



# Substance Misuse Action Team Newsletter

August 2023

## Action Items!

The following are things that you can do to **Get Involved ASAP**:

- Take the [Community Health Assessment survey](#) to give your input on health priorities in Chippewa, Dunn, and Eau Claire counties.
  - Time needed: 5 minutes
- Take the [Opioid Funding Prioritization survey](#) to share ideas on how to use the opioid settlement funding.
  - Time needed: 5 minutes
- Attend a workgroup meeting. The next Alcohol Workgroup meeting is September 27th and the next Drug Workgroup meeting is September 15th. See more details below.
  - Time needed: 1-1.5 hours
- Visit our social media, and like or share a post. This month's posts will include International Overdose Awareness Day, Recovery Month, and tobacco cessation resources!
  - Time needed: 5 minutes



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## Updates

**Eau Claire Health Alliance**

**OPEN HOUSE**  
Thursday, September 21st, 4PM-6PM  
Presentation at 4:30PM

- Learn what we're doing to address chronic disease, healthy relationships, mental health and substance use
- Connect with others who care about the health of our community
- Find out how to get involved with our efforts

Riverview Room, 3rd Floor  
L.E. Phillips Memorial Public Library  
(400 Eau Claire St., Eau Claire)

For more information, email: [ehealthalliance@eauclairecounty.gov](mailto:ehealthalliance@eauclairecounty.gov)

### Eau Claire Health Alliance Open House

Please join us for an open house on Thursday, September 21st from 4-6pm at the L.E. Phillips Memorial Public Library. Eau Claire Health Alliance is a newly rebranded coalition, formed by a merge of Eau Claire Healthy Communities and the Alliance for Substance Misuse Prevention coalition. Come to learn about the work of our coalition, and how to get involved with our efforts. Light refreshments will be served, and a formal presentation will be given at 4:30p.m. Download the [flyer here](#).

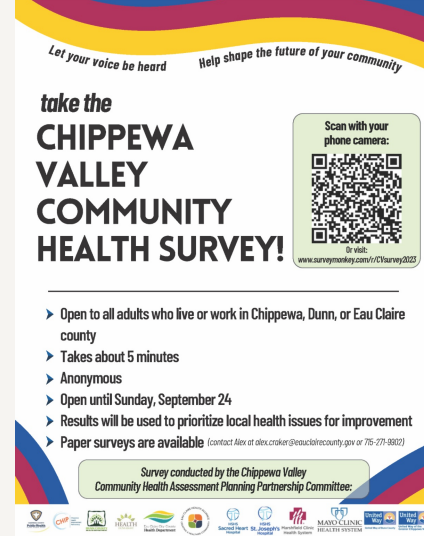
### Community Health Assessment Survey

The Community Health Assessment survey is available for anyone who lives or works in Chippewa, Dunn, or Eau Claire counties to take. The survey is a part of the three-year Community Health Assessment process, a three-county partnership with healthcare, United Way, and local health departments. The Community Health Assessment results are used to develop the Community

Health Improvement Plan (CHIP) which includes identifying local health priorities that guide the work of the Eau Claire Health Alliance. The survey helps action teams develop strategies to address local health priorities, taking input and guidance from our community members. The survey is available in English, Spanish, and Hmong.


A variety of voices and input is needed. Click on this link to take or share the survey: [Community Health Assessment Survey](#) or download the [poster here](#) to share with others.

If you have any questions or would like paper copies of the survey, contact [Alex Craker](#).



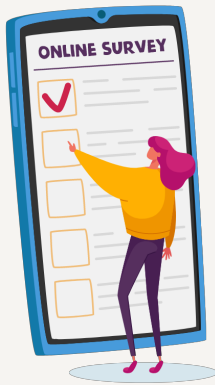

Let your voice be heard Help shape the future of your community

take the  
**CHIPPEWA VALLEY COMMUNITY HEALTH SURVEY!**

Scan with your phone camera:  
  
or visit:  
[www.surveymonkey.com/r/Chippewa2023](http://www.surveymonkey.com/r/Chippewa2023)

- ▶ Open to all adults who live or work in Chippewa, Dunn, or Eau Claire county
- ▶ Takes about 5 minutes
- ▶ Anonymous
- ▶ Open until Sunday, September 24
- ▶ Results will be used to prioritize local health issues for improvement
- ▶ Paper surveys are available (contact Alex at alex.craker@eauclairecounty.gov or 75-277-8802)

Survey conducted by the Chippewa Valley Community Health Assessment Planning Partnership Committee.



### Opioid Funding Prioritization Survey

The Eau Claire County Opioid Settlement Task Force says it is seeking public feedback on how funding should be disbursed as part of the Opioid Settlement.

According to information from Eau Claire County, currently, Eau Claire County is scheduled to receive an Opioid settlement of about \$2.5 million, about \$137,000 each year, for 18 years intended to be used for opioid abatement purposes. The Opioid Settlement Task Force is a group of 11 people who work together to plan how to use these settlement funds.

Take the [survey here](#) or learn more on [Eau Claire County's webpage](#).

### Preventing NicoTeen Addiction: Educating Adults Serving Youth

Dr. Lorraine Smith and Dr. Rachel Pierce from UWEC shared their findings at the Substance Misuse Action Team in-person meeting on July 25th. In this study, adults who work with youth participated in a 30-minute educational presentation which included statistics, examples of vaping devices, health effects of vaping, advertising tactics, and recommendations for talking with adolescents about vaping. A pre- and post-intervention assessment was completed to evaluate the increase in knowledge.

View the summary of the project on [this poster](#).



**UPLIFTWI**  
HERE WHEN YOU NEED AN EAR

### New DHS Phone Line Offering Peer Support Statewide

The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen

and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, [UpliftWI](#) can be reached at 534-202-5438 daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

From our partners at the Wisconsin Department of Health Services.

### International Overdose Awareness Day

Observed on August 31st every year, International Overdose Awareness Day (IODA) seeks to create better understanding of overdose, reduce the stigma of drug-related deaths, and create change that reduces the



harms associated with drug use. The theme for 2023 is "we honor the people whose lives have been altered by overdose."

This month, you will see multiple forms of media providing education on opioid overdose, Narcan nasal spray, and promoting the public health vending machine. Ads have been installed on the exterior of seven buses, and two videos are playing on Gas Station Tv: "[Vicodin, heroin, and fentanyl are all opioids?](#)" and "[Be prepared. Know the signs of an opioid overdose.](#)" Let us know if you see any of these projects out in the community!



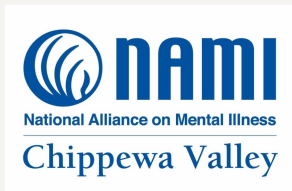
### Sober Football on Thursday Nights

Starting September 14th, At the Roots will be hosting weekly sober Thursday night football watch parties. Snacks, non-alcoholic drinks, and seating will be provided. Come as you are and enjoy the game, some laughs, and a little camaraderie every Thursday night during the season. No registration is required. For more information visit [At The Roots' events page](#).

### NAMI Fall Classes & Fall Walk

#### Family-to-Family

Family-to-Family is a free 8-week, evidence-based program for family and friends of individuals living with a mental illness. Learn more about Family-to-Family on [NAMI's national website](#) or [register for the local class](#).



#### NAMI Hearts and Minds

NAMI Hearts and Minds is a free 5-week wellness program for individuals living with mental illness and their family members. Learn more and register for the [class here](#).

#### NAMI Fall Walk

NAMI Chippewa Valley will be hosting a NAMI Walks at Carson Park in Eau Claire on September 30th at 9 a.m. Join the walk to promote awareness for mental health and reduce stigma, raise money for NAMI's free and top-rated mental health programs, and remind people that they are not alone. [Learn more about NAMI Walks](#). NAMI is also looking for volunteers to help out the day of the walk. Sign up to [volunteer here](#).

### Changing the Conversation Around About Alcohol

George Koob, Ph.D., will provide a transformative presentation to address alcohol consumption, including raising awareness about the scope of the problem and shedding light on the social and health consequences of alcohol misuse.

Resources from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) will be shared, as well as how to encourage our communities in the fight against



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### KEYNOTE SPEAKER

George F. Koob, is Director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA). He is also a Senior Investigator at the Intramural Research Program of the National Institute on Drug Abuse where he directs the Neurobiology of Addiction Laboratory in the Integrative Neurosciences Research Branch.

Tuesday,  
Sept. 19

7 p.m.

Schofield Auditorium  
University of Wisconsin  
Eau Claire



Scan the QR code or visit <https://uwc.edu/healthsystems.org/classes-and-events> for details and to register.

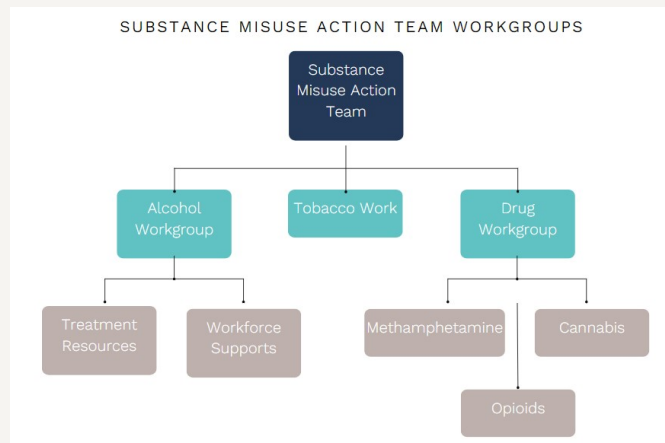


alcohol misuse. Together, we can drive positive change, advancing research and treatment to build a healthier future for all.

[Register here](#) or [download the flyer](#).

## Workgroups

SMAT has created workgroups to work on strategies identified in the [CHIP](#). The alcohol misuse workgroup works to address social norms, remove barriers to treatment, and reduce alcohol-impaired driving. The drug use workgroup focuses on collaboration, prevention, and response, with a starting focus on methamphetamine and cannabis.



### Alcohol Misuse Workgroup Summary - July 26th

The Alcohol Workgroup meeting on July 26th included discussion of:

- Partnering with MHAT on a bar coaster campaign in September for Suicide Awareness month.
- Partnering with other ECHA action teams to develop conversation cards.
- Creating a guide for accessing treatment resources in Eau Claire County.

Staff from the Wisconsin Alcohol Policy Project will attend our next meeting on August 23rd at 10am to review current proposed legislation around alcohol in Wisconsin. All are welcome to attend- reach out to [Alison Harder](#) for more information!

## Health Equity

### Health Literacy

Health literacy is an important part of a healthy lifestyle and making informed decisions about healthcare. Organizations who create health information and provide services can help improve health literacy. This can be done by creating accessible and easily understood resources with up-to-date information.

Organizations can help by:

- Using plain, clear language
- Providing information, resources, and websites in multiple languages
- Using culturally appropriate language and proper grammar
- Using the communication outlets your audience prefers (mail, social media, newspaper, radio, etc.)

Creating resources written at an 8th grade reading level or lower can also ensure your resources are easily understandable. You can easily assess a document's reading level in Microsoft Word or by using an online assessment tool like Readable, Grammarly, and many others.

Learn more about health literacy and the [Healthy People 2030](#) health literacy initiative or find additional [health literacy guidance and tools](#).

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## Social Media Highlight



### SAFE TECHNOLOGY USE FOR TEENS

Teenagers can easily come across certain risks when they're online or using social media. This is why it's so important to monitor your teens' technology use and continue to educate them on the risks of the internet and safe technology use. By doing so, we can help teens build the skills and knowledge they need to identify and manage internet safety risks independently.

#### Resources

[Love is Respect - Digital Boundaries](#)

[Raising Children - Internet Safety](#)

[Love is Respect - Online Safety](#)

## Resources

### **After High School: Talking with Your Young Adult About Underage Drinking**

This [new fact sheet](#) from SAMHSA was launched to inform parents on how to effectively talk to their young adult about the risks of underage drinking.

### **Alcohol and Your Brain: A Virtual Reality Experience**

[Alcohol and Your Brain](#) is an interactive activity for youth ages 13+ to learn about alcohol's effects on five areas of the brain.

### **Health Equity Planning Tool**

Northwoods Coalition launched a [Health Equity Planning Tool](#) for coalitions to utilize.

### **New Overdose Prevention and Surveillance Resources**

The CDC has updated their Overdose Prevention Page to include current data, including [nonfatal overdoses](#) and [information on xylazine](#). Check out the updated [Overdose Prevention](#) page.

### **Prevention Learning Portal**

SAMHSA's PTTC Network has created a free online [Prevention Learning Portal](#). The portal provides substance misuse practitioners easy access to information to assist in planning, implementation, and evaluating prevention efforts.

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## Conferences and In-person Trainings

### **Rally for Recovery**

September 9th. In person event at the Wisconsin State Capital.

### **Wisconsin Substance Use Prevention Conference**

September 13th & 14th. In-person at Kalahari Resort in the WI Dells or virtual.

### **Wisconsin Crisis Intervention Conference**

September 21st & 22nd. Free in-person at the Florian Gardens in Eau Claire, WI.



## **Mental Health and Substance Use Recovery Conference**

October 19th & 20th. In-person at Kalahari Resort in the WI Dells or virtually.

## **Wisconsin Society of Addiction Medicine**

October 19th & 20th. In-person conference at Glacier Canyon Lodge in the WI Dells.

## **Wisconsin Working Together to Combat Drug Challenges**

October 24th & 25th. In-person conference at the Oshkosh Event Center.

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## **Online Trainings**

### **Engaging Youth in Substance Misuse Prevention Programs**

*August 29th; 10a.m. to 1p.m.*

### **Underage Drinking Prevention: Effectively Using State Data**

*August 30th; 10a.m. to 11:30a.m.*

### **Equitable Language: Why It Matters**

*August 31st, 12p.m.*

### **Considering the Associations Between Substance Use and Suicide**

*September 12th, 12p.m. to 1:30p.m.*

### **The Importance of Advocacy for Prevention: What It Is and Tips for Conducting It**

*September 20th, 11a.m. to 12:30p.m.*

### **Understanding Stress and Substance Use Among LGBTQ+ Adolescents**

*September 22nd, 10:30a.m. to 12p.m.*

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## **Meeting Schedule**

### **Alcohol Workgroup**

Sept. 27th, 10a.m. to 11a.m.

*Virtual, Microsoft Teams*

### **Drug Workgroup**

Sept. 15th, 11a.m. to 12:30p.m.

*Room 3312, EC Gov. Center*

### **Substance Misuse Action Team**

Sept 19th, 10:30a.m. to 12p.m.

*Virtual, Webex*

### **Eau Claire Health Alliance**

Oct 12th, 8:15a.m. to 10a.m.

*Room G034, EC Gov. Center*

Contact Alison Harder at [Alison.Harder@eauclairecounty.gov](mailto:Alison.Harder@eauclairecounty.gov) for meeting information.

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## **About the Substance Misuse Action Team**

### **Mission:**

Working together to prevent and reduce substance misuse through education and advocacy in Eau Claire County.

### **Vision:**

A community free from the harms of alcohol, tobacco, and drug use.

# Values

Community voice: Welcome all people into the conversation and to be a part of the solutions, regardless of background or abilities

Connection: Foster community connections for collaboration and partnership as we address our common goal

Data-Driven: Work is guided by local data and conditions, and it is both practice- and evidence-based

Equity: Action works to address disparities impacting health and wellbeing by focusing on economic, social, and physical environments

Informative: Work focuses on continuous learning and mutual knowledge sharing

Inviting: Work is done with an open mind, acknowledging different viewpoints, with empathy and compassion

## Contact Us

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Visit the Substance Misuse Website



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