



mappcoalition.com

# MONTHLY NEWSLETTER



## MAPP Youth

The OY group has been approved to go to the National Leadership Conference in National Harbor, MD at end of January. They will be attending various trainings and workshops on public speaking, prevention in the media as well as numerous networking events. They will also meet their congressional delegation members to share some of their tribulations and triumphs in our community and actually will be meeting with them in Capitol Hill.



## What is MAPP?

Mille Lacs Area Partners in Prevention (MAPP) is an organization that works to develop and maintain partnerships that engage and empower the community to make healthy choices about drugs. Through a collaborate process we are able to share resources as well as inform each other of how drugs are impacting our community and find solutions for these concerns.

If you are interested in learning how you can be involved or would like to attend one of our upcoming meetings, please contact [mapp@onamia.k12.mn.us](mailto:mapp@onamia.k12.mn.us). Our meetings are usually the last Tuesday of the month from 11:30am - 12:30pm, held in person in Onamia at the Ralph Olsen Center (R.O.C.). We also have a "Zoom" option.

## Upcoming Events:

September 30: Fundraiser at Football Fest – Onamia

October 13: Alcohol Awareness – OHS foyer before school

October 30: MAPP Monday – OHS foyer before school

## MAPP Coalition Spotlight

Alisha Fussy, Public Health Educator



### Tell us a little about yourself:

I have worked in the Public Health dept. at Mille Lacs County Community and Veteran Services for 8.5 years as a Health Educator. My primary role involves work through SHIP- Statewide Health Improvement Partnership grant funded through the MN Dept. of Health (MDH). The focus of SHIP is chronic disease prevention through the support of policy, systems and environmental changes. The four main focus areas of SHIP include increasing healthy food access, increasing physical activity access, mental health & well-being, and commercial tobacco prevention. Although SHIP is my primary role within public health, I hold various other responsibilities which include some work in emergency preparedness, community health improvement, child & teen checkup-preschool screenings, car seat education/distribution, and local public health infectious disease prevention and control.

### Why are you a part of MAPP?

My passion lies in helping people & communities create environments which support equitable opportunities to reach their optimal health & well-being. Drug/substance use prevention is a key factor in this. The MAPP coalition brings together various sectors all focused on working towards to same goal- helping and supporting the youth in the community. MAPP is a wonderful coalition to have in the Onamia area, as it fosters relationships, and creates a sense of belonging and purpose for both the community and the youth it supports.

## Thought You Should Know

Many of us are used to seeing smoking and alcohol literally go hand-in-hand. But smoking and alcohol are a dangerous combination, and not just because of the increased health risks. Called “poly-use,” the interplay between nicotine and alcohol can have a major effect on an individual’s ability to quit either substance and stay quit.

Consider these 4 key facts about smoking and alcohol:

1. Nicotine and alcohol can trigger the desire to use the other.
2. Nicotine can increase tolerance to alcohol
3. Drinking alcohol lowers inhibitions.
4. Smoking can make sobriety harder

Smokers with a history of problem drinking who continue smoking are at a greater risk of relapsing with alcohol compared to adults who do not smoke.

*\*taken from [theexprogram.com](http://theexprogram.com)*

## Additional Resources and Information

[theexprogram.com](http://theexprogram.com) is a tobacco quitting program developed by the Mayo Clinic.

[Samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline) is a FREE, confidential, 24/7 treatment referral and information service. You can also call 1-800-662-HELP (4357).

<https://mn.gov/dhs/people-we-serve/adults/health-care/alcohol-drugs-addictions/get-help/> is from the Minnesota Department of Human Services to assist with services/assessment and costs.

## Question of the Month

According to the National Youth Risk Behavior Survey, what percentage of high school students (9-12th grade) drank alcohol within the past 30 days?

- a. 10%
- b. 29%
- c. 45%
- d. 67%



Scan the QR code or visit our website to make your guess!

[MAPPcoalition.com](http://MAPPcoalition.com)