



## Weekly MCRUD Resources

Week of February 6, 2017

- **National Institute on Alcohol Abuse and Alcoholism: Alcohol Alert, Number 89**
  - A new *Alcohol Alert* has been released, studying the relationship between excessive alcohol use and the immune system functions. Because of alcohol's effects on the immune system, people who drink to excess are at increased risk of contracting infectious diseases, may have more complications after surgery, and often take longer to recover from illness, compared with those who drink at lower levels. Disruptions in immune system function also contribute to organ damage associated with alcohol consumption. To analyze the difference between normal immune system function and alcohol's interference, follow this [link](#).
  
- **Monitoring the Future Survey**
  - The latest monograph from the Monitoring the Future project, *Overview of Key Findings 2016*, presenting the 2016 results of the national surveys of 8th, 10th, and 12th graders, is now available on our website. This particular monograph reports long-term trends in the use of a host of licit and illicit substances from 1975–2016, as well as in key attitudes and beliefs, and perceived availability. View this monograph and selected other results/overviews of the Survey at the following [link](#).
  
- **SAMHSA: New Behavioral Health Publications**
  - A recent bulletin sent from SAMHSA features topics like OCD and co-occurring substance use disorders, treatment of pregnant women with opioid use disorders, suicide/bullying prevention in Indian Country, and more. View the full list and links [here](#).
  
- **NOFAS Michigan (MCFARES) Winter 2017 Newsletter**
  - The Michigan Coalition for Fetal Alcohol Resources, Education, and Support newsletter is available and features articles regarding educational/behavioral approaches, coping mechanisms, and in-person support for those working with FAS youth. The newsletter is attached in the email along with this resource guide.
  
- **Prevention Prepared Communities Trainings**
  - Prevention Prepared Communities (PPC) operate as systems of prevention in communities across the United States. The community coalition or task force is the major vehicle to build these PPCs. Prevention Network offers a PPC training that will provide insights into how to build and sustain a Prevention Prepared Community, utilizing the Strategic Planning Framework as its guide.
  - The training will be held in Ann Arbor at CMHPSM on June 16, 2017. For more information and to register, follow this [link](#).
  
- **Upcoming Events Calendar**
  - February 28, 2017: MCRUD Steering Committee Meeting, Genesee Health Systems
  - March 16, 2017: Basic Elements of Effective Prevention, 9 am-4 pm, Prevention Network
  - March 21-23, 2017: [22nd Annual Michigan Traffic Safety Summit](#), East Lansing
  - April 25, 2017: 2017 Shoalition Showcase; 9:30 am-4:30 pm, Peckham, Inc., Lansing