
December 2020

THREE LAKES COMMUNITIES THAT CARE DRUG FREE COALITION

The Latest News Reports on Roscommon County Drug Data & Recovery Supports



**This is not a "fish story"... Recovery is possible!
Check out Up North Prevention.org & You Pick Recovery.org**

Three Lakes Communities That Care - Drug Free Coalition supports recovery efforts and resources!

BIG NEWS!

Our Coalition, through Up North Prevention, has been awarded a Roscommon County Liquor Tax Grant to expand our efforts!

- We are going to be able to fund classes, education and support resources for parents, those in recovery, teens, and families.
- We will be working on reducing recovery stigma, increasing knowledge of resources and providing prevention methods for families to keep their kids and homes safe.
- We will be working on increasing community resources for recovery including groups, housing, employers, counselors and education in a variety of venues and providers. Join us as we work to make Roscommon County a great place to become stronger, having a hope and a future! We need you as we do strategic planning and implementation!

Virtual meetings are starting new in January 2021! January 12 - Virtual at 9 a.m. ALL welcome!

Link: Join Zoom Meeting click here:

<https://zoom.us/j/92310707847>

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Drug Prevention, News & Resources



Get the App: www.Talk Sooner.org

Parents! Check out this handy app that gives all the latest drug information and how to talk to your family about a safe plan and choices! Talk sooner than later, lock up all drugs & dispose unused/old prescriptions.

Roscommon County, along with most of the nation is struggling with dangerous drug use and trafficking. Keep your family safe! Start with the facts and science. Teach kids how to say no. Be a great example and seek support. Realize everyday is an opportunity to become stronger. We all need each other & you are not alone. If you need to call for information or ideas, please call Up North Prevention at this number for Roscommon County: 989-387-1950

More drug information: www.drugfree.org is a great place to start also.

Supporting Recovery Groups



Looking for a recovery support group? Check out the Multiple County List with times and locations **YOUICKRECOVERY.org**

Partnering with Peer -Peer support specialists



*NMSAS Recovery Center
Peer Recovery
Coach Services*

Need Treatment?

Outpatient: 989-422-4587 MidMichigan Substance Use Disorder Program
In-patient: Angel Program- MSP Posts will help with placement and a ride for free
Youth: School Based Health Centers in the community Schools have great help



Three Lakes Communities That Care Drug Free Coalition has partnered with *Up North Prevention*, and *North Michigan Regional Entity* to provide prevention education and resources as well as parenting classes to strengthen families, recovery group resources and supports and more. Contact Up North Prevention Specialist today for more information. **989-387-1950**



How can we help?

Is teen substance use "normal?"



I think my child is using drugs, but don't know what to do about it.



I need to get my child into treatment.



How can I help my child change their behavior?



I'm stressed and exhausted, and don't think I can handle this.



I've heard from countless young people that the reason they got into recovery was because of the connection with a parent who fought for them when they couldn't figure out how to help themselves.