



# LIFE WELL LIVED BE THE SOLUTION

[upnorthprevention.org](http://upnorthprevention.org)

Volume 1 / Issue 2 / October 2020



Up North Prevention (UNP) is an initiative developed under the umbrella of Catholic Human Services. The purpose is to develop a unified approach across a large geographic service area, "to advance substance use prevention efforts in northern lower Michigan." The initiative facilitates a strengthened framework of delivery, efficient resource allocation and the development of a regional familial purpose positioning prevention up front.

## Coalition & Regional Responses to COVID-19 Pandemic

**U**p-North Prevention is proud and excited to announce our new YouTube Channel, that was launched on October 5th of this year! As we all know, Covid-19 has forced many of us to find new and different ways of communicating with one another. Through this pandemic, we are embracing technology and working to provide quality prevention education via the internet. By searching Up-North Prevention on YouTube, you will find a variety of different videos covering topics from opioids, to how to talk to your kids about drugs. In addition, we will be sharing interviews with community stakeholders and frequently asked questions to help answer questions as they come in from viewers. If you or someone you know has a question, a topic suggestion, or an interviewee recommendation, please feel free to reach out to **Molly Harvey** at [aharvey@catholichumanservices.org](mailto:aharvey@catholichumanservices.org). Videos are released on the **1st Monday of every month, and more information can be found at [www.upnorthprevention.org](http://www.upnorthprevention.org)**. To help support our channel, please hit the thumbs up button to "like" the videos, and subscribe so that you are notified when a video is released. <https://www.youtube.com/watch?v=AEQwOpCh46U&t=22s>



**F**amilies Against Narcotics (FAN) Chapters are expanding in local areas- Alpena, Otsego & Crawford Counties!



**New area billboard!**

- \***Alpena Town Hall meeting will be Tuesday November 10 @ 6:00 pm**- Read how a group of 40+ individuals meeting with a focus on recovery has spurred a new FAN Chapter (**see pg. 3**)
- \***Otsego Chapter Updates (see pg. 2)**

prime for life 

Now held **online!**

**C**atholic Human Services/Up North Prevention is offering Prime for Life® virtually this school year for any referred students/clients (ages 12-18yrs)! Prime for Life® is an evidence-based program with demonstrated success in significantly altering attitudes, increasing abstinence and reducing high-risk drinking and drug use from early teen years through adulthood.

- \***FREE** of charge to Northern Michigan students, taught by certified instructors
- \*Offered the 2<sup>nd</sup> & 4<sup>th</sup> week of the month via ZOOM in two separate sessions on Tuesdays & Thursdays 3:30-6:00 pm.
- \*Additional information, questions or to register a child for a class, please contact **Up North Prevention** at **989.356.6385** or visit [www.upnorthprevention.org](http://www.upnorthprevention.org) click on events for available classes.

Central Region: 989.732.6761 (Gaylord)

Cheboygan

Crawford

Ogemaw

Otsego

Roscommon



PT-DFC Monthly Meetings

\*\*All meetings will be held online through Zoom until further notice. Members will receive a Zoom link meeting notification.\*\*

- Join us for our Monthly PT-DFC Meeting on the first Monday each month from 12:30 p.m. until 2p.m.

\*You must download the Zoom app before you will be able to attend.\*



Check out the new billboards to be displayed soon in your area!



Otsego County FAN Chapter updates:
-Hosted its first public forum on August 27th
-Sponsoring a family support program, Stronger Together, for family members and loved ones of someone struggling with addiction.

Otsego Chapter FAN Meetings:

6:30 pm- 4th Thursday every month (beginning Oct. 22)

Stronger Together Meetings:

6:00 pm-1st & 3rd Thursday every month (beginning Oct. 15)

(Both held at First UMC, 215 S. Center Ave.)

All are welcome and invited to attend. For questions, call 989.464.6103 or email otsego@familiesagainstmarijuana.org

DRUG-FREE COALITION OF OGEMAW COUNTY

In response to COVID restrictions and to help bring awareness to our message, Drug Free Coalition of Ogemaw County



distributed masks to our coalition and school personnel in Ogemaw County. We also have been encouraging Life Recovery Group in West Branch who requested "stress-balls" which was also in response to difficult days during shutdowns and restrictions.



Drug Free Coalition meets virtually via Zoom on the 3rd Thursday each month, 11:30 am-12:45 pm.

Zoom link



By working together, schools, students, parents and funding through NMRE, VAPE EDUCATE program will be available to help divert students from continuing to

vape. School policies that prohibit vaping or smoking will be connected to using this material to help to educate students of the dangers of vaping. Contact Up North Prevention Specialist today for more information. 989.387.1950; New Monthly Meeting Time! 2nd Tuesdays 8:30 a.m. Zoom link



Joint community response with several LEAs and MMR EMS administering Naloxone, saved a 41 year old's life! Click here to read more. For information or obtain kits, contact your local Up North Prevention Specialist, or contact Donna Hardies 989.356.6385 or dhardies@catholichumanservices.org

**Eastern Region: 989.356.6385 (Alpena)**

**Alcona**

**Alpena**

**Iosco**

**Montmorency**

**Oscoda**

**Presque Isle**



**L**ike the rest of the area, the “Sunrise Side” of Northern Lower Michigan has had to adjust how we communicate with one another due to the pandemic. We have transitioned to a largely virtual presence. Among other trainings, we are offering Naloxone trainings via Zoom. If interested, email area Certified Prevention Specialist, Mike Maturen [mmaturen@catholichumanservices.org](mailto:mmaturen@catholichumanservices.org). We can present educational programming to schools and community groups, and trainings or updates to community partners. Certified Prevention Specialists are also providing educational/informational videos on our new **YouTube Channel, Up North Prevention** (see pg. 1 for details).

**F**orty plus individuals began to meet in March and resumed virtually in August, establishing an Alpena Community Recovery Alliance! Last month, Fundamental Values were established and prioritized. The **next meeting is Thursday November 19th** and will be working on a vision and mission statement. Spurred from that meeting is the establishment of a regional **Families Against Narcotics (FAN) Chapter** in the Alpena area. We have 14 people interested in serving on the Board of Directors, formalized by the end of October. The Alpena FAN Chapter will be hosting a **Town Hall Informational meeting (virtual or Face to face) on Tuesday, November 10 at 6:00 p.m.** This meeting is open to the community. To find out more about either group contact Donna Hardies at [dhardies@catholichumanservices.org](mailto:dhardies@catholichumanservices.org)



**Iosco Substance Free Coalition (ISFC)**

has been busy! Recently the Iosco County Coalition Coordinator presented to the Iosco HSCC board on the launch of Iosco’s Substance Free Coalition and Recovery Friendly Communities. This presentation focused on building partnerships and the benefits of having a recovery friendly community (to view, click on link below). Although this presentation took place virtually, the audience was very receptive and excited about our new efforts. The ISFC now has an official logo and Facebook (FB) page [@Iosco Substance Free Coalition!](https://www.facebook.com/IoscoSubstanceFreeCoalition) Our FB page participated in the Recovery Month social media campaign all through September. This campaign was very successful with **over 150 post engagements**. Over the last few months ISFC has continued to grow in FB page members. It has been so exciting to see momentum building here in Iosco County!



[@Iosco Substance Free Coalition!](https://www.facebook.com/IoscoSubstanceFreeCoalition)

Our FB page participated in the Recovery Month social media campaign all through September. This campaign was very successful with **over 150 post engagements**. Over the last few months ISFC has continued to grow in FB page members. It has been so exciting to see momentum building here in Iosco County!



**M**ontmorency Substance Free Coalition (MSFC) within the Atlanta Community School District has had significant and positive impact. Although many of the planned summer activities such as sports camps had to be cancelled due to the pandemic; the coalition was still able to be safe and creative and continued to get our message out to students. Some activities included: food distribution; supplying a photographer for the drive up graduation cap and gown hand out; offering and safely ran a summer workout program for students of all ages 3 days a week during the month of August with a substance free discussion and the gathering of ideas from students; and making **over 250 masks** branded with the schools “Huskie” mascot, which were part of a back to school packet provided to each student consisting of pencils, a substance free message handout, a wrist band, and the masks. Since school has been back in session, MSFC has implemented the **“My Huskie Is”** program– a mentoring program that links K-5 students with varsity athletes. Every K-5 student in this program was given an Atlanta Huskie T-shirt with the words “My Huskie Is” and the name of a varsity level athlete. Each varsity level athlete is now the mentor for the K-5 student whose shirt has their name on the back. The K-5 students now have **free** admission to every home athletic event. A small student led committee consisting of three high school students has also begun with the goal to grow to at least 10 students in grades 9-12. These students have assisted in handing out our back to school packets, hanging motivational posters throughout the school, and have assisted in survey taking.



**Western Region: 231.947.8810 (Traverse City)**

**Grand Traverse**


**Kalkaska**

**Leelanau**



**W**here 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.

**D**uring 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 (see left). We also had a few of our coalition members which could be found this last quarter helping mentor youth probationers, as they worked together on community improvement projects, such as "Adopt a Highway". 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!

**R**emember to 'Like' our  pages: [@Live Well Kalkaska Substance Free Coalition](#) (public page) and [@Families Fighting Against Substance Abuse](#) (private page) for those who need a safe place to talk. Both pages are updated frequently.

**Virtual monthly meetings are held on the 2<sup>nd</sup> Monday, 3:30-4:30pm [Zoom link](#) Meeting ID: 748 337 6657, Passcode: 248012**



**G**rand Traverse County Drug Free Coalition News: Officer Jermaine Galloway (a.k.a. Tall Cop) is hosting a virtual training of "High in Plain Sight" on **December 10**. He will be talking about the current trends of today's marijuana, over the counter, and synthetic drug trade and culture. This three-hour training is **free** of charge and will be offered at two different times that day, from **8:30am-11:30am** and **12:30pm-3:30pm**, to provide flexibility.

**\*November 5, 6:00pm** – Families Against Narcotics (FAN) virtual forum (meet monthly on the 1st Thursday of each month via Zoom).

**\*November 12, 4-5pm**— Next coalition meeting (meet monthly on the 2nd Thursday of each month via Zoom)

**\*Spotty internet access?** The State of Michigan, in partnership with the Connected Nation Michigan, has launched a [statewide Wi-Fi hotspot map](#) (click link to view map) to help residents lacking access to broadband internet at home. Click [here](#) for direct link to press release.

**Michigan State Police's "Hidden In Plain Sight" Trailer Offers Clues To Spot Substance Abuse In Teens**



**P**arents across Leelanau County will have access to a unique educational tool later this fall: a trailer furnished by the Michigan State Police to help spot the signs of substance abuse in teens. Click [here](#) for article in *The Ticker*.