



January 2020

Prevention Network

We Take Prevention Personally!

The clear choice

THE PREVENTION WAY OF LIFE.

March 2020 is Parenting Awareness Month in Michigan

March is Parenting Awareness Month in Michigan. This is our 28th year of celebrating the important role of parents in the lives of their children. Some of you may be planning local Parenting Awareness Month activities during January - May, or even beyond. We invite you to let us know what you have planned! We will publicize your activities that take place between January and June.

Please submit your activities online. Click this link . <https://www.preventionnetwork.org/pamlocalactivities-title> To find local activities. Click this link. <https://www.preventionnetwork.org/PAMLocalActivities>]

MDHHS Released the End the Stigma Campaign

Michigan Department of Health and Human Services has launched a new campaign to fight opioid abuse. The key focus is addressing the stigma that prevents many from seeking treatment. We want to change the script on how opioid use disorder is discussed in Michigan, and we could use your help in rewriting that script.

As a state, we're addressing the stigma that prevents many Michiganders from seeking treatment by changing the script on how opioid use disorder is discussed. Words can hurt, but they can also heal. Resources are available to start a conversation that reworks the narrative, helps end the stigma an opioid use disorder and leads to healing.

If you click on the share now link below, it will take you to many campaign resources like sample social media posts. Please share this with your provider network, as well as, community coalitions and partner organizations.

Together we can change the conversation. Get the resources here <https://www.michigan.gov/opioids/0,9238,7-377--513018--,00.html>

Featured

- From the Director
- MI Higher Ed Network
- Parenting Awareness
- MCRUD
- Local & State News
- National News
- Community News
- Trainings
- Recipe

A Message from the Executive Director

by Ken Dail, Executive Director

Happy New Year!

We made it. Once again we have made it through an entire year. You might be thinking: “Big deal. So it’s 2020. Just another date on a calendar.”

But for many agencies, organizations, and individuals, “making it” through 2019 and seeing 2020 is a pretty big deal; an accomplishment worthy of celebration.

Many of us working in the human services field know there was no shortage of assistance needed for our clients, consumers, and service recipients. If social media is an accurate indicator, many of my friends were eager to get 2019 behind them and were hoping for a better, more peaceful 2020.

Although I have never been a big proponent of new year resolutions, it does seem that now is a great time to not only celebrate the dawn of a new decade, but it’s a great time to LAUNCH! Beginning a new program or initiative is always a good thing. But what does it feel like if we LAUNCH a new program or initiative? What happens when we LAUNCH a new fitness program? Or a new degree program? What if we LAUNCH an idea to start a side business or LAUNCH the development of a new training? Does it feel any different than if we start something new solely because the calendar has flipped to a new year?

At Prevention Network, we are always working on LAUNCHING ideas, assisting groups with their ideas, and striving to move our state forward in terms of substance abuse and substance abuse disorder prevention. You will see some exciting things in this newsletter. There are also a handful of initiatives we will be kicking off over the next 12 months that we hope will excite you and your networks. Parenting Awareness Michigan is actively planning the 28th Annual PAM Conference for November, in addition to seeking funding and support to reinvigorate the Upper Peninsula PAM Conference A tentative date has been set in October for this event. MCRUD is celebrating its 24th birthday this summer, and hosting the 7th Annual Shoalition Showcase in April. The Michigan Higher Ed Network is developing resources and providing technical assistance to campuses throughout the state and are keeping busy planning their annual meeting and conference for this summer. PN’s Training Initiative will have a very busy summer with the 4 day Substance Abuse Prevention Skills Trainings, Basic Elements of Effective Prevention trainings, (info soon at <https://cmham.org/education-events/conferences-training/>) and Prevention Ethics Trainings (info at www.preventionnetwork.org). We are also working on partnerships with a handful of experts in their fields to bring additional trainings to Michigan that will help our field LAUNCH forward.

2019 was a great year for Prevention Network, but was also filled with the typical challenges and frustrations that come with any 12 month rotation around the sun. 2020 is filled with potential and exciting opportunities waiting for us to LAUNCH them into existence. If we need to use the flipping of the calendar to get going on these opportunities, it seems that now is the time.

We are excited that so many of you are allowing us to come along side you in your efforts and that so many of you have offered your expertise, excitement, and support to our efforts.

We look forward to working with many of you in 2020. And 2021. And 2022. And so on and so on...



Call for Nominations 2020 Prevention Network Board Positions

Prevention Network is seeking strong candidates to become active board members for our nonprofit organization. We are looking for people with honorable character traits, and strong leadership abilities. The mission of Prevention Network is to prevent youth drug abuse and other high risk behaviors by working with individuals, grassroots groups, and other organizations in order to improve the health, wellness, and safety in Michigan communities.

Some Roles and Responsibilities include:

1. Guide and advise in the development and implementation of the mission, goals, objectives, strategic plan, fund development plan, and evaluations.
2. Uphold Prevention Networks policies, and abide by procedures to maintain confidentiality, assure recipients rights, and avoid conflicts of interest.
3. Become familiar with the budget process, and be an active part in budget tracking at monthly board meetings. Keep up to date on the business of Prevention Network.
4. Much of our work together is completed through active monthly board meetings. Board Members are expected to attend no less than 6 regular board meeting. Attendance can be in-person or by call in.
5. Serve on at least one board committee.
6. An annual personal financial contribution to Prevention Network. This can be given as a one time donation each year or a monthly contribution. Active in one or more fundraising activities.

Please think about someone you know who has the passion, drive, and knowledge to move our collective agenda forward in the world of prevention. Nominees do not have to be in the substance use disorder or mental health field. This year, we are hoping to bring on more expertise in the fields of finance, law, marketing, and philanthropy. We encourage people outside of marketing, philanthropy, etc also apply. We are looking for diversity in disciplines, race, religion, demographics or, gender!

Please [complete the nomination form online](#)

If you are a leader or know a strong candidate with integrity and have the skills, and experience you can contact the Executive Director, Ken Dail, kend@preventionnetwork.org, 517-393-6890.

Help Prevention Network Make a Difference

Substance misuse affects everyone. As of August 2019, there were 2,581 confirmed overdose deaths in Michigan; 78% have involved some type of opioid. Prevention Network is working to reduce this statistic through its programs (Parenting Awareness Michigan, Michigan Higher Education Network, Michigan Coalition to Reduce Underage Drinking),

education and trainings, monthly newsletters (download the current newsletter here), and technical assistance to coalitions across Michigan. By supporting us, you are making Michigan a safer place for all residents. At Prevention Network, we see a life free of the consequences of substance abuse for every person. Together, with your help, we can achieve this vision. You can help us support Michigan communities by donating today.

The impact of your donation:

\$10 (or the cost of two lattes)	• Prevention Network can provide one month of conference calling to coalitions across the state
\$20 (or the cost of a dinner out)	• Prevention Network can purchase reusable training supplies for 25 participants
\$50 (or the cost of a concert ticket)	• Prevention Network can distribute a quarterly newsletter to 5,000 people

[**DONATE NOW**](#)

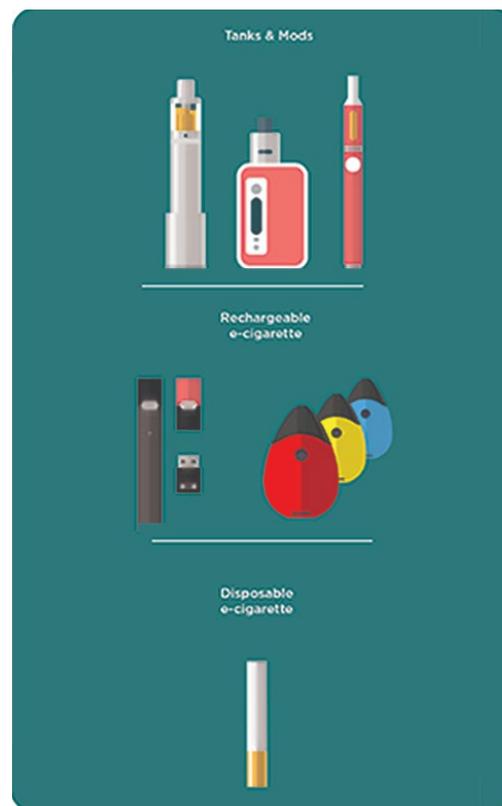
Prevention Network is a 501c3. Your contribution is tax deductible to the extent allowed by law. If you would like a receipt, please contact Joyce Hughes at joyceh@preventionnetwork.org

Michigan Higher Education Network By Louise Harder

An Update on E-Cigarettes and What Colleges Can Do

E-cigarette use among youth and young adults is a serious concern. As of January 7th, 2020, a total of 2,602 hospitalized cases of lung injury resulting from e-cigarette use, named EVALI, have been reported ([CDC, 2020](#)). Since August 2019, 65 confirmed and probable vaping-related lung injury cases have been reported in Michigan, including three deaths. Of those, 39% are between 18 and 24 years old (CDC, 2020). In 2018, roughly 11% of college students reported vaping marijuana in the last month (up 6% from 2017) and over 15% reported vaping nicotine in the last month (over 9% increase from 2017) (MTF, 2019). The tobacco industry continues to advertise heavily to young people as the result of a largely unregulated market, using methods that have long been prohibited for other tobacco products. In addition to appealing flavors and a sleek design, these products are marketed as safe and an alternative to smoking traditional cigarettes.

College campuses are struggling to enforce policy, while new laws/bill proposals are introduced constantly. Governor Whitmer placed an emergency ban on flavored cigarettes in September, which was blocked by a Michigan judge shortly after. Governor Whitmer asked the Michigan Supreme Court to overturn the ruling. The Michigan Supreme Court denied the request, pushing the decision to the Michigan Court of Appeals. Additionally, at the end of 2019, congress passed, and the President signed, a \$1.3 trillion dollar spending bill that included changing the age of legal tobacco sales from 18 to 21 years old nationally ([Further Consolidated Appropriations Act, 2020](#)). Lastly, the FDA issued a statement in early January that they would begin enforcing unauthorized e-cigarette flavorings that appeal to youth, including mint and fruit flavors ([FDA Statement](#)).



What you can do as a professional working with college/university students:

1. Educate yourself on e-cigarettes including how they work, what some current products look like, the health effects of using, and current policy. The MIHEN recently hosted a webinar, 'The Truth About E-Cigarettes', which can be found under the webinar section of the [MIHEN webpage](#).
2. Learn what the current tobacco policy is on campus. Is there specific language that includes e-cigarettes? If you need help with writing policy to include e-cigarettes, use the [America Nonsmokers' Rights Foundation model policy](#).
3. Share campus policy with any student seen vaping and support students trying to quit smoking or vaping. Use peer educators to help! The following are a few quit resources available in Michigan:
 - a. [This Is Quitting](#): Students can text "QUIT" to (202) 804-9884, to receive text messages that encourage would-be quitters ages 13 and over to quit tobacco use.
 - b. [MDHHS](#): The Michigan Department of Health and Human Services Tobacco Section website offers resources, fact sheets and information on quitting.
 - c. [The Michigan Tobacco Quitline](#) site offers information on how to quit, a smoking calculator, and more. The quit tobacco counseling service phone number is 1-800-784-8669 (not a hotline).

For more information on what the MIHEN is up to or to become a MIHEN member, please contact Louise Harder at louiseh@preventionnetwork.org



28th Annual Parenting Awareness Michigan Conference

Friday, November 20, 2020

Kellogg Hotel & Conference Center, East Lansing

Keynote Address by

Christine Triano, MSW, LCSW

Adult & Adolescent Psychotherapist,
Director of Mental Health, The Center for Connection

“The Epic Battle of Preparation vs. Protection”

Conference Highlights:

- Workshops include current trends and relevant issues facing parents, educators and caregivers, including substance abuse, family engagement, empowering youth, mental health, workforce development, bullying, self-care, social media issues, conscious discipline, and more.
- This conference can benefit those who work with parents and families, educators, service providers, school personnel, parent networks, coalition members, parent leaders, and volunteers.
- You will leave with practical, inspirational, and creative ideas to use throughout the year!
- There are networking opportunities throughout the day including an ice cream social at the end of the day.

CEUs being offered pending final approvals

Online Registration will be available August/September

For updates: www.preventionnetwork.org/pam

email: kristinen@preventionnetwork.org | 800-968-4968



Sponsorship opportunities
For more information [click here!](#)

Sponsored by Prevention Network, Parenting Awareness Michigan Steering Committee, MDHHS, and Michigan Children’s Trust Fund.





**28th Annual Parenting Awareness, Michigan Conference,
Friday, November 20, 2020, Kellogg Hotel and Conference Center, East Lansing**

We can all help make positive changes in our communities one family at a time. The planning committee is dedicated to ensuring that the conference has a large number of diverse quality workshops and content for our audience. Come and get recharged about your important work with parents, families, and children in Michigan! This professional development conference is for anyone who works with parents and families. Highlights: keynote presentations, workshops on issues facing today’s parents and caregivers, and a variety of exhibitors showcasing parenting programs and resources. Bonus activities include networking with others throughout the state, fun door prize baskets, and an Ice Cream Social to end the day. Continuing education will be offered for MCBAP, Social Work, and CFLE. Get regular updates on who the keynote speaker is and how to register on our website click [here](#) .

<p>Now Accepting Workshop Proposal (RFP) Requests Online</p> <p>We welcome proposals on relevant information for programs, and resources related to parents and families. This is a one-day conference. For a list of topic ideas with guidelines and criteria click here . Submit your workshop proposal ideas online here .</p>
--

PAM Sponsorships Opportunities for 2020

The value of your conference sponsorship:	The conference seeks to provide participants with:
<ul style="list-style-type: none"> • Support educational opportunities on positive parenting. • Enable collaborative partnerships that bring together parenting advocates from across the lifespan. • Receive positive pre-conference publicity for your organization or business, and special recognition during the conference. • Meet and network with others. 	<ul style="list-style-type: none"> • Relevant information on important issues facing today’s parents and families. • Strength-based, evidence-based, and practical parenting education and resources. • Information within an ecological framework that considers the individual, family, and community.
<p>SPONSORSHIP OPPORTUNITIES: LEARN MORE HERE</p> <ul style="list-style-type: none"> ◆ PLATINUM: \$1000+ ◆ GOLD: \$500-\$999 ◆ SILVER: \$250-\$499 ◆ BRONZE: \$100-\$249 ◆ Prize Contributor: Item With A Value Of \$25 Or More For End-Of Conference Drawing ◆ Ice Cream Social/Swag item, Conference bag 	

There are plans in the work to bring back the Upper Peninsula PAM Conference. The tentative date would be Thursday, October 8, 2020, Holiday Inn of Marquette. We are looking for sponsors, if you know someone that could help sponsor, please contact kristinen@preventionnetwork.org or 517-393-6890.

Highlights from the 27th Annual PAM Conference!

The conference was a HUGE success! We had a record number attend this past year, with 355 registered and 340 in attendance. The keynote speaker Lisa Dietlin, who is an International Speaker, Author, Media Personality, Founder/CEO, The Institute of Transformational Philanthropy, her keynote brought a positive spin talking about "Achieving Your Goals through THE POWER OF THREE." She is a leading figure in the nonprofit sector, and appears frequently on TV and radio, contributes to magazines and newspapers, and has authored several books on giving and personal growth. With her messages of "Making A Difference," and leveraging "The Power Of Three," she believes that all of us can be powerful agents of positive change in our work, our personal lives, our communities, and our world. She provided a workshop "The Key to Achieving Your Goals While Living an Inspired and Balanced Life. Lisa's knowledge on how we can better take care of ourselves was uplifting. Her message about doing three things a day will help us in our personal lives to help us do better work with our families and the children we work with in Michigan. A few comments were "I left feeling extremely motivated", "The Power of Three" will be helpful for our parenting classes", and "Wonderfully inspiring with great information for personal growth.' We had rave reviews for the other 22 workshops on topics that included; ACEs, student safety, Digital Age, Social Media and Youth Mental Health, Substance Use, Fire Safety, Family Engagement, Risk and Protective Factors, and many others. We hope to see you and your colleagues at our next event on Friday, November 20, 2020 at the Kellogg Hotel and Conference Center for the 28th Annual PAM Conference. <https://www.preventionnetwork.org/parenting-conference>

FUN FACT:

One of our PAM supporters posted Parenting Awareness Michigan to an international list of conferences through Healthy Lifestyle website under the Ultimate :List of 204 Health Conferences. <https://healthylifestyle.org/ultimate-list-of-health-conferences/>

75 Awesome Calm Down Strategies for Kids (that they'll want to try!)

75 Easy & Fun Calm Down Strategies for Kids

1. Slow down your breathing.
2. Cuddle with a warm compress.
3. Play/cuddle with a pet.
4. Write a letter.
5. Breathe in a favorite scent.
6. Count your heartbeats.
7. Get wrapped up tight in a blanket like a burrito.
8. Tell a grown-up what you need.
9. Draw/color what your feelings would look like.
10. Squeeze something.
11. Do animal walks (bear, crab, frog jumps etc.)
12. *Yell your anger into a pillow/blanket/sleeve.
13. Watch an animal. Animal watching is a great way to teach mindfulness with kids.
14. Make a fort to hide in.
15. Cuddle up with a cozy blanket.
16. Do a handstand.
17. Try a short guided meditation for kids.
18. Play with water.
19. Listen to music.
20. Jump.
21. Visualize a 'happy place'.
22. Stretch.
23. Do a downward-facing dog yoga pose.
24. 5-4-3-2-1 Challenge. Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and one thing you can taste.
25. Go outdoors.
26. Give yourself a hand massage.
27. Slow down your breathing with an expandable ball.
28. Squeeze a stuffed animal.
29. Identify your emotions.
30. Get in touch with nature.
31. Do wall push-ups.
32. Do a sensory play activity.
33. Ask for a hug.
34. Drink a glass of water.
35. Push your palms together, hold, then release & repeat.
36. Put on noise-canceling headphones for quiet.
37. Turn off the lights.
38. Run/walk around the outside of the house a few times.
39. Get a back scratch.
40. Take a warm bath.
41. Read a book about emotions.
42. Make your own fidget.
43. Rock back and forth.
44. Do a 'brain dump' in a journal.
45. Rip up or crumple a piece of paper.
46. Name 5 favorite things.
47. Chew gum or a chewy.
48. Rock yourself like a baby.
49. Cover up with a weighted blanket.
50. Color or read while on your stomach.
51. Go to the park.
52. Watch a bubble timer or bubble stick.
53. Find a cozy space to crawl into.
54. Do 15 squats.
55. Squeeze your fists as tight as you can.
56. Count backward from 50.
57. Remind yourself it's ok to be angry/upset/hurt etc.
58. No, seriously. Go outside!
59. Go for a bike ride.
60. Try a yoga video on YouTube.
61. Make a pillow trail and crawl over it.
62. Learn about why it's hard to control your emotions sometimes.
63. Close your eyes and tune out the world.
64. Give yourself a tight squeeze.
65. Sit with your feelings for a few minutes and allow yourself to experience them.
66. Call a friend.
67. Pray.
68. Eat a crunchy snack.
69. Knit/rochet or create something with your hands.
70. Repeat positive affirmations.
71. Look at a magazine.
72. Use yoga cards.
73. Recite the alphabet backward.
74. Climb.
75. Remind yourself emotions are like waves, they come & they go.

These science-backed calm down strategies for kids are easy, engaging and will help your child develop strong emotional regulation skills.

When it comes to children's emotional development you're going to be hard-pressed to find another skill as important (and as predictive of future success) as emotional regulation.

Due to your child's immature nervous system and still under major construction, developing frontal cortex, it makes sense that they often lack the skills that help them to successfully manage their emotions and feelings (and if you're being honest, I bet you'd say you're still working on this particular ability too- even as an adult!).

One of the most helpful things you can do as a parent (and when it comes to how to raise an emotionally intelligent child) is to support your child in exploring different calm down strategies for kids that help foster your child's emotional regulation.

You may have mistakenly assumed that these skills would appear naturally on their own, but it's only through a lot of trial and error, repetition and teaching, that your child will develop strong emotional

regulation skills and the ability to consistently seek out healthy coping and calm down strategies when experiencing intense emotions. Learn more visit <https://parentswithconfidence.com/calm-down-strategies-for-kids/>



MCRUD News

Michigan Coalition to Reduce Underage Drinking By Mike Tobias

Below are some of the highlights during the first quarter of FY 2020 (October – December 2019)



- **October 22** – MCRUD steering committee meeting was held in Hamtramck. The meeting was hosted by the Piast Institute/Hamtramck Drug Free Community Coalition. **Dylan Sawicki and Virginia Skrzyniarz** did a presentation entitled, “High Density of Alcohol Retailers in 2.1 Square Miles.” Visit the [MCRUD website](#) to view the presentation.
- **November 26** – MCRUD steering committee meeting was held in Bay City and hosted by the Bay County Prevention Network. **Barry Schmidt** did a presentation entitled, “Underage Drinking: A 30 Year History of Bay County Efforts.” Visit the [MCRUD website](#) to view the presentation.
- **December 4** – Community coalitions and public health were well represented at the Michigan Liquor Control Commission’s semi-annual public comment hearing in Lansing on December 4. MCRUD, along with some local and state partners showed up to educate the Commissioners on some of the local and statewide issues such as outlet density, how youth are exposed to alcohol advertising as they walk to school, alcohol advertising in general, and alcohol taxes. Thanks goes out to the following organizations for taking time to join MCRUD and participate in the hearing:
 - Genesee County Prevention Coalition (Flint)
 - Hamtramck Drug Free Community Coalition/Piast Institute
 - Michigan Alcohol Policy Promoting Health and Safety (Perry)
 - Michigan Council on Alcohol Problems (Lansing)
 - Michigan Department of Health and Human Services
 - Michigan Prevention Association (Lansing)
 - Private citizens from Bay City and Holly
 - The Youth Connection (Detroit)

Chairman Pat Gagliardi announced that **Commissioner GERALYNN Lasher** would be leading a workgroup to look at the issues associated with 24 hour special licenses and that **Commissioner Dennis Olshove** would be leading a workgroup to look at the shipping delivery issue that has been going on for some months. Chairman Gagliardi commented that he hopes public health advocates participate in these workgroups. It was also announced that GERALYNN Lasher would be joining MCRUD! This was great news! In the past we have had MLCC commissioners that were a part of MCRUD so we are happy that GERALYNN will be joining us! [Click here to see MCRUD’s comments that were shared with the Commissioners.](#)

Below is the MCRUD calendar for second quarter. Our standing MCRUD meeting time is the fourth Tuesday of the month from 10:00 a.m. – 12 noon. There is always a conference call option. At our January meeting we will be discussing on whether to start using GoToMeeting and GoToWebinar instead of our conference call.

- **January 28** – The MCRUD steering committee will be held at Prevention Network in Lansing. Administrative Commissioner, **GERALYNN Lasher**, will be joining us for the first time and giving MLCC updates.
- **February 25** – The Genesee County Prevention Coalition will be hosting the steering committee and **Ashley Bergeon** will be presenting on the outlet density project that was started last year with MCRUD, MDHHS, and the Kalamazoo Substance Abuse Task Force.
- **There is no MCRUD steering committee meeting in March.**
- **March 19** – The Michigan Liquor Control Commission’s semi-annual public comment hearing is taking place at their Southfield office (25680 W. 8 Mile Rd., Southfield, MI 48033) at 1:00 p.m. MCRUD hopes that several community coalitions as well as statewide organizations can participate in the hearing to educate the Commission on the issues that you see in your community. At our January meeting **GERALYNN Lasher** can also inform us what is appropriate to share during these hearings. **Please let the MCRUD Coordinator, Mike Tobias, know if you are interested in representing your coalition or organization (miket@preventionnetwork.org).**

Mark Your Calendars for the Shoalition Showcase April 30th, 2020!

By Kelly Oginsky, Shoalition Planning Committee Chair

The Shoalition Planning Committee, a sub-committee of MCRUD, is excited to announce the 7th Annual Shoalition Showcase. This will take place on April 30th, 2020 at the Holiday Inn and Suites in Mount Pleasant, MI.

This exciting event gathers coalitions and prevention professionals throughout Michigan to share and highlight effective and outstanding efforts in reducing and preventing underage drinking. New to the Shoalition Showcase this year, attendees will see a change in format, as we will be offering several break-out sessions in addition to our key-note speaker and coalition shout-out segments. This exciting change was made to provide additional skill-building and information-sharing opportunities for participants at beginner, intermediate, and advanced experience levels. Up to 6 MCBAP continuing education credits will be available, pending approval.

Those interested in providing a break-out session should visit the MCRUD.org website (click "Shoalition Info" tab) for the link to complete a [request for proposal](#). The deadline to submit a proposal will be Monday, March 2nd.

Attendees from previous years will also notice a change in location, as this event has historically been held in the Lansing area. Mount Pleasant was selected as this year's location based on the prior feedback received regarding the desire to select a location that would better allow for the inclusion of coalitions and prevention professionals located in the Northern Michigan and Upper Peninsula areas. This year's event is shaping up to be bigger and better than ever and you will not want to miss it! For general registration, submitting a proposal, and exhibitor information, visit MCRUD.org today!

Alcohol Awareness Card

This double-sided wallet card offers a quick guide to standard drink sizes. It also describes the signs of alcohol poisoning and steps to take to help someone who is at risk of alcohol overdose. *Produced by the Great Lakes ATTC and the Great Lakes PTTC*

[Download the PDF](#)

To request hard copies, contact Maureen Fitzgerald at maureen.fitzgerald@wisc.edu

WHAT IS BINGE DRINKING?

• 4 or more drinks (female)

• 5 or more drinks (male)

*On one occasion, generally within about 2 hours (Source: NIAAA)

A STANDARD DRINK IS:

12 oz BEER

OR

5 oz WINE

OR

1.5 oz distilled spirits or LIQUOR

pttnetwork.org/greatlakes

attnetwork.org/centers/greatlakes

KNOW THE SIGNS OF ALCOHOL OVERDOSE	
LOOK FOR THESE SIGNS:	ACT QUICKLY TO SAVE A LIFE!
• Mental confusion, stupor, passing out	• Call 911— Don't worry about getting into trouble!
• Vomiting	• Don't wait! A person who has passed out can die.
• Seizures	• Don't play doctor! Cold shower/hot coffee could make things worse.
• Slow breathing: less than 8 breaths/min	• If vomiting: lean the person forward to prevent choking
• Irregular breathing: more than 10 seconds between breaths	• If unconscious: roll the person on to 1 side
• Slow heart rate	• Keep the person on the ground, partially upright—not in a chair
• Dulled responses	• Don't leave the person alone!
• Clammy, pale, or bluish skin	

States with Good Samaritan Laws offer amnesty for giving life-saving measures.



Children's
Trust Fund
Protecting Michigan's Children



Prevent Child Abuse
Michigan™

CTF 101: What does CTF do?

Since 1982, CTF has existed to prevent child abuse and neglect across the state of Michigan. This is done in two specific ways—in this issue, let's look at our Local Councils:

- Local Councils:
 - Supporting and strengthening our 73 Local Councils serving all 83 counties.
 - Each Local Council provides primary prevention programming according to the needs (based on a biennial community needs assessment) of their community. We define primary prevention as programming which targets the entire population to educate, support and increase awareness about the needs to strengthen families and protect children so that children grow up in safe, happy and healthy childhoods.
 - Primary prevention programs range from Safe Baby (focus on prevention of Shaken Baby Syndrome, Safe Sleep practice, infant development), to personal safety for preschoolers through high schoolers, to evidence-based parenting education/support programming available for all parents in the community.
 - Based on a community's demographics, unmet needs and proven programming, each council creates a Prevention Plan that is collaborative and multidisciplinary in its approach—this plan allows them to be responsive to their community's needs.
 - With a small amount of non-competitive funding distributed through CTF to each Local Council annually (ranging from \$5,000-\$20,000 depending on the impact of programming), each local council is responsible for raising any additional dollars necessary for prevention.
 - In order to provide parent education and support, the local council must have trained facilitators, clerical assistance and assistance in engagement/logistics, etc. Consistent funding for evidence-based, well-supported, and/or innovative prevention programs that work is challenging for many of our local council communities that range from Wexford to Wayne and Sanilac to Saginaw.

To find your local council and get involved, please check out our [map of Local Councils](#).

Calling all Child Advocates: Mark your calendars to join us at our 12th Annual Child Abuse Prevention Awareness Day on the Capital in Lansing from 11am – 12pm. This exciting event includes live music from children's choirs, cultural dance and our first annual Child Abuse Prevention Award! Join us and Stand Up for Michigan's children!

Next quarter learn about our support for Direct Services providing secondary prevention programs and our RFP process.

The E-cigarettes are surging in popularity, especially among younger adults. But when it comes to safety and health concerns, what are the facts?

Jim Harrington, [Michigan State University Extension](#) - November 4, 2019



Addiction to electronic cigarettes, also known as e-cigarettes, has reached epidemic status, according to the [National Youth Tobacco Survey \(NYTS\)](#), administered by the Food and Drug Administration (FDA). The survey showed e-cigarette use

has grown over 78% for high-school students from 2017 to 2018. Much is unknown on the long-term health effects of e-cigarette use, also known as “vaping.”

Several myths about e-cigarettes likely contribute to an increase in use, including that e-cigarettes are not harmful for your health, they are not addicting, and they are helpful for smoking cessation. A recent [Surgeon General report](#) concluded e-cigarettes are marketed toward youth and young adults by promoting flavored products and using a wide variety of media channels and approaches that have been used in the past for marketing conventional tobacco products.

What are e-cigarettes?

An [electronic cigarette](#) is a battery-powered device that heats nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that is inhaled. While nicotine is the common drug used in e-cigarettes, marijuana and other drug products can also be used in the device.

Why are e-cigarettes popular among youth?

Flavored products are the top choice among most youth users. According to [the 2018 NYTS](#), the evidence is clear that flavored e-cigarettes have fueled this epidemic — 97% of youth e-cigarette users report using a flavored product in the past month, and 70% cite flavors as the reason for their use. The 2019 NYTS also showed that youth use of menthol and mint flavors in particular has skyrocketed. The percentage of high-school e-cigarette users who reported using mint and menthol flavors increased to 63.9% in 2019, from 42.3% in 2017 and 51.2% in 2018.

What do e-cigarettes look like?

E-cigarettes come in many [shapes, sizes](#) and forms. Some e-cigarettes are made to look like regular cigarettes, cigars or pipes, and some resemble pens and other everyday items. E-cigarettes are known by many different names, such as “e-cigs,” “e-hookahs,” “vape pens,” and “electronic nicotine delivery systems” or “ENDS.” “Juuling” is another word in reference to e-cigarette use; “JUUL” is a specific brand name of an e-cigarette, and closely resembles a USB memory stick.

What are the health effects of e-cigarettes?

Most e-cigarettes contain nicotine, which is addictive, may harm [brain development](#) and could lead to tobacco use among youth. A dramatic increase in lung disease has caused alarm from parents, public health officials and community leaders statewide. In some cases, the Centers for Disease Control ([CDC](#)) has linked e-cigarette use to death. The cause is still unknown. The [CDC](#) reports people affected have reported the following symptoms:

- Cough, shortness of breath or chest pain
- Nausea, vomiting or diarrhea
- Fatigue, fever or abdominal pain

Some people have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks. In addition to nicotine, e-cigarette aerosol can contain chemicals that harm the body, such as cancer-causing chemicals and tiny particles that reach deep into the lungs and cause irreversible lung damage. These chemicals have been linked to lung disease that causes coughing, wheezing, shortness of breath similar to the symptoms of chronic obstructive pulmonary disease or (COPD) and asthma, according to the [American Lung Association](#). Increased rates of asthma have also been linked to e-cigarettes in part due to the aerosol irritation in the lungs.

Do e-cigarettes help people quit smoking?

Until we know more, the [CDC](#) recommends that people consider stopping using e-cigarette or vaping products; the CDC also doesn’t recommend using e-cigarettes as a quitting method. Recommendations for those trying to quit tobacco use include:

- Contacting your healthcare provider if you need help quitting tobacco products, including e-cigarettes
- Accessing My Life, My Quit, a free youth quit-tobacco and vaping program that offers real-time coaching sessions via live text messaging, online chat, or phone. Teens can sign up at [mylifemyquit.com](#) or text “Start My Quit” to 855-891-9989.
- Calling the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669)
- Using evidence-based treatments, including counseling and nicotine replacement products approved by the FDA.

How can I find out more about e-cigarettes?

Educational resources for educators, parents and youth can be found on the Michigan Department of Health and Human Services’ [website](#).

2019 NATIONAL YOUTH TOBACCO SURVEY

SHOWS
YOUTH e-cigarette use at ALARMING LEVELS

OVER 5 Million
 youth are currently using e-cigarettes



NEARLY 1 Million
 used the product daily

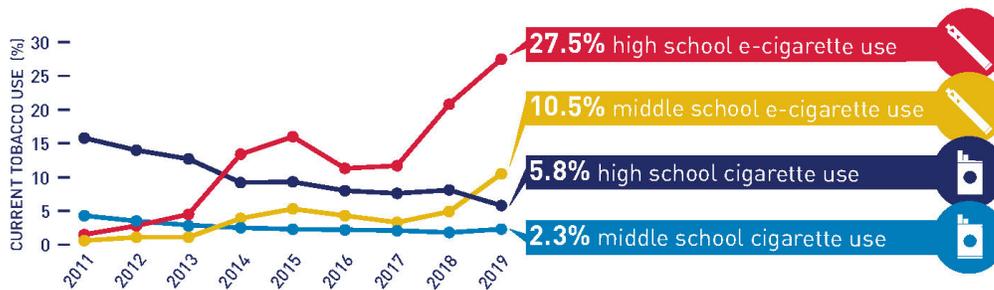


ABOUT 1.6 MILLION
 youth used the product frequently (on 20 or more days per month)

MAJORITY of the current e-cigarette users reported



Current e-cigarette use has **INCREASED DRAMATICALLY**, while current cigarette use has dropped, **UNDERMINING PROGRESS** toward reducing overall tobacco use



Why is this concerning?

The use of e-cigarettes, particularly those with high levels of nicotine, places youth at risk for developing nicotine addiction. Nicotine exposure during adolescence could harm brain development. Additionally, youth who use e-cigarettes are more likely to start smoking cigarettes. Further, e-cigarette aerosol may expose users to other harmful substances such as heavy metals, volatile organic compounds, and ultrafine particles that could harm the lungs.

CENTER FOR TOBACCO PRODUCTS

Source: 1) Cutten KA, Gentzke AS, Sawday MD, et al. E-cigarette Use Among Youth in the United States, 2019. JAMA. 2019; 2) Gentzke AS, Creamer M, Cutten KA, et al. Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018. MMWR Morb Mortal Wkly Rep 2019.

Note: All numbers presented here are estimates.



Inhalants and Driving - A Dangerous Combination

By: Kenneth Stecker and Kinga Gorzelewski

Most everyone knows the dangers of drinking and driving, but recent news articles have put the spotlight on another danger on our roads—huffing and driving:

“Traverse City Man Arrested for Huffing While Driving.”

“Huffing causes Mills Township crash, driver arrested.”

“Man Huffing cans of air duster crashes car into Otsego church, police say.”

“Police: Man ‘huffing’ narrowly misses MDOT workers before crashing.”

Huffing is the inhaling of chemicals, which many times involves chemicals found in aerosol cans. It is an extremely dangerous and illegal activity that can cause permanent brain damage. As the name implies, inhalants enter the body through breaths drawn in with the nose and/or mouth. Methods of ingestion are to either inhale the product’s fumes after placing the fumes inside a plastic bag, or, as in the case of paint thinner and gasoline, to inhale directly from an open container.

The fumes produce an instant high that can vary widely among users. It will depend on the substance being inhaled, method of inhalation, and other factors such as frequency of use and amount being inhaled.

The effects of inhalants include, but are not limited to the following:

- Slurred speech
- Loss of motor coordination
- Wheezing
- Loss of consciousness
- Memory Impairment
- Red or watering eyes
- Hallucinations

Health risks are from overuse or use under conditions that create a dangerous effect from the vapors of the inhalants, due to lack of oxygen and/or breathable air in a room used to inhale certain substances.

The most common inhalants fall into four categories:

1. Volatile solvents such as paint thinner, degreasers, gasoline, lighter fluid or dry-cleaning solvents;
2. Non-volatile solvents such as correction fluid, felt-tip marker fluid or dry-cleaning solvents;
3. Aerosol sprays such as hair spray, cooking oil sprays, fabric protector sprays, computer cleaning sprays and spray paints;
4. Gases found in butane lighters, propane tanks, whipped cream dispensers and refrigerant gases, medical gases such as chloroform, and nitrous oxide.

Inhalants are found everywhere, including in drivers on our roads. This is where Michigan Public Act 543 of 2012, effective, March 31, 2013 comes into play.

Michigan Public Act 543 of 2012 states in pertinent part as follows: [Learn more download here](#)

The Michigan Opioid Collaborative (MOC) is a program that is expanding access to medication for opioid use disorder by providing technical assistance and peer support to Michigan prescribers. We offer provider support to obtain the DEA X Waiver to prescribe buprenorphine, technical assistance in the office setting, same-day consultation services with clinicians and addiction specialists, as well as up-to-date information and training about medication for opioid use disorder.



What We Do



How do the consultation services work? Contact a Behavioral Health Consultant to speak with a medication assisted treatment specialist regarding a patient you are treating with medication for opioid use disorder. The consultant triages the referral, responds, and forwards cases to an MOC psychiatrist/clinician for phone consultation. **This support is available Monday-Friday, 9 AM – 5PM, excluding holidays.**

**MOC PROVIDER SUPPORT-
AS EASY AS 1, 2, 3**



Our program is based out of the University of Michigan and we partner with Michigan Department of Health and Human Services, Blue Cross Blue Shield, and several other community organizations.

Contact us at moc-administration@umich.edu or 734-763-9500 if you'd like to enroll or have any questions!

Beyond the Save Consortium

Submitted by: Gery Shelafae, gshelafae@northcarenetwork.org

The vision of **Beyond the Save** is to reduce poisoning and deaths from substance use in the Upper Peninsula of Michigan



With a three-year grant from HRSA, Michigan Rural EMS Network has partnered with Dial Help, Great Lakes Recovery Centers, NorthCare Network, and UP Coalition Network to address opioid and other substance use disorders in the Upper Peninsula. The mission of this collaboration is to bridge the gap between the behavioral health system and emergency medical care by engaging first responders in identification, treatment, and referral for substance use disorders.

The agencies will be seeking partners to help distribute information in all 15 counties of the UP, and to raise awareness of options for those struggling with substance use.

You can find the consortium on Facebook [@beyondthesave](#), or email BeyondTheSave@mirems.org for more information.

Follow-Up Support in the UP

Dial Help's Safety Net Program started in 2013 as part of SAMHSA's cohort of follow-up programs for people at risk of suicide. When clients sign up for the program, they are assigned a specific Crisis Specialist who then reaches out to the person by phone call or text. The Specialist checks in regularly to see how the client is doing, help with developing safety plans, and connect them to resources for long-term care.

Over the years, the Safety Net Program has expanded to include help for people dealing with loss of a loved one to suicide, complex crisis, and Substance Use Disorder. Anyone living in the Upper Peninsula is eligible to enroll if they are dealing with one of the above issues (those under 14 will need parental consent). To learn more or enroll, call 482-HELP, text 35NEEDS, or chat online at dialhelp.org.

This program is funded by Portage Health Foundation, Superior Health Foundation, United Way of Dickinson and Marquette Counties, and West End Health Foundation.

Contact Ginny Machiela, DialHelp, vmachiela@dialhelp.org

The National Kick Butts Day is March 18, 2020



National Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Events are organized around the United States by teachers, youth leaders and health advocates to help raise awareness of the problems of tobacco.

On Kick Butts Day, teachers, youth leaders and health advocates organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free; and
- Urge elected officials to take action to protect kids from tobacco.

Kick Butts Day is organized by the Campaign for Tobacco-Free Kids, and was first held in 1996

How to Get involved or where to find an event near you, visit the website

<https://www.kickbuttsday.org/>

January is National Birth Defects Prevention Month!

The Michigan Department of Health and Human Services (MDHHS) is joining the [National Birth Defects Prevention Network](#) (NBDPN) to raise awareness of birth defects and to promote strategies that improve the health of mothers and babies.

This year's theme is **"Best for You. Best for Baby."** Although not all birth defects can be prevented, the healthcare community can help all women who may become pregnant or are pregnant to lower their risk of having babies with birth defects. This includes encouraging them to follow some basic health guidelines throughout their reproductive years:

- Be sure to take 400 micrograms (mcg) of folic acid every day.
- Book a visit with your healthcare provider before stopping or starting any medicine.
- Become up to date with all vaccines, including the flu shot.
- Before you get pregnant, try to reach a healthy weight.
- Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, marijuana, and other drugs.

January is a perfect time to highlight the importance of folic acid in preventing certain birth defects. The United States Public Health Service recommends that all women of childbearing age consume 400 micrograms (400mcg or .4mg) of folic acid daily. This single step may prevent up to 50 - 70% of neural tube defects, such as spina bifida and anencephaly.

You can make a difference in the lives of Michigan families! Find and share additional resources from the [MDHHS Birth Defects Education and Outreach Program](#) and [Michigan Genetics Resource Center](#) websites. If you have questions or would like more information, follow MDHHS on Facebook or twitter for up to date information and tips on health, programs, and services. Submitted by Courtney Miller, MDHHS- Birth Defects Education and Outreach Program, <mailto:millerc47@michigan.gov>

Three years in, (Hope Starts Here) celebrates successes and picks up momentum

Kresge, Kellogg-led early childhood initiative holds Summit with 400 practitioners, leaders- November 25, 2019



More than 400 civic and business leaders, early childhood development providers, community members and parents gathered at Marygrove College in Detroit to commemorate the three-year anniversary of the launch of [Hope Starts Here](#), a community-driven collaboration to transform Detroit into a city that puts young children first by 2027.

The 2019 Hope Starts Here Summit [kicked-off with a groundbreaking ceremony](#) for a new \$15 million, 28,000-square-foot early childhood education center. The center, slated to open in the fall of 2021, will be run by Starfish Family Services and serve as part of the [Marygrove](#)

[Conservancy's cradle to career campus](#). At the groundbreaking event, Detroit Mayor Mike Duggan announced that he expects Michigan's governor and legislature to consider adding funding for universal preschool for Detroit's 4-year-olds in upcoming state budget discussions. "Children at a young age know how their community values them," said Duggan. "So we have to do things differently." [W.K. Kellogg Foundation](#) President and CEO La June Montgomery Tabron and Kresge's President and CEO Rip Rapson, who serve as co-chairs of the initiative's [Stewardship Board](#), announced that [Denise Smith will serve as the first implementation director](#) for Hope Starts Here.



Kresge President & CEO Rip Rapson speaks at the 2019 Hope Starts Here Summit. Smith has been involved in the initiative's efforts from the very beginning, since [18,000 people came together to create a framework](#) with 15 recommended strategies to achieve the six imperatives that must be accomplished to transform the city by 2027. Smith has served as a member of the initiative's Stewardship Board, a group of volunteer leaders guiding the initiative, since it began. She said she will accelerate the execution of the six imperatives of the community-driven framework. "Today marks a new

chapter in how we'll work together," Smith said. "Through this distributed leadership model, we will act on a community-wide vision, purpose and outcomes that respond to the needs of the community. We will align existing resources prior to adding new and utilize an effective organizational structure. We'll develop an implementation success plan. We will track and report our progress, reflect and course correct when necessary – all while using effective and efficient feedback loops, including social media, through which community can remain plugged in."

Denise Smith, Hope Starts Here's implementation director, speaks to the crowd at the 2019 Hope Starts Here Summit. Smith's passion for the children of Detroit inspired those in attendance to recommit themselves to be champions of hope. "Investing in the education of children leads to life changes," Smith said. "I met a parent last week who said to me, 'Don't meet me where I am. Meet me where I dream.' That statement holds so many possibilities and so many opportunities for our children. They begin with everyday moments that we provide. I would like each of us to think about the role we play in the lives of these children and remember that every child deserves a champion."

Michigan Association of Foster Grandparent and Senior Companion Programs

By Betsy Smith, Network Shareholder and Partner Manager at [Elder Law of Michigan](#)

Since 1978, across the state of Michigan, senior citizens over the age of 55 have been participating in the [Michigan Association Foster Grandparent or Senior Companion Programs](#) (MAFG/SCP). The MAFG/SCP has a goal to assist senior citizens in living an active, healthy life by volunteering and making a positive impact on their community. It is well known that grandparents play an important role in children's lives. Through the Foster Grandparent Program, volunteers will have the opportunity to mentor children in their area who might need extra adult support. Volunteering with younger generations enables seniors to share important life lessons and potentially bridge the generation gap. Within the state of Michigan, there are thousands of local organizations where seniors can volunteer. Participating organizations range from schools to churches, as well as other facilities for youth in need. This program provides a way for volunteers to stay active and healthy by serving children and youth within their communities. Senior Companion volunteers will serve as advocates to vulnerable adults who may be in poor health and who may be isolated. Volunteering with

these older adults in private residences, community sites, or even mental health centers will provide the opportunity to build strong friendships and help improve the life of someone in need. Simply having a conversation or going for a walk can provide much needed encouragement and support. Eligible volunteers for either program will earn a tax-free hourly stipend, transportation reimbursement or provisions, and other benefits. According to [MAFG/SCP](#) after just one year....

- Nearly half the volunteers reported improved health and well-being.
- Almost two-thirds of the volunteers reported a decrease in feelings of isolation as well as improved social connections.
- Over two-thirds of volunteers who reported symptoms of depression reported fewer symptoms by the end of the first year.

Volunteering is just one-way senior citizens can maintain a healthy lifestyle. Check out the [Michigan Association of Foster Grandparent & Senior Companion Programs](#) for more details on how to register.

Betsy is the MiCAFE Network Shareholder and Partner Manager at Elder Law of Michigan. She has been a member of the Elder Law of Michigan team since September 2019. As the MiCAFE Network Partner Manager at Elder Law of Michigan, Betsy provides outreach, training, recruitment, and education to MiCAFE Network Partners and stakeholders.

Michigan Prevention Association - Special Update Marijuana in Michigan!



The Michigan Prevention Association developed a White Paper on the Impact of Commercialized Marijuana on Youth and Communities. In the fall of 2018 Michigan voters approved "Recreational Marijuana", otherwise referred to as "Adult Use Marijuana". The Michigan Prevention Association (MPA) has reviewed the research and data on the effects of marijuana use on youth and local communities. The document represents key areas of concern and recommendations to limit harm related to the health and safety of our youth and our communities. Prevention Works!

You can download the White Paper and to learn more about MPA click [here](#).



[2019_mpa_white_paper_on_marijuana_in_michigan.pdf](#) Download File

Bridging the Gap between SUD and Sexual Health Care, Prevention Education

When you think about organizations that serve people with Substance Use Disorder (SUD) you probably don't immediately think about Planned Parenthood of Michigan (PPMI). However, PPMI educators have presented HIV prevention education as well as other sexual health education programs to hundreds of adolescents and adults with SUD in various inpatient and outpatient treatment centers throughout Michigan for over a decade. During that time, a rise in HIV and viral hepatitis rates – mainly due to the opioid crisis – has prompted many, including the Substance Abuse and Mental Health Services Administration (SAMHSA) to begin calling for HIV and Hepatitis C (HCV) prevention programs as part of SUD treatment goals.

In October 2018 SAMHSA released a letter citing over a dozen sources including the Centers for Disease Control (CDC) and the U.S. Department of Health and Human Services (HHS), urging its grantees and community partners to address HCV, HIV, and other infectious diseases as an integral part of the response to the opioid crisis. Just 3 months earlier, in July 2018, the CDC announced the results of a national vulnerability assessment after an outbreak of HIV and HCV in Scott County, Indiana in 2015. The CDC's report identified 220 counties nationwide who were at a high risk of a similar outbreak. Eleven counties in Michigan were identified in that report, all of which were in northern Lower Michigan.

The negative sexual health outcomes of the opioid crisis are impossible to ignore. As part of a new organization-wide initiative, PPMI Community Outreach Educator, Carrie Ullery-Smith, reached out to Traverse City based Addiction Treatment Services (ATS) to add viral hepatitis prevention to the HIV prevention programs she was already providing to ATS in-patient treatment centers. Carrie stated, "When I contacted ATS they were on-board right away. They understand the importance of educating their clients about these viruses and they see the benefit not only to the individuals they serve, but to our community as a whole." Other treatment centers in Marquette and Petoskey have also added HIV and viral hepatitis prevention programs to their treatment plans. "Programs like ours should be implemented in treatment centers throughout Michigan to prevent widespread outbreaks. We're off to a good start," Carrie added.

This prevention education work with treatment centers also created an opportunity for PPMI to look at the unique sexual health care needs of people with SUD and the barriers this population faces to accessing care. PPMI identified several barriers including lack of family planning providers in rural areas, patients with a history of trauma, and the stigma associated with SUD. PPMI staff have examined a variety of ways to address these barriers, such as additional training on SUD, no exam appointments for most birth control methods, same day IUD or implant insertion appointments, rapid HIV tests, and PrEP (pre-exposure prophylaxis – HIV prevention pill) availability at all PPMI health centers throughout Michigan.

These innovative approaches can be replicated by SUD treatment centers and family planning providers across the state in an effort to help reduce rates of new infections of HIV and HCV that would ultimately prevent an outbreak of these viruses. If you are a healthcare provider or treatment center and would like more information on how to implement any of these programs please contact PPMI Community Outreach Educator, Carrie Ullery-Smith, at carrie.ullery-smith@ppmi.org.

MDHHS seeking feedback during series of local town halls on opioids

The Michigan Opioids Task Force and Michigan Department of Health and Human Services (MDHHS) are hosting a series of town halls throughout 2020. During the events, state officials will seek to learn more about how the opioid epidemic has impacted diverse communities across Michigan and discuss the state's efforts to address the crisis. At the town halls, MDHHS and the Michigan Opioids Task Force will share the 2020 strategy to turn the tide on the crisis, seek feedback from the public and host a Q-and-A about the crisis response. The first event is at Wayne County Community College Larry K. Lewis Education Center Auditorium, 8200 Outer Drive West in Detroit, from 2:30 to 3:30 p.m., Friday, Jan. 17. The event is being co-hosted by the Detroit Wayne Integrated Health Network. "The state cannot tackle this epidemic alone," said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health for MDHHS. "Community and stakeholder engagement at every step is critical to us being able to turn the tide on this public health crisis. We look forward to having honest and candid conversations with people across the state, so we hear concerns and develop solutions that resonate with Michiganders."

Information gathered during the town halls will help the state develop a crisis response that is flexible; effective to fit the needs of communities from Detroit to Grand Rapids to Marquette; and informed by the experiences of Michiganders affected by the crisis.

For dates and location for town hall meetings or to learn more [click here](#)

New Publication

Health Promotion Practice Journal Provides a Framework for Action on ACEs

<https://www.acesconnection.com/blog/new-publication-in-health-promotion-practice-journal-provides-a-framework-for-action-on-aces>

Current frameworks focused on Adverse Childhood Experiences fall short of including a multilevel approach, considering the role of health equity in well-being, and providing concrete, tangible steps for implementation across the life span.

Application of the Model

[Click to View Table](#)

The empower action model can help any individual, organization, or coalition interested in improving equity, health, and well-being in developing a plan for action in each of their respective areas of influence. Traditional players such as parents/caregivers, professionals who serve families, coalitions, and policy advocates or nontraditional players such as local businesses, human resources professionals, or law enforcement could use the model. Using the social determinants of health as its larger frame, the model recognizes that each of these actions, over time, improves outcomes for all, including children. The model also promotes cross-disciplinary collaboration by identifying strengths and weaknesses within each system or sector and emphasizing the importance of partnering with existing resources and stakeholders within the community of impact.



Link (Open Access): <https://journals.sagepub.com/doi/10.1177/1524839919889355>

Citation:
Srivastav, A., Stropolis, M., Moseley, A., & Daniels, K. (2019). The Empower Action Model: A Framework for Preventing Adverse Childhood Experiences by Promoting Health, Equity, and Well-Being Across the Life Span. *Health Promotion Practice*.



National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, they are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need. <https://www.nami.org/#>

[Download "Navigating a Mental Health Crisis" Infographic Here](#)

[Find your NAMI in Michigan Click Here](#)

NAMI HelpLine - 800-950-NAMI (6264) or info@nami.org

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition or mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics.
- They care.

To contact the NAMI HelpLine, please call 800-950-NAMI (6264), Monday through Friday from 10 a.m. to 6 p.m., ET, or send an email to info@nami.org.

National Drugs & Alcohol Chat Day

NEW DATES: NDAFW will be held Monday, March 30 - Sunday, April 5, 2020.
National Drugs & Alcohol Chat Day will be held on Wednesday, April 1, 2020.

NDAFW is a national health observance linking teens to science-based facts to **SHATTER THE MYTHS**® about drugs! Your efforts to support informed decision-making truly matter.

We give you everything you need to plan your event. Here's how it works:

- You [register and host](#) an NDAFW Event.
- NIDA provides **ideas and free materials** for teens.
- Together we **SHATTER THE MYTHS**® about drugs and alcohol.



2019 National Drug & Alcohol IQ Challenge

- [In English](#)
- [en Español](#)

Prevention Network Trainings 2020

All trainings conducted by Prevention Network qualify for MCBAP credit for CPS and CPC certifications (not for treatment professionals). We are always looking to increase and improve our trainings, so if you would like a training held near you or have a need for a training not listed, [please contact us!](#) We would be happy to work something out.

*Note: PN training(s) are MCBAP approved for CPS and CPC certifications.

- Substance Abuse Prevention Ethics – 7.0 MCBAP Hours Cost is \$100
- Half Day: Alcohol and Current Drug Trends – 3.0 MCBAP Hours Cost is \$60
- Half Day: Social Media and the Teen Brain – 3.0 MCBAP Hours Cost is \$60/ Social Media Literacy – 3.0 MCBAP Hours Cost is \$60
- Full Day: Social Media and the Teen Brain – 6.0 MCBAP Hours Cost is \$60/ Social Media Literacy – 6.0 MCBAP Hours Cost is \$60

Visit our website to learn more and to register <https://www.preventionnetwork.org/trainings-events>

Non PN related trainings: Prevention Prepared Communities – 6.0 MCBAP, \$35. For registration dates, time, and location. [Click here](#)

Submit your story/idea for the next 2020 Newsletter Contact us at info@preventionnetwork.org or [submit your story online](#)

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 provided should not be used for diagnosing or treating a health problem or disease and is not a substitute for professional care.

<p>JANUARY 2020</p> <p>Prevention Network</p>	<p>Prevention Network Team Ken Dail, Executive Director kend@preventionnetwork.org Mike Tobias, Michigan to Reduce Underage Drinking Coordinator miket@preventionnetwork.org Louise Harder, Michigan Higher Ed Network Program Coordinator louiseh@preventionnetwork.org Kristine Norton, Parenting Awareness Michigan Coordinator kristinen@preventionnetwork.org Joyce Hughes, Accountant joyceh@preventionnetwork.org</p> <p>Special thanks to the Prevention Network’s Board of Trustees for supporting our mission and goals!</p>	<p>Creamy Healthy Chicken Enchilada Skillet</p> <p><i>Gluten-Free, Cook Time 30 minutes, Total Time 30 minutes, Servings 4, Calories 337kcal</i></p> <p>Ingredients 2 cups shredded chicken, pre-cooked 1 1/2 cups enchilada sauce 1/2 cup black beans, canned 1/3 cup diced peppers 1/3 cup Dairy Light Sour Cream 6 corn tortillas, torn into pieces 1/2 cup shredded Mexican cheese blend 1/4 cup cilantro (optional) 1 small avocado</p> <p>Instructions Combine chicken and enchilada sauce in skillet over medium-high heat. Stir, then add in the black beans and diced peppers. Mix in the sour cream and corn tortilla pieces, continue to stir. Once everything is evenly hot, top the casserole with cheese and optional cilantro. Scoop the casserole into 4 dishes and serve with avocado slices or store and refrigerate for later in the week! Enjoy! https://www.jaroflemons.com/</p>
<p>Find us on: facebook</p> 	<p>Prevention Network PO Box 4458 East Lansing, MI 48826 800-968-4968 www.preventionnetwork.org</p>	