



## MARCH NEWSLETTER

# WOMEN WHO SHAPED PREVENTION

*During Women's History Month, we honor women whose leadership helped shape how our nation approaches substance use, public health, and recovery. Prevention has evolved over time—but women have consistently been at the forefront of shifting the conversation away from punishment, and towards education, care, and science.*



### **Dr. M. Joycelyn Elders (b. 1933)**

As the first Black U.S. Surgeon General, Dr. Elders advocated for honest, science-based conversations about public health — including substance use and prevention education. She believed that informed communities are empowered communities, and that education is one of the strongest tools we have to protect young people.

### **Bertha K. Madras, Ph.D. (b. 1941)**

A neuroscientist and national policy advisor, Dr. Madras has contributed extensively to research and policy surrounding drug abuse prevention. Her work has focused on understanding addiction through science and developing strategies to reduce substance misuse through early intervention and education.



### **Marty Mann (1904 - 1980)**

One of the first prominent women in recovery advocacy, Marty Mann helped shift the national understanding of alcoholism from a moral failing to a public health issue. As a founding member of the National Council on Alcoholism, she worked to reduce stigma and promote treatment and education.

# ROOTED IN WOMEN. BUILT FOR COMMUNITY.

*Celebrating the women who educate,  
advocate, and uplift our community every day.*



# WOC Spotlight

## *Meet the Team*



**Name:** Christina Cousins

**WOC Position:** Wellness Advocate

**Time with WOC:** 1 Year

Christina Cousins is a Wellness Advocate with Women of Colors embedded at MyMichigan Health Center in Saginaw. She is also a Recovery Coach and a State-Certified Peer Support Specialist (CPSS). She brings a rare combination of professional expertise and firsthand understanding of the challenges people face when life feels like it's falling apart. Her work centers on screening, interventions, referrals, and education—always with empathy, honesty, and a commitment to meeting people exactly where they are.

Christina approaches recovery and wellness not as abstract concepts, but as lived experience, guiding others with authenticity, humor, and a sense of possibility even when the road feels impossible. She believes in the power of showing up, small victories, and creating a life worth choosing—even when it's messy, chaotic, and sometimes wildly unpredictable.

Outside of work, Christina celebrates growth, resilience, and the family she's built along the way—people who support her unconditionally and inspire her to give back daily. She loves learning and creative writing, hobbies that challenge her mind and allow her to express herself. Christina champions recovery as a journey of continuous self-discovery, learning, and helping others find their own path to wellness.

### *If you could have dinner with any woman in history, who would it be?*

If I could have dinner with any woman in history, it would be Ching Shih, a Chinese pirate leader from the early 1800s. What fascinates me isn't just that she commanded the largest pirate fleet in history—it's how she did it. Even before officially taking over after her husband's death, she shaped strategy, enforced discipline, and managed the fleet with incredible skill. She led with intelligence and authority in a world that underestimated her, negotiated her retirement with the emperor on her own terms, and walked away with freedom and respect. Her story is one of quiet but undeniable power, brilliance, and impact—a woman who changed history without ever needing the spotlight.



# President's Corner

As we welcome the arrival of spring, we are reminded that growth takes intention and care. This season of renewal reflects the heart of prevention work—planting seeds early, offering support, and creating environments where individuals and families can thrive before challenges take root.

March also marks Women's History Month, a time to honor the resilience and leadership of women who have strengthened our communities through advocacy, education, and service. Their legacy reminds us that prevention is rooted in compassion and collective action. As we step into this new season, we remain committed to building brighter futures through connection, knowledge, and care.



**Evelyn McGovern**  
**President/Co-founder**

## *Did you know?*

In addition to becoming the first Black woman to be elected to Congress, Shirley Chisholm was also the first woman and African American to seek the nomination for president of the United States from one of the two major political parties in 1972.

Women of Colors is grateful for the continued support of our partners, community members, and friends who make our mission possible. Your encouragement helps us create meaningful programs that strengthen families and uplift youth across our community. This month, we'd like to give special recognition to Midstate Health Network for their partnership in helping us share prevention resources and awareness through this newsletter. Together, we are building a healthier, stronger future.

**MSHN**  
**Mid-State Health Network**

## Get In Touch

Have questions or donations?  
Want to get involved?  
We'd love to hear from you!

 [womenofcolors.org](https://womenofcolors.org)

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**Let's Make A Difference  
Together!**