



April Newsletter

Changing Lives, One Day, One Goal,
One Person at a Time



5 Ways to Prevent Substance Abuse

Women of Colors wants the Saginaw community to know that while it may be difficult at times to avoid drug and alcohol consumption, there are many tools that we can utilize to help create a community free from substance misuse. The American Addiction Center shares these 5 steps on how to help prevent substance abuse:

- 1. Effectively deal with peer pressure.** One of the most common reasons people begin using illicit drugs is because of the influence around them. No one likes to be left out, so it's common that people may find themselves doing things they normally wouldn't do, just to fit in. If you continuously find yourself in positions where it's difficult to say no, it may be time to consider finding a different support system that makes it easier to make healthy choices. You may also consider preparing a good excuse or exit strategy ahead of time to avoid any tempting situations.
- 2. Deal with life pressure.** People today are overworked and overwhelmed, and often feel like a good break or a reward is deserved. But in the end, drugs only make life more stressful — and many of us all too often fail to recognize this in the moment. To prevent using drugs as a reward, find other ways to handle stress and unwind. Take up exercising, read a good book, volunteer in the community, create something; anything positive and relaxing helps take the mind off using drugs to relieve stress.
- 3. Seek help for mental illness.** Mental illness and substance abuse often go hand-in-hand. When dealing with the challenge of mental health, it's tempting to turn to substances to ease the pain. If you find yourself living with anxiety, depression, post-traumatic stress disorder, or any other form of mental illness, you should seek the help of a trained professional. Doing so could be the resistance to substance abuse that you need.
- 4. Examine every risk factor.** If you're aware of the biological, environmental, and physical risk factors you possess, you're more likely to overcome them. A history of substance abuse in the family, living in a social setting that glorifies drug abuse and/or family life that models drug abuse can be risk factors.
- 5. Keep a well-balanced life.** Turning to drug use often indicates something in your life being off track. Practice mindfulness when you find yourself unhappy or anxious about the future. Prioritize what is most important and focus on that.

Substance Abuse and Recovery Resources

Saginaw County Prevention Coalition

<https://scpreventioncoalition.org>

Families Against Narcotics

<https://www.familiesagainstnarcotics.org>

Peer 360 Recovery

<https://www.peer360recovery.org>

Ten16 Recovery Network

<http://www.1016.org>

Great Lake Bay Health Centers

<https://greatlakesbayhealthcenters.org>

The Family Car is now on Facebook! Let your family and friends know that you'll be joining us for EVOC's production of The Family Car at <https://www.facebook.com/events/513880364286588?ref=newsfeed>.

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THE TEMPLE THEATRE
AT THE GRACES
PERFORMING ARTS CENTER

AN ORIGINAL STAGE PLAY BY GLECIA WRIGHT TATUM
WITH CO-WRITERS TWANNIE GRAY AND ARIEL POMPEY

The Family Car

SAT. MAY 27
4:00PM

TEMPLE THEATRE
201 N WASHINGTON AVE.
SAGINAW, MI 48607

PRESENTED BY EVOC WOC SBLI MPH

SAT, MAY 27 AT 4 PM

THE FAMILY CAR: Seeing, Hearing, and Unpacking Mental Health in the Black Community

Saginaw

✓ Going ▾

Member Spotlight

We would like to recognize Allie Martinez as the member of the month! Allie is a lifelong resident of Saginaw, currently residing in Carrollton with her husband and 2 young sons. She is a graduate of Saginaw Valley State University, and recently accepted a position at Delta College after working for several years at Underground Railroad, Inc. She is passionate about prevention and strengthening her community, which initially drew her to Women of Colors. She is also a longtime member of Reach Community Church.

Thank you, Allie, for your dedication to the Saginaw community.



Allie Martinez
WOC Member Since 2022



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2. Type "Women of Colors"
3. Download free and stream the WOC Network!



Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM
1000 Tuscola St Saginaw, MI 48607

President's Corner

Persons with substance use disorders who have Medicaid or Healthy Michigan coverage in conjunction with Mid-State Health Network can seek treatment services by calling (989) 797-3559 to be directed to Central Access and intake staff at Saginaw County Community Mental Health Authority. Access, assessment, and referral services are used to determine the need for substance abuse services and assistance in getting to the right services and providers. Additional treatment services include outpatient, residential, and methadone treatments, intensive outpatient and sub-acute detoxification services, and recovery support.



Evelyn McGovern
Cofounder/President

