

DO YOUR PART: BE THE SOLUTION
PARENTS CREATE A SAFE SPACE

PARENTS GUIDE TO HELP IDENTIFY
TEEN DRUG AND ALCOHOL USE

INITIATIVE OF THE GENESEE COUNTY PREVENTION COALITION



Dear Parents,

The Do Your Part: Be the Solution, Parents Create a Safe Space toolkit was developed in effort to create awareness and empower parents to identify signs of youth substance use in their homes. Some items will be very obvious indicators of use, while other items will be eye-opening as to how easy it can be for youth to conceal substance use.

In addition to assisting parents in identifying signs of use, this guide will aid parents in gaining knowledge about youth substance use including drug facts and current trends. It also serves as a resource for those interested in accessing youth prevention education and treatment services in Genesee County.

We encourage parents to use this as an opportunity to start the conversation with their children about the importance of staying substance free.

Do Your Part: Be The Solution, Parents Create a Safe Space is an initiative of The Genesee County Prevention Coalition. If you would like more information about the coalition or are interested in volunteer opportunities with the coalition please check out our website or contact us at:

www.theGCPC.org
info@theGCPC.Org
810.285.9047



Common Items Related to Drug and Alcohol Use



Air Freshner/Fabric Deodorizer

Air fresheners help mask the odors related to smoking pot, nicotine, or other drugs; masking odors from purging; and masking burning odors. Fabric sprays can also be used as an inhalant.



Aluminum Foil

Aluminum foil is commonly used for inhaling cocaine, meth, or heroin. A solid form of the drug is placed on the foil and heated up with a lighter and then the fumes produced are inhaled. This is often referred to as free-basing. Often you will find small squares of tin foil with burn marks on them and strange odors.



Beverage Can/Pop Bottle

Pop or other beverage cans can be used to store drugs or other contraband. They can also contain alcohol mixed with soda. The bottom of a can may be used to mix a shot for meth or other IV drugs. Empty pop cans can be used to smoke marijuana.



Black Light

Black lights, like other items in a room such as drug and alcohol posters, Bob Marley paraphernalia, and incense can indicate a positive association with drug and alcohol use. There are several alcoholic beverages and bottles that are black light responsive. Black lights are often indicative of rave parties, as are glow sticks.



Blunts and Blunt Wrappers

Blunt wrappers are used to roll a marijuana joint. Often blunts are purchased from the gas station and emptied out. Contents are replaced by marijuana and smoked. There are a variety of flavors of blunts and wrappers



Bong

Bongs are a water pipe used for smoking marijuana and other drugs. Bongs come in a wide range of shapes and sizes and are made from glass, acrylic, silicone, bamboo or ceramic.



Books

Books can be hollowed out to store contraband, drugs, and other items and provide an easy way to conceal materials at home or in school.



Balloons or Plastic Bags

Balloons and baggies can be used to transport, store, or sell drugs. Due to the sticky nature of some substances, such as heroin, drugs are placed in balloons to minimize product waste, and to package into individual use/sale size. If many bags or balloons are found with a small scale and excessive amounts of cash, it could be an indication that drugs are being sold or traded.



Brass Instrument Mouth Pieces

Brass mouth pieces can be used to fashion a pipe for smoking various types of drugs.



Box Cutters

Box cutters can be used for a variety of things, including self-harm/mutilation, gang or criminal activity, or cutting drugs.



Butane Torch

Butane torches can be used to heat up drugs in order to prepare them for injecting. Also commonly used in the production of certain drugs such as methamphetamine.



Bicycle Pump

Air pumps or air compressors can be used to vaporize alcohol to inhale the alcohol rather than drinking it. This trend is common among people who do not wish to have the caloric intake of alcohol consumption, or prefer the unique euphoric feeling.



Candles

Candles are often used to mask or cover strange odors associated with drug use.



Cellphone

Cellphones which parents are unaware of, or multiple cell phones can be a sign that there is illegal or criminal activity. Cellphones are also a gateway to a plethora of information of where drugs and other illegal items can be purchased online. Contacts for using and selling drugs can be found. Rampant access to online media and social media can lead to struggles with self-image, self-esteem, depression and anxiety.



Clothing, Apparel, and Cultural References

Clothing, stickers, patches, posters, drawings, music, and other room decor could indicate a positive association with drugs or alcohol use.



Clothing with Hidden Storage

There are many different types of clothing that can be purchased online or at headshops that have secret compartments designed to hide things such as alcohol, pills, or other drugs.



Cold Medicine

Due to active ingredients, cold medications can be taken at doses high enough to cause a high/euphoric feeling. Available over the counter, these medications are easy to obtain. Some forms of cold medication can be used in the production of methamphetamine and contain the active ingredient pseudoephedrine.



Cologne/Perfume

Can be used to conceal strange odors associated with drug use or eating disorders such as purging. There are also high concentrations of alcohol in cologne, so it can be ingested for the purpose of becoming intoxicated.



Cotton Balls or Torn Cigarette Filters

Torn cigarette filters are used to filter drugs for preparation of intravenous use. You may also see water bottles and water bottle caps with these items.



Cough Syrup

Many cough syrups contain an active ingredient called dextromethorphan hydrobromide or DXM. If taken at doses above recommended amount, DXM can cause a high or intoxication. There are many names for this, but the most common term used is robo-tripping. This chemical will not show up on a drug test.



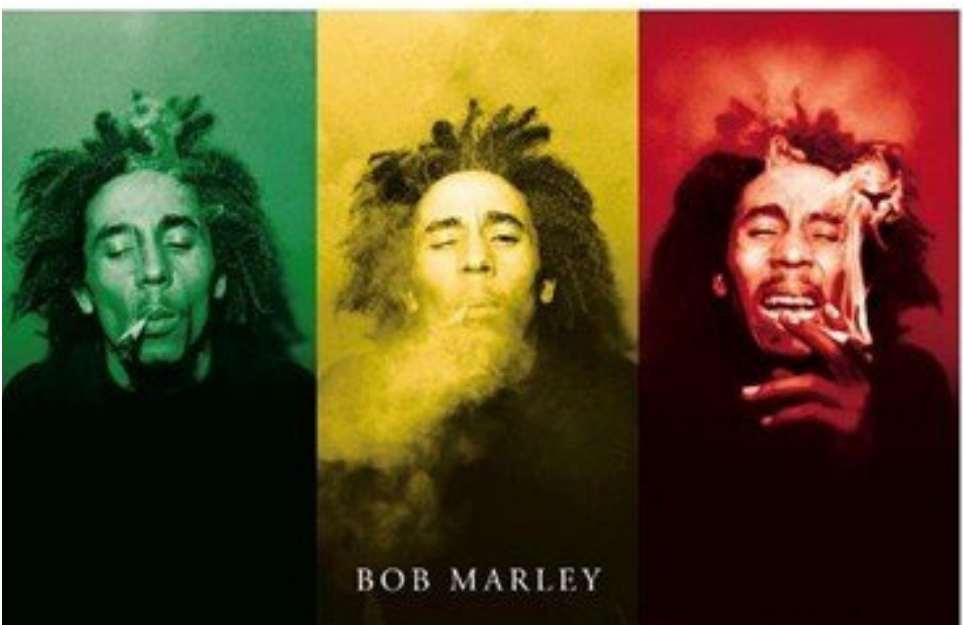
Dental Floss

Dental floss can be used to tie off balloons or baggies of drugs. It can also be used as a tourniquet, as well as for self-harm when wrapped tightly around the skin.



Rolled Dollar Bill

Rolled up money may indicate drug use, particularly if it has a powdery residue.



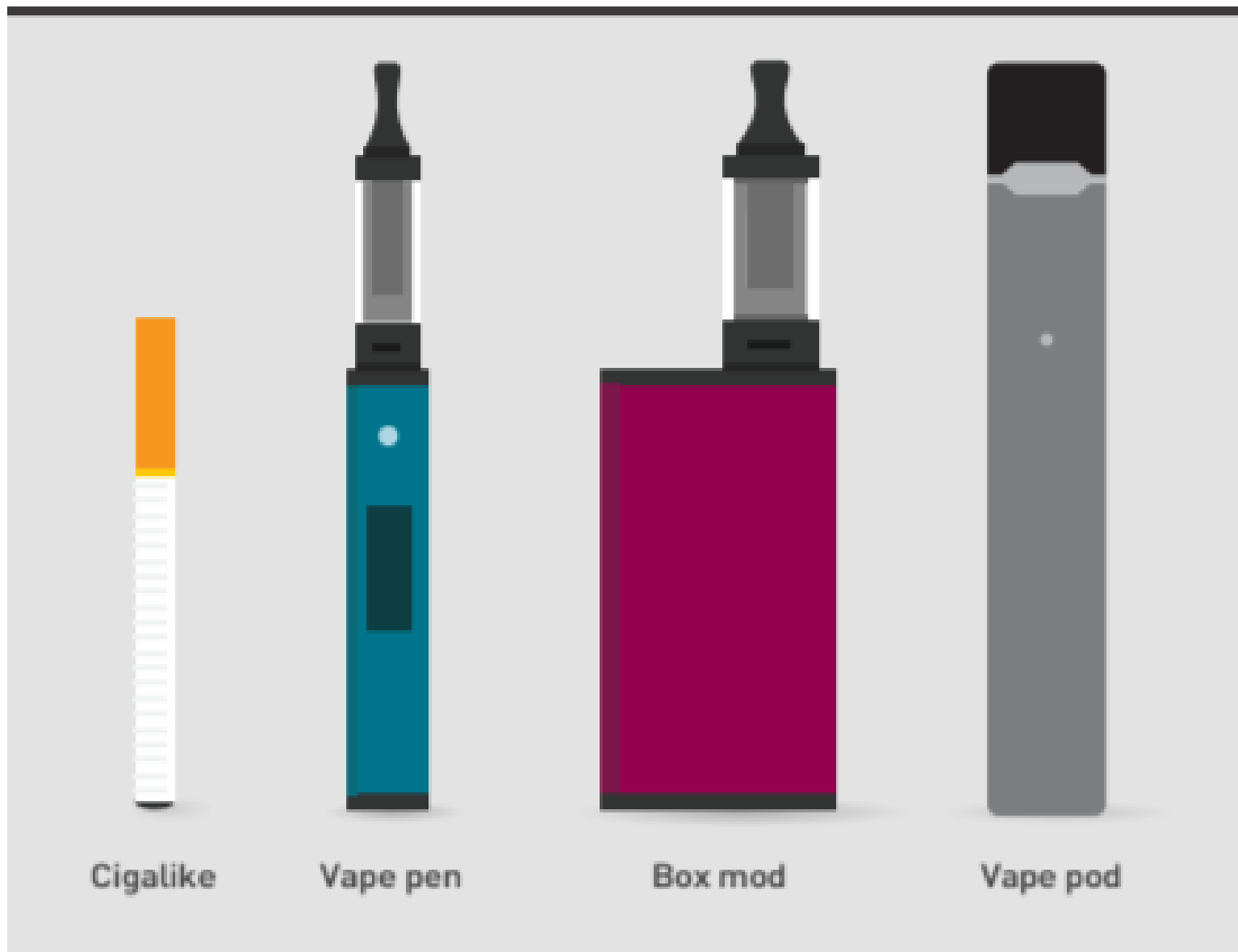
Drug Poster

Posters that glamorize or favor drug and alcohol use can be indicative of attitudes and beliefs that may lead to experimentation and use. Common posters include images of Bob Marley, marijuana leaves, and cats in space.



Electronics/Items Not Purchased by Parents

If there is a suspicious number of electronics or high-priced items such as jewelry and clothes not provided through means such as parents, or employment and parents are unsure of their origins, they could be a sign of drug dealing or criminal activity.



Electronic Nicotine Devices/Vape

Electronic Nicotine Devices and/or vapes are devices used to aerosolize nicotine and/or marijuana. Sometimes difficult to detect because they are often small and can look like other objects such as flash drive, compact, or even electronic watch. Fruity or sweet scents may be an indicator of use because flavor products are popular among youth. Additionally, marijuana scent may be detected if vaping marijuana.



Extra Cash

If there is a large amount of cash flow not provided through a known source such as parents or employment, this could be a sign of drug dealing or criminal activity.



Face Mask/Ski Mask

Face masks and/or ski masks are often used in association with criminal activity as a means of disguise.



Flask

Flasks come in a variety of shapes, sizes and designs and can be made to look like almost anything - including wearable shoes. Flasks are most commonly used to conceal alcohol.



Fruit and Vegetables with Holes

Apples, potatoes, and other fruits and vegetables that you can put two holes in can be used as a make-shift bong for smoking, most commonly marijuana.



Glow Sticks

Glow sticks are often associated with raves or parties where people are getting high or drunk.



Gummy Bears

Gummy bears can be infused with THC, soaked in alcohol or laced with Flakka, a cheap drug that resembles sugar.



Hand Sanitizer

Many hand sanitizers contain a high concentration of alcohol and can be consumed to get drunk. Typically, young people can turn to items such as hand sanitizer because it is more easily accessible than traditional alcohol.



Imodium

In doses above the recommended amount, Imodium can be used to get high. Imodium is easily accessible over the counter.



Incense

Incense is used to mask or cover strange odors associated with drug use. Incense is often sold in headshops and can also be purchased at stores such as: Dollar General, Meijer and Walmart.



Inhalants

When vaporized at room temperature, inhalants produce a chemical vapor that can be used intentionally to get high. Common inhalants: whippets, whipped cream, air freshener, electronic duster, gasoline, glue, hairspray, nail polish remover, paint thinner, etc.



Inhaler

If more than the recommended dose is taken from an asthma inhaler it can cause a high. Also, you can remove the medication from an inhaler to get high with other drugs, such as marijuana.



Jewelry

Jewelry referencing certain drugs can be an indication of favorable attitudes towards drug and alcohol use. Favorable attitudes can put young people at greater risk for experimentation.



Journal

Certain doodles or writings in a journal could be a warning sign of several problems such as drug use, depression, suicidality, eating disorders, and other mental health concerns. The journal itself is not a concern, but the contents can be.



Lava Lamp

Lava lamps are often used to enhance the euphoric feeling after using drugs. Lava lamps can also indicate a favorable attitude to the drug culture.



Light Bulb

Light bulbs can be used to make a pipe for meth, crack, or any crystallized drug. Light bulbs used for this purpose may be broken or altered and have a brown residue. Used because they can withstand a high degree of heat.



Lip Balm Container

Lip balm can contain marijuana wax or butter. If empty, can also be used to conceal other small items such as pills. Lip balm can be used regularly by people that have excessively dry or cracked lips due to smoking certain drugs.



Magazines

Certain magazines, such as "High Times" can be a sign of positive association with drug culture.



Matches/Lighters

Matches and lighters can be used when smoking drugs like meth or marijuana and are a very common form of paraphernalia. Also used for common odor masking items like incense and candles.



Markers and Pens

Markers and pens can be hollowed out and used to smoke/snort certain drugs. They can also be hollowed out to store drugs or other items. Already hollowed out, odor-proof "markers" can be purchased from a headshop for convenient and undetectable drug storage.



Marijuana Edibles

There are many candy and food items that are infused with THC (tetrahydrocannabinol), the active ingredient in marijuana, that can be eaten to create a euphoric effect or high. These items often look like their non-drugged counterparts, and can include suckers, gummy bears, brownies, cookies, etc.



Mints

Similar to mouthwash and gum, mints are used to mask odors associated with drug and alcohol consumption. Small mint and candy containers can be a popular storage place for drugs such as pills, pot or heroin.



Mirror

Presence of mirrors can be an indication of snorting or cutting cocaine or other drugs.



Mouthwash and Gum

These items can be used to mask odors from smoking drugs or drinking. They can be used to help with dry mouth associated with using certain drugs. Some mouthwashes that contain alcohol can be used to get intoxicated.



Necklaces/Bracelets

Certain bracelets and necklaces can be purchased and used to smoke weed or other drugs. The bracelet in this photo can be unscrewed to have a small bowl and pipe, which otherwise would go undetected.



Needles and Syringes

Needles and syringes are used to inject drugs in a liquid form. They can be used intravenous (into a vein), intramuscular (into a muscle), or subcutaneous (under the skin). With this method, effects of drugs are felt almost immediately and intensely. Often found with spoons and tourniquets. Needles can also be used to inject steroids.



Pill Bottles

Prescription medications are commonly abused, used to get high, and can be highly addictive. If they are not being used as prescribed or if you find prescription bottles that do not belong to you or your child, it may be an indication of misuse.



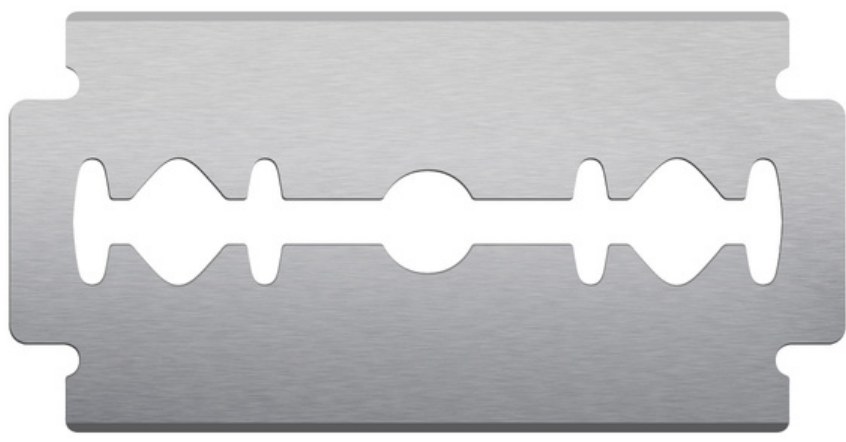
Pipe

Pipes come in all shapes, sizes and materials and can be used to smoke any smokable drug. Pipes used for marijuana have a basin at the end such as the one seen here where the drug can be packed. Pipes used for crack are commonly long glass tubes and pipes used for meth are commonly long glass tubes with a bulb at the end.



Powders and Salts

There are several synthetic drugs available on the market that are produced in labs and mimic the properties of marijuana and other common drugs. They are often called bath salts, spice, K2 or Ecstasy. These often do not show up in drug tests and can be ordered online and look like common everyday items.



Razor

A razor can be used to cut drugs for ingestion. Razors can also be used for self-harm/mutilation.



Roach Clip

A roach clip is used to hold the butt of a marijuana cigarette to prevent burns to fingers and lips and to waste as little weed as possible.



Scale

Small scales can be used to weigh drugs being used for distribution.



Snacks or "Munchies"

Increased appetite is often associated with marijuana use. Snacks or "munchies" kept in your child's room may be indicative of this increased appetite.



Spoon

Spoons can withstand high amounts of heat and can be used to heat up certain drugs to a liquid state. Often found with syringes, as drugs heated up in this way are commonly injected. Spoons will be bent and can have a brownish residue.



Straws

Straws are a common and accessible tool used with drugs such as cocaine and heroin. Small pieces of cut up straws can be used to snort cocaine.



Steel Wire Cleaning Pad or Chore boy

Steel or copper cleaning pads without soap can be used for smoking crack cocaine. Small amounts are rolled and balled up and forced inside a thick straight glass straw or steel tire pressure gauge. You may find the actual steel wire pad or a burned cylinder shape made of tightly packed steel wire.



Tampons

Tampons can be soaked in alcohol and inserted for odorless absorption of alcohol that will not show up on a breathalyzer. Tampon wrappers are also used to conceal items by removing the tampon and placing items in the wrapper that will likely go unsearched. Stash compartments that resemble tampons can also be purchased.



Tourniquet

Tourniquets can be made from a variety of items such as shoe laces, ribbons, belts, etc. and are used when injecting drugs to make the veins more visible and accessible.



Trash Can

Trash cans can often contain items that may be an indicator of a larger issue: food wrappers for food that has been consumed secretly, items indicative of drug use such as burnt tin-foil, or discarded items meant to be kept secret.



Nebulizer/Vaping Mask

A nebulizer turns a liquid into a mist that is then inhaled and can be used as a vehicle to take drugs.



Visine

Visine is used to mask red eyes associated with drug or alcohol use.



Water Bottles or Other Common Containers

Common containers may be used to conceal clear alcohol, such as vodka. Other common containers such as candy containers and soda bottles can be used to conceal drugs or alcohol. Water bottles can also be turned into make-shift bongs or used to vaporize alcohol.



Whippets

Whipped cream or aerosol containers filled with nitrous oxide can be inhaled to induce a dizzy, euphoric feeling.



Wire Hanger

Wire hangers can be used to clean pipes used to smoke drugs.

RESOURCES

HELP IS AVAILABLE! IF YOU ARE CONCERNED THAT YOUR TEEN MAY BE USING ALCOHOL OR DRUGS, PLEASE USE THESE RESOURCES TO FIND HELP FOR YOUR CHILD AND FAMILY.

LOCAL RESOURCES*

Genesee Health System ★ ▲

Anyone seeking services for a substance use disorder should contact the GHS Access Center for a screening and referral. Screenings are completed, and if eligible, followed by referral to the appropriate provider. Those seeking treatment for substance use disorders can access a number of providers and services within and near Genesee County. Funding is provided for a continuum of consumer-centered substance use disorder treatment services for people who are uninsured, under-insured, Healthy Michigan, Medicaid, or MIChild recipients.

Contact Information:

810-257-3740

TTY 810-232-6310

Toll-Free & Crisis Line

24 Hours a Day/7 Days a Week

877-346-3648

www.genhs.org

420 W Fifth Avenue, Flint, MI 48503

(Open Monday- Friday 8am-5pm)

Catholic Charities of Shiawassee and Genesee Counties ★ ▲

Provides support groups, programs, and classes in an effort to strengthen individuals and families. Counseling program helps children, adolescents, individuals, and families experiencing Substance Use Addiction and other mental health services including Co-Occurring/Dual-Disorder Services and Substance Use Assessments.

Contact Information:

810-232-9950

www.catholiccharitiesflint.org

C-SaM Counseling Center, LLC ★ ▲

Offers individual outpatient mental health and substance abuse services, substance abuse prevention and education groups, domestic violence/anger management groups, and drug screening services.

Contact Information:

810-686-7313

740 Center St, Clio, MI 48420

(Open Monday-Friday 10am-7pm,

Saturdays 10am-2pm)

KEY



TREATMENT SERVICES



PREVENTION/EDUCATION SERVICES

*PLEASE NOTE THE LISTED RESOURCES ARE FOR TREATMENT AND PREVENTION/EDUCATION SERVICES IN GENESEE COUNTY THAT SERVICE YOUTH AGE 17 AND UNDER.

Flint Odyssey House

Adolescent Program offers day treatment, intensive outpatient, individual counseling, case management and peer recovery support services/family support for youth age 13-17.

Contact Information:

810-238-5888

www.odysseyvillage.com

Youth Services: 810-233-8815

718 Oak St, Flint, MI 48503

Serenity House

Offers family yoga and mindfulness, adult/teen yoga, family drumming and family awareness events.

Contact Information:

810-336-1018

www.flintserenityhouse.org

720 Ann Arbor St, Flint, MI 48503

Hope Network-Connexion

Offers parenting classes to assist parents with preventing substance use in their homes.

Contact Information:

810-232-2766

1110 Eldon Baker Dr, Flint, MI 48507

(Open Monday-Friday 9am-5pm)

New Oakland Family Centers

Intensive outpatient counseling available for dual diagnosis- mental health and substance use disorder.

Contact Information:

810-957-4310

www.newoakland.org

Call Center 24/7

2401 S. Linden Rd, Flint, MI 48532

(Open Monday-Friday 8am-4:30pm)

Remedy Exchange

Remedy Exchange, Inc offers the following programs:

Motivational change for youth and adults that address high risk drug and alcohol choices using the Prime for Life program. Addresses awareness of mental health disorders for youth and adults through Mental Health First Aid. Improves decision making and skill building among Middle School age youth with the Botvin's Life Skills program. Assists parents with the challenges of parenting through the Nurturing Families and Guiding Good Choices parenting programs

Contact Information:

810-449-0159

www.remedy-exchange.com

Email: remedyexchange@gmail.com

Sacred Heart-Flint

Outpatient services for adolescents age 16+.

Contact Information:

810-732-1652

www.sacredheartcenter.com

2091 Professional Dr. Ste D, Flint, MI 48532

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REACH/Traverse Place

Belongs to the Michigan Network for Youth and Families, a statewide network that is designed to assist runaway, homeless, and at-risk youth.

REACH serves youth ages 10-17.

Traverse Place serves young adults ages 17+.

Contact Information:

REACH: 810-233-8700

Traverse Place: 810-341-6328

www.reach-traverseplace.org

914 Church St, Flint, MI 48502

Available 24/7

Counselor Intake 8am-8pm

Therapy Center for Wellness and Recovery, LLP

Provides outpatient mental health and substance abuse services for individuals and families. Specializing in trauma and substance abuse. Certified in Auricular Acupuncture.

Contact Information:

810-228-4300

Email: therapycenterforwellness@gmail.com

2503 S Linden Rd Ste. 210, Flint, MI 48532

Oakland Psychological Clinic - Flint & Grand Blanc

Oakland Psychological Clinic is a team of licensed therapists and psychiatrists providing confidential counseling for individuals and families. A wide range of therapy programs offered, including child and teen counseling and substance abuse treatment for youth 16+.

Contact Information:

Flint: 810-732-0560

Grand Blanc: 810-695-0055

www.oakpsych.com

2222 S. Linden Rd, Flint, MI 48532

10785 S. Saginaw St. Ste. A, Grand Blanc, MI 48439

(Open Monday-Thursday 8:30am-8:30pm, Friday-Saturday 8:30am-5:00pm. Grand Blanc offices closed on Saturdays)

Delta Family Clinic South P.C.

Services for adolescents includes out patient therapy, psychiatry, as well as psychological and neurological testing.

Contact Information:

810-630-1152

www.deltafamilyclinicsouth.com

1309 S. Linden Rd. Ste. C, Flint, MI 48532

(Open Monday-Friday 10:00am-4:00pm)

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UMHS Regional Alliance for Healthy Schools (RAHS)

Kearsley School District, Beecher School District, Carman-Ainsworth High School, International Academy of Flint and Richfield Public School Academy

RAHS social workers offer screening and assessment for a variety of mental health issues facing children and adolescents today. These issues include substance abuse disorders. The RAHS Health Center offers prevention programs geared towards reducing risk factors and enhancing protective factors. It is a selective and indicated program designed to prevent and reduce substance use and abuse among adolescents.

Contact Information:

RAHS: 734-998-2163	umhs-rahhs.org
Kearsley: 810-591-5330	
Beecher: 810-591-9333	
Carman-Ainsworth: 810-591-5473	
International Academy: 810-600-5290	
Richfield Academy: 810-285-9815	

LOCAL SELF HELP RESOURCES

Alcoholics Anonymous - Flint Area Unity Council

Contact Information:

810-234-0815	geneseecountyaa.org/meetings
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Al-Anon and Alateen

Contact Information:

888-4AL-ANON	www.miafg.org
888-425-2666	

Families Against Narcotics

Contact Information:

810-397-7175	www.familiesagainstnarcotics.org/genesee
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Narcotics Anonymous - Flint

Contact Information:

800-230-4085	michigan-na.org
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Nar-Anon Support for Families - United in Hope

Contact Information:

810-397-7175	www.nar-anon.org
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	PREVENTION/EDUCATION SERVICES

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STATE RESOURCES

TalkSooner

TalkSooner serves as a resource for parents to access information about substance use prevention. TalkSooner helps parents inform youth about the dangers of substance use. Focus group data suggested that youth do seek information and guidance from parents and other adults, so it is important that parents have these difficult conversations.

Website:

www.talksooner.org/partners/genesee

Prevention Network

Prevention Network's mission is to prevent youth drug abuse and other risk behaviors by working with individuals, grassroots groups, and other organizations in order to improve the health, wellness, and safety in Michigan communities.

Website:

www.preventionnetwork.org

Parenting Awareness Michigan

Celebrates people raising children and promotes year round education and resources for parents and caregivers. Its mission is to promote parenting awareness, education, and resources through state outreach and local effort.

Website:

www.preventionnetwork.org/pam

MI 211

2-1-1 connects you with thousands of nonprofit and government resources in your area. Michigan 2-1-1 is an easy way to connect with help of all kinds, right in your community. Need help with food, housing, or paying bills? Need support in a family crisis or community disaster? We're here for you. Any time. All the time. Just call, text, or search online and we'll get you connected.

NATIONAL RESOURCES

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Contact Information:

1-800-273-8255

FREE 24/7 Access

Website:

www.suicidepreventionlifeline.org

Truth Initiative

Truth Initiative is America's largest nonprofit public health organization committed to making tobacco use and nicotine addiction a thing of the past.

Website:

www.truthinitiative.org

Know the Risks: E-Cigarettes & Young People

This website is a product of the U.S. Department of Health and Human Services, created through a partnership between the Office of the U.S Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health. Provides evidence based facts on the dangers of electronic cigarettes for young people.

Website:

<https://e-cigarettes.surgeongeneral.gov>

Get Smart About Drugs

A DEA resources for parents, educators and caregivers.

Website:

www.getsmartaboutdrugs.gov/find-help

US Drug Enforcement Administration

The mission of the DEA is to enforce the controlled substances laws and regulations of the United States and to recommend and support non-enforcement programs aimed at reducing the availability of illicit controlled substances on the domestic and international markets

Website:

www.dea.gov

Website for Teens:

www.justthinktwice.com

Partnership to End Addiction

Partners with families, professionals and other organizations to end addiction in this country. Partnership to End Addiction uses a public health approach, rooted in science and compassion.

Website:

<https://drugfree.org>

Centers for Disease Control and Prevention

Website:
www.cdc.gov

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

NIAAA supports and conducts research on the impact of alcohol use on human health and well-being.

Website:
www.niaaa.nih.gov

Community Anti-Drug Coalitions of America

The Community Anti-Drug Coalitions of American (CADCA) is an organization whose purpose is to strengthen the capacity of community anti-drug coalitions to create and maintain safe, healthy, and drug free communities.

Website:
www.cadca.org





810-285-9047



info@theGCPC.org



facebook.com/theGCPC



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@theGCPC



www.theGCPC.org

The Genesee County Prevention Coalition (GCPC) serves all of Genesee County, Michigan which represents a diverse community of an estimated 405,813 individuals. The goals of the coalition are to establish and strengthen community collaboration in support of local efforts to prevent youth substance use. The GCPC utilizes the Strategic Prevention Framework to build capacity and collaboration with all sectors of the community. This is accomplished through recruiting, engaging, and training new sectors of the community, especially youth, in the work of the coalition.

Vision: Genesee County Prevention Coalition envisions a community free of mental health and substance use disorders.

Mission: Genesee County Prevention Coalition improves behavioral health through innovative strategies and community partnerships to prevent mental health and substance use disorders impacting Genesee County youth and adults.

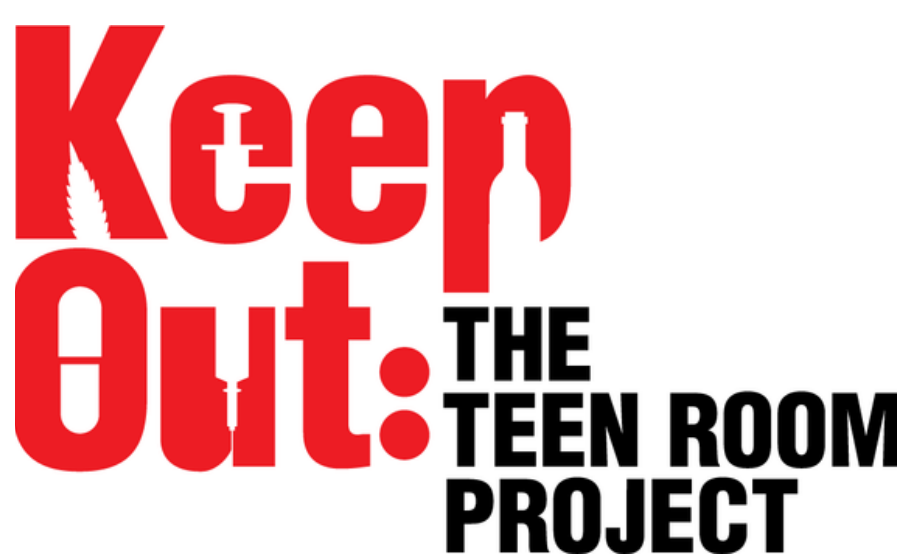
Do Your Part: Be the Solution, Parents Create a Safe Space is an initiative of The Genesee County Prevention Coalition. If you would like more information about the coalition or are interested in volunteer opportunities with the coalition please check out our website or contact us via email, phone number, or through our Facebook page.

If you are interested in hosting a Do Your Part, Be the Solution-Parents Create a Safe Space event please contact the GCPC staff at:

info@theGCPC.Org

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Funding provided by a grant from MDHHS and Region 10 PIHP.



TalkSooner.org™