



RESEARCH SOLUTIONS



September Is About More Than Awareness

Awareness matters most when it becomes action. This month, we recognize recovery, strengthen suicide prevention, reduce the stigma surrounding substance use and mental health, and remind our communities that help is available. Whether you are a parent, educator, faith leader, provider, coalition member, or neighbor, you have a role in creating connection and opening the door to support.

RECOVERY

Recovery is possible

Celebrate progress, support multiple pathways to recovery, and use language that protects dignity.

SUICIDE PREVENTION

Connection can save lives

Check in, listen without judgment, and share 988 with anyone who may need emotional support.

OVERDOSE PREVENTION

Be ready to respond

Know the signs of an opioid overdose, carry naloxone when possible, and call 911 in an emergency.

“Prevention is not one program or one day. It is the everyday work of building safer, healthier, more connected communities.”

Where Prevention Is Happening This Month

SEPT 8

Recovery Month Presentation

NEA Community Correction Center • 2:00 PM

SEPT 16

O.P.P.S. Coalition Meeting

Partner collaboration and prevention planning • 11:30 AM

SEPT 14

Together We Can Stop the Stigma

Community stigma-reduction event

SEPT 17

Clay County Coalition Meeting

Piggott • 11:00 AM

SEPT 23

Stronger Than Silence Men's Conference

Clover Bend Historic District, Hoxie • 10:00 AM–4:00 PM

SEPT 30

Greene County Suicide Awareness Walk

Community awareness and remembrance 6:00 PM – 8:00 PM



Save the Date: Two Conferences. One Mission. Stronger Communities.

At Research Solutions, Inc., we believe prevention begins with education, connection, and community. This fall, we're excited to host two impactful conferences designed to empower individuals of all ages with the knowledge, resources, and support needed to build healthier, more resilient lives.

Whether you're a parent, educator, youth leader, community member, or advocate, we invite you to join us as we continue our mission of **Impacting Communities. Empowering People.**

Stronger Than Silence: Men's Mental Health & Prevention Conference

September 23, 2026 | Clover Bend Historic District | Hoxie, Arkansas

Men often carry the weight of life's challenges in silence. This conference is dedicated to changing that narrative.

Stronger Than Silence will bring together mental health professionals, prevention specialists, community leaders, and individuals with lived experience for a day of meaningful conversations focused on mental health, substance misuse prevention, resilience, and overall wellness.

Attendees can expect:

- Inspiring keynote speakers
- Expert panel discussions
- Practical wellness and prevention strategies
- Community resources
- Opportunities to connect with others and stigma surrounding men's mental health

Because asking for help isn't a sign of weakness—strength.



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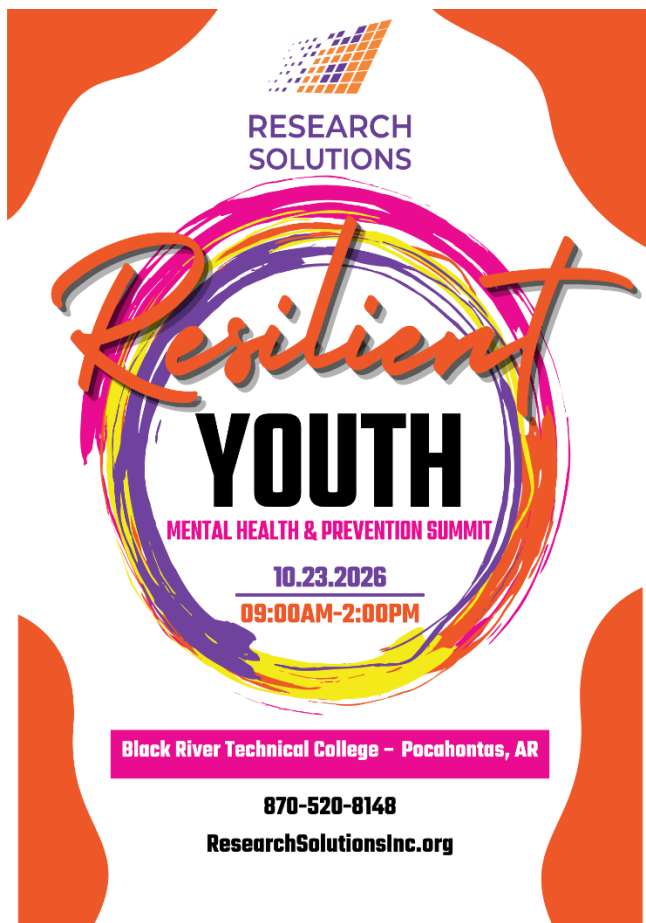
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Resilient Youth Mental Health & Prevention Summit

October 23, 2026 | Black River Technical College | Pocahontas, Arkansas

Today's youth are tomorrow's leaders. By investing in their mental health and well-being today, we create stronger communities for generations to come.



The **Resilient Youth Mental Health & Prevention Summit** is an engaging, interactive event designed specifically for youth, educators, school personnel, and community partners. Through dynamic presentations and hands-on learning experiences, participants will explore topics including:

- Mental wellness and resilience
- Substance use prevention
- Healthy coping strategies
- Building positive relationships
- Leadership and decision-making
- Protective factors that support lifelong success

With this year's theme, "**You Matter. Your Choices Matter. Your Future Matters.**", the summit will encourage every young person to recognize their value, embrace healthy choices, and discover their potential.

Join the Movement

These conferences are more than events—they're opportunities to strengthen our communities through education, prevention, and collaboration. Whether you're looking to gain valuable knowledge, connect with others, or become a champion for mental wellness and prevention, we invite you to be part of these transformative experiences.



Registration is now open!

Stronger Than Silence: Men's Mental Health & Prevention Conference

Register today: <https://forms.gle/ykpvigxZtT7fHAUL6>

Resilient Youth Mental Health & Prevention Summit

Register today: <https://forms.gle/dC8MqChJpH9D3ds27>

Space is limited for both events, so we encourage you to reserve your spot early. We look forward to welcoming you as we continue building stronger communities—one conversation, one connection, and one life at a time.

KEEP THESE RESOURCES CLOSE

Help is available

988

SUICIDE & CRISIS LIFELINE

Call or text 988
Chat: 988lifeline.org

FIND SUPPORT

TREATMENT LOCATOR

FindTreatment.gov
Confidential and anonymous

LEARN

OVERDOSE RESPONSE

cdc.gov/stop-overdose
Naloxone and response guidance

LET'S PREVENT TOGETHER

Bring prevention education, resources, or partnership support to your community.

Contact Research Solutions, Inc. Region 4 Prevention Team • 870-520-8148 • ResearchSolutionsInc.Org