Partnership Member Meeting

January 7, 2022
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
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<tr>
<td>10:00 - 10:15</td>
<td>Welcome and Introductions</td>
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<td>10:15 - 11:00</td>
<td>Prevention Messaging and Materials: Looking back and moving forward</td>
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<td>11:00 - 11:00</td>
<td>Evaluation Reminder</td>
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<td>11:00 - 11:30</td>
<td>Partner Updates</td>
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Partnership Materials and Messaging

Framing Prevention

- Universal prevention - knowledge, skills, resources to boost protective factors (such as positive parenting style, caring school climate and school connectedness, participation in activities, opportunities for meaningful engagement in community, connectedness to other caring adults)
- Increasing knowledge about substances and the associated risks
- Connecting to evidence based prevention strategies and programming in NH
Partnership Materials and Messaging

#DryJanuary

TakeABreakNH.org
Instagram: @takeabreaknh
Facebook: facebook.com/TakeABreakNH

TodayisFor.Me
Instagram: @todayisforme
Facebook: facebook.com/TodayisForMe

BingeFree603.org (Sober Curious)
Instagram: @bingefree603
Facebook: facebook.com/BingeFree603

alcoholchange.org.uk/get-involved/campaigns/dry-january
Partnership Materials and Messaging

#DryJanuary

Taking a short break from drinking can help you feel better. Why not try a Dry January?

Kick off 2022 the right way! Feel better, sleep better, and improve your overall health by taking a break from alcohol this month.

It's important to take control of your health, wealth, body, and mind and cut back if you aren't feeling great after drinking alcohol. Why not try a Dry January? According to...

Hey New Hampshire! Take a break with #DryJanuary and feel better in 2022.

A month spent alcohol-free can be a month well spent! Participating in Dry January can lower your blood pressure.

https://drugfreenh.org/media-materials/#social-share-dry-january
#TalkTheyHearYou
We’re posting so you don’t have to.
Universal Strategies

Connection - Relationships - Partnerships

**Website:** Framing of everyday actions that parents, schools, and communities can take to increase protective factors and linking to resources in the state.

**Videos:** The Power of Prevention

Strong Connections prevent Substance Misuse

**Podcasts:** Interviews with stakeholders to discuss mental health and substance use issues and solutions

**Social media:** posts increasing knowledge and skills around protective factors
Partnership Materials and Messaging

Increasing knowledge about substance and substance use in NH

**Website:** substance specific pages and fact sheets

**Social media:** posts increasing knowledge and skills around substances and the risks associated with each
Partnership Materials and Messaging

Connecting to evidence based prevention strategies and programming in NH

• State funded programs
• Community Coalitions
• Partners
• Grassroots programs showing evidence of effectiveness
Partnership Updates

Submit your events to the online calendar

Utilize the listserv to share and gather information
partnership_drugfreenh@jsi.com
Granite State students grades 5-12 are invited to submit a creative piece about their experience and connections to mental health. Winners will be awarded cash prizes at the celebration event on May 4, 2022, at the Tupelo Music Hall, Derry!

To enter:

- Create a short film (2 minutes or less)
- Write an essay or poem (1000 words or less)
- Design another medium of expression such as a painting, song, or sculpture

**ENTRIES DUE: March 4, 2022**

To learn more visit https://sites.google.com/view/magnify-voices/home

Questions? Contact Michele Watson
603-545-9569 or mwatson@NAMINH.org
Partnership Updates

**Topic:** January 2022 Partnership Convening

**Description:** The Partnership will convene with partners every other month to discuss upcoming activities and prevention initiatives. Make sure to add this event to your calendar after registering!

**Time:** Jan 7, 2022 10:00 AM in Eastern Time (US and Canada)

[Add to calendar]

**Meeting ID:** 988 5459 4536

**To Join the Meeting:**

Join from a PC, Mac, iPad, iPhone or Android device:

- [Google Calendar](#)
- [Outlook Calendar (.ics)](#)
- [Yahoo Calendar](#)
Meeting Evaluation

Please complete our evaluation form!
Partner Updates
Upcoming Meetings

Partnership 2022 Convening Schedule (All meetings are from 10:00 - 11:30am)
- Friday, March 4, 2022
- Friday, May 6, 2022
- Friday, July 8, 2022
- Friday, September 9, 2022
- Friday, November 4, 2022

Training Series Schedule (All workshops are from 12:00 - 1:15pm) - REGISTER HERE!
- Thursday, January 13th - How to Create and Roll Out A Strategic Partner Toolkit for Your Opioid Messages
- Thursday, January 20th - Using Mobile Technology for Primary, Secondary and Tertiary High School and College Prevention Efforts
- Thursday, January 27th - Children Deserve Recovery Too!
- Thursday, February 3rd - Implementing SBIRT
- Thursday, February 10th - Living Well with Chronic Pain: An Evidence Based Program for Adults in Your Community
- Thursday, February 17th - Bringing Youth Voice to Prevention
Steering Committee

Traci Fowler, NH Charitable Foundation

Monica Gallant, Souhegan Boys and Girls Club

Melissa Lee, UNH Cooperative Extension
Questions

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