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Prevention Starts Here: OCHN Supports Families and Communities

OAKLAND COUNTY, MI (October 13, 2025) – At Oakland Community Health Network (OCHN), we believe prevention changes everything. By supporting youth, families, and neighborhoods with strategies that work, we know that substance use can be stopped before it starts. Prevention is real, prevention works, and together we can build a future where hope, health, and resilience thrive.

Prevention Works

Research and decades of experience in prevention science have shown us that taking action early makes a lasting difference. Prevention helps delay the first use of alcohol or drugs, lowers the likelihood of misuse, and reduces risks that often lead to bigger challenges later. Communities that embrace prevention strategies consistently see healthier youth, stronger families, and safer neighborhoods.

By addressing both the **risk factors** (such as peer pressure, untreated trauma, or lack of positive outlets) and increasing **protective factors** (like supportive relationships, coping skills, and access to safe environments), prevention efforts allow people to thrive instead of struggle.

What Prevention Does

Prevention is more than stopping use. It's about creating a healthier future. OCHN's approach focuses on:

- **Strengthening protective factors** in individuals, families, and schools.
- **Reducing risk factors** that contribute to misuse.
- **Equipping communities** with resources and education to support healthy choices.

“By investing in prevention, we get ahead of substance use and mental health challenges, allowing youth, families, and communities to grow and succeed together,” states OCHN's CEO and Executive Director, Dana Lasenby.

How the Community Can Support

To inspire real change, we need everyone's voice:

- **Parents & caregivers** can talk openly with their children about the risks of drugs and alcohol.
- **Schools & educators** can partner with prevention programs that promote resiliency and life skills.
- **Community members** can support local prevention coalitions and share prevention resources.
- **Businesses & organizations** can promote drug-free workplace programs and encourage employee wellness.

OCHN Substance Use Help & Resources

If you or someone you know is struggling with substance use, help is available:

- **Common Ground Crisis Line (Adults 18+):** 800-231-1127
- **Youth Mobile Crisis (Ages 0–21):** 877-800-1650
- **Sober Support Unit (SSU – Walk-in Services):** 248-451-2600
- **OCHN Access Department (Screening & Referrals):** 248-464-6363

A Call to Action

During this Substance Use and Misuse Prevention month, OCHN invites the community to join in **sharing prevention success stories** and helping neighbors access resources that foster hope and healing. By working together, we can prevent substance use before it starts, reduce the progression to addiction, and build a healthier, safer community for everyone.

For more information on OCHN's prevention services and how you can get involved, please visit www.oaklandchn.org.

About OCHN

OCHN is contracted by the Michigan Department of Health and Human Services to lead a provider service network and manage care for approximately 30,000 Oakland County citizens at more than 400 service sites across the county. People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health concerns, or substance use disorder. Most of these individuals have Medicaid insurance coverage.

OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation. Its mission to "inspire hope, empower people, and strengthen communities" reflects an unyielding belief in a "Valuable System for Valued People." Programs and supports provided by OCHN's service network are available at www.oaklandchn.org.

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