

# MONTHLY NEWSLETTER



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



## Onamia Youth: October Drug Awareness Booth

Students set up a booth in the Onamia HS Foyer with various awareness and resource information. Students were also asked what % of 7-12 grade Raiders have NOT used MJ in the past 30 days (data taken from the 2022 MN Student Survey). There were over 60 students who participated in the event and we will be having monthly booths with various themes. If you know of any students who might be interested in assisting with planning for the next event have them email [mapp@onamia.k12.mn.us](mailto:mapp@onamia.k12.mn.us) or find Troy at the High School.

## Upcoming Event: “KINDNESS DAY” Nov. 23

Kindness has never been more relevant than in today’s time. The sense of satisfaction achieved after helping people is great for our own well-being. Being kind and doing good for others is a great moral value to nurture. Kindness Day reminds everyone that kindness is expressed through words and actions and it has the power to change the world or maybe even OHS for a day. We would love to hear your ideas and insights on how we could pull off this event on the morning of November 23 for our staff, students and visitors. We will have hot cocoa but any other ideas are welcome. Email [tshafer@onamia.k12.mn.us](mailto:tshafer@onamia.k12.mn.us) or stop by Troy’s office in OHS.

## What is MAPP?

Mille Lacs Area Partners for Prevention (MAPP) is an organization that works to develop and maintain partnerships that engage and empower the community to make healthy and safe choices about drugs. The coalition includes community representatives from youth-serving organizations, media, school, parents, youth, business, law enforcement, civic/volunteer organizations, religious/fraternal organizations, healthcare professionals, state/local/tribal government and substance abuse organizations.

If you, or know of someone who might be interested in being part of this coalition please [contact mapp@onamia.k12.mn.us](mailto:mapp@onamia.k12.mn.us)

## MAPP Coalition Spotlight:

### Colleen McKinney, Health Equity Network Coordinator



#### Tell us a little about yourself:

I've worked in prevention-related positions for several years, coordinating Tribal Tobacco and Statewide Health Improvement Partnership grants for the Mille Lacs Band as well as in my new job with the Minnesota Department of Health.

#### Why are you a part of MAPP?

I initially joined MAPP because the coalition goals dovetailed with the grant work I did at the Mille Lacs Band. Now, as the Health Equity Network Coordinator for the Northeast Region (which includes Mille Lacs and Kanabec Counties,) my continued membership in MAPP reflects the direct connection that Prevention work has with Health Equity efforts.

#### What role do schools play in drug prevention?

"Health equity is achieved when systems truly support all people and communities to have the opportunity to be as healthy as possible no matter who they are or where they live. Every region, community, and Tribal nation experiences different inequities and requires different solutions." Prevention, awareness, and Health Equity efforts work toward the same goals, and are closely intertwined.

### Thought You Should Know: Tobacco Free Nicotine

What is Tobacco Free Nicotine? Manufacturers use the term "tobacco-free" or "tobacco-leaf free" nicotine to describe products that contain nicotine that is either created in a lab (synthetic nicotine) or extracted from tobacco, but don't contain any tobacco leaf. Synthetic brands advertising themselves as "tobacco free" include top disposable e-cigarette Puff Bar and pouches Rush and Bidi Pouch.

Nicotine, regardless of the source, is dangerous for young people. Nicotine is harmful to developing brains and its use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction. Research has also shown that nicotine can worsen anxiety symptoms and amplify feelings of depression.

### New Opportunity For Youth

This Fall we are bringing a Peer Support Group that is open to ALL students. It is a group for those who may be struggling with substance use, having someone close to them struggling, looking for a sober support group or someone who might just be interested in the topic. Please contact [efunk@onamia.k12.mn.us](mailto:efunk@onamia.k12.mn.us)

## Question of the Month

What percentage of Raiders (7-12th graders) did NOT use marijuana in the past 30 days?

- a. 20% b. 45%  
c. 60% d. 77%



Scan the QR code or visit our website to make your guess!  
[MAPPcoalition.com](http://MAPPcoalition.com)

\*Taken from the Minnesota Student Survey 2022