



Winter 2019

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National Drug and Alcohol Facts Week® - January 22-27, 2019

Learn more <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

We are excited to announce that registration is now open for the next National Drug and Alcohol Facts Week (NDAFW), to be held January 22-27, 2019. This annual health observance is coordinated by the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism, both part of the National Institutes of Health. Last year, participants organized more than 2,300 NDAFW educational events around the world. With your help, we can make 2019 even more successful!

Why register? Register early and receive assistance from NIDA in planning your activity or event. NIDA staff will help you order FREE science-based materials, brainstorm activity ideas, partner with other organizations, and get your event recognized nationally by adding it to the official 2019 NDAFW map.

Once you've started planning your NDAFW activities or events, registering is quick, easy, and completely free. If you don't know all the details, just fill out as much of the form as you can. Register here <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/register>

January is National Birth Defects Prevention Month!

MDHHS Birth Defects Education and Outreach Program is joining the National Birth Defects Prevention Network (NBDPN) to raise awareness of birth defects and to promote strategies that reduce the risk of birth defects and their complications.

This year's theme is "Best for You. Best for Baby." Although not all birth defects can be prevented, we can help all women who could become pregnant or are pregnant to lower their risk of having babies with birth defects. This includes encouraging them to follow some basic health guidelines throughout their reproductive years.... [LEARN MORE CLICK HERE](#)

If you have questions or would like more information, please contact Courtney Miller miller47@michigan.gov

Featured

From the Director
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Parenting Awareness
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A Message from the Executive Director

by Ken Dail, Executive Director

HAPPY NEWS YEAR!

As we wrap up another of our planet's trip around the sun, and prepare for the next 12 months, many of us take time to reflect on the major events and the news of 2018.

One significant development in our world was the passage of Proposal 1, which essentially legalizes the use of marijuana for adults in Michigan. As many of us worked at the local level to educate the public about the health and traffic safety impact of marijuana, the forces and funding gathered to support the legalization proved to be an overwhelming wave capable winning enough votes for their success. While the vote did not turn out in the way many of us had hoped, our efforts to educate the public will have a few long-lasting positive benefits. As many of us met with those who support the legalization movement, we built relationships with those who we will now be working with to keep marijuana away from those who would likely be impacted the most by its use, our young people. Many of you have had long overdue conversations with your funding partners about the line between educating, advocating, effective public policy work, and lobbying. We have come to a better understanding of where our boundaries lie and who we need to consult with when establishing those boundaries. In addition to these outcomes, I have heard from many of you who have proclaimed that you now know more about both the marijuana plant and the marijuana industry than you ever thought you could know. We have better prepared ourselves to have the conversations now with families and community groups about how we move forward as a community with the new laws in effect.

At the same time voters were deciding the fate of Proposal 1, we also had an opportunity to have our voices heard in local, state, and national elections. While many elections turned out exactly how we had hoped, many reminded us of the phrase about a frying pan and a fire. At the state level, the primaries and the general election brought out the best and worst in human nature. For some, the diversity apparent in the gubernatorial primaries was a cause for celebration. For some, the eventual outcomes of the race were reinforcement that progress in the area of diversity within power structures is not happening fast enough.

Looking forward to 2019, I am reminded of advice I was given many years ago by a forgotten mentor somewhere along the line. "All change is not progress, but all progress requires real change." If you were the one who shared that gem with me, thank you. My point to sharing that is that regardless of how we feel about the issues decided at the polls, the candidates that are now elected officials, or the ordinances passed at the local level, we have incredible opportunities ahead of us. I would encourage you to meet with newly elected officials and let them know your office is a resource to them. Set down with your funding partners and board members and have an open conversation about their comfort level and boundaries regarding advocating and lobbying for change. Meet with the people in your community that will likely be starting marijuana businesses in the future. Let them know that your office is a resource to them as well.

Try as we might, we cannot control the outcome of elections. But that doesn't mean we have to be uninvolved participants in the results of the elections in our communities.

Take advantage of the changes we have taking place and create progress.

Have a great 2019!



Michigan Higher Education Network

MIHEN News

Town Gown Relationships: Bringing Together Communities

Colleges create their own tight-knit community of students and faculty/staff.

They can have their own hierarchy, policy and enforcement protocols, planning and development projects, housing, and support systems in place, just to name a few. Yet, they impact the

surrounding community immensely. Students may live off campus, attend town-wide events, shop at local stores and restaurants, and use their emergency services. The relationship between a college and the town that encompasses it is called town-gown relations. Joining forces can benefit both students and the community, but this relationship can often be strained.



Common reasons for tension include financial disagreements and safety concerns. One example may be noisy house parties in a nearby neighborhood, bringing down home values. When disagreements occur, it can be difficult to look past the costs and see the benefit of a college in the community. But when the partnership is successful, it could lead to increased service learning opportunities, faculty involvement in community events, applied research, and community building activities.

This partnership also mutually benefits prevention efforts. The University of Colorado joined with the city of Boulder in a partnership that led to a ban on beer sales in its football stadium and a 75 percent decline in game-day arrests. The Georgia Institute of Technology saw reductions in both high risk drinking and student DUI rates after collaborating with the city of Atlanta to gain adoption of a statewide keg registration law. High-risk drinking rates declined from 64 percent to 55 percent at the University of Nebraska in the first four years of a coalition bringing the university together with agencies in the city of Lincoln. There have been many positive effects seen in bringing the two communities together.

How do you create this in your own town? The first step in building a successful town-gown relationship is to connect with a university employee (preferably upper level administration) and/or community leader/coalition to discuss asset building and support.

Need help getting your foot in the door to start these conversations. Join the Michigan Higher Education Network (MIHEN) to learn more and better navigate the world of prevention in higher education. Contact Louise Harder, MIHEN coordinator, at

louiseh@preventionnetwork.org or visit www.preventionnetwork.org/mihen to learn more.

M *Parenting Awareness* MICHIGAN

Update on the 26th Annual PAM Conference

On December 10, 2018 the 26th Annual Parenting Awareness Michigan Conference, held in East Lansing, had over 300 people.

At least 42 of 83 Michigan counties were represented at the conference.

Our Keynote, Donna Volpitta, the Founder of the Center for Resilient Leadership, wants to make brain science easy to understand and apply. Her keynote "Use Your Brain! Raising, Resilient Emotionally Healthy Children" had practical ideas. Her explanation and point of view for brain science was informative and can be applied to the work we are doing with parents, families, and professionals working with youth. The characters she describes about the different parts of our brain makes it fun and descriptive for what part of our brain reacts to different situations. Her book "Neuroworld" is practical when talking about challenges our children face and can help us understand why we respond the way we do. She provided a workshop based on her book "The Resilience Formula: a Guide to Proactive, Not Reactive, Parenting" that can help build a framework for handling big and small obstacles. She talked about lessons on how to script language to make your child more independent, and a plan to help transform challenges into opportunities to teach resilience. You can learn more by visiting her website at <https://centerforresilientleadership.com/>

The 22 other workshops were described as educational, informative, and helpful in the work people are doing in their communities around the state.

We would not be able to provide this type of quality conference without our generous sponsors, MDHHS, Michigan Children's Trust Fund, and Macomb County CMH Office of Substance Abuse. We appreciate their support.

Thanks to the PAM Steering Committee for their time and effort in planning the PAM Conference. Kudos to planners and participants alike for helping kick off PAM 2019!

Local Activates - March 2019 is Parenting Awareness Month!

Send us information on your local PAM Activities for 2019. New this year, you can submit your activities online. Submit your activity here <https://www.preventionnetwork.org/pamlocalactivities-title>.

To find local activities, click here <https://www.preventionnetwork.org/PAMLocalActivities>.

As in the past, we will publicize your activities that take place between January and June. That way we have PAM, CAP month, AAM, MOYC, and other local parenting activities on the Local Activities List for 2019 on our website. Thank you for all you do for parents, families, and children in Michigan and beyond!

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

Who is PAM?

Parenting Awareness Michigan (PAM) celebrates people raising children and promotes year around parenting education and resources. Our vision is that every person, everywhere, every day recognizes and embraces their responsibility in raising Michigan's children.

The mission of PAM is to promote awareness, education, and resources — through state outreach and local efforts — emphasizing the importance of effective parenting in nurturing children to become caring and contributing citizens. Parenting Awareness Michigan supports the beliefs that:

- Informed and effective parenting is a key factor in alcohol, tobacco, and other drug prevention.
- Everyone can benefit from parent education, support, and resources.
- Effective parenting is important across the lifespan.

We are starting to plan for 2020.

We are accepting PAM Steering Committee Participation

All meetings will be in the Lansing office from 10:00 am to 12:00 pm. Meeting dates are Feb 27, March 27, May 22, June 26, Sept 25, Oct 23. November 18, 2019 will be the 27th Annual PAM Conferences and 2020 Kickoff. Meeting dates subject to change.

For more information call Kristine Norton at 800.968.4968 or email her at kristinen@preventionnetwork.org



Great Ideas for Celebrating Parenting Awareness Month, March 2019

Whether you work as a community-wide coalition or a small committee, or as an individual, you can celebrate Parenting Awareness Month in a variety of ways. Each activity listed here has been carried out by a Michigan community.

- ❖ Form a local PAM coalition and begin planning parenting and family celebrations and activities for PAM 2019 and beyond.
- ❖ Seek resolutions from local governing bodies to declare March as Parenting Awareness Month.
- ❖ Create a portable Parenting Awareness Month display. Make available at local parenting activities.
- ❖ Create a Parenting Awareness Month display in schools and local businesses.
- ❖ Take PAM posters everywhere you can think of — schools, libraries, day care centers, places of worship, work sites, city hall, doctor's offices, senior centers, your neighbors – wherever parents are!
- ❖ Create a list of community resources for parents, print and distribute widely—through businesses, schools, libraries, agencies, bulletin boards, and social media.
- ❖ Create a local list of free or low cost things parents can do with children. Distribute as a poster, tray liner, or handout in libraries, schools, etc.
- ❖ Prepare folders with Parenting Awareness Month materials to be given to parents at parent/teacher conferences. Have students decorate the folder for their parent(s).
- ❖ Take PAM posters and bookmarks to local libraries and bookstores for distribution.
- ❖ Encourage libraries and bookstores to provide a display during March featuring their parenting books and other multimedia parenting information.
- ❖ Work with local radio stations to run “*Did you know...*” radio spots featuring local family resources and parenting tips.
- ❖ Hold a community-wide 2019 PAM Kickoff.
- ❖ Create a calendar or flyer of local Parenting Awareness Month events.
- ❖ Conduct free parenting education workshops throughout the month of March. Provide childcare.
- ❖ Plan a Parenting Fair or Family Fun Fest at a mall or other community area. Showcase parent and family resources and provide family friendly activities.
- ❖ Work with your local school district to hold weekly family nights throughout the month of March. Decide on a theme. Involve parents and youth!
- ❖ Host a community “Family Dinner” with guest speakers or other fun activities.
- ❖ Hold a resource fair for family serving organizations to become familiar with community resources.
- ❖ Host an “appreciation” breakfast, lunch, or dinner for parents and other caregivers – or make it an “Appreciation Day!”
- ❖ Visit local media; involve them in your efforts.
- ❖ Get parenting messages on local billboards.
- ❖ Enlist local newspapers and other publications to feature parenting articles.
- ❖ Work with local restaurants to develop and use PAM focused tray liners and placemats. Include parenting tips and local parenting resources.
- ❖ Work with faith communities to highlight Parenting Awareness Month in newsletters and bulletins.
- ❖ Work with a local hospital to provide parenting tips and local resource lists to new parents.

Michigan Coalition to Reduce Underage Drinking

MCRUD News



MCRUD and Local Public Health Advocates Share Concerns at December 12 MLCC Hearing

By Kathy Geiger and Mike Tobias

On December 12, MCRUD Coordinator, Mike Tobias, gave testimony at the Michigan Liquor Control Commission's (MLCC) semi-annual public hearing in Lansing. He shared information about local units of government that are over quota with the number of alcohol licenses. Since there are many areas of the State that are over quota, he asked the Commission how they use this information. He also encouraged the MLCC to start tracking historical data so that outlet density issues can be studied. To see a copy of MCRUD's comments, click [here](#).

At the hearing there were about seven other public health advocates from Bay, Ingham, Oakland, and Saginaw counties.

Kathy Geiger from Saginaw County spoke about her concern regarding alcohol retailers in her neighborhood. She told the Commission that at times, people walking to the store, have walked onto her property asking her for money or food. Kathy brought a local perspective to some of the problems that neighborhood people have to deal

with when there are alcohol retailers in a neighborhood. When profitable business interests take precedence over the health of a neighborhood and the people, who because of alcohol, are on a downward spiral will suffer along with the neighborhood. People struggling with alcohol addiction and have lost their licenses to drive, will walk to and purchase their alcohol at the neighborhood stores and bring the problems of intoxication back into the neighborhood causing stress in the area and dumping the neighborhood down. She is concerned that some of these problems associated with some stores could drive home owners away and lower housing values. This in turn can lower property taxes and reduce taxable revenue for cities.

As usual there were several individuals representing various alcohol beverage interests. Thanks goes out to the public health advocates that made it to the hearing. MCRUD believes that it is important for public health interests to be represented at these statutory required hearings. The next semi-annual hearing will be in June, most likely at their Southfield office. MCRUD is hoping to have ten community coalitions attend this June hearing. If your coalition is interested in attending the hearing please let the MCRUD Coordinator know.

MCRUD 2019 Calendar through April

Our next MCRUD Steering Committee meeting is **January 22** at Prevention Network. During this meeting MCRUD will begin conducting a Strength, Weaknesses, Opportunities, and Threats (SWOT) assessment. Current, MCRUD Chair, Ashley Bergeon, will be forming a work group and leading this effort. Anyone interested may contact the MCRUD Coordinator and he can make sure that you get added to the work group e-list.

The **February 26, MCRUD Steering Committee** meeting will be held at Holy Cross Services in Flint. For this meeting we are planning a speaker to talk about alcohol impaired driving and related issues.

March 26 – MCRUD Steering Committee. Location is to be determined.

Save the Date! **Shoalition 2019 will be Tuesday, April 23** at the Hannah Community Center in E. Lansing. This year's theme is on using data for policy change. The planning work group is seeking presenters on this topic. Deadline to submit a proposal is January 15.

MCRUD Steering Committee meetings are the fourth Tuesday of the month from 10:00 a.m. – 12:00 p.m. and open to anyone. For people that can't come to the meeting there is always a conference line available. For more information about MCRUD please contact Mike Tobias, at 517-393-6890 and/or visit www.mcrud.org.

Lame Duck Legislation as of 12.18.18

- Good news! SB902 which would extend alcohol sales to 4:00 a.m. in certain areas of Detroit did not pass.
- Unfortunately, HB4504 which would reinstate a ½ mile rule did not pass.
- Unfortunately, HB5085 which would earmark additional revenue for Substance Use Disorder services did not become law.
- Unfortunately, HB6086 which would require retailers to post warning signs of the dangers associated with drinking alcohol during pregnancy did not become law.

Note: any pending legislative bill that did not become law by December 31, 2018 would have to be reintroduced this legislative session which started January 1, 2019. For more information on any of these bills please visit, www.legislature.mi.gov.

Drug Free Communities

Ingham Substance Awareness & Prevention Coalition



In November, ISAP was honored with the opportunity to attend the Graduate Coalition Academy (GCA) through the Community Anti-Drug Coalitions of America (CADCA). The goal of the GCA is to enhance participating coalitions' ability to implement and evaluate their current prevention plans. Over the course of a year, participating coalitions will focus on updating and using their coalition products to achieve numerous objectives to include updating community assessment and logic models, establishing the baseline for long, intermediate and short-term objectives within their logic

model, enhancing comprehensive strategies targeting local conditions, monitoring implementation efforts and telling their coalition story through submitting a Got Outcomes application to CADCA's Got Outcomes Coalition of Excellence of Awards program.

To learn more about what the coalition is doing in Ingham County, visit our website at www.midrugfreeingham.org.

Courageous Persuaders Video Competition Deadline Fast Approaching

By Sandy Herp, Detroit Auto Dealers Association



**courageous
PERSUADERS**

Courageous Persuaders Video Competition: Courageous Persuaders is a peer-to-peer national scholarship competition that invites high school students in grades 9-12 to create a 30-second commercial to warn middle school students about the dangers of underage drinking and the dangers of texting while driving. Middle School classrooms determine the winners based on the persuasive messages. High school students can enter separate videos in both categories.

The program was built upon the premise that high school students have a tremendous influence on younger middle school peers, and with constructive messages, can positively impact decisions and potentially even save lives. Nearly \$30,000 in scholarships and awards. Video entry deadline is February 8, 2019. Official Rules: <http://courageouspersuaders.com/official-rules/> Brochure:

<http://courageouspersuaders.com/wp-content/uploads/2018/09/15-CourageousPersuadBrochure.pdf>

Contact: Sandy Herp, Detroit Auto Dealers Association, 248.283.5138, sherp@dada.org

A Parent's Guide to Michigan Sex Education

By Stephanie DiPonio, Michigan Organization on Adolescent Sexual Health

MOASH held a webinar for an overview of sex education in Michigan schools for parents. We reviewed current laws and standards around curriculum; discussed district sex education advisory board operations; and helped understand what role parents can play in their child's healthy development! Here is the link to the recording of the webinar, "A Parent's Guide to Michigan Sex Education", presented on 12/4

<https://www.youtube.com/watch?v=5d5Psut9ogg&t=12s>

Here is an infographic that goes over info on sex ed in Michigan for Parents. An overview of how sex education content is determined and approved and how you can get involved in public schools in Michigan. https://www.moash.org/uploads/1/1/5/8/115876627/for-5c-2oparent_31083589.pdf

Contact: Stephanie DiPonio, Michigan Organization on Adolescent Sexual Health, stephanie.diponio@moash.org



Alliance of Coalitions for Healthy Communities Receives National Substance Abuse Prevention Award

By Mary Ann Vergith, Alliance of Coalitions for Healthy Communities

Auburn Hills, Michigan— Alliance of Coalitions for Healthy Communities (ACHC) received the Coalition of Excellence Award for Long-term Outcomes from CADCA (Community Anti-Drug Coalitions of America), the nation's leading substance abuse prevention organization. The Coalition of Excellence award is part of CADCA's GOT OUTCOMES! award program, which gives national recognition to exemplary coalitions that have clearly documented their impact on population-level substance abuse outcomes.

ACHC will receive this prestigious award on Feb. 7 during CADCA's 2019 National Leadership Forum at the Gaylord National Hotel and Convention Center in National Harbor, Maryland. CADCA's National Leadership Forum is the nation's largest training event for community coalition advocates and substance abuse prevention leaders, featuring more than 100 sessions on the latest science, news, trends and industry best practices on substance abuse issues. "We are truly honored to receive this award," said Julie Brenner, ACHC President and CEO. "Our success truly hinges on the impressive efforts of our dedicated team, network of coalitions, partnerships and Board of Directors who make it a

priority to increase prevention efforts in our county and across the state." Coalitions who utilize a holistic, multi-sector approach can engage the entire community, achieve sustainable outcomes and truly change social norms relative to substance use and misuse. "We congratulate the ACHC on their outstanding work and the long-term outcomes they have achieved in their community. Through their hard work, ACHC achieved a reduction in past 30-day use reports by 85% from 2008 to 2018 among youth in Oakland County, as well as a reduction in students binge drinking at high school parties," said General Arthur T. Dean, CADCA's Chairman and CEO. ACHC was founded in 2003 in

Auburn Hills, Michigan, with a mission to engage the community to reduce youth substance abuse and risks of suicide by raising awareness and changing community norms. In their application, ACHC demonstrated their efforts to address the issue of underage drinking and its root causes of easy access to alcohol and favorable attitudes toward alcohol use among young people. ACHC partnered with the Michigan Secretary of State to promote the "21 to Buy, Not Supply" campaign in Oakland County and across the state, which resulted in the coalition posting public service announcements at 659 public libraries and 93 university libraries across the state, as well as digitally displaying the slogan and logo at 131 Secretary of State branches and sharing messages on their social media accounts. About Alliance of Coalitions for Healthy Communities The Alliance of Coalitions for Healthy Communities' is a substance misuse prevention and wellness organization that supports a 19-coalition prevention partnership in Oakland County. Predominantly funded by Oakland Community Health Network, the Alliance also represents the Oakland County chapter of Families Against Narcotics. Through substance abuse prevention, mental and physical wellness, and recovery support programs, the Alliance connects, strengthens, and mobilizes strategic partners to promote healthier communities. www.achcmi.org. About CADCA The mission of CADCA (Community Anti-Drug Coalitions of America) is to strengthen the capacity of community coalitions to create and maintain safe, healthy and drug-free communities globally. This is accomplished by providing technical assistance and training, public policy advocacy, media strategies and marketing programs, training and special events.

Contact: Mary Ann Vergith, Alliance of Coalitions for Healthy Communities, mavergith@achcmi.org

Mindfulness and Our Aging Brain

September 30, 2018 - Author: Holly Tiret, Michigan State University Extension

Developing a mindfulness practice may help you improve overall health as you age.

An aging brain has a higher tendency to remember positive aspects of past events, rather than negative. As we age, our cognitive control declines. In recent years, many programs have been developed and promoted to help stimulate our brains with the goal of delaying cognitive decline. However, the research on whether or not these brain-enhancing activities actually helps is not conclusive. These results are because a part of the brain that is affected by aging, has to do with our ability to focus on a task without getting distracted by internal and external stimulus.

At the same time, as we age, the emotion processing and regulation part of our brain is increasing. Therefore, our brains are a paradox – as we age, starting at about 30 years, our cognitive abilities decline, and social-emotional abilities increase.

Another interesting aspect of our aging brain is that we tend to remember the positive aspects of past events, even if those events were overwhelmingly negative. Researchers Mather and Carsten (2005) call this the positivity effect. The tendency to focus on the positive, rather than the negative, may have to do with our realization that we have a limited lifetime. Our goals switch from future-oriented to emotional satisfaction and well-being.

Some researchers are now looking at the benefits of mindfulness as a way to tap into that increase in social-emotional abilities in order to enhance our brain functioning and overall well-being as we age. As defined by John Kabat-Zinn, mindfulness is paying attention on purpose, in the present moment, without judgement.

Mindfulness has shown to increase our capacity for sustained attention, a cognitive capability. By focusing on the present moment, in particular without judgement, we are tapping into our aging brains' tendency to focus on our own emotional satisfaction and well-being, rather than plan for the future or dwell on negative past experiences.

There are many ways to learn about mindfulness and begin your own practice. You can look up resources online regarding mindfulness or visit your local library and check out some books. You may also consider contacting your local Michigan State University Extension and signing up for one of our Stress Less for Mindfulness classes. Any way you choose, expanding your knowledge and developing your own mindfulness practice could improve your cognitive, emotional processing and overall well-being as you age.

In conclusion, mindfulness may be a way to improve our cognitive control as we age by teaching us to improve our ability to focus our attention on a particular task, such as our breath, (in the moment) and reduce our attention (on purpose) to external and internal thoughts or events (without judgement).

This article was published by Michigan State University Extension. For more information, visit <http://www.msue.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <http://www.msue.msu.edu/newsletters>. To contact an expert in your area, visit <http://expert.msue.msu.edu>, or call 888-MSUE4MI (888-678-3464).

<https://www.canr.msu.edu/news/mindfulness-and-our-aging-brain>

Depression Is Not a Normal Part of Aging

August 3, 2016 - Author: Holly Tiret, Michigan State University Extension.

Learn the signs of depression and ways to feel better. You are worth it. Michigan State University Extension recognizes the need for education on mental health topics such as depression in older adults. According to the Mental Health America, over 34 million people in the US suffer from depression and of that 34 million, over 2 million are people aged 65 and older.

Older adults are faced with many life changes due to typical aging, such as death of a spouse, moving out of the family home or declining health or mobility; therefore, symptoms of depression are sometimes overlooked or missed by doctors, family members and friends.

Symptoms of depression

Although symptoms of depression may vary, if you experience several of the following signs for more than two weeks, see a doctor.

- Feeling sad, crying too much or too often.
- Sleep problems – either not getting enough sleep or wanting to sleep all the time, feeling tired all the time.
- Eating problems – not wanting to eat at all, or overeating.
- Not wanting to participate in activities that you normally enjoy.
- Not being able to concentrate, remember things or make decisions.
- Feeling anxious, irritable, overwhelmed most of the time.
- Feeling hopeless, helpless, or worthless.

Start by getting help

Your own doctor will first do a thorough physical exam. They need to make sure your symptoms are not the result of other health problems like hypothyroidism or medications you are already taking.

Treatment

You and your doctor should work together to decide the best treatment plan. There are many different medications to treat depression. It may be several weeks to a few months before you see any improvement. If you do not see improvement, your doctor may suggest another antidepressant. Sometimes it may take a while to find out what works best for you.

In addition to medicine, your doctor may suggest talk therapy. According to National Institutes of Health, talk therapy helps you to find new ways of thinking, behaving and changing habits that can lead to feeling healthier and happier.

Self-care for depression includes spending time talking and doing activities with family and friends. It may also help to break up large tasks into smaller bits. Only do what you can, when you can. Depending on your ability, getting even 10-15 minutes a day of some type of physical activity not only boosts your mood, but also can improve your overall physical health. Try some chair-stretching, mall walking or just enjoying the fresh air outdoors.

Crisis Help

If you are thinking of harming yourself or attempting suicide, tell someone who can help immediately.

- Call your doctor.
- Call 911
- Go to the nearest hospital emergency room.
- Call 24-hour toll free 1-800-273-8255, TTY 1-800-7994889.

According to the National Institute on Aging, sometimes people feel that depression is a sign of weakness. You may hear from friends and family members to just 'get over it', or that being depressed is a normal part of aging. They are wrong, and it is not. It is important to remember that most people who get treatment for depression do feel better. You are worth it.

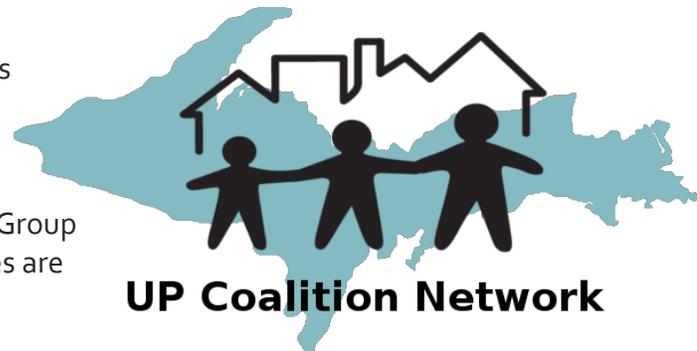
If you are interested in learning about ways to handle stress, consider signing up for one of MSU Extensions series. RELAX: Alternatives to Anger helps people deal with strong emotions and improves communication skills. Stress Less with Mindfulness is an introduction to mindfulness skills to help people find healthy ways to cope with stress.

This article was published by Michigan State University Extension. For more information, visit <http://www.msue.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <http://www.msue.msu.edu/newsletters>. To contact an expert in your area, visit <http://expert.msue.msu.edu>, or call 888-MSUE4MI (888-678-3464).

https://www.canr.msu.edu/news/depression_is_not_a_normal_part_of_aging

UP Coalition Network Enhances Prevention Collaboration

UP Coalition Network is a regional group of all the Communities That Care youth-focused prevention coalitions in the Upper Peninsula. Since 2016, they have worked together to share information, maximize resources, and develop messaging campaigns for the public. This year, they created a Key Leader Group to help support prevention efforts at a higher level. 14+ agencies are currently involved in this collaboration.



UP Coalition Network

In October, UP Coalition was part of two grants awarded by Superior Health Foundation and Health Resources & Services Administration. These funds will be used to continue promoting regional initiatives and bring more leaders and agencies to the table for effective coordination of prevention services. Contact: Ginny Machiela, UP Coalition Network, 906.281.0332, upcoalitionnetwork@gmail.com

Parenting the Second Time Around

There comes a time in our lives when we start looking at retirement, downsizing, and enjoying visits from grandchildren. Then something happens. We find that the house is full again and we are now facing the responsibility of raising our grandchildren, which was not part of our plan. But we have stepped up to the plate in order to provide a strong secure loving environment for them. According to data from the AARP 2010 U.S Census Bureau, more than 4.9 million grandchildren in America are being raised by their grandparents and that number continues to raise daily.

Grandparents are now finding themselves changing diapers, going to parent-teacher conferences, and helping with day-to-day life skills. What does this say for our country? Grandparents are not looking for a hand out, but we need more Michigan laws changed for the children so that we can create a strong healthy drug free foundation for the future. The Grandparent /Caregiver Support Group ran through The Guidance Center in the downriver area is doing just that. We have been working with some of the local State Reps this past year by providing open forum discussions in the community and general monthly meetings that will someday give children the rights they deserve. The "Defacto Law" in the state of Michigan is one of our top priorities. We are one of six state's that currently does not recognize this law.



Come join us in the fight to protect the children we love, by attending monthly support groups, share resources and services that could effectively help struggling families through stressful time. The Grandparent/Caregivers Support group is getting ready to launch another Open Forum Discussion on Thursday, March 7, 2019, at the U o M campus in Dearborn (Dearborn Campus Education Building) 6:30 pm -8 pm. Please call for more details @ 734-624-366 or 734-785-7705 x 7035. Respectfully, Anita Rothert, Parent Coordinator Prevention Department, arothert@iamtgc.net



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

- 2019 Annual Tobacco Free Conference. The 2019 Tobacco Free Conference will be held on April 16 & 17, 2019 at The Kensington Hotel, 3500 S. State Street, Ann Arbor, Michigan. (734) 761-7800. A block of rooms is being held under Tobacco Free Michigan at \$120-single or double occupancy. Reservations are available at (734) 761-7800. Please visit www.tobaccofreemichigan.org or tfm@tobaccofreemichigan.org for registration details. Gina Rosendall-Saucedo, Tobacco free Michigan, 517.231.1142,
- 
- Building a Movement in Michigan for Gender Sexuality Alliances Summit March 8th! MOASH's FIFTH Annual Building a Movement for Michigan Gender and Sexuality Alliances (BAMM GSAs) Summit- sponsored by Grand Valley State University (GVSU) will be on Friday, March 8, 2019 9am-4pm at GVSU Kirkhof Center in Allendale, MI! BAMM GSAs is the Building A Movement for Michigan Gender Sexual Alliances (also known as Gay Straight Alliances or Queer Straight Alliances) and it is a program of MOASH (The Michigan Organization on Adolescent Sexual Health). The program started after generous federal grant funding from the Mobilization for Health: National Prevention Partnership Awards (NPPA) from the Department of Health and Human Services' Office of the Assistant Secretary for Health (OASH). MOASH was guaranteed funding for three years August 2015 - August 2017. The purpose of BAMM is to bring together otherwise isolated stakeholders across Michigan to improve the social and health outcomes of LGBTQ+ youth by increasing the number, and improving the capacity, of GSAs (gender & sexuality alliance clubs) in our state. To bring GSAs together we hold a statewide summit of GSAs, advisors, and other adults' allies for skill building, networking, and knowledge sharing. This year the summit will be held at Grand Valley State University on March 8th. Contact Stephanie DiPonio, Michigan Organization on Adolescent Sexual Health, stephanie.diponio@moash.org

NEAR@Home is a resource for home visitors to respectfully and effectively address ACES with families. NEAR@Home Toolkit provides home visitors knowledge about ACEs research that are interested in bringing this information to families but worry about causing harm. The NEAR@Home toolkit addresses these concerns and provide strategies for engaging parents in discussing and using the ACEs questionnaire in a safe, respectful, and effective way for both home visitor and family.

Learn the key terms: NEAR Science and ACEs

Stressful events that happen in our early years of development affect us in ways that last our entire lives. Science tells us that from our birth, our brains are growing and adjusting to our environment. Whether traumatic, friendly, threatening or soothing, our experiences get wired into our biology.

There are two primary acronyms to know.

- ACEs: Adverse Childhood Experiences harm children's developing brains. Each person can take a 10-question survey to determine his or her ACE score. ACEs are risk factors, not determinants.
- NEAR Science: It's a cluster of fields of study that include Neuroscience, Epigenetics, ACEs and Resilience.

The term NEAR Science gives a better, holistic picture of a person's experiences over his or her lifetime; it also incorporates resilience, which is an important factor in the outcomes of a person's life.

NEAR@Home is a resource for home visitors to respectfully and effectively address ACES with families. Visit <https://www.nearathome.org/> to learn more.

How to Talk With Your Kids About Vaping

Partnership for Drug-Free Kids Vaping Guide



Vaping's popularity exploded seemingly overnight, and it took many parents and families by surprise. Vaping, or Juuling as it is often referred to by teens and young adults (named after a popular vape device called JUUL), is the inhaling and exhaling of an aerosol produced by using a vape device.

According to the University of Michigan's 2017 Monitoring the Future study, nearly 1 in 3 high school seniors tried vaping in the past year. Advertising is often geared toward teens and young adults, with brightly colored vape pens and thousands of flavors to choose from. Some kids vape marijuana, too. But

for every story or article touting the benefits of vaping, there are an equal number raising concerns about the risks of vaping, especially for teens and young adults.

We've created a vaping guide for parents to help you understand what vaping is, its appeal to youth and what research has to say about both the risks and unknowns. We've also identified some signs to look for and what to do if you are concerned that your child may try or actually is vaping and offer some advice on what to say when answering some of your child's tough questions about vaping. [Download Your Vaping Guide Here](#)

MARIJUANA IN MICHIGAN - ADULT-USE MARIJUANA

On November 6, 2018, Michigan voters approved Proposal 1, creating the Michigan Regulation and Taxation of Marihuana Act (MRTMA). Among other things, this Act delegates responsibility for marijuana licensing, regulation and enforcement to the Michigan Department of Regulatory Affairs (LARA). LARA's Bureau of Marijuana Regulation (BMR) is responsible for the oversight of medical and adult-use (recreational) marijuana in Michigan. Go to www.Michigan.gov to learn more.

FREQUENTLY ASKED QUESTIONS - *to open > highlight bullet point you want to read > right click > open hyperlink*

- [Is it possible for someone to become addicted to marijuana?](#)
- [Is it possible to "overdose" or have a "bad reaction" to marijuana?](#)
- [How is eating and drinking foods that contain marijuana \(edibles\) different from smoking marijuana?](#)
- [It's legal in many states, so doesn't that mean marijuana is safe?](#)
- [Is it safe for a breastfeeding mom to use marijuana?](#)
- [What are the effects of mixing marijuana with alcohol, tobacco or prescription drugs?](#)
- [How harmful is K2/Spice \(synthetic marijuana or synthetic cannabinoids\)?](#)
- [Can secondhand marijuana smoke affect nonsmokers, including children?](#)
- [Why is marihuana spelled with an "h" instead of a "j"?](#)
- [Does marijuana use lead to other drug use?](#)

Drug Prevention Tips for Every Age Parent Tips

Conversations are one of the most powerful tools parents can use to connect with — and protect — their kids. But, when tackling some of life's tougher topics, especially those about drugs and alcohol, just figuring out what to say can be a challenge. Below are suggestions on what to say to your child, no matter their age.

Helpful to Note:

- Always keep conversations open and honest.
- Come from a place of love, even when you're having tough conversations.
- Balance positive reinforcement and negative reinforcement.
- Keep in mind that teachable moments come up all of the time — be mindful of natural places for the conversation to go in order to broach the topic of drugs and alcohol.

[Get all the tips here](#) Partnership for Drug-Free Kids.

Drugged Driving: What Students Need To Know

Most teens know that driving after drinking alcohol is not safe. But do they know that drugged driving—driving after using illicit (illegal) drugs or after misusing prescription drugs—is unsafe, too? In 2016, among people killed in driving accidents, just over 40 percent tested positive for alcohol. And slightly more than 50 percent tested positive for two or more drugs.

Drugged driving puts many people at risk: the driver, the passengers, and other people who share the road. And it's against the law. Marijuana, methamphetamine, cocaine, opioids, and sedatives can all cause problems for a driver, including a slowed reaction time, impaired judgment, drowsiness, and reckless behavior.

Teens can help prevent drugged driving. Share the following tips with your students and help empower them to make smart choices:

- Find a safe ride to and from any party, or call a sober friend, a parent, or another trusted adult for a ride home.
- Offer to be a designated driver (with a valid driver's license).
- Talk with friends about the risks of drugged driving.
- Hold an [event or activity that focuses on drugged driving](#)

during [National Drug and Alcohol Facts Week](#)® in January.



[View the Infographic](#)

[The National Institute on Drug Abuse - NIDA](#)

Prevention Network Trainings 2019

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

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

- Substance Abuse Prevention Ethics – 7.0 MCBAP Hours Cost is \$100
- Basic Elements of Effective Prevention – 7.0 MCBAP Hours Cost is \$100
- Social Media and the Teen Brain – 3.0 MCBAP Hours Cost is \$60
- Social Media Literacy – 3.0 MCBAP Hours Cost is \$60
- Alcohol and Current Drug Trends – 3.0 MCBAP Hours Cost is \$60

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

Submit your story/idea for the Spring 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.

Winter 2019

Prevention
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Chicken Chili with Sweet Potatoes

From: www.eatwell.com

2 tablespoons extra-virgin olive oil
1 large onion, chopped
3 cloves garlic, minced
2 cups cubed sweet potato (½-inch)
1 medium green bell pepper, chopped
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1 15-ounce can low-sodium cannellini beans, rinsed
2 cups low-sodium chicken broth or homemade chicken stock
1 cup frozen corn
2 cups cubed cooked chicken (½-inch; about 10 ounces)
¾ teaspoon salt
¼ teaspoon ground pepper
Sour cream, avocado and/or cilantro for garnish
Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute. Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes. Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired.



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

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