

NATIONAL PREVENTION *Week*

A CELEBRATION OF POSSIBILITY

As National Prevention Week evolves to meet the needs of prevention organizations, we have established an ongoing virtual series to showcase, elevate, and celebrate the important prevention ideas, events, news, and activities that impact communities across the country.

The holiday season can be a difficult time for people struggling with mental health, prevention, and recovery. National Prevention Week acknowledges that prevention happens year-round, and many people may need resources during this time of year.

We hope that the following resources and services from our prevention partners and community organizations can support you in keeping yourselves and your communities safe and healthy this holiday season.

Warm wishes,

THE NATIONAL PREVENTION WEEK TEAM





Future Leaders Now (Oxnard, CA)

The holidays are here, and with shorter days and colder nights, it's easier for our moods to shift and for people to experience Seasonal Affective Disorder. Future Leaders Now wants you to know that while the winter can be difficult, it's ok not to be ok. The organization wants to highlight their campaign "It's OK Santa Barbara County" and their curated list of resources for youth about how to take care of their mental health and start the conversation on substance misuse struggles.

- oksbc.org
- futureleadersnow.org



Westside Impact Project (West Los Angeles, CA)

This holiday season, the Institute for Public Strategies' Westside Impact Project (WIP) coalition can be especially helpful as it offers free resources and educational presentations on substance use prevention, including crucial topics like fentanyl and cannabis. By equipping community members with knowledge and providing free Narcan training, WIP enhances the safety of the Greater West Los Angeles Area, making it a valuable resource during this festive time.

- linktr.ee/westsideimpactproject



Change Collaborative of Manchester (Manchester, CT)

With holiday parties and celebrations right around the corner, the Change Collaborative of Manchester wants to highlight the social host law and remind people that allowing anyone under 21 to drink in their homes doesn't make it safe, it makes it illegal. Learn more about the social host law and find resources for parents on having conversations with their kids, setting clear expectations, and modeling behavior.

- changecollaborative.squarespace.com/underage-drinking



PRO Youth and Families (Sacramento, CA)

PRO Youth and Families emphasizes the importance of knowing yourself and your triggers throughout the holidays. They assist youth who attend their programs in finding the help they need through behavioral health organizations like [Turning Point Community Programs](#).

- proyouthandfamilies.org



Drug Enforcement Administration (DEA)

Are your teens or young adults home for holiday break? With the stress of school or campus life behind them for a few weeks, this can be a great time for you to talk to them about substance misuse. Learn about where to start when talking to teens and young adults about drugs.

- getsmartaboutdrugs.gov/family/tips-talking-teens-and-young-adults-about-drugs-during-holidays



Addiction Technology Transfer Center Network (ATTC)

Americans celebrate many events with the use of alcohol and other drugs. The holiday season creates a challenge for individuals working to maintain their recovery for multiple reasons, and seeing loved ones drinking can trigger drinking thoughts that lead to relapse. ATTC's recommendations from their toolkit on how to thrive during the holiday season can help people maintain recovery during holidays.

- <https://attcnetwork.org/centers/mid-america-attc/product/how-thrive-during-holiday-season>



National Institute of Mental Health (NIMH)

If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD). This Guide to Seasonal Affective Disorder fact sheet helps you understand the signs of SAD, how it's treated, and how it can be prevented.

- nimh.nih.gov/health/publications/seasonal-affective-disorder



Prevention Technology Transfer Center Network (PTTC)

Stress has a significant impact on Hispanic/Latinx populations and is related to the use and misuse of illicit substances and alcohol. Stressors may be especially profound during the holiday period. The Hispanic Stress and Resilience During the Holidays Webinar and accompanying fact sheets will provide an overview of recent developments in research and practice that focus on stress, acculturation stress, and resilience among Hispanic/Latinx populations.

- pttcnetwork.org/centers/national-hispanic-latino-pttc/product/hispanic-stress-and-resilience-during-holidays



Substance Abuse and Mental Health Services Administration (SAMHSA)

The holiday season can be filled with joy and celebrations. This time of year can also trigger difficult emotions, thoughts, or behaviors—which can affect your mental health and use of substances (including alcohol). Let your friends, family, and communities know that confidential support is available 24/7 for both mental health and substance use.

- samhsa.gov/newsroom/observances/support-during-holidays