



THE PREVENTION WAY OF LIFE.

Winter 2021

Prevention Network

We Take Prevention Personally!

The clear choice

CADCA's National Leadership Forum February 1-4, 2021

31st Annual National Leadership Forum & SAMHSA's 17th Prevention Day is a four-

day conference packed with multiple adult and youth-oriented opportunities to learn the latest strategies to fight substance misuse and hear from nationally-known experts and policymakers with a full day dedicated to Capitol Hill events. The Forum is held in the Washington, DC area every year, normally the first week of February and brings together more than 2,700 participants representing community anti-drug coalitions, government leaders, youth, addiction treatment professionals, researchers, educators, law enforcement professionals, youth and faith-based leaders. February 1-4, 2021, Gaylord National <https://www.cadca.org/forum2021> (National Harbor, MD) Future Forum Dates: January 31-February 3, 2022 and January 30-February 2, 2023 (Location: Gaylord National)



New mental health information website for youth

Joanne Riebschleger and colleagues at the School of Social Work at Michigan State University have developed a youth-informed website to provide

accurate information about mental health at a level that young people can understand. The site reading level is 6th grade. The content includes kinds of mental health disorders (including substance abuse), recovery, stigma, help seeking (including self-care), and helping others. It also includes some content about having a family member with a

mental illness. Check it out at: <https://www.mhiteens.org/>
Contact: Joanne Riebschleger, riebsch1@msu.edu

Featured

- Updates
- Letter from the Director
- MI Higher Ed Network
- Parenting Awareness
- MCRUD
- Local & State News
- National News
- Recipe

A Message from the Executive Director

Happy New Year!

Every January we find ourselves reflecting on the past year and setting goals and resolutions for the next. As 2020 came to a close, we felt this complicated and bittersweet sentiment in the air. We saw both glimmers of hope and immense sorrow in our communities this past year. 2021 feels like a light at the end of a tunnel.

This pandemic has impacted us all in numerous ways. Many of us continue to work remotely. Wearing masks and limiting travel has become our new normal. Most children are learning virtually or in a hybrid capacity. Some of us may have shifted our focus to contact tracing and health communication efforts this past year. A few of us may have contracted COVID-19 ourselves, while others are helping family, friends, and community members who have been personally impacted by COVID-19.

However, 2020 has made us all aware of the other epidemics we also face. Among them, we have seen increases in mental health concerns, including anxiety, depression, suicide, and substance misuse. In the initial months of the pandemic, Michigan alcohol sales increased by 41% and marijuana sales nearly doubled[1]. According to the Michigan Department of Health and Human Services, Emergency Medical Services (EMS) related to overdoses increased by 33% in April over the prior month[2]. Additionally, EMS responses for opioid overdoses from April through June 2020 were 26% higher than the same period in 2019. Due to isolation and restrictions on gatherings, many support groups are meeting virtually or in a limited capacity, increasing the risk of relapse[3].

The work you do is important and meaningful. Prevention is not easy. However, we have the tools and knowledge to combat substance misuse and support Michigan families. Holding fast to our values of integrity, respect, accessibility, empowerment, and diversity, we will continue to fight for effective prevention efforts in Michigan.

I am humbled, and hopeful because of people like you. You, along with our staff, volunteers, and partners, are providing resources, decreasing stigma, and supporting our communities. Thank you so, so much for the important work you do. We look forward to working with you in 2021.

Have a wonderful New Year,

Louise Harder, Executive Director, Prevention Network

[1] Wingblad, A. (2020, April 4). Marijuana, alcohol use way up during COVID-19 outbreak. The Voice. Retrieved November 10, 2020, from https://www.voicenews.com/news/coronavirus/marijuana-alcohol-use-way-up-during-covid19-outbreak/article_acd67bf2-89c7-55c9-8032-fd58983e64dc.html

[2] Sutfim, L. (2020, July 29). Opioid overdoses surge during COVID-19 pandemic; MDHHS promotes treatment and resources. In State of Michigan. Retrieved from https://www.michigan.gov/som/0,4669,7-192-29942_34762-535078--,00.html#:~:text=According%20to%20statistics%20gathered%20by,the%20same%20period%20in%202019.

[3] Volkow, N. D. (2020, July 7). Collision of the COVID-19 and Addiction Epidemics. *Annals of Internal Medicine*, 173(1), 61-62. doi:10.7326/M20-1212



Michigan Higher Education Network

Supporting Student Mental Health

Students' mental health in higher education has been an increasing concern through the COVID-19 pandemic and the social justice movement taking place across campuses. Students are battling fears of uncertainty in their education and their post-college careers, making it challenging to stay motivated in their studies. Students find themselves dealing with day-to-day changes, such as sudden shifts to online learning. Many campus

professionals are overly concerned about the wellbeing of their students due to limited contact. Student Experience in the Research University found that students are screening positive for depression and anxiety at higher rates than in previous years. While rates of depression and anxiety increase, students say the pandemic has [made it harder to access](#) mental health care.

Findings from a recent study [Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study](#) highlighted the pandemic's long-lasting effects and its impact on student mental health. From stay at home orders to school closings, the pandemic harms higher education. The study's findings show the urgent need to develop interventions and preventive strategies to address the current state of student mental health.

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

Resources on the Current Mental Health of College Students During Pandemic:

- [Mental Health Needs Rise with the Pandemic](#)
- [Live Updates: Latest News on Coronavirus and Higher Education](#)
- [Student mental health during and after COVID-19: How can schools identify youth who need support?](#)

Mental Health Resources for Students

- [Managing a Mental Health Condition in College](#)
- [COVID-19 RESOURCE GUIDE For Students, Teens, & Young Adults](#)

Coping with Stress During the Pandemic a MIHEN Collaboration with CMU Students

- [Coping with Stress During the Pandemic Webinar Recording](#)
- [Coping with Stress During the Pandemic Webinar Slides](#)

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

**PROMOTE YOUR CREATIVE IDEAS!
PARENTING AWARENESS MONTH
GOES VIRTUAL IN 2021!**

Tell us what you are doing to help parents and families. Help us create a list of ideas for others who want to get involved

**March
is
Parenting
Awareness
Month**

A Michigan initiative to
celebrate people raising children
and promote resources to help
with this important task.

Parenting Awareness Michigan (PAM) celebrates parents and caregivers for over 28 years with a special focus on March as Parenting Awareness Month. The Michigan initiative promotes awareness, education, and resources – through state outreach and local efforts – emphasizing the importance of parents in nurturing children to become healthy, caring and contributing citizens.

As COVID-19 continues to challenge us, healthy parenting is more important than ever! We need our children and families to stay engaged and focused on what they can do to stay healthy and happy. With your efforts, we can bring diverse people and resources together for a focused and systematic approach to increasing parenting education and involvement in the community.

Parenting Awareness Month celebrates the people who raise our children, and seeks to:

- Draw public attention to the critical importance of effective parenting to raise children who grow up to be healthy, caring, contributing citizens across the lifespan
- Raise awareness that informed and effective parenting is a key factor in alcohol, tobacco, and other drug prevention
- Promote education and resources for developing parenting skills throughout the year
- Encourage and assist in the development of parent networks throughout Michigan
- Promote local parenting events in March

We will get through these challenging times together and learn to thrive and stay inspired. Share your ideas online or find an activity in your area. www.preventionnetwork.org/pam

292 People Participated in the 28th Annual PAM Virtual Conference on Friday, November 20, 2020

The PAM Steering Committee lined up great presentations for each of our sessions, and you affirmed that with the fantastic feedback we have been receiving. When planning the first virtual event, our thought was to make sure we stay connected. We focused on providing quality content with experienced presenters. We asked if we could still offer continuing education hours. Will people take the time to attend? Many hours were spent preparing and rehearsing for a smooth virtual conference.

While we experienced a few glitches, you helped us with your patience and understanding as we navigated this new normal. Someone who attended the presentation on Social Distancing with Families commented, "the session gave me more insight into my role as a supporter and family change agent". More comments included that the sessions were unique with topics, speakers, and resources to improve personal and professional roles and relationships. Participants provided helpful feedback via the PAM conference evaluation, and we look forward to planning the 29th Annual PAM Conference in 2021.

Our goal is to continue to provide quality educational training to you. Stayed tuned for updates on our web page at www.preventionnetwork.org/pam, and tentatively save the date Monday, November 8, 2021 for the next PAM Conference. Visit PAM's webpage: <https://www.preventionnetwork.org/pam> to learn more or contact Kristine Norton, the PAM coordinator, at kristinen@preventionnetwork.org

Michigan Coalition to Reduce Underage Drinking

By Mike Tobias



Michigan Coalition to Reduce Underage Drinking (MCRUD)

Below are some MCRUD highlights of the last few months (August-October 2020):

- August 25-28 – 7th Annual Shoalition Showcase. We hosted 16 sessions and attendees had an opportunity to earn 14.0 MCBAP credits. A huge thanks goes out to the planning workgroup, **Kelly Ainsworth** for chairing it, and PN staff for helping make the conference a success!
- September 21 – MCRUD presented, “Catching Up With MCRUD,” at the SUD/CO Disorders Annual Conference. **Ashley Bergeon, Lisa Coleman, and Mike Tobias** were the presenters. Ashley discussed the outlet density project that she has been working on in Kalamazoo; Lisa discussed Michigan’s Strategic Plan to Reduce Underage Drinking, and Mike shared information about the community guide to reduce excessive alcohol consumption and current policy issues.
- September 29 – MCRUD and MIHEN co-hosted a webinar entitled, “The Color of Drinking”. **Reonda Washington**, from the University of Wisconsin, presented her research on college drinking perceptions within the Black, Indigenous, and People of Color community.

In other news, results from the brief alcohol policy survey conducted through EPIC MRA in July of 2020 are posted to the MCRUD website. MCRUD’s intern, **Ariana Munoz**, created some infographics with the data collected.

Our standing MCRUD meeting continues to be the fourth Tuesday of the month, but will now be from **9:00 a.m. – 11:00 a.m.** The fiscal year calendar is still being finalized. In addition to our MCRUD steering committee meetings, we will have interactive dialogue calls, webinars, and regular virtual meetings with the MLCC Commissioners, Department Directors and key staff. Standing workgroups - Shoalition Planning and Alcohol Policy Issues - will continue and there are plans to create a membership workgroup as well.

Below is the upcoming MCRUD calendar.

- Monday, January 11 – Alcohol Policy Issues Monthly Meeting, 10:00 a.m.
- Tuesday, January 12 - MCRUD Alcohol Dialogue Call. Topic: How Your Coalition Can Support the State Plan to Reduce Underage Drinking. 9:00-10:00 a.m.
- Tuesday, January 26 from 9:00 a.m.-11:00 a.m. – MCRUD Steering Committee Meeting.
- Monday, February 8 - Alcohol Policy Issues Monthly Meeting, 10:00 a.m.
- Tuesday, February 23 - Webinar on Outlet Density with Mary Franks and Mike Fliss. 1:00-2:00 p.m. Registration will be coming soon!

Lastly, the only way MCRUD can stay strong and healthy is through 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).

Prevention Network's Mike Tobias Wins 2020 MPA Preventionist of the Year Award!

On Wednesday, December 2nd, the Michigan Prevention Association awarded Mike Tobias with its 2020 Preventionist of the Year Award to recognize his outstanding leadership and promotion of substance abuse prevention in Michigan. The award announcement was made virtually during MPA's 2020 Burning Issues conference.

MPA established its annual Prevention Awards to recognize excellence, innovation and persistence in promoting prevention services and environments across fields and disciplines in Michigan. The award is given annually to individuals who have made outstanding contributions to the field.

The selection committee considers both professional and personal qualities in giving the Preventionist of the Year Award. Professional qualities include leadership activities and accomplishments, promotion of and commitment to prevention, length of service, and the extent, span and quality of the individual's impact. Personal qualities include integrity, commitment to service, respect for colleagues, and willingness to share knowledge with others. Mike was nominated by a member of the MPA during a call for nominations this summer and fall.

Mike has served for many years as the Michigan Alcohol Policy Advocacy Chair and his work with MCRUD and the Michigan Alcohol Policy Initiative have been invaluable. As part of his role, he has delivered testimony supporting sound alcohol policy to state and local elected officials and organized advocacy campaigns to support prevention initiatives. In addition, Mike's role in organizing and promoting the annual Shoalition Showcase has been extremely helpful in promoting key prevention networking and information exchanges for the past 7 years.

"We are honored to give Mike Tobias the 2020 MPA Preventionist of the Year Award," said Jeff Griffith, Co-Chair of the Michigan Prevention Association. "His work and leadership on many prevention initiatives in Michigan throughout the years is a great example of the ideals behind the award."

While the award was announced virtually due to COVID-19 restrictions, the presentation of the award to Mike will occur next year. For more information on the award, the nomination process, and past awardees, please visit www.michiganpreventionassociation.org/award-nominations.html.



Children's Trust Fund
Protecting Michigan's Children



Looking Ahead to 2021

For countless reasons, 2020 has been a year that has not always been filled with good news. From COVID-19 to its impact on our families and friends, we are all ready for a new year. COVID will be a part of 2021 as well, but as we look ahead to the services we provide, we remain hopeful. Our hope is that a proven vaccine will be equitably distributed throughout the coming year, reaching all of our children and families in MI!

In the last few months, we have looked ahead at our multi-year goals and recommitted to our mission. Here are just a couple of highlights that your Children's Trust Fund (CTF) is focused on in the year ahead:

1. Increased Training: All prevention programs will be trained in Strengthening Families in order to infuse the Protective Factors Framework throughout all funded programming.
2. Expand Resources: In addition to training, CTF will focus on providing additional opportunities for our programs to build capacity and increase the numbers of children and families each one reaches.
3. Explore New Collaborations: From universities' research and interns to adopting new evidence-based/evidence informed prevention programs to be utilized by our prevention programs,

These are just a few of the examples being outlined for the months ahead. While changes will occur, CTF will continue building on our legacy of preventing child abuse and neglect through building relationships. These critical relationships are built in each one of Michigan's 83 counties in order to strengthen communities and families to provide safe, happy, healthy childhoods for Michigan's children!

Standing UP for Kids,

Suzanne

Suzanne Greenberg, Executive Director

[Children's Trust Fund/Prevent Child Abuse Michigan](#)

Up North Prevention-Catholic Human Services

Up-North Prevention is proud and excited to announce our new YouTube Channel that was launched on October 5th of this year! As we all know, Covid-19 has forced many of us to find new and different ways of communicating with one another. Through this pandemic, we are embracing technology and working to provide quality prevention education via the internet. By searching Up-North Prevention on YouTube, you will find a variety of different videos covering topics from opioids to how to talk to your kids about drugs. In addition, we will be sharing interviews with community stakeholders and frequently asked questions to help answer questions as they come in from viewers. If you or someone you know has a question, a topic suggestion, or an interviewee recommendation, please feel free to reach out to Molly Harvey at aharvey@catholichumanservices.org. Videos are released on the 1st Monday of every month, and more information can be found at www.upnorthprevention.org. To help support our channel, please hit the thumbs up button to "like" the videos, and subscribe so that you are notified when a video is released.



<https://www.youtube.com/watch?v=AEQwOpCh46U&t=22s>

Contact: Molly Harvey, Up North Prevention-Catholic Human Services, aharvey@catholichumanservices.org

Effective Prevention During COVID-19



Like everyone in the prevention field, our work has been significantly impacted by the COVID-19 pandemic. As an organization that works with, and in schools across the state, we had to quickly adapt our programming to meet the needs of the students we serve. We frequently remind ourselves of what Ken Dail mentioned in the spring newsletter, "As agencies and organizations, we are uniquely suited for times

such as these. We are made to confront challenges and adapt as necessary to address them. These are skills that define our field." In this spirit, our approach over the last eight months was to ensure we kept students connected and engaged, and to focus relentlessly on three key strategies.

Strategy 1: Listen to students. In March, students let us know that they needed help coping with the emotions they were feeling as a result of the school shut-downs. We knew this sudden disruption in students' lives left them vulnerable and at high risk for self-defeating behaviors. We developed instructional videos/handouts led by our Program Director, Dawn Flood, MSW that could be used by students, families, schools, and coalitions. Topics included stress, anxiety, disappointment, uncertainty, anger and others.

Strategy 2: Engage students. In April we collaborated with five student producers to create the '*SLS Show*'. This weekly online and ongoing show (Tuesday's at 4:00pm on Zoom), engages participants in interactive workshops on student-generated topics of interest that relate to what they are experiencing as we move through the life changes resulting from COVID-19. Procrastination, organization, staying connected, and preparing for life after high school are just a few of many topics covered so far. As of this writing SLS has produced 23 workshops. November topics included how to help a hurting friend, creating traditions, and building connections. Students, advisors and our broader network are requesting additional topics and we have been invited to present for other organizations.

Strategy 3: Coach students in leadership skills and then let them lead. In October we launched #SLSTOGETHERWE CAN. This health and safety leadership series is for individual students or school groups (ages 11-19) and was designed to support prevention efforts in our network of schools who may or may not be having school in-person. Our Student Advisory Board identified 6 'hot spots' they felt were essential for their peers, (lucky for us validated by SAMHSA 😊). These topics include healthy relationships, bullying/inclusiveness, mental health, distracted driving, alcohol and vaping/marijuana. Each hotspot consists of 5 student-designed and led workshops that take participants through the process of: (1) learning about the topic; (2) how to communicate the message; and (3) how to develop a project to share with their school and/or community. Participants have a chance to win \$500. The workshops take place over the course of the 2020-2021 school year and culminate in student-developed projects shared in April, 2020.

SLS listens to students and continues to deliver programming that builds skills develops relationships and trains students to positively influence their peers. To learn more about our programs or services contact our Program Director, Dawn Flood, MSW at dmf@slstoday.org or 248-706-0757. Resources noted in this article can be found on our website at www.slstoday.org, and on [YouTube @SLStodaymi](https://www.youtube.com/@SLStodaymi).

Join in MODA. Community and connect with others who are taking action against the opioid crisis

Michigan Overdose Data to Action (MODA) has partnered with Organizing Together to provide an online platform where local agencies and stakeholders can connect, share information, and learn from one another as we all work to address the opioid crisis in Michigan.

The moda.community platform strives to bridge the gap between research and practice to support effective local prevention efforts. It is structured like a social media platform – allowing users to post announcements, share information, stay up to date on important trends and best practices, find funding opportunities, host and attend events, participate in webinars and courses, locate other nearby professionals, and chat directly with others in the network. Over 150 partners across the state are already using the platform to learn and share information. Right now, you can log on and view courses and other content related to a variety of topics, including best practices for Quick Response Teams, using GIS for overdose prevention, and initiating MOUD/MAT in emergency departments.

Since this Fall, the moda.community space has been moderated by the Strategies and Tools for Overdose Prevention (STOP) team of the Center for Urban Studies at Wayne State University. Building on the content produced by Prevention Network on the site last year, the STOP team will regularly add new content to the site, provide guidance to users in navigating the site's features, and encourage partners across the state to join us on the platform and engage with others to help reduce opioid-related harm in Michigan.

Log onto the moda.community platform today by visiting the site, creating a user profile, and joining the space free of charge – simply type moda.community into your browser to get started. After creating a user account, you can explore the content and share news and information with others working to reduce opioid-related harms in Michigan. Join us now at moda.community! Submitted by Emily Cervone, Wayne State University, emilytcervone@gmail.com

Michigan Traffic Crash Facts

Easy access to traffic crash data provides the opportunity to identify and analyze problems, implement countermeasures, and evaluate impact to improve safety on Michigan roadways. Since 2004, Traffic Crash Facts has been available via a website, greatly improving the accessibility of the data. There are options to use the fact sheets on topics like alcohol, young drivers, speeding; crash density maps on alcohol and drug crashes in Michigan, as well as options to run personalized data queries to assist with research and items that are important to you or your community.



Our grant funded, public facing website, is available for use by anyone with a phone or computer. We are also available to answer questions, assist you with the data, or train your group with any items they may need as it relates to our site. The Office of Highway Safety Planning also has program managers from specific areas like teen driving, impaired driving, and others to assist with safety goals.

[2019 Drugs Crash Michigan Map](#)

Contact Jessica Riley, Michigan State Police - Office of Highway Safety Planning, rileyj9@michigan.gov



Because our children are online more than ever, protecting them from inappropriate content is extremely important, but also tough with parents trying to juggle everything.

The [MI Child Protection Registry](#) can help!

Many organizations, like yours, have been asking - How can we help families during this unknown and stressful time? One resource that is extremely important to make parents aware of is the Michigan Child Protection Registry. This Registry is a do-not-contact service that families can easily and quickly sign up for at www.ProtectMIChild.com. As our kids are turning to the internet

for their education and most of their social interaction, it is important to know that the content they are being fed or exposed to is appropriate. Thankfully, the State of Michigan offers a free program to stop adult advertisements from reaching your e-mail and texts. This Registry is an excellent resource for making sure our kids are not being served ads for alcohol, tobacco/vaping, online gambling, pornography, or marijuana. As parents, we cannot always be there looking over their shoulders, so it is a huge relief knowing that our kids can be protected. Our kids are going to be spending a lot of time on their devices. They are going to be chatting with their friends, working on their education, and finding entertainment online. It is my hope that you will inform those you serve about this important Registry. I appreciate any amount of time you can take to get this resource out to your parents/members/employees. Please let me know if you have any questions. Alisha Meneely, alisha.meneely@protectmichild.com

SUPA DUPA PODCAST

SUPA DUPA Prevention Podcast Launch!



The best thing to hit 2020 since ... well, just the best thing of 2020 (we didn't have a ton of competition, but we really are still extremely amazing! so keep reading) ...

Welcome to SUPA DUPA! A Substance Use Prevention and Awareness podcast series supporting Clinton County and our surrounding Mid-Michigan neighbors. We bring to you prevention and wellness information and resources through partner spotlights, youth interviews, upcoming events blasts, calls to action, and general knowledge FAQs to help youth, parents, and community members navigate this thing we call life. Hosted by the Clinton Substance Awareness & Prevention Coalition and sponsored in partnership with Mid-State Health Network, SAMSHA, Mid-Michigan District Health Department, and Eaton RESA. Listen on Breaker, Google Podcast, Overcast, Pocket Casts, RadioPublic, Spotify and find us direct at anchor.fm/supadupa.

Check out our [Premier Episodes](#) with partner interviews from TalkSooner, The Safe Center, ASPIRE, Community Mental Health, and more! Remember to *subscribe* to keep up on all our latest episodes! And follow us on [FB](#) for more updates and excitement! We are also launching a refreshed [website](#) ... lots going on and you won't want to miss a thing!

If you would like to spotlight an upcoming event or highlight your program on SUPA DUPA, please contact Heather Algrim at halgrim@eatonresa.org

Michigan teen safe driving program enters 10th year



Students at every Michigan high school have the opportunity to help make their fellow teens better drivers by participating in this year's S4SD campaign. This public-private partnership between Ford Driving Skills for Life (DSFL) and the Michigan Office of Highway Safety Planning (OHSP) aims to reduce the leading cause of death for teens: traffic crashes. The program started in Michigan in 2011 and will be the program's 10th year. In 2019, teens and young adults age 15-20 accounted for 8 percent of all traffic deaths in Michigan, with 55.7

percent of those deaths being the driver. Inexperience and risk-taking behavior are the primary factors contributing to teen driver fatalities.

The S4SD campaign encourages teens to talk to other teens, along with community members, about making safe driving choices. Schools will develop and implement a student-led, peer-to-peer traffic safety awareness campaign. Campaign topics may include distracted driving, seat belts, underage drinking/impaired driving, speeding, and winter driving. This project does not require face-to-face instruction to participate. It can be done successfully in a virtual environment. Participating schools will each receive \$1,000 to conduct their campaign.

Once campaigns are completed, final projects are submitted, and cash prizes will be awarded to the top five schools.

All participating schools will have the opportunity to send students to a free Ford DSFL hands-on driving clinic with a date that is to be determined. Professional driving instructors from across the country will teach teens critical skills such as hazard recognition, speed and space management, and vehicle handling with hands-on instruction. The dangers of distracted and impaired driving will be highlighted at the Ford DSFL event.

Every Michigan high school is encouraged to apply for the S4SD campaign. Last year, 57 high schools participated, more than triple the number that participated in the first year (16). Since its start, 168 different Michigan high schools have participated. Application information, including examples of winning campaigns and tips for success, is available on Michigan.gov/s4sd. Schools that apply by November 30 are eligible to receive a \$100 visa gift card, with an application deadline of December 20, 2020. If interested, contact Strive for a Safer Drive's Program Coordinator, Kayla Thomas-Wright at strive4asafdrive@gmail.com.

Check Out These New Drug Education Resources

OPERATION PREVENTION

Operation Prevention recently launched a new multi-drug curriculum for students grades 3-8! In response to growing demand, these new lessons build on the original student curriculum, which is geared toward elementary and middle schools' students.

[Operation Prevention | Get Smart About Drugs](#)

MARIJUANA: Super Dopey
 Marijuana is derived from the cannabis plant.

STERIODS: Bigger and Stronger
 Steroids mimic the hormone testosterone.

HALLUCINOGENS: A Bad Trip
 Hallucinogens are substances that alter perception.

STIMULANTS: Annoying Aren't
 Stimulants like cocaine, methamphetamines, and amphetamines.

DEPRESSANTS: Dear Senses
 Depressants are chemical substances that slow down the brain.

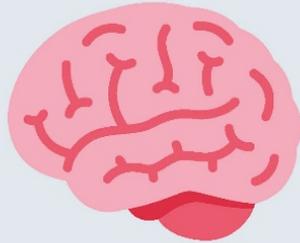
INHALANTS: Dear Lungs
 Many everyday products like paint, glue, and nail polish remover.

Mindfulness, Meditation, and Substance Use Prevention

How are they related?

MINDFULNESS

According to mindful.org, mindfulness is the ability to be fully present and aware of what we are doing so that we are not overwhelmed or consumed by what is happening around us. This can be done by focusing on specific senses, or by bringing attention to our state of mind via our thoughts or emotions.



MEDITATION

According to mindful.org, meditation is the practice of self exploration. Despite the belief that meditation is emptying the mind of thought, it is an activity to explore the experience of each thought in that moment. Meditation allows you to look at thoughts, emotions, and physical feelings without judgment or expectations.

SUBSTANCE USE AND COPING

According to drugabuse.gov, some of the primary reasons for substance use are to feel good or better, to do better, and social conformity. Mindfulness can be a positive replacement for some of these needs. Mindfulness and meditation have been proven to increase serotonin levels, aka the feel good neurotransmitter. Increased levels of serotonin lead to decreases in anxiety and depression.



RESOURCES TO GET STARTED



Mindful.org has information about mindfulness and meditation. It also has several free guided meditation practices.

Headspace is an app that allows you to take meditation and mindful practices everywhere on your phone. This has both free and paid options. They are currently offering Headspace Plus free for healthcare professionals through 2020.

Created by:
Ashley Kotowski MA, LLPC, CPS
Prevention Specialist and Outpatient Therapist
at Macomb Family Services



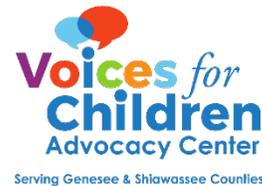
Judson Center

Helping those in need succeed

Judson Center Health

Guided by the belief that every child deserves a safe, permanent, and loving family where they can grow up to be happy and productive members of their communities, Judson Center has been providing family focused services since 1924 in family preservation, foster care, and adoption.

[Information Sheet](#)



Back to School - Keeping Kids Safe

Resource for educators as they engage with students on various formats during this traumatic time

[Teachers Resource](#)

Contact: Tenesa Thompson, Voices for
Childrentenesa@voicesforcac.org



Reducing Vaping Among Youth and Young Adults

This guide supports health care providers, systems, and communities seeking to prevent vaping. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.

[Reducing Vaping Among Youth and Young Adults .pdf](#)

This Infographic helps promote awareness of the newly developed Michigan Model for Health digital curriculum including brand new updates featuring opioid and prescription drug misuse prevention, vaping risks and e-cigarettes, and marijuana risks.

The updates also include new family resource sheets for parents and families. Both the digital and updated print versions of the curriculum are expected to become available later this month (October 2020). The Michigan Model for Health is implemented statewide in approximately 85% of all Michigan public schools.

The Michigan Model for Health (MMH) is supported by a network of 22 regional school health coordinator who provide training and technical assistance to classroom and health teachers in schools adopting the MMH curriculum.

The link at the bottom of the infographic takes the reader to a page that provides a color-coded map with contact information for the Regional School Health Coordinator for their region of the state.

Contact Steve Sukta, Michigan Dept. of Health and Human Services, suktas@michigan.gov

EFFECTIVE HEALTH EDUCATION CURRICULUM

Supporting the Shift to Online Health Education



The Michigan Model for Health™ (MMH) is a comprehensive health education curriculum for Pre-K through 12th grade students utilizing skills-based instruction.

Digital Health Curriculum for Teachers



- Web-based lessons with linked online teacher resources
- Desktop/tablet/mobile compatible
- User-friendly design that can be used as a standalone or with print version

MMH Health Curriculum Updates

ALCOHOL, TOBACCO, AND OTHER DRUGS

- Opioid and Prescription Drug Misuse Prevention (Gr. K-12)
- Vaping Risks and E-Cigarettes (Gr. 1-12)
- Marijuana Risks including various forms of the drug (Gr. 3-12)



SUPPORT FOR TEACHERS AND FAMILIES

- New teacher reference information and resources with the latest information on opioids, prescription drugs, marijuana, vaping and e-cigarettes.
- New family resource sheets on each topic above for parents that can be sent home digitally.

INTEGRATION INTO SOCIAL AND EMOTIONAL HEALTH & SAFETY

- The skills of decision-making and problem solving are applied to reducing negative risk taking with ATOD use
- Opioid misuse prevention is integrated into safety lessons and students practice assertive communication and refusal skills to stay safe.



Evidence-based Health Curriculum



SOCIAL & EMOTIONAL HEALTH

The Collaborative for Academic Social and Emotional Learning (CASEL) has recognized MMH as an effective evidence-based curriculum.

Support for Teachers & Parents

[CONTACT YOUR REGIONAL SCHOOL HEALTH COORDINATOR](#)

mishca.org/who/

michiganmodelforhealth.org



Exposed & Vulnerable

By Barbara Flis, Founder Parent Action for Healthy Kids

Yep, this pretty much describes how a multitude of parents and teachers are feeling right now, exposed and vulnerable. Virtual schooling has pulled back the curtain on classrooms and living rooms across the country leaving parents and teachers feeling very weak and very helpless. The pandemic has caused most of us to feel off center, and certainly not on top of our game

and yet for parents and teachers, ready or not, it's virtual "showtime."

Can you imagine what it must be like to perform before an audience without a rehearsal or two and no supporting cast? That's exactly what the actors in this virtual showtime are doing. To say they have anxiety is an understatement, worse though is the relentless and harsh inner critic; the voice in their head telling them they're not good enough. We would never say that to our children/students. We allow them the space to learn, problem solve and experiment. Most importantly, we provide them with a supporting cast to guide them in their academic, social and emotional journey.

But where are the understudies for parents and teachers? There aren't any and never have been. For decades society has exerted relentless pressure in their demands for an academy award winning performance from teachers and parents without having any skin in the game. Educating children requires a team of supporters who are invested in the outcome. For too long parents and teachers have been acting "as if they can handle it all." They can't, the curtain has been pulled back, and it's no shame on them. But the energy reserves are wearing thin and soon to be exhausted. With kids, we only get one chance to get it right. Parents and teachers get this, its time to get everyone else engaged in the performance.

Here's an idea!

- **What if** parents and teachers became the understudy for each other, that is to support and help each other?
- **What if** parents and teachers together, told the story to the village about what it takes to raise a child.
- **What if**, at the final curtain call (the end of the pandemic) in a unified voice we say, no more short-changing families, education, and most importantly, no more short-changing children.

Then our audience of children, will be giving us the standing ovation that we have always deserved.

Learn more by visiting Parent Action for Healthy Kids <https://www.parentactionforhealthykids.org/>

SAMHSA's Communities Talk to Prevent Underage Drinking is coming in 2021

SAMHSA's eighth round of its Communities Talk to Prevent Underage Drinking initiative is set to launch in January 2021. Focusing on preventing alcohol misuse remains important because among Americans under age 21, alcohol is the most frequently used substance, used more often than tobacco, marijuana, or other illicit drugs. And while underage alcohol use rates have steadily declined since 2002, [2019 National Survey on Drug Use and Health Data](#) show past month underage drinking rates remained unchanged from 2018 to 2019.



Preventing underage drinking is still important now, whether or not students are on campus. All students are facing new pressures due to COVID-19 and may turn to alcohol to cope. Although alcohol is less accessible to some young people due to COVID-19 (e.g., bar closures), alcohol may be more accessible to others (e.g., delivery services, alcohol in the home). A Communities Talk activity can help address underage drinking and harmful alcohol use now and can help students develop healthy coping skills for the future.

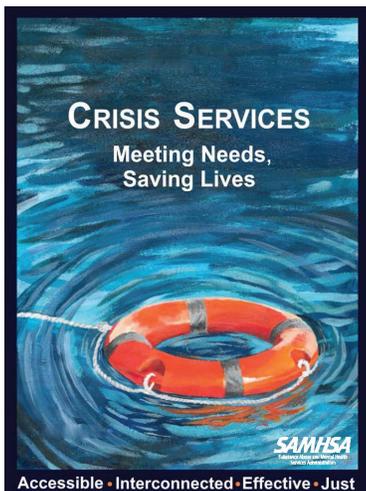
We realize that COVID-19 will impact prevention activities on and off college campuses in 2021. To help meet this challenge, we are offering institutes of higher education a \$750 planning stipend to conduct a Communities Talk activity.

Help spread the word! Please share this information, including the [flyer](#), with your networks so they are aware of this exciting opportunity. Representatives from institutes of higher education can also send an email to info@stopalcoholabuse.net to request an invitation. Invitations will be sent out by email in January 2021. In the meantime, the [Communities Talk website](#) has more information about stipend registration, as well as updated guides, tips and resources, customizable materials, and more to support activity planning and execution in the current environment. Thank you for your commitment to underage drinking prevention.



Crisis Services: Meeting Needs, Saving Lives

The book is composed of SAMHSA's "National Guidelines for Behavioral Health Crisis Care: Best Practice Toolkit" and related papers on crisis services. The toolkit reflects relevant clinical and health services research, review of top national program practices and replicable approaches that support best practice implementation. The related papers address key issues relevant to crisis services, homelessness, technology advances, substance use, legal issues impacting crisis services, financing crisis care, diverse populations, children and adolescents, rural and frontier areas, and the role of law enforcement.



[Download Here](#)

Do you enjoy receiving PN Newsletters?

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

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

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

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.

Winter 2021

Prevention
Network

Prevention Network Team

Louise Harder, Executive Director

louiseh@preventionnetwork.org

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

miket@preventionnetwork.org

Kristine Norton, Parenting Awareness Michigan (PAM) Program Coordinator

kristinen@preventionnetwork.org

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

hawraa@preventionnetwork.org

Special thanks to the
Prevention Network's
Board of Trustees for supporting
our mission and goals!

PN Board of Trustees

Todd Bradley

Lisa Cattaneo-Boska

Melea Bullock

Larry Dobias

Tim Gill

Suzanne Kapica

Tom O'Conner

Joe Thayer, Chair

10-Minute Pizza Zucchini Noodles with Marinara Sauce & Pepperoni

From <https://www.eatwell101.com/pizza-zucchini-noodles-with-pepperoni-recipe>

1 tablespoon butter or\ olive oil
4 zucchini, spiralized (or a package of spiralized zucchini from the grocery store)
1 1/2 cup Marinara sauce with no sugar added (or your favorite pasta sauce)
2 cups pepperoni slices (or salami slices)
Fresh cracked pepper
Crushed red chili pepper flakes, optional
Fresh chopped parsley and grated parmesan, for garnish

1. In a large skillet over medium-high, melt one tablespoons butter, add the zucchini noodles, and toss for two to three minutes to cook it up. Allow the cooking juices to reduce for one minute if the zucchini noodles render too much water.

2. Stir in the Marinara sauce and add the pepperoni slices. Continue cooking until the sauce has thickened and sticks to the zucchini. Season with pepper and a pinch of crushed chili pepper flakes if you want a kick of spice. Garnish the Pizza Zucchini Noodles with fresh chopped parsley, and serve immediately with grated parmesan, if you like. Enjoy!

Recipe notes: Zucchini tends to render a lot of water when cooking, so you can sprinkle with salt after spiralizing and allow to sit for a couple of minutes to take off excess water. Rinse well to get rid of salt and drain thoroughly in a colander and pat dry in a kitchen towel before cooking.

[Print](#)



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

Prevention Network
3815 W. St. Joseph Ste C-100
Lansing, MI 48917
517-393-6890
www.preventionnetwork.org