of Health and Human Services, Division of Environmental Health, March 2020.

Please contact Sarah Rockhill if you have additional questions: Rockhill@michigan.gov

Stand UP for Kids with MI Children's Trust Fund

Over the last few months, we at the MI Children's Trust Fund (CTF) have been planning a variety of exciting projects that focus on meeting the needs of children and families in Michigan's local communities.



These projects range from

selecting, orienting and supporting our newly funded prevention programs as well as providing education on ACEs and Strengthening Families to all 100+ of our prevention programs. While we facilitate and support child abuse and neglect prevention programs in each of our 83 counties, the key to making a difference in the lives of our children and families begins with each of our organizations' willingness to have intentional, sometimes awkward, yet collaborative conversations about what we are doing to improve the lives of ALL children. Like many of you, our staff at CTF is involved in countless multi-disciplinary, cross-sector efforts to discover ways that together, we CAN change the trajectory of our children.

In addition, we invite you to consider the ways that you can "Stand UP for Kids" in your daily actions. I recently read an article by Family Futures Executive Director, Candace Cowling (CTF local council) which included ways that you can get involved in your community. They are:

- If you have not already completed your Census information, do so. The Census will determine how financial resources are allocated. It has a tremendous impact on where and who will hold power in communities across the country and our state, with direct impact locally. Go on-line to <https://www.2020census.gov/>
- Vote – register to vote and exercise your right to vote. <https://mvic.sos.state.mi.us/>
- Get involved in local decision-making. Your voice is needed!

We are interested in working with you, on a state and local level. You are welcome to check out our website to locate the CTF local prevention program near you. Finally, if you have an idea on ways that we can work together to stop child abuse and neglect in your community and across our state, please contact us at www.michigan.gov/ctf.

With the best interests of children in mind,

Suzanne Greenberg

Suzanne Greenberg

Executive Director

Playtime with Dad May Improve Child's Self-Control

By Rick Nauert PHD, an associate professor for Rocky Mountain University of Health Professionals doctoral program in health promotion and wellness. [Psych Central](#).



Emerging research suggests that beginning father-child playtime at a very young age may help kids better control their behavior and emotions as they grow up. In the study, investigators from University of Cambridge and the LEGO Foundation reviewed fragmentary evidence from the past 40 years to understand more about how fathers play with their children when they are very young (ages 0 to 3).

They found that children whose fathers make time to play with them from a very young age may find it easier to control their behavior and emotions as they grow up.

In the study, investigators wanted to find out whether father-child play differs from the way children play with their mothers, and whether the effects of early play with father's would impact a children's development.

Although there are many similarities between fathers and mothers overall, the findings suggest that fathers engage in more physical play even with the youngest children, opting for activities such as tickling, chasing, and piggy-back rides.

This seems to help children learn to control their feelings. It may also make them better at regulating their own behavior later on, as they enter settings where those skills are important, especially school.

Dr. Paul Ramchandani, professor of play in education, development and learning at the University of Cambridge, said: "It's important not to overstate the impact of father-child play as there are limits to what the research can tell us, but it does seem that children who get a reasonable amount of playtime with their father benefit as a group."

Dr. Ciara Laverty, from the LEGO Foundation, said: "At a policy level, this suggests we need structures that give fathers, as well as mothers, time and space to play with their children during those critical early years."

Even today, it's not unusual for fathers who take their child to a parent-toddler group, for example, to find that they are the only father there. A culture shift is beginning to happen, but it needs to happen more."

Parent-child play in the first years of life is known to support essential social, cognitive and communication skills, but most research focuses on mothers and infants. Studies which investigate father-child play are often small, or do so incidentally.

"Our research pulled together everything we could find on the subject, to see if we could draw any lessons," Ramchandani said.

The Cambridge review used data from 78 studies, undertaken between 1977 and 2017 – most of them in Europe or North America. The researchers analyzed the combined information for patterns about how often fathers and children play together, the nature of that play, and any possible links with children's development.

On average, they found that most fathers play with their child every day. Even with the smallest children, however, father-child play tends to be more physical. With babies, that may simply mean picking them up or helping them to gently raise their limbs and exert their strength; with toddlers, fathers typically opt for boisterous, rough-and-tumble play, like chasing games.

In almost all the studies surveyed, there was a consistent correlation between father-child play and children's subsequent ability to control their feelings. Children who enjoyed high-quality playtime with their fathers were less likely to exhibit hyperactivity, or emotional and behavioral problems.

They also appeared to be better at controlling their aggression, and less prone to lash out at other children during disagreements at school.

The reason for this may be that the physical play fathers prefer is particularly well-suited for developing these skills.

"Physical play creates fun, exciting situations in which children have to apply self-regulation," Ramchandani said. "You might have to control your strength, learn when things have gone too far — or maybe your father steps on your toe by accident and you feel cross!"

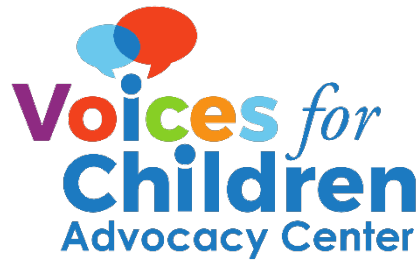
"It's a safe environment in which children can practice how to respond. If they react the wrong way, they might get told off, but it's not the end of the world — and next time they might remember to behave differently."

The study also found some evidence that father-child play gradually increases through early childhood, then decreases during "middle childhood" (ages 6 to 12). This, again, may be because physical play is particularly important for helping younger children to negotiate the challenges they encounter when they start to explore the world beyond their own home, in particular at school.

Despite the benefits of father-child play, the authors stress that children who only live with their mother need not be at a disadvantage.

"One of the things that our research points to time and again is the need to vary the types of play children have access to, and mothers can, of course, support physical play with young children as well," Ramchandani added.

"Different parents may have slightly different inclinations when it comes to playing with children, but part of being a parent is stepping outside your comfort zone. Children are likely to benefit most if they are given different ways to play and interact."



Serving Genesee & Shiawassee Counties

Introducing our new Prevention Education Mini-Series entitled VOICES Lessons

These short educational videos are a resource for parents to help teach children (ages 4-8) about body safety. Letting children know that their body belongs to them is an important part of preventing child sexual abuse. Videos are for a preschool/elementary-age audience and best used in combination with parental discussion. We encourage parents to preview the video to ensure you feel it is appropriate and then watch with your child as a conversation starter. When you talk, ask open-ended questions about what they thought of the video. Ask in a casual and warm tone to create an open dialogue.

Video's can be accessed through:

Face Book: www.facebook.com/voicesforcac/

YouTube:

www.youtube.com/channel/UCV6WyUBdwjsisPxje-53T8w

Virtual Community Training and Educational Presentations

The staff at Voices for Children are available to provide training and educational presentations to the community.

Training Topics Include:

- Darkness to Light's Stewards of Children- Sexual abuse training program for adults
- Body Safety Training for Kids - K and 2nd Grade Students
- MDHHS Mandated Reporter Training
- ACEs-Understanding The Impact of Childhood Trauma
- Keeping Children Safe Online-Human Trafficking & Internet Safety Training
- Abusive Head Trauma-Purple Crying
- Safe Sleep
- LGBTQ Training
- CASA (Court Appointed Special Advocates) Volunteer Training

Trainings are free, donations are welcomed! Virtual trainings are available. To schedule a training, contact prevention@voicesforcac.org

Tenesa Thompson, Voices for Children Advocacy Center, tenesa@voicesforcac.org



You must live or work in Sanilac County **FREE Narcan Nasal Spray (Naloxone) Training**

Second Chance Naloxone Program Get Trained Save A Life. Call 810-648-4098 ext105 for a FREE training to learn how Naloxone can help prevent an overdose death.

By: David Tyler, MS, CPS-D, Sanilac County Health Department, tylerd@sanilachealth.com

MSU Extension Michigan Substance Use, Prevention, Education and Recovery (MiSUPER)



While the opioid crisis knows no demographic boundaries, underserved adults in rural areas often face additional challenges and risk factors, such as isolation and unemployment.

Funded by the Substance Abuse and Mental Health Services Administration, MiSUPER is a two-year collaborative project from MSU Extension, the [MSU College of Human Medicine Family Medicine \(MSU-CHM\)](#) and the [Health Department of Northwest Michigan \(HDNW\)](#). The overall goal of the MiSUPER project is to increase awareness of opioid misuse in rural communities regarding prevention, addiction treatment options, and

recovery support so that community members and healthcare professionals can recognize signs of misuse, suggest options for professional treatments and support those in recovery.

The project aims to create and deliver evidence-based trainings on opioid misuse prevention, treatment, and recovery, ultimately reaching 1,000 rural community members through 25 trainings and 150 health professionals through an additional 10 trainings. Through MiSUPER, MSU Extension will help develop standardized state-of-the-art trainings and print and online materials addressing the epidemic of opioid use disorders in rural Michigan.

MiSUPER brings together highly skilled experts in OUD-related issues and rural health on the medical side with community-based professionals charged with addressing the clinical and social impacts from such use. The project builds on MSU Extension's current rural opioid misuse prevention educational initiatives through the State Opioid Response and includes new staff and different outreach approaches to expand the focus to include treatment options and recovery.

In Michigan . . .

7

PEOPLE DIE EVERY DAY
FROM OPIOID OVERDOSE.

75%

OF MICHIGAN'S OVERDOSE
DEATHS ARE
ATTRIBUTABLE TO
OPIOIDS.

1,689

PEOPLE DIED FROM
OPIOID-RELATED CAUSES
IN 2016.

<https://www.canr.msu.edu/misuper/index>

New Upper Peninsula Youth Data



UP Coalition Network has released updated data for youth risk factors, depression, and substance use in the Upper Peninsula. The data is from the evidence-based CTC Youth Survey that is administered to 6th, 8th, 10th, and 12th grades in all 15 counties of the UP. Visit www.UPCNetwork.org/data for more information, or to utilize the data for grant proposals or other projects. Gery Shelafoe, UP Coalition Network, gshelafoe@northcarenetwork.org



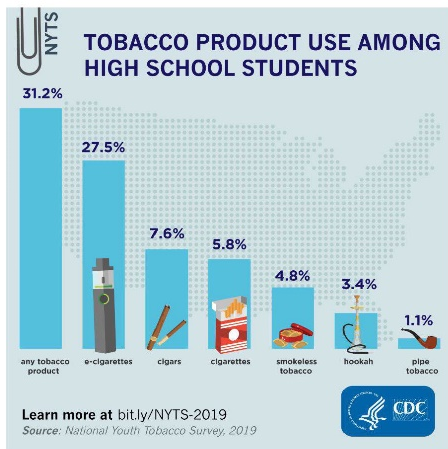
Virtual Tools for Prevention & Recovery Support

Largest Prevention Provider in Oakland County Pivots to Provide More Free Prevention Education, Narcan Training and Recovery Support Online

With COVID-19 affecting our access to face to face trainings, the Alliance of Coalitions for Healthy Communities (Alliance) adapted quickly to provide online prevention and recovery support for all community members including our youth and persons in need of Narcan. Utilizing Zoom, access is available for everyone!

[Read More](#)

E-cigarettes are Addicting a New Generation of Tobacco Users: Our Youth



About 6.2 million U.S. middle and high school students were current (past 30-day) users of some type of tobacco product in 2019. (NYTS, National Youth Tobacco Survey) This is mostly due to the drastic rise in e-cigarette use.

The tobacco industry knows it needs replacement users. They target youth to get them to try their deadly products and, due to the developing brain, youth often get addicted faster than adults. E-cigarette flavors, discounts, marketing, and cool, sleek product design are reversing tobacco use trends, making youth use of e-cigarettes a public health epidemic.

It's important to have good policies to support our youth in living tobacco free. Having comprehensive tobacco free school policy including e-cigarettes and ALL forms of tobacco, 24/7 on campus and at all school sponsored events, is a must. Creating tobacco free spaces such as parks, beaches and recreation areas

encourage healthy living. Getting rid of flavors, which is one of the main reasons youth try e-cigarettes, is vital. Increasing prices on e-cigarettes and holding retailers accountable for no sales to minors are also important policies to prevent youth from starting and helping them quit.

You can help youth under 18 years to quit by referring them to My Life My Quit, a free and confidential program designed especially for teens. Youth will receive five coaching sessions by phone, live texting or chat with a coach who will listen and help youth navigate social situations while finding healthy ways to cope with stress. Text 'Start my quit' or call 855.891.9989. By: Elaine Lyon, MI Dept of Health & Human Services, lyone@michigan.gov

STAY HEALTHY. STAY SOBER.

Live Rite Structured Recovery Corp is a nonprofit organization based in Roseville, MI that provides services to individuals and families affected by substance use disorder. Our mission is to reduce the stigma and provide resources, education and funding to the person and their families seeking recovery from active addiction. We strive to help each other become self-supporting, productive members of society. Contact Sydney Scholz, Marketing & Outreach Coordinator, Live Rite Structured Recovery Corp. Recovery Resource Center. sydney@liveritecorp.org. Visit <https://www.liveritestructuredcorp.com/>



HOW OUR VOLUNTEERS ARE DOING IT:

- Staying involved and in touch with the people close to me and participating in group Zoom meetings.
Angela, 4 months in recovery
- Video games to connect to people and using my social networking system.
Shawn, 10 months in recovery
- Staying active and staying in a routine.
Amy, 2 years in recovery

YOU ARE NOT ALONE DURING COVID-19!

List of recovery programs:
dpt2.samhsa.gov/treatment/

www.liveritestructuredcorp.com

STAY HEALTHY. STAY SOBER.



As of June, **1.45 million** Michiganders remain at home on pandemic unemployment assistance



If being at home has been hard for you, **YOU ARE NOT ALONE**. There are over **48 recovery programs** in Michigan for those seeking help from active addiction.

 **Live Rite**
Structured Recovery Corp.

Recovery Resource Center (586) 217-5899

Language Matters

Language is powerful – especially when talking about addictions.
Stigmatizing language perpetuates negative perceptions.

“Person first” language focuses on the person, not the disorder.

When Discussing Addictions...

SAY THIS

NOT THAT

Person with a substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen



The next newsletter will be available January/February 2021. [Submit an article for the next newsletter by October 19, 2020](#)

Disclaimer: Prevention Network’s website educational and Informative video page includes information and links to internet and other resources. Some of these videos are for your consideration only and are not endorsed by PN or our funders. The information or content and conclusions of some authors should not be construed as the official policy of, nor should any endorsements be inferred by Prevention Network. Furthermore, the information provide should not be used for diagnosing or treating a health problem or disease and is not a substitute for professional care.

Summer/Fall
2020

Prevention
Network

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Strawberry Cheesecake Lush

From
<https://kitchenmeetsgirl.com/strawberry-cheesecake-lush/>

By Kitchen Meets Girl

- 1 package Golden Oreos (36 cookies)
- 6 tablespoons butter, melted
- 8 ounces softened cream cheese
- 1 cup powdered sugar
- 1 (16-ounce) container Cool Whip, divided
- 2 packages (3.4 ounce each) instant cheesecake pudding mix
- 3 cups milk
- 3½ cups sliced strawberries

Crush the entire package of Oreos. A food processor would work great for this - I don't have one, so I just placed my cookies in a gallon sized Ziplock bag and crushed them with a rolling pin. When the cookies are fine crumbs, transfer them to a large bowl and mix in 6 tablespoons of melted butter. Press the cookie mixture into a 9x13 pan and refrigerate while you prepare the remaining layers.

Next, beat together 1 cup of powdered sugar, the cream cheese, and 1 cup of Cool Whip. Spread over your cookie layer.

For the next layer, mix together the pudding mix, milk, and another 1 cup of Cool Whip. Spread over the cream cheese layer.

Layer the sliced strawberries on top, and spread the remaining Cool Whip on top.

Keep refrigerated until ready to serve.



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

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