



NMORC JULY Newsletter

7/30/2024

Updates and reminders regarding NMORC efforts to support and promote Substance and Opioid Use Disorder events, resources and information. Links provided will connect you to associated pages with more information, such as registration pages, full FOAs, or complete documents.

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General Announcements



Annual Rural Michigan OUD/SUD Summit July 25 Attracts Record Crowd!

Northern Michigan Opioid Response Consortium (NMORC), a program developed by the Michigan Center for Rural Health (MCRH), hosted their annual *Rural Michigan Opioid and Substance Use Summit* at the Treetops Resort in Gaylord, Michigan on July 25, 2024. The focus for the day was key components around the continuum of care for opioid use (OUD) and substance use disorder (SUD) including efforts that span across the focus areas of prevention, treatment, recovery, and workforce.

Joyce Fetrow, NMORC Project Director, welcomed attendees and kicked off the packed agenda. As is the practice for NMORC, the first speaker was Thomas Overett, CPRC, Peer Support Specialist at Bear River Health. Mr. Overett is a person with lived experience who shared his remarkable story of recovery. That inspirational talk was followed by the Keynote Speaker, Dr. Alex Elswick, MS, PhD, who provided his own insight on the recovery journey while also advocating for the importance of recovery capital in predicting long-term recovery and the success of exploring the vast and varied pathways of recovery.

Breaks during the event provided the opportunity to visit and learn about the many resources and services that were represented by partner organizations who set up tables to share and network with attendees. The conference planning team also strives to help people better understand societal challenges by facilitating a QR Quest game through the conference planning app. This year that challenge was called 'From Homelessness to Housing' and Munson Healthcare Outpatient Behavioral Health along with MCRH provided \$1500 in goods and funding to benefit Northwest Michigan Coalition to End Homelessness. The effort supplied "Welcome Home Baskets" that support people moving from homelessness into new homes and are new laundry baskets filled with essential items to get a household started.

Throughout the day, sessions provided information on evidence-based strategies to reduce stigma regarding OUD/SUD; Michigan EMS Overdose Data and Harm Reduction Projects; the Recovery Friendly Workplace Initiative and the Impact on Rural Communities; and a presentation on Michigan's Opioid Task Force and the Impact of Opioid Settlement Dollars. Back by popular demand, an "Ask the Doctor" discussion kicked off the afternoon session where several area Addictionologists fielded questions that were provided by the audience.

The Bridge Magazine attended the conference - here's the link to that article:
<https://www.bridgemi.com/michigan-health-watch/after-years-opioids-agony-rural->



Tory Werth, the 2023 Recovery Hero Award Winner takes time to visit one of the 27 Partner Organizations who shared information and resources at the annual event.



Ms. Kelly Lively (right), Sen. Peters' Northern Michigan Regional Director, presented Prentice with a Senatorial Recognition Certificate. Joyce Fetrow (left), NMORC Director and Suzanne Prentice (center) take a moment to commemorate the award with a picture.



Suzanne Prentice is the 2024 "Recovery Hero" Award Winner

NMORC is pleased to reveal the 2024 winner of the "Recovery Hero" Award - Suzanne Prentice! This award shines a light on those who work tirelessly to build a better living environment for those affected by SUD/OD in rural Michigan. Intended to recognize a true advocate the nominees included people from grassroots organizations, medical and mental health professionals, and community stakeholders.

Ms. Prentice is the founder and coordinator of the Kalkaska coalition known as Live Well Kalkaska Substance Free Coalition. During her acceptance speech, Prentice described how a story in the local paper a decade ago prompted her work, "it was about a young person losing their life to overdose and I couldn't help but feel for that mom. The grief was overwhelming." She couldn't shake the story. It kept coming back to her.

She can still recall the moment she found clarification on her next steps, "I was driving to Traverse City going around East Bay, in tears, and I prayerfully asked out loud for some guidance – how could I, just a mom and a lone person, help other families in need?" That answer came in the form of the very next song on the radio, "Do Something" by Matthew West resoundingly provided the direction. Suzanne drove her car to Third Level Crisis Center and asked what she could do to help. Through those connections, she was put in touch with Catholic Human Services who provided guidance and some resources to help get the Kalkaska coalition going.

Prentice voluntarily began organizing and coordinating the coalition in 2014, until 2020, when she was hired by Up North Prevention, an initiative of Catholic Human Services. In 2021, Suzanne accepted the additional position of Prevention Specialist for Kalkaska County. Suzanne is a board member of the Grand Traverse Regional Chapter of Face Addiction Now (FAN) where she also co-facilitates their Stronger Together family support group and was trained as a Hope Not Handcuffs Angel for the organization.

Suzanne is a board member of Before, During, and After Incarceration (BDAI) as well as the lead Angel for the Michigan State Police Angel Program in Kalkaska County. She is a core member of the Substance Free Coalition of Northwest Michigan; a member of the Antrim Substance Free Resource Alliance; a member of the Reduce Stigma Against Substance use Disorders Action Team through the Northwest Michigan Community Health Innovation Region. Prentice has been CCAR trained as a Recovery Coach and ER Recovery Coach through NMSAS Recovery Center, and is a Community Champion in Adverse Childhood Experiences (ACEs).

Suzanne personally understands the struggles of families who have loved ones living with co-occurring substance use and mental health disorders. As a parent of a child with a co-occurring mental health condition, polysubstance use disorder, and early childhood trauma, who has faced the legal system and ultimately incarceration, she has made it her mission and passion to help those with SUD, and their families. She has also experienced the loss of two close family members to suicide. Both struggled with SUD. Suzanne believes in compassion and empathy over “tough love” and meeting people where they are at in the moment. However, she does believe it is important for loved ones of those with SUD to set healthy boundaries. Suzanne believes in educating the community on the root issues of substance use so to eliminate stigma connected to the condition, but also to make parents and the community aware of what they can do to foster resilience and lower the risk of developing a substance use disorder.

This year Senator Gary Peters provided a recorded speech to open the event. He thanked the crowd and provided recognition that the work being done in this space is making a difference. Ms. Kelly Lively, Sen. Peters' Northern Michigan Regional Director, presented Prentice with a Senatorial Recognition Certificate. This recognition of the event and award by one of our state's representatives provided a special boost for all in attendance.

Please join us in congratulating Suzanne Prentice, the 2024 “Recovery Hero of the Year”!

OPEN Opportunity for MOUD Training

The Overdose Prevention Engagement Network (OPEN) is a diverse team dedicated to improving lives and reducing harms of substance use through the engagement of individuals, communities, and organizations to share education and resources that strengthen person-centered prevention, treatment and recovery.

An upcoming effort of interest is an online training session on September 16 from Noon-4 PM EST. This course, "Introduction to Treating Patients with Buprenorphine for Primary Care Providers", covers the neurobiology of addiction specifically for Medications for Opioid Use Disorder (MOUD). ***This course offers 4 CME credits and a \$250 incentive to primary care providers*** and also meets the DEA SUD training requirements. Anyone who works with people with substance use disorder (SUD) will benefit from this training. Follow this [LINK](#) to register!

Don't forget that OPEN also provides same-day consultation services available to clinicians treating patients with SUD and complex pain! Follow this [LINK](#) to access that service.

If you haven't visited the OPEN website, it will be worth your time to check out the vast resources and initiatives available, check it out: michigan-open.org.

Annual Butterfly Release Set for August 31

Community Recovery Alliance (CRA) one of northern Michigan's Recovery Community Organizations invites you to join with others to commemorate Overdose Awareness Day at their 4th Annual Butterfly Release.

the event is again a popularity in popularity in part due to the community of people who brings together and the beautifully poignant symbolism of releasing a butterfly. Butterflies symbolize freedom, lightness, and joy. Some also believe that they can serve as messengers of spiritual evolution and connection with the divine.

The event will take place on August 31 from 1-3 PM at Pennsylvania Park, Petoskey. If you'd like to RSVP to reserve a butterfly for you to release, please see this [FLYER](#) and follow the QR Code to the reservation page.

For questions, call 231.881.9116 or email: support@crami.org - you can also visit the [CRA website](#) to view other events, meetings and updates on activities in the Emmet County area.

Behavioral Health Grand Rounds - Session 4

Make sure you 'Save the Date' for the next session of the Behavioral Health Grand Rounds Series highlighting "Documentation in Behavioral Healthcare" on Tuesday, August 13 from Noon - 1 PM. After attending this session, participants will report an increase in knowledge of documenting the client's episode of care to create a complete record of care, demonstrate medical necessity, and demonstrate the effectiveness of the treatment. The session is free and Continuing Education credits for Social Workers & Addiction Professionals offered. To Register follow this [LINK](#).

Suicide Prevention Conference

EARLY Registration is available until July 31 (with discounts on registration fees) to attend Kiersten's Ride Suicide Prevention Conference at Castle Farms, Charlevoix, Michigan from September 24-26, 2024. After that date, the fees increase slightly but either way, it will be well worth it to attend this conference.

Two tracks are available, one for Professionals and one for Community members. The Keynote Speaker is Dr. Tony Thrasher, DO, MBA, CPE, DFAPA. Dr. Thrasher is a board-certified psychiatrist employed as the medical director for the Crisis Services branch of the Milwaukee County Behavioral Health Division.

You can download the flyer with more information, registration links and contact info [HERE](#).



September 24-26, 2024

Castle Farms, Charlevoix, MI

SEPT 24 - KEY NOTE SPEAKER:



DR. TONY THRASHER
D.O., MBA, CPE, DFAPA
Milwaukee County Behavioral Health

Dr. Tony Thrasher is a board-certified psychiatrist employed as the medical director for the Crisis Services branch of the Milwaukee County Behavioral Health Division. He received his psychiatric training from Washington University in St. Louis at Barnes Jewish Hospital, and he is the Immediate Past President of the American Association for Emergency Psychiatry (AAEP).

SEPT 24, 25, 26 - PROFESSIONAL TRACK | \$100 per registration (or \$200 after July 31)

Josh Smith, MSW, LMSW, is a DBT Lincen Board of Certification, Certified Clinician™, and the Founder and CEO of the DBT Institute of Michigan. The DBT Institute of Michigan is the largest DBT provider in the state and prides itself on being a highly sought after and modified DBT program for consumers and referral sources.



SEPT 24 & 25 - COMMUNITY TRACK | \$100 per registration (or \$100 after July 31)

DAY 1 - SEPT 24

- Positive Psychology
- Protective Factors for Suicide Prevention
- Eating for Mental Well-Being
- Addressing Suicide in the Elderly Population
- Grieving a Death to Suicide & Other Causes
- Is It Anxiety?

DAY 2 - SEPT 25

- Speak the Unspeakable
- Recovery Capital & Wellness
- An Atypical Experience w/ Suicide
- A Veteran's Story of Recovery & Resiliency
- Safe Firearm Storage/Red Flag Law
- Social Media Addiction 2

Opportunities for continuing education in the areas of Social Work, Nursing, MCBAP, Cert. Public Health, and SCHECHS have been applied for.

QUESTIONS?
CONTACT US: www.KierstonsRide.org
kierstonsride@outlook.com
231.675.5047

FOR MORE INFO & REGISTRATION
SCAN HERE → 



THANK YOU TO OUR PARTNERS



General Education, Training and Resources

UNDERSTANDING & NAVIGATING MUNICIPAL LAW - a free training to equip prevention specialists with the necessary knowledge and skills to comprehend public health laws at the municipal level and navigate local statutes impacting substance use prevention efforts will be offered virtually on Friday, August 23 from 10 - 11:30 AM. The session is eligible for MCBAP hours and Social Work CEU's. To register, copy and paste this registration link into your browser: <https://us06web.zoom.us/meeting/register/tZltdCqqjgE9X5h2uLVguFsQknQYxJLiN>

2nd Annual MOSAC Harm Reduction Summit by Corewell Health, CMHCM, DHHS, Ten15 Recovery Network and DHD#10 will take place at Trinity Fellowship Church in Big Rapids on Wednesday, August 7 from 9:45 AM = 4:00 PM. Come join the discussion as we address opiate use, current trends, mothers and SUD, harm reduction efforts and stigma in the community. Free Training and Free CEU's as

well as lunch will be provided. For more information, see this [FLYER](#).

NMSAS Recovery Center, located in Gaylord, MI shares their expertise, care, and compassion for recovery in their business office and online. Peer recovery coaching support is a mainstay of their programming so whether you are interested in finding out more about the profession or are a veteran in need of some support, visit their [YouPickRecovery.org](#) webpage to find out how you can get connected and help others on their recovery journey!

SAMHSA's resource [Engaging Community Coalitions To Decrease Opioid Overdose Deaths Practice Guide 2023](#). Comprehensive tool in revisiting the work of the consortium.

Never Use Alone Hotline : National Overdose Prevention Lifeline is available at 1-800-696-1996 (English). Website: [Never Use Alone Inc.](#)

Updated Hepatitis C Testing Guidelines: The CDC updated their Hepatitis C testing guidelines to include infants and children who have been exposed perinatally. [Updated guidelines](#)

Recovery Ready Workplace Resources: The White House released a Recovery-Ready Workplace [Toolkit](#) for businesses and a [State Model Law](#) for state governments as part of their efforts to help strengthen the economy and support the more than 44 million American adults who have an SUD.

Veteran Safety Plan App: The VA's National Center for PTSD has just announced the release of the Safety Plan app! Safety Plan helps Veterans create a personalized step-by-step action plan to keep themselves safe during a crisis. It is highly customizable and provides access to coping tools, self-assessment measures, and crisis support resources. The Safety Plan app was developed by the National Center for PTSD Mobile Mental Health program with input from the VA Suicide Prevention Program. The app can be recommended to any Veteran who is at-risk for suicide. The goal of this app is provide Veterans with options to access their Safety Plan in a format that works for them. Select [this link](#) to learn more. Point your device's camera at the QR code to download Safety Plan!

Opioid Settlement Updates: The Michigan Association of Counties (MAC) provides updates on opioid settlement dollars disbursement to counties on a monthly basis. For the latest news and resource updates on opioid settlements you can also follow these links:

- [Opioid Settlement Resource Center - The Michigan Association of Counties \(micounties.org\)](#)
- [Opioid Settlement Overview Table](#)

MAC's Amy Dolinky is also available to consult with counties as they plan out their opioid responses. She can be reached at dolinky@micounties.org.

Michigan Center for Rural Health offers a robust docket of educational opportunities for many different professions through Grand Rounds, Project ECHO and EMS Continuing Education. For more information or to see what's on tap, follow this [link](#).

Saginaw Valley State University Project ECHO is a program with a focus on Substance Use Disorders (SUD) including treatment, recovery, intervention and prevention. This learning opportunity is designed for any healthcare provider, mental health or substance use disorder professional, social worker, peer recovery specialist, administrator, or student with interest in the program topics.

Project ECHO for Substance Use Disorders (SUD ECHO) is offered along with our partners Recovery Pathways, Bay-Arenac Behavioral Health Authority, Ferris State University and Peer360 Recovery Alliance and provides the latest information and case-based learning in substance use disorder prevention, intervention, treatment and recovery.

To access the flyer with more details on this training, click here: [SUD Project](#)

[ECHO](#) or an additional link to this program can be found further down in the General Education section of this brief.

Saginaw Valley State University Project ECHO for Perinatal Substance Use Disorder (PSUD ECHO), in partnership with Recovery Pathways, LLC, Ferris State University and Peer 360 Recovery Alliance, this effort provides educational information and practice support for healthcare professionals treating those who are pregnant with co-occurring substance use disorder. [Click Here to Register for PSUD ECHO](#).

CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards. For more information [Click Here](#).

We hope you find all of the SUD information you need and look forward to seeing you attend our events and educational webinars!

Recovery and Other Resources

[Young Adults All Recovery Meeting](#)

Thursdays from 7:00pm-8:00pm - Virtual

Open to young adults (18-30) in Recovery and loved ones regardless of Recovery Pathway!

*Zoom Meeting ID: 353 536 5087
Password: Rule 62*

For more information, please contact:
BenzieCountyRecovery@gmail.com

[Peer Recovery Coaching Services](#)

As above, NMSAS Recovery Center provides a great line up of training opportunities as well as ongoing coach check-in and virtual recovery group opportunities. Go to "You Pick Recovery" [Website](#) to find support for your journey in recovery as well as resources for becoming a coach and helping others.

Prevention Resources

[FREE Naloxone Resources](#)

[MDHHS Narcan/Naloxone Placement Map:](#)

Follow this [LINK](#) to access an updated map of free Naloxone resources around Michigan. NMORC does have limited funding available to obtain a Naloxone Distribution Box through our partnership with Harm Reduction Michigan. If you are interested in placing one of these boxes at a certain location, please contact [Joyce Fetrow](#) for more information.

[Ordering Bulk Quantities of Naloxone](#)

Eligible organizations can receive free Naloxone by filling out a PDF form and emailing it to MDHHS to request supplies be mailed to your location. Simply fill out this form: [Naloxone Request Form](#). Once that is done make a pdf of that

document, there is a submit button at the top of the page that hasn't ever worked for me, but it also lists an email address to send the completed document. Use the email address listed at the top of the document, you'll thank me later! Here's that email address: MDHHS-NalxneRqst@michigan.gov.

Naloxone for All

Online/By Mail

nextdistro.org/michigan

Face Addiction Now (FAN)

Online/By Mail

FamiliesAgainstNarcotics.org/naloxone

Harm Reduction Michigan

Text or call: 231.493.5124 or by Mail or Personal Delivery at

facebook.com/HarmReductionMI



Northern Michigan Opioid Response Consortium (NMORC) is a project of the Michigan Center for Rural Health (MCRH). This effort was funded through the RCORP grant program under the Health Resources & Services Administration (HRSA). More information on MCRH may be found at: www.mcrh.msu.edu

Contact Us

Joyce Fetrow, CPRM, CPRM-M, CHW

Project Director

joyce.fetrow@affiliate.msu.edu

David McGreaham, MD

Medical Director

dsmcgreaham@gmail.com

Jeanne Marriott

Project Associate

jeanne.marriott@affiliate.msu.edu

Gennie Groover

Project Associate

genevieve.groover@affiliate.msu.edu

Michigan Center For Rural Health | 909 Wilson Road B-218 W Fee Hall Michigan State University | East Lansing, MI 48824 US

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