



2026 Michigan Higher Education Network (MIHEN) Conference

Addressing Substance Misuse and Gambling in Higher Education

July 29, 2026

9:00 a.m. – 3 p.m.

Virtual

This year's MIHEN conference will explore the impact of substance misuse and gambling on college students and discuss effective strategies campuses can implement. Register now for insightful information.

Intended Audience: Michigan Higher Education Network members, collegiate substance use prevention and treatment professionals, Pre-Paid Inpatient Health Plan (PIHP) directors and staff, community organization or coalitions working with institutes of higher education, and substance misuse prevention providers.

[Register Now!](#) Fee: \$35 for professionals/\$15 for students.

Questions? Contact jhammond@cmham.org

This event is supported by the Michigan Department of Health and Human Services, Health Services, Division of Substance Use, Gambling and Epidemiology, and facilitated by Community Mental Health Association of Michigan.

Conference Description

The Michigan Higher Education Network (MIHEN) provides colleges and universities the tools, resources, and support to launch alcohol and drug misuse prevention and recovery programs on their campuses. The 2026 MIHEN Conference will bring together college and university behavioral health staff, community organizations, coalitions, and substance misuse prevention providers to gain knowledge in addressing substance misuse and gambling in Institutes of Higher Education.

Objectives

1. Identify the prevalence and impact of gambling and substance misuse among college students.
2. Explore how college age students are becoming more involved in online games as technology makes gambling more available.
3. Learn at least one prevention opportunity to address cannabis use on campus.
4. Learn at least one effective campus-based prevention strategy to address the intersection of opioid misuse and student mental health.

Conference Agenda

9:00 – 9:10 a.m.

Welcome

Lisa Coleman, *Prevention Specialist, Michigan Department of Health, and Human Services*

Sara Kirkpatrick, *MIHEN and PAM Project Coordinator, Prevention Network*

9:10 – 10:10 a.m.

Speaker one:

Addressing Substance Misuse and Gambling in Higher Education: Prevention, Intervention, and Trauma-Informed Support

- ❖ Qualifies for 1 CE Hour for Social Work **TBD**
- ❖ Qualifies for 1 Specific MCBAP Education Contact Hour

Diane Littel, MS, LPC, CSAC, *Licensed Professional Counselor, Earthways Healing LLC*

This presentation explores the prevalence and impact of gambling and substance misuse among college students, highlighting how these behaviors intersect with mental health, academic performance, and campus culture. Participants will gain insight into commonly misused substances—including alcohol, cannabis, nicotine, and stimulants—as well as emerging trends in sports betting and online gambling. The session will examine shared risk factors such as stress, trauma, social influences, and accessibility, while also addressing the growing normalization of these behaviors in higher education settings. Attendees will learn practical, evidence-based strategies for prevention and early intervention. The presentation also emphasizes the importance of collaboration through community coalitions and campus-wide initiatives to strengthen systems of care. Grounded in real-world

clinical experience, this session offers actionable tools to support student well-being, retention, and long-term success. Participants will be able to 1. Identify at least three commonly misused substances and three forms of gambling prevalent among college students. 2. Explain the relationship between substance misuse, gambling behaviors, and mental health, including at least two shared risk factors impacting college students. 3. Apply at least two evidence-based prevention or intervention strategies that can be implemented within higher education or community settings.

10:10 – 10:30 a.m.

Break

10:30 – 11:30 a.m.

Speaker two:

Understanding the Hidden Addiction: The New Frontier of Gambling and Gaming

❖ Qualifies for 1 CE Hours for Social Work **TBD**

❖ Qualifies for 1 Related MCBAP Education Contact Hours

Lori Mello, MA, LPC, MPA Program Manager of MDHH's Gambling Helpline and Treatment Program.

In this presentation, we will discuss how over the last five years gambling has endured unprecedented change, with online betting taking center stage. The growth of the online casino industry has presented many opportunities that were unavailable in conventional casinos. This workshop will focus on what gambling disorder is, how gambling disorder co-occurring with other disorders, methods of treatment, changes in the gambling landscape, and how individuals are becoming more involved in the games as technology makes gambling more available. Objectives: 1. Participants will learn the basics of gambling disorders and how it co-occurs with other disorders 2. Participants will learn how gaming disorders may lead to gambling. 3. Participants will learn the most current trends in gambling and how technology is shaping the way people gamble in the state of Michigan.

11:30 a.m. – 12:30 p.m.

Lunch

12:30 – 1:30 p.m.

Speaker three:

Preventing Opioid Overdose in Higher Education

❖ Qualifies for 1 CE Hour for Social Work **TBD**

❖ Qualifies for 1 Specific MCBAP Education Contact Hour

Christina Freidbott, PhD, MPH, Postdoctoral associate in the Department of Community Health Science of Boston University School of Public Health.

In this presentation, we will discuss how the opioid overdose remains a pressing public health challenge with growing relevance in higher education settings. This interactive session will explore the prevalence and risk factors among U.S. college students, highlight effective campus-based prevention strategies, and analyze the policy environment shaping institutional responses. The participants will also examine the intersection of opioid misuse with student mental health, with special attention to peer- and campus-based recovery support services. Attendees will leave with practical insights to strengthen prevention and student well-being on

their campuses. Objectives: 1. Describe the prevalence and risk factors of opioid overdose among college students. 2. Evaluate effective campus-based strategies for overdose prevention. 3. Understand current federal, state, and institutional policies influencing prevention efforts.

1:30 – 1:50 p.m.

Break

1:50 – 2:50 p.m.

**Speaker four:
Prevention and Intervention Opportunities to Address Cannabis use by College Students**

- ❖ Qualifies for 1 CE Hour for Social Work **TBD**
- ❖ Qualifies for 1 Specific MCBAP Education Contact Hour

***Dr. Jason Kilmer, Ph.D.** Professor of Psychiatry and Behavioral Science at the University of Washington (UW) School of Medicine and an Adjunct Professor of Psychology at UW. At UW's Center for the Study of Health & Risk Behaviors.*

In this presentation, we will discuss how cannabis products in 2026 are associated with increased mental health risks and greater likelihood of cannabis use disorder, all exacerbated when use is by people under the age of twenty-five. In this presentation, we will review the recent science surrounding cannabis use, discuss what this means on college campuses, and consider prevention and intervention opportunities. Objectives: 1. Participants will be able to identify at least one way in which cannabis use could contribute to or exacerbate health and/or mental health concerns. 2. Participants will be able to describe at least one prevention/intervention opportunity to address cannabis use. 3. Participants will be able to understand symptoms of cannabis withdrawal and how these could be related to motives for cannabis use.

2:50 – 3:00 p.m.

Closing Remarks
***Sara Kirkpatrick**, MIHEN and PAM Project Coordinator, Prevention Network*

Terms and Conditions

Registration Deadline: Registration closes on July 25, 2026

Payment MUST be received at the time of registration. No checks or ACH will be accepted. No exceptions to this policy.

No shows will not receive a refund.

Cancellation Policy: If you do not cancel and do not attend, you will not receive a refund. Substitutions are permitted based on availability. Cancellations must be received in writing at least 14 days prior to the training for a full refund, less than the cancellation fee determined by the registration price below.

Training fee	Cancellation fee
\$10-99	\$10

\$100-199	\$25
\$200 and over	\$50

If cancellation is received less than 14 days prior to the training, no refund will be given. Exceptions must be approved by the Director of Education.

Special Accommodations: We strive to make all trainings accessible. Accommodation requests (e.g., mobility assistance, interpreters, accessible materials) can be submitted during registration or by email at least **14 days before the training**. We will make every reasonable effort to fulfill requests; however, some accommodation may require additional time or depend on vendor availability. We will attempt to support on-site or late requests when possible but cannot guarantee availability.

National Accreditation Rules: National Accreditation rules indicate that if you are over five (5) minutes late or depart early, you forfeit your continuing education hours for the entire training. Please note that this is a national rule that CMHA must enforce or we could lose our provider status to provide continuing education hours in the future. This rule will be strictly followed.

Social Workers: This conference qualifies for a maximum of **4 Continuing Education Hours**. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818. Qualifies as "face-to-face (in-person) education."

Substance Use Disorder Professionals: CMHA is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHA maintains the responsibility for the program and content. Substance use disorder professionals participating in the full conference series may receive a maximum of **4 contact hours**. It is important that attendees keep a copy of the conference program brochure containing the workshop descriptions along with their attendance record form.

Evaluation: Each participant is required to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training event was conducted or other problems, you may note that on your evaluation of the training event or you may contact CMHA at 517-374-6848 or through [our website](#) for resolution.

Certificate Awarded: After fully participating in this training, completing the evaluation, and entering the in and out codes, your Continuing Education Certificate will be available to download in your portal.

Severe Weather Policy: Events will take place as scheduled, and we will not be able to refund registration fees. In the event of severe weather, please check the [CMHA website](#) for scheduling delays and event updates.

Permission to Record, Use Image or Representation: I give my permission for Community Mental Health Association of Michigan ("CMHA"), to videotape, audiotape, photograph, record, edit or otherwise reproduce my voice, image or likeness, and to use it in various formats and for the purposes within CMHA's mission of teaching, public service and patient care. Distribution methods may include, but are not limited to the classroom, television (including TV, broadcast, cable, and other), the Internet (including websites, webcasts, and podcasts), print publications or other medium not existing or later created. CMHA retains the right not to use the footage for other than archival purposes. Any copyright protected works which I deliberately provide or otherwise include as part of a recording are either my own property or works for which I have the permission of the copyright owner to use in any way.

Code of Conduct: CMHA strives to create a training environment that is safe, inclusive, and fosters learning. As an attendee of a CMHA training course, you agree to contribute to the success of such an environment. CMHA attendees are responsible for proper and ethical behavior during trainings. It is not acceptable to use obscene, profane, threatening, or disrespectful visual, verbal, or written communication during your time as an attendee. Attendees are also not permitted to record any part of this training for personal or other use. If CMHA becomes aware that a participant has failed to abide by this code of conduct, then the association may take whatever actions it deems appropriate, including, for example, removal from the training without refund, notification of participant's employer, removal of any continuing education credits, and disqualification from attending future events.

BY SUBMITTING THIS REGISTRATION, I AM AGREEING TO CMHA'S TERMS AND CONDITIONS.

Virtual Participation Rules: You are expected to *actively participate* in this virtual training. See below for additional information about virtual training requirements and recommendations:

- After registering with CMHA, you will receive a confirmation email. You will be automatically registered in Zoom and will access the training through your account on CMHA's registration site.
- It is recommended that you log into the Zoom meeting through your account on CMHA's registration site five to ten minutes before the training to test your equipment.
- If you are experiencing technical issues prior to or during the training, please contact CE21 tech support to assist, **but there is no guarantee that they can solve the issue.** You are responsible for the functionality of your own equipment and being able to fully participate in the virtual training.
- You must watch the virtual training LIVE to receive credit for the training.
- Being on camera is *strongly encouraged* to ensure active participation.
- To verify attendance, unique codes will be provided once at the beginning and at the end of each training day. You will be required to input the codes through your account on CMHA's registration site at the end of the training. It is your responsibility to write down the code each day of the training. Do not share codes with other attendees.
- Zoom reports will indicate arrival and departure times (for continuing education you must be logged into the virtual training within five minutes of the start of the training).
- We do not allow participants to be driving during the training due to [Michigan Distracted Driving Laws](#).
- If you choose to call in only, you will not qualify for continuing education credits or attendance certificates.
- Each person must have their own device – you cannot share a device or a Zoom link or allow others to log into your account on CMHA's registration site.
- Each training takes place in Eastern Standard Time.

After confirmation that you have fully participated in this training and completed the evaluation, your continuing education certificate will be available for download from your account on CMHA's registration site. For more information and our FAQs visit: <https://cmham.ce21.com/support>.

Register for the MIHEN Conference