



MiSUPER
Michigan
Substance Use
Prevention,
Education,
and Recovery

CANR.MSU.EDU/MISUPER

*Are you or a loved one
struggling with opioid misuse?
We're here for you.*

MiSUPER: Michigan Substance Use Prevention, Education, & Recovery



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mail:
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About MiSUPER

- Two-year SAMHSA Rural Opioid Technical Assistance (ROTA) grant (2019-2021)
- Project Goals: Increase awareness of opioid use disorder & misuse in rural communities
 - Provide evidence-based training on prevention, misuse/addiction symptoms, treatment & recovery options
 - Rural community focus in Antrim, Charlevoix, Emmet & Otsego Counties but open to all audiences



opioid misuse support

did you mean: **MiSUPER**

We're here to support you.

Michigan Substance Use Prevention, Education, and Recovery

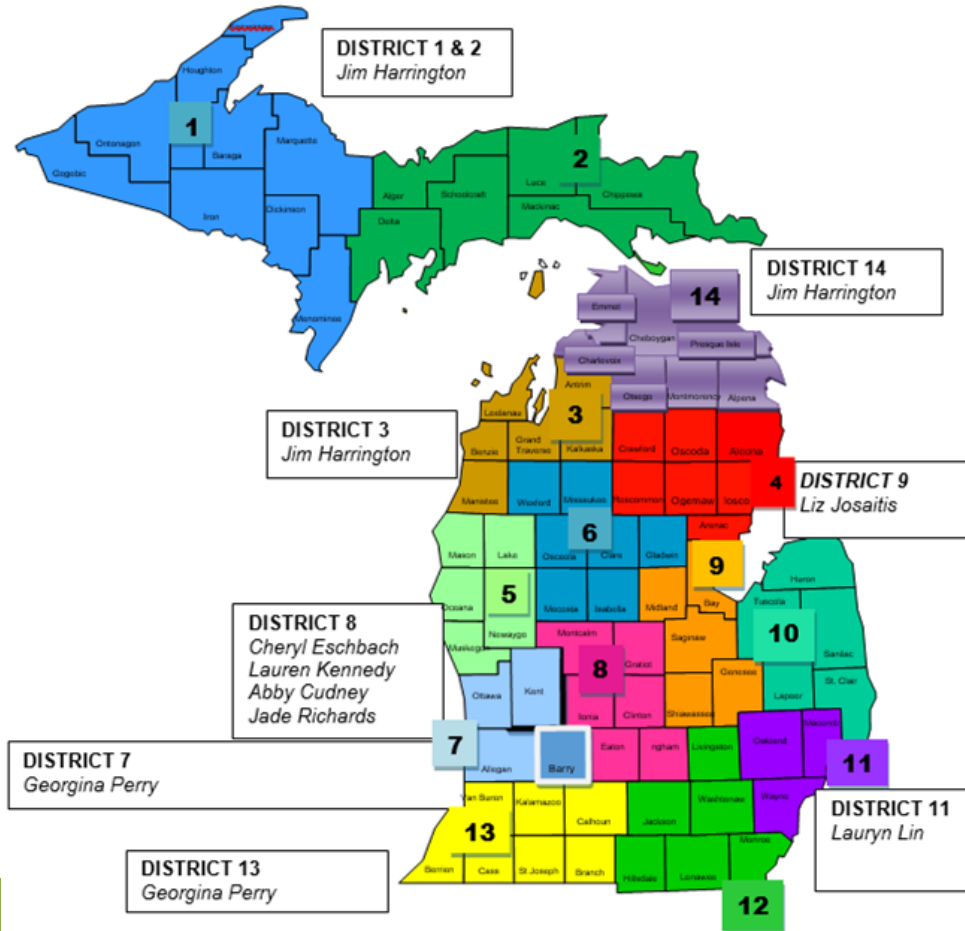
FIND OUT MORE AT:
[CANR.MSU.EDU/MISUPER](https://canr.msu.edu/misuper)

MICHIGAN STATE UNIVERSITY | Extension

Department of Family Medicine
College of Human Medicine
MICHIGAN STATE UNIVERSITY

HEALTH DEPARTMENT
of Northern Michigan





MiSUPER Partners

MICHIGAN STATE
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Community Outreach Evidence-based Education & Programs

- Project Director: Cheryl Eschbach, PhD
- 6 - County-based Extension Educators & Program Coordinators/Instructors
- Community Behavioral Health Specialist



Department of Family Medicine
College of Human Medicine
MICHIGAN STATE UNIVERSITY



Medical expertise/Technical assistance Program Evaluation

- Bengt Arnetz, MD, PhD, MPH, MSCEPI
- Judy Arnetz, PhD, MPH, PT
- Andrea Wendling, MD, FAAFP
- MSU Research Assistant



Medical expertise/Technical assistance Northwest MI Stakeholder Engagement

- Josh Meyerson, MD, MPH
- Natalie Kasiborski, PhD, LMSW, MPH
- Susan Pulaski, MA, CPC



Project Components

01

Community Education

Standardized prevention education presentation for communities

02

Healthcare Provider Education

Standardized presentation for rural healthcare and public health professionals

03

Website Toolkit

Online training event calendar & downloadable education and public awareness materials



Community Education Focus

Prevention

- What are opioids?
- What is opioid misuse?
- How do opioids affect the body?
- How has the opioid crisis impacted Michigan communities?

Treatment & Recovery

- What treatment & recovery options are available?
- How can I manage chronic pain without opioids?
- How can I minimize a loved one's risk of an opioid overdose and support their recovery?
- Stories of Hope & Recovery

What can we do next?

- What can we do to prevent opioid misuse and address the opioid crisis?
- Stigma Reduction & Language
- Existing resources



Community Education Objectives

- **Identify and recognize:**

- At least two treatment strategies to treat OUD
- Alternative treatments for chronic pain
- Alternative strategies to opioids
- Two or more community resources

- **Explain:**

- Ways to reduce stigma from people with OUD and SUD
- How to use Narcan to reverse an overdose
- How communities can be involved in OUD prevention

- **Understand:**

- How most people with OUD start taking opioids
- The Good Samaritan Law
- What to do with unused opioid medications



Changing the Language of Addiction

Terms that stigmatize addiction can affect the perspective and behavior of patients, clients, scientists, and clinicians. Clinicians especially need to be aware of person-first language and avoid more stigmatizing terms.

Terms Not to Use

- addict, abuser, user, junkie, druggie
- alcoholic, drunk
- oxy-addict, meth-head
- ex-addict, former alcoholic
- clean/dirty (drug test)
- addictions, addictive disorders

Terms to Use

- person with a substance use disorder
- person with an alcohol use disorder
- person with an opioid use disorder
- person in recovery
- negative/positive result(s)
- addiction, substance use disorder

Alternatives to Opioids - Non-Medication and Alternative Approaches for Pain Management

Acupuncture



Meditation

Spinal Manipulation

Chiropractic Care

Relaxation Techniques

Yoga



Mindfulness



Massage Therapy

Physical Therapies

Tai Chi & Chi Gong



Provider Education

A Review of the Opioid Crisis: Opioid Misuse in Michigan

Overview of Medication Assisted Treatment (MAT)

Risk Reduction Strategies

Motivational Interviewing

Contingency Management





Website and Toolkit

- Community & Healthcare Provider Resources
- Request a presentation
- Identify local MSU Extension staff & resources
 - News Articles & Programs

HNI/Health Team Remote Learning Programs

- Chronic Pain PATH
- Farm Stress Resources
- Mental Health First Aid
- R.E.L.A.X. Alternatives to Anger
- Stress Less with Mindfulness
- Tai Chi for Arthritis & Falls Prevention
- Find additional resources at <https://www.canr.msu.edu/rlr/>

The image shows a screenshot of the MiSUPER website. At the top left, the 'MiSUPER' logo is displayed in a dark green box. To its right, the text reads 'Michigan Substance Use Prevention, Education, and Recovery'. Below this, the URL 'EXTENSION.MSU.EDU/MISUPER' is shown. A search bar contains the text 'opioid misuse support' and a magnifying glass icon. Below the search bar, a suggestion box says 'did you mean: MiSUPER' with another magnifying glass icon. A large green button with white text says 'LET YOUR SEARCH BEGIN HERE'. On the left side of the page, there is a vertical menu of program tiles: 'Chronic Pain Path', 'Farm Stress', 'Mental Health First Aid', 'R.E.L.A.X. Alternatives to Anger', 'Stress Less with Mindfulness', and 'Tai Chi'. A small circular callout points to the search bar with the text 'Click to learn more about MiSUPER Alternative Programs'. At the bottom right, a 'Brought to you by:' section features the 'HEALTH SERVICES' logo and the Michigan State University Extension logo.



What Can We Do About Opioid Misuse?

- Store medications safely by locking them up
- Do not share your prescription medications
- Take unused medications to prescription drop-off points or events
- Learn to recognize the signs and symptoms of opioid misuse
- Educate others about addiction as a chronic disease
- Be ambassadors for reducing stigma: addiction ≠ lack of willpower
- Syringe and medical exchange programs



Thank you!

Visit canr.msu.edu/misuper/

- Connect with us
- Learn more about MiSUPER
- Request a presentation
- Find additional OUD resources

MSU Extension Health Educators



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AND JUSTICE FOR ALL

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