

## Letter from the Coordinator

Where has the time gone? It is hard to believe summer is over and winter is soon on its way. We are seven months into the pandemic, but still we as a coalition continue to strive towards educating the public, providing needed resources, and eliminating stigma, when it pertains to substance use disorder and related conditions. The Pandemic has been especially hard on those who struggle with SUD. Many have lost connections to people and places which are needed for long-term recovery. Those who don't have internet connections, smart phones or have underlying conditions are left to struggle on their own. If you know someone who struggles with SUD or any other mental illness, check on them to make sure they have all they need. So often they are embarrassed to reach out. This is a chronic condition that does not go away or take a break, even in a pandemic. In fact, this is a condition in which social distancing can have harmful effects. Please, have patience and empathy for those who struggle with SUD. You may just be their only visible road to help and hope.



*New Serenity Tree Sign*

## Survey

The past few months LWKSFC has been conducting a three-part survey. The first survey was sent out to those on our email list, the second was a survey placed on our Facebook page, and the third part, is an in-person paper survey. This part of the survey may take several more months due to social distancing and our inability to get out into the public as usual. The survey is being conducted to better our understanding of our communities understanding of Addiction as a chronic brain disease and its connection to ACE's (Adverse Childhood Experiences) our results so far show most people do understand Addiction as a Chronic brain disease, relapse as a symptom, ACE's as a possible root cause, and an interest to learn more. When this survey is final we will post all results.

## Mentoring Youth

A few of our Coalition members could be found this last quarter helping mentor youth probationers, as they worked together on community improvement projects, such as "Adopt a Highway". This program is being developed to help build confidence in those youth who may find themselves involved with the juvenile probation department. A portion of the liquor tax funds awarded to the coalition for 2021 will



*Bobby Bishop and Lisa Anderson volunteer for "Adopt a Highway"*

be used to help support prevention programs such as this one.

In addition, coalition members continue to mentor young men and woman, who are or have been in the MI DOC and County Jails.



Serenity Tree Garden



FAN Bottle Drive

## Out and about

During the summer, LWKSFC could be found either set up or volunteering at the Kalkaska's Farmers Market, FAN's International Overdose Awareness Event at The Botanic Garden, The Serenity Tree Garden dedication, KAIR's food commodities distribution, and FANS Bottle Drive, where we were set up with FAN, Harm Reduction MI, and the Grand Traverse Drug-Free Coalition. Although we have not had the community presence as we would like, when it is safe for us to return, we will be making up for lost time.



Coalition members taking part at the International Overdose Awareness Event



Kalkaska Farmers Market

As always, coalition members continue to better educate themselves on the subject of Substance Use Disorder and its many related complex conditions. The coalition remains active in many other coalitions and organizations, such as, GT County Families Against Narcotics, Grand Traverse Drug-Free Coalition, the 21 County Coalition, Before, During, and after Incarceration, Kalkaska County Collaborative, and the Substance Free Coalition of Northwest Michigan, just to name a few. We believe these different groups working together for the same cause make us stronger as a coalition.

Cocaine, Meth & Stimulant Summit: <https://www.stimulantsummit.com/>

Up North Prevention You Tube Channel: <https://youtu.be/HYhiGwBftww>

Substance Free Coalition of Northwest Michigan: [knowdangers.com](http://knowdangers.com)

### Change in meeting Day

LWKSFC is changing its meeting day and time to the second Monday of the month. The meetings will be held from 3:30 – 4:30, Via Zoom until further notice.

### LWKSFC Meeting Zoom Link: 2<sup>nd</sup>

Monday of the Month 3:30 – 4:30  
<https://zoom.us/j/7483376657?pwd=WlI2RkFvYytlQ0dzYm1rdXJFWnRLQT09>  
Meeting ID: 748 337 6657  
Passcode: 248012

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 [Live Well Kalkaska Substance Free Coalition](https://www.facebook.com/LiveWellKalkaska)