

Grand Traverse County

Drug Free Coalition Newsletter

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A NOTE FROM THE COORDINATOR

Hello coalition members,

Our next coalition meeting will take place on Thursday, February 11 from 4-5pm via Zoom. Tim Hudson, from the Michigan Opioid Collaborative, and Lisa Anderson, from Up North Prevention, a Catholic Human Services initiative, will be presenting at the meeting. Everyone is welcome and I hope that you all can join us!

In April of 2020, the Traverse City Downtown Development Authority (DDA) received a grant from the Northern Michigan Regional Entity (NMRE) to develop a strategic plan to create a healthier drinking culture in Traverse City. They have recently launched their website, to learn more about this project you can visit the site at <https://healthierdrinkingtc.com/>. You can watch a recording of the discussion regarding the Healthier Drinking Culture that took place at the 1/25/21 Traverse City City Commission Special Meeting by clicking on this link <https://www.tacm.tv/watchgovtv.asp?sdbfid=13218> (to jump directly to this discussion, fast forward to 1:38:00).

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 both Oryana locations, ATS' The PORCH, The Red Dresser, and Solitude Float and Wellness Spa. 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.

We have recently collaborated with the Traverse City Downtown Development Authority for this project. They will be promoting and selling our posters for \$20; \$15 will be going towards our fundraiser and \$5 will go towards the Downtown Relief Fund. You can visit their website (<https://www.downtowntc.com/relief/>) to purchase or stop into Great Lakes Bath and Body or Spice and Tea Merchants.

We will be doing a Valentine's Day themed fundraiser at Tom's Food Market on 14th Street in Traverse City on Saturday, February 13 from 12-5pm. Posters sets will be packaged with colored pencils and sold for \$20, making for a great Valentine's Day gift!

UPCOMING EVENTS

Up North Prevention has upcoming virtual Naloxone trainings that are free of charge. To view the full list of trainings, more details, and to register go to <https://upnorthprevention.org/events/>.

The American Lung Association is offering a free Freedom from Smoking virtual program to help current smokers and tobacco users, ages 18 years old and older, develop a plan to help you quit and remain smoke-free. The program meets on Tuesday evenings from 5:30-7pm and runs for 8 weeks. For more information and to register, visit <https://www.midmichigan.org/class-screenings/event-results/?topicId=312>.

As part of Michigan Parenting Awareness Month, the MiSUPER MSU Extension Staff will be hosting "Recognizing, Preventing, and Treatment of Opioid Misuse in Rural Communities", a free webinar on February 25 from 1-2pm. For more information on and to register, visit bit.ly/misuper_feb25.

RESOURCES

- Slides from "Neurobiology of Shame and Empathy" presentation by Erin Zerbo, MD: <file:///C:/Users/CHS/Downloads/Dr%20Erin%20Zerbo%20-%20Shame%20+%20Empathy%20-%2021.01.12.pdf>
- 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

- 9&10 News – TC DDA Sells Color for Hope Drug Overdose Prevention Posters: <https://www.9and10news.com/2021/01/28/tc-dda-sells-color-for-hope-drug-overdose-prevention-posters/>
- JAMA Network – A Comprehensive Approach to Increase Adult Tobacco Cessation: [https://jamanetwork.com/journals/jama/fullarticle/2775261?guestAccessKey=1d8f29f3-4643-47f3-a666-eaf05f390f23&utm_source=For The Media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tfl&utm_term=011921](https://jamanetwork.com/journals/jama/fullarticle/2775261?guestAccessKey=1d8f29f3-4643-47f3-a666-eaf05f390f23&utm_source=For%20The%20Media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tfl&utm_term=011921)
- MSU Extension MiSUPER – Medication-assisted Treatment for Opioid Use Disorder: <https://www.canr.msu.edu/news/medication-assisted-treatment-for-opioid-use-disorder>

IMPORTANT UPCOMING DATES & EVENTS

February 4 6:00pm – Families Against Narcotics monthly forum (meeting will be held virtually - Zoom link: <https://miscao.zoom.us/j/2423050413>). <https://www.familiesagainstnarcotics.org/grand-traverse>

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

February 11 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

Lauren Reed, MPH

Coordinator

Grand Traverse County Drug Free Coalition

Email: GTCdrugfreecoalition@gmail.com

Website: www.gtcdfc.com



**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