

Main Office  
184 U.S. 41 East,  
Negaunee, MI 49866  
[www.mqthealth.org](http://www.mqthealth.org)



## PRESS RELEASE

TO: Marquette County Media

FROM: Mary Harris, LMSW, Health Educator, Marquette County Health Department

DATE: 2/16/18

SUBJECT: Event - Value of Prevention: It Takes a Toolbox

Marquette County Cares (MC<sup>2</sup>) is a coalition of community members working together to promote a safe, healthy, and supportive community. With funding from the NorthCare Network, MC<sup>2</sup> utilizes the Communities That Care model as a structure for evaluating the risk and protective factors in our community and helping OUR community put programs in place to address these factors.

Marquette County Cares is presenting a series of events called the Value of Prevention. The focus of this series is promoting protective factors for youth. We want to introduce the community to the skills they need to build resilience, so they can model these skills with the youth in their lives. All events are free to the public and open to all ages.

**Value of Prevention: It Takes a Toolbox:** February 26th, 6:00-8:00pm at the Marquette Alternative High School. Practitioners will introduce skills for the protective factor: Emotional Control. When youth learn skills for coping with their emotions, they decrease their risks for early drug use, depression, anxiety, delinquency, violence, and even school dropout. This event will include experiential sessions with Cedar Creek Institute, MSU Extension, Aurora Artworks, Sage and Spry, MARESA nutrition educator, Simply Successful Kids, Empowering Lightworks, Tulevesi, and Awakenings LLC.

**Value of Prevention: It Takes a Village:** March 26th 6:00-8:00pm at the Upper Peninsula Children's Museum. Community members will learn about the protective factor: Prosocial Involvement in the Community. When youth make connections with their community it buffers them against risk factors for developing health and social problems like early substance use, delinquency and school dropout. Community members of all ages will participate in hands-on pro-social experiences throughout our mini-village.

**Value of Prevention: It Takes You:** April, date to be determined, at Peterson Auditorium in Ishpeming. Community members will learn about the protective factor: Exposure to Evidence-based Strategies. Community members will view the HEAL documentary and help MC<sup>2</sup> celebrate our youth public service announcement winners for 2018.

Please, contact Mary Harris at (906) 315-2613 with any questions.