**Alliance expands youth program to deal with stress and anxiety and improve mental health and provides healthy social media tips**

TROY, Mich. Dec. 1, 2021 – The Alliance of Coalitions for Healthy Communities (Alliance) recently received funding to expand its [**ReNEWed**](https://r20.rs6.net/tn.jsp?f=0010vE3-4JJCyGHLEFa94E0KkGyqDpPFk5ZKhrR20tWurTrCN-4LB2YbA7hZ-IfG6eFEN9PuYRn8MAIEpMroTBobriuQN0WWAz5T0nIGCJImh64Sz1BN72LKLlSEcqbVNm6BLCrKWPoSuxVFdp9hC_-B3L2PvNOcmRdA1pmDKwoM3I=&c=AB-OZ6ch7e8pEbmP85nxHeXtFIi4h3fsAU655SxzH5RetIGrEnxmLQ==&ch=vqjZ1Z-DyYurkQ2fDUlfYmr414n-enBMpUeRBxsgj5gPjMbipfql_A==) program across all Oakland County Middle Schools because of increased demand due to the COVID-19 pandemic. Students will learn the practices of mindfulness, yoga, meditation, breathing exercises and other healthy coping strategies to deal with stress, anxiety and other difficult feelings.

“We are devastated along with the community by the tragic event at Oxford High School. We want all to know we are available to help navigate this crisis,” said Julie Brenner, president & CEO, Alliance of Coalitions for Healthy Communities.

Funds were received after an announcement by Oakland County Executive David Coulter that 42 recipient organizations would share nearly $8.5 million of the $10 million [**Oakland Together Mental Health and Wellbeing Non-profit Grant Program**](https://r20.rs6.net/tn.jsp?f=0010vE3-4JJCyGHLEFa94E0KkGyqDpPFk5ZKhrR20tWurTrCN-4LB2YbA7hZ-IfG6eFtRdsH3dHRq91igc_GebEtCNA88T6e3i5C7k1dnrqTFUyY_OWFiqGkg3Snrx-ZLYjYX2mHtR9xRacBtk6o_4sQ6GwjVFR1dDIM-BSjEf-P3Y9bIsQPMxbE0yX09tB9vil_PDyW3ZSnj3O2pk5mYlckI9hFlKPi5CwsJZ0sDBJX3EsTxOx9FVCfvV6DJ6NTksRuT38eS-P-bz6v8CKpcgGVPqQkvC8fAQ0R-zaHYaQOH6pVG2FhTv0HnGGgNmdRGiHLvxNewz2z-m0SCmK8KWIWA==&c=AB-OZ6ch7e8pEbmP85nxHeXtFIi4h3fsAU655SxzH5RetIGrEnxmLQ==&ch=vqjZ1Z-DyYurkQ2fDUlfYmr414n-enBMpUeRBxsgj5gPjMbipfql_A==), funded by the American Rescue Plan Act. The grants, administered by [**United Way for Southeastern Michigan**](https://r20.rs6.net/tn.jsp?f=0010vE3-4JJCyGHLEFa94E0KkGyqDpPFk5ZKhrR20tWurTrCN-4LB2YbA7hZ-IfG6eFrLKicbekX-_-nDIYzflzQbG-m72L2sOxRDVfWw9Q6rj7wbRgPzhQOYwTaCP-Z5CUSQJPARXOIObrPkPOlZKvD1tEjKHDJLR3fBLKVi9gB3PA4gwcw8LNONCkldcWe_B6jiJQOizDJ5lpxHyoWI7kaEZRsFIBxf10ZZtTAszL9RpxbPu_EtgnCnr6FSuplIg9tXA4bUqcgYcMMDXGKtJDPWk_hy6PNyykBqZvmwA6LIMwMX3GpnS51ZXRnU8PXEQsIyoytS0tXNRfpm6RvrJnyTWUIAq6cjapZgcUDJt5Fx_-KvrL-Nk8IRatYdN4i4jHMYNJksRJ1QyixDlP6HsqInetYy8tTpixOakRtFNrI1sa52XpBxCKU6gDijyKJBVI3Mu0TXH19I4=&c=AB-OZ6ch7e8pEbmP85nxHeXtFIi4h3fsAU655SxzH5RetIGrEnxmLQ==&ch=vqjZ1Z-DyYurkQ2fDUlfYmr414n-enBMpUeRBxsgj5gPjMbipfql_A==), are focused on expanding mental health services to Oakland county residents.

**Negative impact of social media on mental health**

The Alliance also recently partnered with the **Oakland Community Healthy Network** and **Oakland County Health Division** to provide important resources and information about the impact of social media on mental health. This partnership includes an extensive list of resources and information to aid adults, families, and teens in determining responsible use of social media and understand the affects overuse can have on our everyday lives.

According to a study from researchers at the [Johns Hopkins Bloomberg School of Public Health](https://www.jhsph.edu/), teens spending more than three hours a day on social media are more likely to report behaviors indicating a mental health problem than teens who don’t use social media. Indicators you or your teen may have be negatively impacted by social media include the need to check feeds as soon as you wake up, inability to focus on tasks at school, work or home without taking a break for social media and needing to spend hours scrolling through social media.

**Tips to curb social media use if you or your teen are negatively impacted by social media use**

* Use an app to track the time you spend on social media. Then set a goal to reduce use.
* Turn phone off at scheduled times such as meals and when meeting in person.
* Don’t bring your phone or tablet to bed. Charge devices in another room.
* Disable social media notifications.
* Limit time to check social media. Slowly wean if you’re constantly used to checking.
* Remove social media apps from your phone so you can only check from your computer.

**Create time for in-person connections**

* Build meaningful real-life friendships and in-person connection.
* Meet in person weekly to run errands, exercise or start a new hobby with friends.
* Invite coworkers, acquaintances or neighbors to go to lunch or for a walk.
* Interact with people you don’t know while shopping or running errands. Creating connections can improve our moods.

**How to help your child or teen with unhealthy social media use**

* **Monitor and limit your child’s social media use.**The more you know about how your child is interacting on social media, the better you can address problems. Parental control apps can help limit your child’s data usage or restrict phone use. Adjust privacy settings to limit their potential exposure to bullies or predators.
* **Talk to your child about underlying issues.**Problems with social media use can often mask deeper issues. Is your child having problems fitting in at school? Are they suffering from shyness or social anxiety? Are problems at home causing them stress?
* **Enforce “social media” breaks.**Ban social media until homework is complete, don’t allow phones at the dinner table or in their bedroom, and plan family activities without devices. Turn phones off at least one hour before bed to prevent sleep problems.
* **Teach your child how social media is not an accurate reflection of people’s lives.** People only post what they want others to see and images are manipulated and posed.
* **Encourage exercise and offline interests.**Encourage your child to pursue physical activities and hobbies that involve real-world interaction. [Exercise relieves anxiety and stress](https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm), boosts self-esteem, and improves mood and can be done as a family.

[**The Alliance of Coalitions for Healthy Communities**](http://www.achcmi.org/)is a substance misuse prevention and wellness organization that supports a 22-coalition prevention partnership in Oakland County serving more than 55 local communities and provides Shatter the Stigma: Family & Recovery Support and education groups for anyone affected by substance misuse. Predominantly funded by Oakland Community Health Network, the Alliance also provides free Narcan training. The Alliance connects, strengthens, and mobilizes strategic partners to promote healthier communities. For more information call 248.221.7101 or follow us on social media on @allianceofcoalitions on Facebook and Instagram and @ACHCMichigan on Twitter. The Alliance recently moved to its new headquarters – 5505 Corporate Drive Suite 301, Troy, MI 48098.

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