

## Community Health Needs Assessment (CHNA)



This program is for anyone impacted by an addiction:

- Residents
- Teens
- College Students
- Parents
- Grandparents
- Educators
- Health professionals
- Law Enforcement
- Business Community
- Civic Groups

**First three Tuesdays**  
(September through May)

7 - 8:30 p.m.

Virtual meeting

Join Zoom Meeting

<https://us06web.zoom.us/j/87101182725?pwd=cXN4ZjVsY2tPd3hyMXJ1a0pGTFZlZz09>



**Brian Spitsbergen, PhD, PLLC**



## Addiction: What you need to know and what you can do

**A FREE education series designed to provide information about addiction, prevention, treatment and recovery**

**No registration necessary – Attend one session, two or all three Certificate of attendance available**

Topics include:

- Understanding addiction
- Impact of addiction on families
- What prevents people from seeking help
- Current substance abuse trends in our community
- Underage drinking and drug use
- Making informed decisions on health and well-being
- Creating mindfulness to support recovery
- Suicide prevention
- Substance abuse and mental health disorders
- Grief and loss in addiction and recovery
- Relapse prevention

*Resources available for treatment*

**Are you coping with one or more of these issues?**

- Could my drinking/drug use be an addiction; how do I ask for help?
- Is my loved one an addict; what do I need to know to help?
- Is addiction disrupting our family, how do I take my life back?
- Am I in trouble at school or home because of my substance use?

**Additional information:**

[TrinityHealthMichigan.org](http://TrinityHealthMichigan.org) • [livoniasaveouryouth.org](http://livoniasaveouryouth.org)

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