



Fall 2018

**Prevention
Network**
We Take Prevention Personally!

The clear choice

THE PREVENTION WAY OF LIFE.

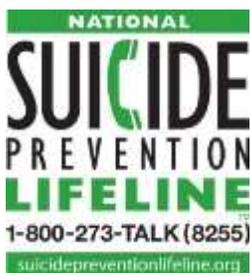
September is National Recovery Month



The theme for Recovery Month 2018 is **Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community**. The 2018 theme explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. Download [banners, logos, and flyers](#) that reflect the 2018 theme and learn more about how you can [promote Recovery Month](#) in your community.

Each year, Recovery Month creates a toolkit to help individuals and organizations increase awareness of the power of recovery. The kit provides tips and resources for planning Recovery Month events and distributing information in communities across the nation. <https://recoverymonth.gov/>

September National Suicide Prevention Month 2018



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week is September 10-16, 2018, the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day is September 10. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

We Can All Prevent Suicide. Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

Featured

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

Visit <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

A Message from the Executive Director

by Ken Dail, Executive Director

AGREEING TO DISAGREE AND NOT BE DISAGREEABLE

One common trait that a lot of us share in substance use disorder work is the public's ability to share with us how their idea would be the ABSOLUTE BEST way to keep kids off drugs, keep people from becoming addicts (more about this term in a minute), and generally do the complex work we do daily. As a preventionist, I commonly hear friends and family describe my work as "Oh, you mean like DARE?" I have talked to clinicians who frequently receive unsolicited advice from well-intentioned friends that they should just tell their clients to consider the harm the clients' addiction (that word again) is causing or suggest that their clients simply make better decisions.

In recent years, we have been regaled with tales of how lowering the legal drinking age, legalizing marijuana, or opening state-wide clean needle programs would simply solve all society's drug problems. "After all, that's how they did it in (insert your favorite other state or country) and everything is great there!"

While some of these ideas have researched based backing, some ideas gain popularity only due to celebrity endorsement, social media popularity, or our intrinsic curiosity and need to answer the question "What If?" Simply put, some of these ideas appeal to our quest for quick fix feelings, instant gratification, and a refusal to make healthy choices for the sake of long term health and wellness.

As a field, we often find ourselves in conversations with loved ones disagreeing over issues that we all have accepted as truth. We take for granted that our position is based on science, peer reviewed research, and proven long term outcomes of policy issues. We know that the 21 minimum legal drinking age has reduced highway deaths. We know that increasing high-visibility enforcement has increased our seat belt use rate, thus saving lives. We know that decreasing availability of a product tends to

decrease the use rates, especially among youth. We know that implementing a researched based, proven effective program with the appropriate population, with fidelity will most likely give us a certain set of outcomes. Yet, here we are, arguing whether or not legalizing marijuana for recreational use will be good for our schools.

Throughout this edition of our newsletter, you will find information that will allow you to state your position using factual information. And on page 6, you will find an article discussing the importance of the language we use in these discussions. Words are important, and how we use them to describe loved ones in the middle of the struggle is equally important.

As substance abuse service professionals, we have a responsibility to educate ourselves and the public on the science, the research basis, the epidemiological background we use in determining good public policy, effective program selection, and the level of fidelity which we demand in implementation. The articles and resources we share will help you with these endeavors.

As we wrap up the summer and prepare for a fall and winter of holiday celebrations, back to school events, and family get togethers, let's commit ourselves to having an answer to the question "So you do DARE?" Let's commit ourselves to having research and science on our side when asked whether legalizing marijuana will help the problem. Let's know how to counter the claim made by a now-famous billboard that legalizing marijuana will lead to fewer heroin overdose deaths.

At the end of the next conversation that ends with a loved one uttering the phrase, "let's just agree to disagree," let us be the voice of reason that replies, "It's ok that we disagree, but neither of us can disagree with the facts."

We don't all have to agree on every policy, program, and public health issue. But we should all agree that we need to follow the science and base our position on truth.



Like a Salmon Swimming Upstream. . .

MIHEN News

I have been coordinating the Michigan Higher Education Network (MIHEN) program at PN for a full year now. In this year I have met individually with schools, supported the implementation and evaluated a pilot program at CMU, led teleconferences, attended trainings and conferences, updated and shared current resources and information, and so much more. When I look back, I can see the changes and it feels really good.



Then I have days where I feel as if nothing is getting accomplished; substance use disorder prevention is too big of a task to tackle. At a conference I recently attended, a presenter compared this feeling to a salmon swimming upstream. Salmon are born in a stream/river and after about a year, they begin to migrate down to the ocean. They enjoy the salt-water for a few years before heading back upstream to lay their eggs where they were born themselves. This is no easy task. Salmon require dedication and perseverance to make the journey.

Entering the field of substance use disorder prevention also requires dedication and perseverance. There are always new substances created or changes in policy. Adding to this, prevention is complex and multifaceted. Then, there is the campus culture, structure, and budget. This is a lot to juggle. Prevention is hard, but commendable work. Some days will be easier than others. But in each day, you have the support of the MIHEN. Please reach out with your questions and comments! If you are not currently a part of the MIHEN and would like to join us in swimming upstream, please contact louiseh@preventionnetwork.org to gain membership.

I hope you are ready for a new academic and fiscal year. I am looking forward to working with you more! 😊 – Louise

Did you attend the 2018 MIHEN conference in July? The main speaker, David Arnold, and his coalition recently released a toolkit on cannabis prevention for higher education.

[Click here](#) to download your toolkit.

https://www.naspa.org/images/uploads/events/Higher_Education_Cannabis_Toolkit.pdf

Parenting Awareness Michigan

26th Annual Parenting Awareness Michigan Conference, Monday, December 10, 2018, Kellogg Hotel and Conference Center in East Lansing

PAM celebrates people raising children and promotes year-round education and resources for parents and caregivers. Its mission is to promote parenting awareness, education, and resources through state outreach and local effort.

As professionals, and volunteers who work with children, and as parents, we know that happiness is what comes when kids try new things and learn the lessons they need to live a healthy productive life. 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 relevant 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 the Ice Cream Social to end the day. Continuing education will be offered for MCBAP, Social Work, and CFLE.



Donna Volpitta, Ed.D., is the founder of the Center for Resilient Leadership and she will be the keynote speaker addressing "Use your Brain! Raising Emotionally Healthy Children. She will provide a workshop in two sessions talking about "The Resilience Formula: A Guide to Proactive, Not Reactive, Leadership", or sign up to one of the 23 other workshops offered.

Reasons you should attend:

- ◆ Network with your peers
- ◆ Choose from twenty-three workshops
- ◆ Professional development from early childhood and beyond
- ◆ Find the resources you need from one of our 22 exhibitors who will be there
- ◆ We provide continuing education hours: MCBAP, MICEC, and CFLE
- ◆ Chance to win a door prize
- ◆ Ice cream social at the end of the day...and much more

Registration will be open soon, so visit www.preventionnetwork.org/pam. for regular updates. Remember to join us on Facebook.

Contact Kristine Norton, PAM Conference Coordinator at 800-968-4968, or kristinen@preventionnetwork.org.

When You Thought I Wasn't Looking

Anonymous Author

A message for all parents, grandparents, foster parents, and other caregivers:

When you thought I wasn't looking
You hung my first painting on the refrigerator
And I wanted to paint another.

When you thought I wasn't looking
You fed a stray cat
And I thought it was good to be kind to animals.

When you thought I wasn't looking
You baked a birthday cake just for me
And I knew that little things were special things.

When you thought I wasn't looking
You said a prayer
And I believed there was a God that I could always talk to.

When you thought I wasn't looking
You kissed me good-night
And I felt loved.

When you thought I wasn't looking
I saw tears come from your eyes
And I learned that sometimes things hurt"
But that it's alright to cry.

When you thought I wasn't looking
You smiled
And it made me want to look that pretty too.

When you thought I wasn't looking
You cared
And I wanted to be everything I could be.

When you thought I wasn't looking"
I looked . . .
And wanted to say thanks
For all those things you did
When you thought I wasn't looking

Michigan Coalition to Reduce Underage Drinking

MCRUD News



This year's Shoalition Showcase was held on May 1st at Peckham, Inc. in Lansing. This year's theme was engaging parents in prevention and approximately 70 people attended the event. Attendees reported that they learned new information and that the panel and speakers were informative. Next year's Shoalition will likely be in April 2019 and if anyone is interested in serving on the planning work group, contact Danielle Stolicker (stolicker@region10pihp.org).

On June 26th Prevention Works hosted the steering committee meeting. Patrick Hindman (alcohol epidemiologist for MDHHS) presented on the new report, "Getting to Zero Alcohol-Impaired Driving Fatalities: A Comprehensive Approach to a Persistent Problem." This is a report from the National Academy of Sciences and was released January 17, 2018. **One of the strategies recommended is to increase alcohol taxes.** According to the report doubling alcohol taxes would reduce traffic crashes by 11 percent. Some other recommendations from the report included:

- Implement policies to address physical availability of alcohol
- Implement policies to reduce illegal sales of alcohol
- Regulate alcohol marketing
- Lower BAC per se laws to .05%
- Conduct frequent, publicized sobriety checkpoints
- Increase the availability of transportation alternatives

For more information on these and other recommendations and the report click [here](#).

CONGRATULATIONS ON THIS YEAR'S MCRUD HERO AWARD WINNERS! On July 27 at Frances Park in Lansing the MCRUD held its 22nd Birthday Party and Awards ceremony. Taking time to chat with old friends and make new friends, along with the cake and food made the event nice.

The people and organizations below received awards.

- MCRUD Local Champion – Whitney Boroski, Northern Michigan University
- MCRUD Media Shout Out – Kristen Senters Young, Flint Odyssey House, Inc.
- MCRUD Organization of the Year – Kalamazoo Substance Abuse Task Force
- MCRUD State Hero – Janine Kravetz, Sacred Heart Rehabilitation Center

If anyone is interested in helping plan next year's event, please contact E.J. McAndrew (EJMC@woodlandsbhn.org).

The next steering committee meeting will be Tuesday, October 23 at Prevention Network from 10:00 a.m. – 12 noon. MCRUD Steering Committee meetings are open to anyone and there is always a conference line available for people to call in on. For more information about MCRUD please contact Mike Tobias, at 517-393-6890 and/or visit www.mcrud.org.

Policy Issues

Since the Legislature has been mostly on break there isn't much of a policy update on the three bills that MCRUD has been tracking:

- SB902 which would extend alcohol sales to 4:00 a.m. in certain areas of Detroit.
- SB501 and HB4504 which would reinstate a ½ mile rule.
- HB5085 which would earmark additional revenue for Substance Use Disorder services.

However, on May 29, Rep. Vaupel, along with a few others, introduced legislation that would require alcohol retailers to post warning signs of the dangers associated with drinking alcohol during pregnancy.

For more information on any of these bills please visit, www.legislature.mi.gov.

Contact MCRUD Coordinator, Mike Tobias, at 517-393-6890 and visit www.mcrud.org. Like us on facebook



Language Matters - Media Resources for Reporting - UP Coalition Network Your ounce of prevention for Michigan's Upper Peninsula region

Because of their role as a source of information and their connection to the communities they serve, media can have a big impact on the way the public views mental health, suicide, and Substance Use Disorder (SUD). We encourage members of the Upper Peninsula media and others to use language that reduces stigma when reporting on any of the below issues. It's not about being politically correct; it's about creating a community where people feel safe reaching out for help.

Mental Health

Check Your Language
WORDS MATTER

<p>HURTFUL</p> <ul style="list-style-type: none"> • The mentally ill, psycho, crazy, lunatic • Schizophrenic, Bipolar 	<p>PEOPLE FIRST LANGUAGE</p> <ul style="list-style-type: none"> • People with mental health conditions • A person living with Schizophrenia or Bipolar Disorder
--	--

MHA
Mental Health America
B4Stage4

Substance Use Disorder

Words to avoid	Words to use
Addict	Person with substance use disorder
Alcoholic	Person with alcohol use disorder
Drug problem, drug habit	Substance use disorder
Drug abuse	Drug misuse, harmful use
Drug abuser	Person with substance use disorder
Clean	Abstinent, not actively using
Dirty	Actively using
A clean drug screen	Testing negative for substance use
A dirty drug screen	Testing positive for substance use
Former/reformed addict/alcoholic	Person in recovery, person in long-term recovery
Opioid replacement, methadone maintenance	Medication assisted treatment

When people feel they can seek support, they're more likely to access and complete treatment. This results in healthier, safer communities for everyone. [Learn More.](#) Media Resources page with guidelines for reporting on mental health, suicide, and Substance Use Disorder at www.upprevention.org/media.

Community Connections

Community Connections sponsored interns this summer through the Grow Detroit program, Destined for Greatness, and the National Council on Alcoholism and Drug Dependence, Greater Detroit. It was a rewarding experience for both Community Connections and the interns. The youth perspective was valuable and enlightening for the grant program!



Contact: 313-782-4042 for Community Connections

Dyamond Mosley

My overall experience with Community Connections couldn't have been better. I learned so much that I didn't know before entering the Community Connections office. Ms. Kathy and Kayla were very helpful through the whole experience. My favorite experience had to be when we went on an outreach at DEVELOPING KIDS. Their program was amazing. A five year old girl was teaching middle schoolers sign language; it was a sight to see. The programs that Community Connections funds are great. The creators should be proud of themselves-- they are the real changemakers. The panel meetings were great as well. I only got the opportunity to attend two, but I learned a lot from the panel members. Lisa does a great job at making sure everyone is heard and has a voice. I would like to give a big thanks to Ms. Shadora Ford, Lisa Leverette, Kathy Durham, Kayla Perrin, & Jennifer McConico for giving me the great opportunity to work here.

-Dyamond Mosley

Lauren Pope

It has been a blessing to have been given the opportunity to be an intern here at Community Connections. I received the opportunity to meet many people who will be beneficial to my future, do outreach to the community organizations, learn many new skills, create friendships right here in the office and outside, and witness the dedication and love that is put into grassroots grantmaking. Overall, it is easy to become appreciative of the hard work seen put into the youth every day in benefit of the greater cause. I think my favorite experience during my time as an intern has been doing outreach and being able to see the community organizations in action. I can say my least favorite part of working as an intern is saying goodbye to everyone and knowing I won't be here as an intern any longer. I can truly say I am grateful for having had the opportunity to learn and grow during my time here and I plan to carry on with the experiences I've gained. I would like to thank the hard working women (Ms. Shadora Ford, Kathy Durham, Kayla Perrin, & Jennifer McConico) who have helped me get to this point and for making this an excellent first job experience!



Follow us on Twitter at: [CCGrantsDetroit](https://twitter.com/CCGrantsDetroit)



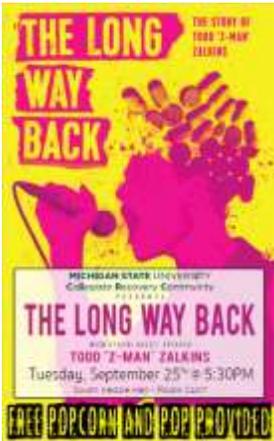
Like us on Facebook at: [Community Connections Grant Program](https://www.facebook.com/CommunityConnectionsGrantProgram)

Michigan State University's Collegiate Recovery Community (CRC)

serves students in or seeking recovery from alcohol and other drug addiction. Our mission is to provide a safe and supportive campus community in which students in recovery can achieve their academic, personal, and professional goals.



This fall, MSU's CRC in collaboration with Residence Education and Housing Services (REHS) is launching the first on-campus Recovery Housing in Michigan. Recovery Housing offers a safe and supportive living environment where students in recovery from substance use disorders can have a real college experience without the use of alcohol or drugs. This housing option offers a live-in peer recovery coach, 24-hour access to the Collegiate Recovery Community (CRC) Lounge, counseling support, academic resources, and organized activities. Students must be a member of the CRC to be eligible for Recovery Housing.



To kick off our engagement of the broader community in supporting MSU students in recovery, the CRC is hosting a podcast, Q&A session, and free screening of the award winning documentary *The Long Way Back* about recovering from the opioid epidemic with the star of the film Todd Zalkins. Since a heroin overdose took the life of his close friend Bradley Nowell, the lead singer and guitarist of Sublime, Todd Zalkins has fought for his own life and recovery. He has went on to help Jakob Nowell, Bradley Nowell's son, battle his own addiction and to become a state certified Drug and Alcohol Counselor. Everyone in the community is welcome to join us for this free film screening and refreshments on Tuesday, September 25, 2018 at 5:30 p.m. in room S107 at South Kedzie Hall on the campus of MSU.

For questions regarding the Collegiate Recovery Community or Recovery Housing please contact CRC Coordinator, Dawn Kepler, through e-mail at recovery@msu.edu or by phone at 517-353-5564. You can also find us on Facebook at www.facebook.com/MSURecovery.

Vaping in 9th Grade Linked to Increased Marijuana Use Two Years Later

AUGUST 9, 2018 BY [PARTNERSHIP NEWS SERVICE STAFF](#)



Ninth graders who use e-cigarettes and hookah are up to four times more likely to use marijuana in 11th grade, CNN reports.

The findings come from a study of more than 2,500 teens from 10 public schools in Los Angeles. The study is published in *Pediatrics*.

"Once you start vaping, I think you become known as the person who vapes, who's cool," said Richard Miech, a principal investigator of Monitoring the Future, an ongoing study of

adolescent drug use, who was not involved in the new study. "You get invited to parties where people are going to smoke cigarettes and smoke marijuana because you vape already. So there's that social component."

He added, "And I think there are probably other social pathways as well, other than just friendship networks. It probably changes your attitude. You probably vaped for a while and say 'I don't see any problem. I'm not dropping dead. I guess it's not as dangerous as they're telling me it is.'"

How to Know if Your Kid is Vaping Marijuana – and What to Do About It

JUNE 6, 2018 BY [THE PARTNERSHIP](#)

Hardly a week goes by without another news article about vaping. In 2014, vaping was selected as Oxford Dictionary's word of the year, beating out other candidates like "Bae" and "Budtender". If they were picking a word today, it would more likely be JUUL or Juuling, the wildly popular "stealth vape" of adolescents.

Juuling kids are vaporizing flavored e-juices with nicotine, but what about vaping marijuana? According to Monitoring the Future, an annual survey of nearly 50,000 adolescents, 3 percent, 8 percent and 10 percent of 8th, 10th, and 12th graders respectively had vaped marijuana in 2017.

According to a study published by the American Academy of Pediatrics, e-cigarettes use may lead to marijuana initiation. The authors hypothesize that e-cigarette use may be a marker of risk-taking behaviors, and that e-cigarette users are more likely to smoke cigarettes and drink alcohol, which are associated with marijuana use. There is also the concern that vaping nicotine, which is in Juuls and many other vaping devices, may pave the way to other substance use problems in the developing adolescent brain. Aggressive marketing in states where marijuana has been legalized may also contribute to increased curiosity about marijuana while at the same time reducing its perceived harm.

First things first — how is marijuana vaped? Visit [Partnership for Drug-Free Kids](#) website to learn more.

Strive For A Safer Drive by Tony Surman



Traffic crashes are the leading cause of death among teens. Strive for a Safer Drive (S4SD) is a wonderful opportunity for school leaders to instruct teens about safe driving through peer-to-peer teaching. Ford Driving Skills for Life and the Michigan Office of Highway Safety Planning are offering Michigan high schools the opportunity to participate in Strive for a Safer Drive (S4SD). This initiative is aimed at teen drivers to reduce serious traffic crashes, the leading cause of death

among teens. The application process is quick and easy. All Michigan high schools (including 'Technical schools') are eligible to apply.

Anyone at the school can oversee the program, but it is often led by groups such as Students Against Destructive Decisions, Distributive Education Clubs of America, Student Leadership Services, National Honor Society, Student Council, Student Senate, Link Crew, and others such as English teachers, counselors, school liaison officers, and driver education, audiovisual, leadership development, and health education instructors.

Any Michigan high school is eligible to participate and receive \$1,000 to create a traffic safety campaign. Schools showcase their campaign in a PowerPoint or video and cash prizes will be awarded to the top five schools. Participating schools also have the opportunity to attend the Ford Ride and Drive event in the spring.

Up to 75 schools will be selected to participate. The first 30 schools that apply by October 31 will receive a \$100 Visa gift card. All applications are due by November 14, 2018.

For more information, visit the S4SD website at Michigan.gov/S4SD or contact Tony Surman, the project coordinator, at 248-334-4971 ext. 301, or email at Strive4aSaferDrive@gmail.com.



Talk to your children about MARIJUANA

According to the Community Anti-Drug Coalitions of America (CADCA), addiction rates among 12-17 year olds are the highest levels in states that have approved "medical" marijuana.¹ Surveys of teens across Michigan show that they increasingly see marijuana use as "safe".² **ITS TIME TO HAVE THAT CONVERSATION!**

ADDICTION

Marijuana is addictive. The EARLIER marijuana use begins, the HIGHER the risk of addiction.³ In fact, 62% of teens in drug treatment are addicted to marijuana.⁴ Each year, more teens enter treatment with a primary diagnosis of marijuana addiction than for all other illegal drugs combined.⁵

SCHOOL PERFORMANCE

Marijuana negatively affects learning. A teen that uses marijuana is 4 times more likely to report "D" grades.⁶ A teenage marijuana user is 2 times more likely to drop out of school than a non-user.⁷

BRAIN CHANGES

The brain continues to develop until a teen is in his/her 20s. Marijuana use affects the prefrontal cortex, which controls impulses and decision-making behaviors.⁸ A recent study found that marijuana users had abnormalities in areas that interconnect brain regions involved in memory, attention, language, and executive function skills.⁹ Heavy marijuana use during the teen years can permanently lower intelligence (IQ) in adult life by as much as 8 points, potentially lowering intelligence from average to low average.¹⁰

MENTAL HEALTH

Marijuana can worsen depression and has been associated with other serious mental health issues, e.g. schizophrenia and anxiety. Weekly use of marijuana DOUBLES a teen's risk of depression and anxiety.¹¹

DRUGGED DRIVING

Overall, marijuana is the most prevalent illegal drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims.¹² Evidence from both real and simulated driving studies indicates that marijuana can negatively affect a driver's attentiveness, perception of time and speed, and ability to draw on information obtained from past experiences.¹³

SECOND HAND SMOKE

Marijuana smoke contains more carcinogens than tobacco smoke, and is therefore more harmful to the lungs.¹⁴

¹ *Effects of Medical Marijuana Legalization*, CADCA www.cadca.org/policyadvocacy/priorities/marijuana

² *Michigan Profile for Healthy Youth (MIPHY)*, Michigan Department of Education, 2002.

³ *The National Institutes of Health (NIH)*

⁴ *Office of National Drug Control Policy (ONDCP)*

⁵ *Partnership for a Drug-Free America*

⁶ *Substance Abuse Mental Health Services Administration (SAMHSA)*

^{7, 8, 11, 12, 13, 14} *National Institute on Drug Abuse (NIDA)*

^{9, 10} *National Academy of Sciences*

For more information about Mobilizing Michigan - Protecting Our Kids from Marijuana, visit: www.mcosa.net or www.cvcoalition.org



Paid for by Drug Free Communities Grant Funds

Preventing Youth Opioid Abuse

June 28, 2018 | <https://www.getsmartaboutdrugs.gov/>



Opioid addiction has reached crisis levels in communities across the nation.

An estimated 2 million Americans will suffer from addiction to prescription opioids or illegal opioids in 2018. About two thirds of deadly drug overdoses in 2016 were due to opioids.

The epidemic is also hitting young people hard. In 2016, about 75 percent of drug overdoses among 15-24 year olds were related to opioids.

Prevention works when you start early. Stop Youth Opioid Abuse is a multi-channel effort from the Office of National Drug Control Policy (ONDCP), the Ad Council, and the Truth Initiative that focuses on preventing and reducing the misuse of opioids among youth and young adults.

The campaign will also host a website, opioids.thetruth.com, which will include information about opioids, the epidemic, and evidence-based drug treatment. Get more information about opioids and opioid addiction below

For Youth

Youth Opioid Abuse Prevention: [5 Questions and Answers](#) (PDF) What are opioids? How can you make sure you don't get addicted? Get answers to these questions and more.

For Parents and Educators

[Discussion Guide](#) (PDF) With your teen, watch the videos on www.opioids.thetruth.com, and start a conversation about opioid abuse using the questions in this guide



Underage Drinking: Myths vs. Facts

You probably see and hear a lot about alcohol. SAMHSA is offering, free of charge a fact sheet that has prevention resources written specifically for preteens and teens. It compares the myths with the facts about how common alcohol use is among youth. This fact sheet can also help you start a conversation about underage drinking and alcohol misuse. Underage Drinking: Myths vs. Facts Pre-Teen Alcohol Prevention Brochure [Click Here](#)



Science vs. the Opioid Crisis: The HEAL Initiative

Teens / Drugs & Health Blog / Science vs. the Opioid Crisis: The HEAL Initiative - Drugs & Health Blog



Image courtesy of NIH. The NIDA Blog Team, August 13, 2018

Americans' [misuse of opioids](#) is a national health crisis. There were more than [42,000 drug overdose deaths](#) involving [opioids](#) in 2016. (Remember, opioids can be prescription pain relievers or illegal drugs like heroin.) However, there's a good reason to believe things may improve: Science is taking on the opioid crisis.

The HEAL Initiative

The [National Institutes of Health](#) (NIH) recently announced an initiative called [Helping to End Addiction Long-term, or HEAL](#). It's a massive plan involving many of the NIH Institutes (including NIDA) and other U.S. health agencies. The HEAL Initiative has two major goals:

- Improve treatments for opioid [misuse](#) and [addiction](#), so fewer people develop opioid use disorders or die from an [overdose](#).
- Improve ways to help people manage long-term pain, so they're less likely to need prescription opioid pain relievers.

New treatments and more:

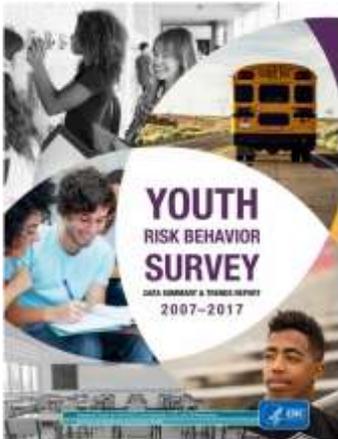
To reach these goals, NIDA is stimulating some new research. It includes:

- *Developing new treatments for addiction and new ways to reverse an overdose.*
 - For instance, [naloxone](#) can reverse an overdose from prescription opioids and heroin. Scientists are now trying to develop other medicines that can better reverse overdoses of stronger opioids like illegally produced fentanyl.
- *Learning how communities can work together to prevent and treat opioid addiction.*
 - Researchers will try to coordinate care in communities hard-hit by the opioid crisis. This includes better coordination of different parts of the community, including health care, the justice system, and first responders like fire departments and emergency medical services.
- *Expanding the use of clinical trials to discover new treatments for addiction.*
 - A [clinical trial](#) means doing research with people. NIDA will expand its [Clinical Trials Network](#), so more people will have access to studies that test new medicines and other therapies for opioid addiction. This should help people in many rural areas, where it may be hard to access treatment.
- *Improving access to high-quality addiction treatment in justice settings.*
 - Behaviors and decisions related to drug use are major reasons people get arrested. Researchers will work with people in jails, prisons, and other justice settings to find out what strategies help most as these people try to improve their situations, including getting treatment for their opioid use problems.

The NIH HEAL Initiative and its research are happening right now. Visit <https://teens.drugabuse.gov/> for any updates.

Look at the Constellation! Sex, Eating Disorders, and Substance Use Disorders

Submitted by: Wendy L. Sellers, RN, MA (former CPC)



If you want to break multiple taboos, start talking about sex and drugs! Then, toss in the subject of eating disorders for some extra shock value. As a person who has worked as a Certified Prevention Consultant and sex educator for many years, I am used to raising controversial subjects. The most common reactions I get—once people get over the initial shock—is relief and story-telling. People want to

talk about these subjects because they are relevant and important. The typical silence surrounding these subjects only reinforces the shame and stigma that keep people from seeking help and living their best lives. It's time to talk about these important topics and recognize the constellation they form.

The Centers for Disease Control and Prevention (CDC) recently released the 2017 Youth Risk Behavior Survey (YRBS) data. [i] They also issued a report that summarizes the data and looks at trends from 2007 to 2017. [ii] Four priority focus areas emerged from the data: Sexual Behavior, High-Risk Substance Use, Violence Victimization, and Mental Health and Suicide. Youth risks are not isolated; they co-occur and form a constellation of risk behaviors that often share risk and protective factors. Prevention and intervention efforts must recognize the constellation if they are to be effective.

What does sex have to do with substance use disorders? Although sexual activity among youth has significantly decreased since 2007, almost one in five (18.8%) of sexually active high school students reported using alcohol or other drugs before last sexual intercourse. This results in risky sexual behaviors, such as having sex without a condom, being victimized, and having multiple sex partners. Young people who have a history of misusing prescription drugs are more likely to have four or more sexual partners, experience dating violence, and have sex without a condom than students who have not

SOURCE:

- i. Kent, C., Casey, C., Dott, M., et al. Youth Risk Behavior Surveillance—United States, 2017. *MMWR Surveillance Summaries* 2018;67. No. 8:68. CDC: <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2017/ss6708.pdf>
- ii. Youth Risk Behavior Survey Data Summary & Trends Report 2007-2017, CDC: <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trendsreport.pdf>
- iii. 2017 Youth Risk Behavior Survey, CDC: <https://nccd.cdc.gov/youthonline/app/Results.aspx?LID=XX>
- iv. Adverse Childhood Experiences (ACEs), CDC: <https://www.cdc.gov/violenceprevention/acestudy/about.html>
- v. Women: Substance Use and Eating Disorders webinar, Hazelden Betty Ford Foundation: <https://event.on24.com/eventRegistration/console/EventConsoleApollo.jsp?&eventid=1562594&sessionid=1&username=&partnerref=&format=fhaudio&mobile=false&flashsupportedmobiledevice=false&helpcenter=false&key=00C5A5F>

misused prescription drugs. Young people who report that they are gay, lesbian, or bisexual (LGB) are even more likely to engage in both risky sexual behavior and substance use. Too many young people end up in situations where they engage in “survival sex” for food or lodging, or they trade sex for drugs to feed their substance use disorder. Nearly one in 14 (7.4%) high school students reported that they were physically forced to have sex when they didn't want to. [iii] Sexual abuse is one of the adverse childhood experiences that can result in increased risk of drug and alcohol use disorders, depression, and many other negative health impacts throughout life. [iv]

What does sex have to do with eating disorders? Individuals who have co-occurring bulimia and alcohol use disorder are more likely to engage in unsafe sex and suffer with PTSD with a history of sexual abuse. [v] With culture's fixation on physical appearance and media's portrayals of unrealistic idealized body types, many young people believe they must look perfect to be attractive and loveable. Objectification Theory says that the body objectification that everyone experiences, when reinforced for appearance instead of internal qualities, can lead to disordered eating. [vi]

To bring it full circle, individuals who have eating disorders are five times more likely to have substance use disorders than those who don't. Among clients in substance use treatment, 35% are likely to also have an eating disorder. In fact, those with substance use disorders (SUD) are 11 times more likely to also have an eating disorder than those without SUD. [vii]

See the constellation? The relationships between sex, eating disorders, and substance use disorders is complex and multifaceted. It is impossible to say which risk behavior comes first, but we can say that the more factors present, and the earlier they begin, the more likely they are to have negative lifelong impacts. [viii] They also require trauma-informed, interdisciplinary approaches to prevention and treatment. [ix,x] Together, let's form a constellation of caring, capable, and credible prevention professionals who can help our youth become stars!

[50D45E91F59ABFA4F785603F4&text_language_id=en&playerwidth=1000&playerheight=650&overwritelobby=y&eventuserid=210068240&contenttype=A&mediametricsessionid=172864263&mediametricid=2239243&usercd=210068240&mode=launch#](https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2017/ss6708.pdf)

vi. Ibid.

vii. Ibid.

viii. Adverse Childhood Experiences (ACEs), CDC:

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

ix. Trauma-Informed Approach and Trauma-Specific Interventions, SAMHSA:

<https://www.samhsa.gov/nctic/trauma-interventions>

x. Adverse Childhood Experiences (ACEs), SAMHSA:

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

Targeted Response Technical Assistance Consortium Launches New Website.



The website supports State Targeted Response (STR) grantee efforts to address opioid use disorder prevention, treatment, and recovery. The State Targeted Response (STR) Technical Assistance (TA) Consortium was created to support your efforts in addressing opioid use disorder prevention, treatment and recovery. The project, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), is here to provide local expertise in your communities to help address the opioid public health crisis. The STR-TA team stands ready to assist you.

The Strategy - Navigating Toward Healthier Communities goal is to respond quickly to requests for education and training resources to address the opioid crisis. The STR-TA Consortium utilizes local experts in prevention, treatment and recovery who are collaborating to facilitate access to evidence-based resources. Each state/territory will have a designated team led by a Regional Technology Transfer Specialist (TTS), who is an expert in the implementation of evidence-based practices. Each TTS will work with individual STR grantees and others to meet the needs outlined by the TA recipient. Learn more <https://www.getstr-ta.org/>

What's Coming Up Around the State Submitted By You !

- Myeloma Crown Meetup - September 15, 2018, 8am - 1pm Greater Grace Temple, 23500 W 7 Mile Road, Detroit, MI Education and Support for the African American Myeloma Community. Multiple Myeloma is a type of bone marrow cancer more common among African Americans than other populations. Register (Free) <http://meetups.myelomacrowd.org/detroitmu> or call 330-990-1090 submitted by Brenda Jenkins Brenda.jenkins@ameritech.net
- Media Resources for Reporting - UP Coalition Network has developed a Media Resources page with guidelines for reporting on mental health, suicide, and Substance Use Disorder at www.upprevention.org/media submitted by Ginny Machiela UPCoalitionNetwork@gmail.com
- Teens Using Drugs : What to Know and What to Do - A FREE, two-part series on how to understand and identify teen substance use, and what can help when a young person may have a problem with alcohol or other drug use. Part One: What To Know What's helpful to know about adolescent substance use in order to understand the effects of substance use on young people and recognize adolescent substance use problems. Part Two: What To Do Break-out sessions for adults on how to help when adolescent alcohol/other drug use is suspected, and for teens to explore the personal effects of substance use. Ends for both with a talk by a young person in recovery. Presented by Dawn Farm Youth and Family Services therapists. [Download Flyer for more information](#). Contact Dawn Farm: 734-485-8725 or info@dawnfarm.org for more information. Or Visit www.dawnfarm.org
- Introduction to Ford STEAM Lab for Middle and High School Teachers "Ford STEAM lab, a free digital curriculum...introduces middle and high school students to careers in STEM and tech entrepreneurship." FREE, Saturday, September 15, 9-3 Grand Valley State University Detroit Center, 163 Madison St. Detroit, MI 48228 <https://www.eventbrite.com/e/introduction-to-ford-steam-lab-for-middle-and-high-school-teachers-a-2018-detroit-month-of-design-tickets-47362488478>
- Video Contest Sponsored by Detroit Auto Dealers Association. Compete for scholarship dollars and a chance to air a commercial on TV. Create a 30-second commercial to warn middle school students about the dangers of underage drinking or the dangers of texting while driving. Students can enter separate videos in both categories. The competition is open to high school students in grades 9-12. IMPORTANT DATES Video entry deadline is February. High School winners will be announced at the Courageous Persuaders Awards Celebration in May. [Download Flyer Here](#). Contact Sandy Herp, 248-283-5138 Sherp@dada.org, Colleen Rivera, 248-283-5129, crivera@dada.org, or Lacy Ward, 248-458-1127, lward@dada.org



You Asked We Listened! Improved Prevention Network Website has Launched!

Thank you to all who participated in Prevention Network's survey. We appreciate your helpful feedback and your comments will help us to continually improve the standard of resources we provide. When you take the time to visit our website, we want your experience to be useful, and with the resources we provide help you in the important work you are doing in your communities and around the state. www.preventionnetwork.org

Here are some of the changes we have made that will that will further help you and be more useful.

1. Easy to find resources
2. Informative and educational videos
3. Identifiable links and easier to read
4. Updated look and feel
5. Mobile friendly
6. Search bar
7. More information about PN's history and mission
8. Updated sites for each program

Submit your story/idea for the Winter 2019 Newsletter Contact us at info@preventionnetwork.org or [submit 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.

Fall 2018

Prevention
Network

PN LANSING STAFF

Ken Dail, Executive Director
kend@preventionnetwork.org
Mike Tobias, MCRUD Coordinator
miket@preventionnetwork.org
Maureen Smith, DFC Grant Program Coordinator
maureens@preventionnetwork.org
Louise Harder, MIHEN Program Coordinator
louiseh@preventionnetwork.org
Kristine Norton, PAM Conference Coordinator
kristinen@preventionnetwork.org
Joyce Hughes, Accountant
joyceh@preventionnetwork.org

DETROIT STAFF

Lisa Leverette, Director, Community Connections
lisa@preventionnetwork.org
Kathy Wyszacki Durham
Community Office Specialist
kathym@preventionnetwork.org
Kayla Perrin, Community Coach
kperrin@preventionnetwork.org

Cilantro Lime Shrimp with Zucchini Noodles

From: www.eatwell101.com

1 lb (450g) shrimp, shelled and deveined
2 + 1 tablespoons olive oil
4 cloves garlic, minced
1 pinch red pepper flakes (optional)
1/4 cup vegetable broth
1 teaspoon honey
Juice of 1 1/2 lime
3 medium zucchini, spiralized or cut into noodles
Salt and fresh cracked pepper to taste
1 teaspoon lime zest
2 tablespoons cilantro, chopped
1. In a bowl, combine 2 tablespoons olive oil, garlic, red pepper flakes, 1 tablespoon cilantro, honey, lime juice and lime zest. Add uncooked shrimp and toss to mix well. Marinate for 15 to 20 minutes. 2. Heat 1 tablespoon olive oil in a pan over medium-high heat, add the drained shrimp, cook for 2 minutes, flip, and add the marinade. Cook for 1 more minute and set the shrimp aside. 3. In the same skillet add vegetable broth to deglaze and simmer for 2 minutes. Add the zucchini noodles and cook until just tender, about 2 minutes. Add the shrimp and adjust seasoning. Toss everything and serve immediately topped with additional cilantro, enjoy!



- ✓ Community Connections Grant Program
 - @CCGrantsDetroit
- ✓ Michigan Coalition to Reduce Underage Drinking (MCRUD)
- ✓ Parenting Awareness Michigan
 - @PAM_MIParenting
- ✓ Prevention Network Michigan

Prevention Network

PO Box 4458

East Lansing, MI 48826

800-968-4968

www.preventionnetwork.org