



Happy Valentine's Day MPA members! February is a great time to spread love, kindness, and increase mental health. MPA collected close to 1000 Valentine cards for senior citizens living in assisted living and nursing homes in the community. The youth truly enjoyed writing notes to senior citizens to brighten their day.

February is also Heart Month, an opportunity to highlight the importance of cardiovascular health, raise awareness about heart disease prevention, and encourage lifestyle choices supporting a strong heart. Substance use and abuse can lead to major heart problems. New research on vaping is also showing a link to potential cardiovascular damage. See the links below for more information.

**Resources:**[Substance Abuse & Heart Disease](#)[American Heart Association on Vaping](#)[Mental Health America Virtual Valentines](#)[CBI, Inc resources](#)**Head Start for Spring Planning**

Our next DEA take back day will be in April, and it will be here before we know it! Please brainstorm any ideas or organizations that would like to be involved. This event is great for senior organizations and anyone who can benefit from Narcan education and distribution.

Winter formal dances, prom, and graduation are also around the corner. Reach out to hannah.dewitt@cbridges.com for toiletry/resource baskets for the restrooms.

**February****Highlights & Events:****Coalition meeting 2/21 9:30-10:30a**[Join Zoom Meeting](#)**Virtual Youth Coalition Meetings:****next meeting in March.****email agustin.lopez@cbridges.com for more info****If you have any upcoming events or any news to share email: hannah.dewitt@cbridges.com****Please follow, like & share on FB & IG
#mesapreventionalliance**

FEBRUARY IS:
**YOUTH LEADERSHIP
MONTH**

JOIN US!

**YOUTH
COALITION
OPPORTUNITY**

#MESAPREVENTIONALLIANCE

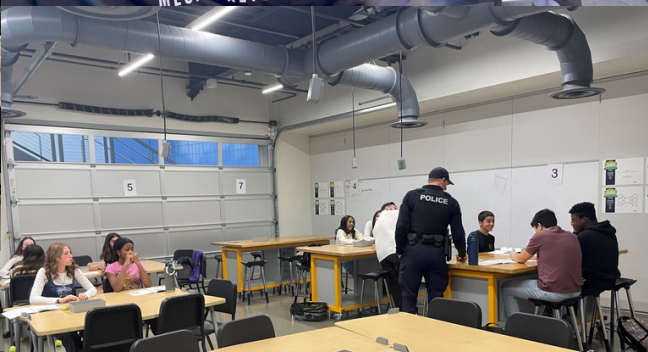
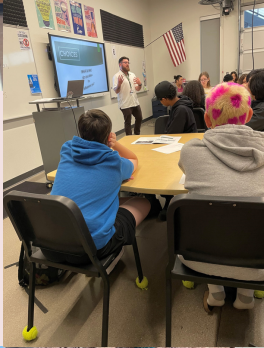
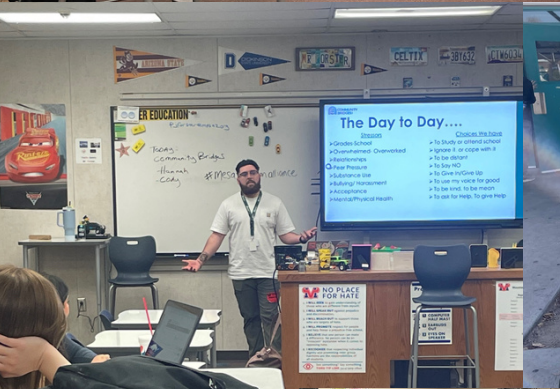


MESA PREVENTION ALLIANCE

Encourage youth to meet new friends & make change in their community. email agustin.lopez@cbridges.com for more info



In the Community



MESA PREVENTION ALLIANCE

In the Community

Happy Valentine's Day



We collected close to 1000 valentine cards for seniors in the community. It was a lot of fun for youth at Mesa schools to write heartfelt notes of encouragement for our seniors.



It's that time of year again! Please scan the QR code below to complete the SACLAZ 2024 Community Survey.



MESA PREVENTION ALLIANCE

USE YOUR VOICE!



Substance Abuse
Coalition Leaders
of Arizona

PARTICIPATE IN THE 2024

Community Survey

SCAN





School Surveillance and Medication Program (SSMP)

EMERGENCY ALBUTEROL INHALERS, EPINEPHRINE, AND NALOXONE

The SSMP is an online program created by Maricopa County Department of Public Health to assist schools in obtaining stock rescue medications (ie. albuterol inhalers & LiteAires®, epinephrine, and naloxone), which could potentially save the lives of students in need of emergency intervention. **If you think your school could benefit from having emergency stock medications, follow these steps:**



Enroll

Enroll your school online by creating an account at:
<https://ssmp.maricopa.gov>



Train

Have at least 2 onsite school staff complete training modules & submit certificates to your school's SSMP Account



Order & Stock

Submit the SSMP Standing Order Request form to obtain a free albuterol inhaler & LiteAire®, naloxone nasal spray, & auto-injectable epinephrine prescription, delivery upon approval



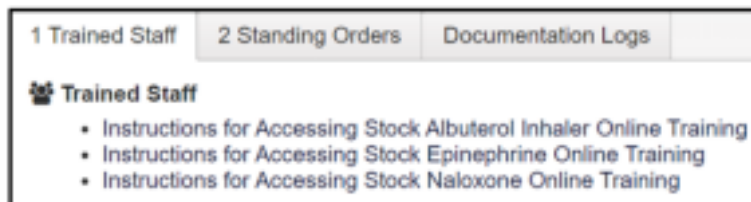
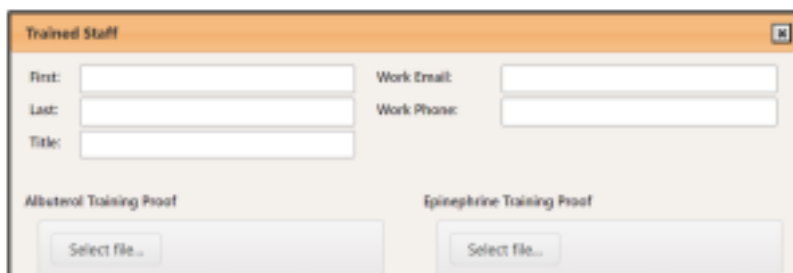
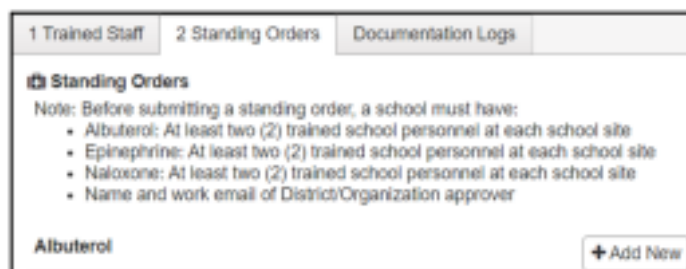
How to Apply

Step 1: Visit <https://ssmp.maricopa.gov> or scan QR code below and create an account for your school. Once approved, log in to verify your school's information.

Step 2: Under "Trained Staff", using the 3 bulleted links, have at least 2 onsite staff complete the [online training modules](#) and obtain certificates as proof of completion.

Step 3: Back on the SSMP page, click on [+ Add Staff Member](#) and upload your staff's information and certificates.

Step 4: Once training certificates are submitted, click on the "Standing Orders" tab and click [+ Add New](#) on the medication for which you would like to receive standing orders. Once approved, a MCDPH Nurse will contact you about receiving the medications.


Questions?

Contact a Public Health Nurse:

Email: stockmedications@maricopa.gov

Phone: 602-372-2616



Office of the Maricopa County
School Superintendent
Steve Winters



Arizona & Airway Disease
Research Center



WESTERN REGION
Public Health
Training Center



MESA PREVENTION ALLIANCE

Help us be the change in Mesa!

[Click here: Community Involvement Form](#)

Everyday youth try substances for the first time, even before they turn 13 years of age (the average age kids try drugs). There are many reasons why youth decide to use drugs and alcohol that include being bored, experienced a life or school stressor and to feel good. What we know is that if WE interact with youth at an early age and engage the community in substance use prevention, we can greatly impact the future of our youth in the Mesa community! Let's work together on educating our youth, their families and friends by providing them the tools and resources to build resiliency and positive coping skills.

When a youth decides to use and misuse substances, They are at an increased risk for a variety of negative health and life consequences such as:



Cognitive Decline

Substance use in teens can have a negative impact on memory, learning new things, concentrating and affective decision making



Dropping Out

students who drink , vape, use marijuana and other illegal drugs, are more likely to drop out of school.



Misusing or experiment with substances

Certain "gateway drugs" appear to make users more likely to try other drugs in the future.



Chronic Disease

A disease that persists for a long time. A chronic disease is one lasting 3 months or more.



Delinquent Behavior

Serious/Chronic offenders are more likely than other juvenile offenders to be substance users and qualify as having substance use dis-orders.



Trouble with the law

Arrest, adjudication & Intervention by the juvenile system are eventual consequences for many youths engaged in alcohol and other drug use



Loss of income

Those who live in poverty and are addicted to drugs have less access to rehabilitation centers.



Unstable Household

The effects of substance use dependency in a family can increase adverse childhood experiences also known as ACE's