

Grand Traverse County Drug Free Coalition Newsletter

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A NOTE FROM THE COORDINATOR

Hello coalition members,

Happy New Year, I hope that everyone had a safe, healthy, and enjoyable holiday season! Our next coalition meeting will take place on Thursday, January 14 from 4-5pm via Zoom. Tory Werth, the Recovery Supports Coordinator from NMSAS Recovery Center, will be presenting at the meeting. An email with the agenda and Zoom information will be sent out closer to the meeting date. Everyone is welcome and I hope that you all can join us!

The Centers for Disease Control and Prevention (CDC) released a Health Alert Network Advisory titled, Increase in Fatal Drug Overdose across the United States Driven by Synthetic Opioids Before and During the COVID-19 Pandemic, to alert public health departments, healthcare professionals, first responders, harm reduction organizations, laboratories, and medical examiners and coroners to:

- The increase in drug overdose deaths across the United States, driven by the rapid increase in overdose deaths involving synthetic opioids excluding methadone.
- An acceleration of the increase in drug overdose deaths, with the dates coinciding with the COVID-19 pandemic.
- The changing geographic distribution of overdose deaths involving synthetic opioids.
- Significant increases in overdose deaths involving psychostimulants with abuse potential.
- Recommendations for communities when responding to the evolving overdose crisis.

To view the full advisory, click on the following link: [file:///C:/Users/CHS/Downloads/CDC-HAN-00438%20\(1\).pdf](file:///C:/Users/CHS/Downloads/CDC-HAN-00438%20(1).pdf)

Be well,

Lauren

COLOR FOR HOPE

We have received a lot of community support so far and Our Color for Hope fundraiser continues! These 18"x24" colorable posters come in four unique designs, two Traverse City and two Leelanau posters. The designs include businesses, landmarks, and scenery specific to these areas. The local artist, Susan Alexander, spent hours in the natural areas, businesses, and landmarks of Traverse City and Leelanau County areas to capture the beautiful details. Susan Alexander lost her daughter to the disease of addiction. She is a passionate supporter of this cause and donated these posters as a way to further efforts to curb addiction and increase availability of resources related to education, prevention and treatment. All proceeds from the sale of these posters go to support SUD education, prevention, and treatment in our community.

The cost is \$15 for a set of two posters. The posters are currently available at Oryana on Tenth Street and at The Red Dresser on South Airport Rd. You can also email me directly and I can coordinate a pickup with you. Cash or checks, made payable to Catholic Human Services, are accepted.



UPCOMING EVENTS

Munson Healthcare and the American Lung Association are offering a Freedom from Smoking Online Group Quit Program starting in January 2021. The Freedom from Smoking eight-week program, which is normally held at the Cowell Family Cancer Center, will be virtual in 2021.

In this course, you will learn:

- How to know if you're ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- How to stay smoke-free for good

The eight sessions will take place on the following dates:

1. January 4, 5-6pm
2. January 11, 5-6pm
3. January 18, 5-6pm
4. January 25, 5-6pm
5. February 1, 5-6pm
6. February 8, 5-6pm
7. February 15, 5-6pm
8. February 22, 5-6pm

The cost of the program is \$25 for printed materials. Some scholarships are available. To register, visit munsonhealthcare.org/freedom-from-smoking, call (231) 392-8487, or email pmoore4@mhc.net.

Attached to this email is an information flyer with more details.

RESOURCES

- The State of Michigan, in partnership with the Connected Nation Michigan, has launched a [statewide Wi-Fi hotspot](#) map to help residents lacking access to broadband internet at home: https://content.govdelivery.com/attachments/MIMSP/2020/06/09/file_attachments/1470122/JIC%20News%20Release%20259_State%20of%20Michigan%20Launches%20Online%20Map%20of%20Free%20Wi-Fi%20Hotspots%20to%20Help%20Residents%20Lacking%20Access%20to%20Broadband%20Internet.pdf
- The State of Michigan has put together a list of resources if you're feeling emotional distress caused by COVID-19, the page offers many ways to connect to emotional-support services without leaving your home: https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557---,00.html
- The Michigan Department of Health and Human Services has established a warmline for persons with mental health conditions. The warmline will be operated by Certified Peer Support Specialist. Individuals calling the warmline will be provided with support by peers who have their own lived experience with mental health issues. They will be providing wellness support and a listening ear. Here is the link to the warmline: https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941---,00.html. The phone numbers is (888) 733-7753.
- Matt Zerilli and Madie Begley from Addiction Treatment Services' The PORCH co-host regular Facebook live check-ins to help people stay connected and to cope with the current physical distancing requirements. For updates on upcoming live events or to watch recorded videos, visit and join the "The PORCH Community Center: A Project of ATS" Facebook group.
- The National Institute on Drug Abuse (NIDA) has put together a list of resources for people with substance use disorders and those in recovery to address the unique challenges faced during the COVID-19 pandemic: <https://www.drugabuse.gov/related-topics/covid-19-resources>
- The NIDA for Teens has a free online toolkit that offers science-based activities and resources on drug use and addiction for educating teens while they are out of school: https://teens.drugabuse.gov/teachers/out-of-school-time-toolkit?utm_source=teeneblast&utm_medium=email&utm_content=nf&utm_term=NPnp&utm_campaign=teen-NDAFW2020

NEWS AND ARTICLES OF INTEREST

- 7&4 News – Grand Traverse Sheriff's Office, TCPD Join MSP's Angel Program: <https://upnorthlive.com/news/local/grand-traverse-sheriffs-office-tcpd-join-msps-angel-program>
- 9&10 News – Traverse City Police Officer, State Trooper Revive Two People from Overdoses: <https://www.9and10news.com/2020/12/02/traverse-city-police-officer-state-trooper-revive-two-people-from-overdoses/>
- The Record Eagle – Traverse City Approves Safe Harbor Day Shelter: https://www.record-eagle.com/collections/traverse-city-approves-safe-harbor-day-shelter/article_c091c534-38fc-11eb-9592-1fc049db0f1c.html
- WKZO – Governor Whitmer Proclaims December as Impaired Driving Prevention Month: <https://wkzo.com/2020/12/08/governor-whitmer-proclaims-december-as-impaired-driving-prevention-month/>

IMPORTANT UPCOMING DATES & EVENTS

January 7 6:00pm – Families Against Narcotics monthly forum (meeting will be held virtually - Zoom link: <https://misc.ao.zoom.us/j/2423050413>). <https://www.familiesagainstnarcotics.org/grand-traverse>

Note - this group meets the 1st Thursday of each month

January 14 4-5pm – Grand Traverse County Drug Free Coalition monthly meeting, held virtually via Zoom.

Note – we meet on the 2nd Thursday of each month

Contact Us

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**Grand Traverse County
Drug Free Coalition**

If you have news or events you would like to share or are interested in participating in the Coalition, please contact Lauren Reed via email at GTCdrugfreecoalition@gmail.com