

Issue 47  
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# CENTER FOR EXCELLENCE ON ADDICTION

## ADDICTION ROUND UP

The Addiction Round Up is a monthly newsletter providing current information and research related to alcohol and other drugs.



WE CAN HELP

### Center for Excellence on Addiction

The Center for Excellence on Addiction is available to assist with a variety of needs related to alcohol and other drugs. If you or your organization are interested in receiving expert consultation, technical assistance, and/or training, please complete this [request form](#).

### Updates from The Partnership

Is public messaging one of your substance use prevention strategies? The Partnership provides NH-specific substance use prevention messaging and resources to public and private organizations and individuals. Connect with us to collaborate on communications content to develop, refresh, enrich, or elevate key messages for your community. See the 2024 [Convening Schedule](#) for future meetings. Agendas are released closer to the convening date. Join our [mailing list](#), and check out our latest resources, which include the [Partnership Prevention Blog](#) and [Power of Prevention Podcasts](#).





## ADDICTION UPDATES

### **Dry January 2025 Social Media Toolkit**

Dry January is here! This annual observance encourages people to take a break from alcohol and other substances throughout January to embrace a healthier, substance-free lifestyle. The Partnership has created [a toolkit](#) of posts and graphics for partners to share. Messages can be modified to suit your organization's needs and all materials can be co-branded.

### **SAVE-THE-DATE - NH Prevention Conference**

This [annual youth prevention event](#) will take place on May 12, 2025, providing youth servicing professionals with local and national best practice strategies; sharing factors that impact the health and well-being of NH youth; and spreading prevention science on behaviors monitored via the YRBS data such as suicide, substance and violence prevention, and other behavioral health issues. Details to register will be coming soon.



## YOUR RESOURCE CONNECTION

### **Community Interventions Involving Coalitions or Partnerships to Prevent Substance Use Among Youth**

Findings show that interventions reduce both initiation and use of some substances as well as reductions in one or more antisocial behaviors among youth. [Learn more >>>](#)

### **RECOVERME: Empowering Young Adults Facing Substance Use and Mental Health Challenges**

The Substance Abuse & Mental Health Services Administration (SAMHSA) has launched [a new campaign](#) that provides practical and informing resources to young adults (ages 18-25) to help navigate their unique challenges with substance use and mental health.

### **Substance Use Disorder Treatment Month Toolkit Launches in January 2025**

This [toolkit](#) will support those seeking help for substance use disorder (SUD); practitioners treating or considering treating those with SUDs, and friends and family, and those with loved ones with substance use conditions.

### **Evidence-based Guide: Suicide Prevention Strategies for Underserved Youth**

This new [evidence-based guide](#) focuses on programs addressing behaviors and suicidal thoughts in young people from underserved communities.

### **Just One Drink of Alcohol a Day Can Increase Your Risk for Cancer**

While the immediate dangers of alcohol consumption like blackouts and impaired driving are well known, many Americans are unaware of the [increased risk of cancer](#) due to our bodies metabolizing the ethanol in a drink into a possible carcinogen.



## MARK YOUR CALENDAR



Interested in becoming a Certified Prevention Specialist? Meet the Prevention Certification Board and get your questions answered during their first regular office hours of 2025 and **every first Friday** of the month from 11:30 am - 12:30pm [via Zoom](#) from then on.



### Youth Mental Health First Aid

This [training](#) provides information on how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.



### Connect Suicide Prevention Among the LGBTQIA+ Population: Considerations and Strategies for Providers

This [two-hour training](#) will look at the dynamics that exist through a socio-ecological perspective and offer insights to help providers and others supporting people in the LGBTQ+ community.



### All in This Together ECHO: What's Next? Ideas Into Action to Support Mental Health in Schools

This [series](#) will provide effective strategies to support mental health and manage behaviors in the classroom. It launches on this date and will be every Tuesday - skipping 2/18 & 2/25 for February break.



### Prevention Ethics

This [course](#) discusses the six principles of the Prevention Code of Ethics utilizing realistic examples designed to enhance participant understanding. The course also introduces decision-making processes to assist practitioners when faced with ethical dilemmas.



### SAVE-THE-DATE: SAMHSA's 21st Prevention Day

This [event](#) focuses on three aims: preventing initiation of substance use; preventing progression of substance use; and preventing harms associated with substance use.



### SAVE-THE-DATE: Initial Training on Addiction & Recovery

This is an [introductory workshop](#) that raises awareness and understanding of the dynamics and impact of addiction on people who we serve.



### SAVE-THE-DATE: Families & Addiction

This [workshop](#) discusses how the addiction of an individual impacts the entire family system, with a special focus on children in the family.

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