

STEPPING Stones

Parent & Community Based
Education for Healthy Living



Summer 2011

CARE of Southeastern Michigan

9th Annual Tea and Luncheon Fundraiser for CARE's Children's Programs

Sunday, September 18th from 12:30pm to 3:30pm at Sycamore Hills Golf Club in Macomb Twp. The fundraiser will include the "Nifty Fifty" basket raffle, "Lucky Thirteen" silent auction, entertainment and lunch! Tickets are \$40.00 and includes a special PARISIAN Community Shopping Day coupons. Seating is limited! Reserve your table so you can pick a state and decorate! For more information visit www.careofmacomb.com or call 586.541.0033 ext.226.



A New Fit

CARE has expanded the geographical area that it serves over the years and "CARE of Macomb" no longer fits. We have applied for and received permission to use the assumed name of "CARE of Southeastern Michigan." We are currently in the process of recreating our logo to include our new name. Over the coming months you will note that change on our website, brochures and letterhead.

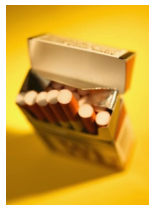
CARE of Southeastern Michigan

Keeping Kids Tobacco Free

In 1995, more than 80% of Macomb County retailers tested in a tobacco compliance check sold cigarettes to minors without asking for identification confirming age. It is illegal to sell cigarettes to those under the age of 18. Over the years Macomb County has made significant reduction in sales to minors through education, compliance checks and stronger enforcement. However, more work needs to be accomplished and your help is greatly appreciated.

Adults are encouraged to help keep kids tobacco free by supporting the efforts of retailers by saying, "thanks for asking," when they observe a clerk asking for identification. Join the many Macomb County citizens who care about providing a healthy environment for young people.

Contact Melissa, CARE Community Organizer, at 586.541.0033 ext.220 for more information.



Happy Parental Relationships is Positive for Kids

Parental Relationship Quality and Child Outcomes across Subgroups, a new report based on the **National Survey of Children's Health** reveals that positive parental relationships are linked to: reduced child behavior problems, better child social competence, greater child school engagement, fewer mental health problems such as depression, better parent-child communication and reduced feelings of aggravation by the parent. These results hold across income, marital status, parental education and race/ethnicity.



Welcome and Congratulations to CARE's Board Members

Members in New Positions:

Curt Harder, Flagstar Bank, Chairperson
Patti Steele, Vice Chair of External/Outreach
Tom Denewith, Vice Chair of Internal Operations
Patrick McLogan, Secretary
Robert Wirsing, Jr., Treasurer

New Board Members:

Karen Beger, Community Health Director, St. John Providence Health System
Dr. Janet Reed, Clinical Neuropsychologist
Paula Roman, Regional Manager, PNC Bank

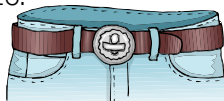
Ambassadors:

Dr. Donald Amboyer, Education & Criminal Justice Consultant
Barb Browe, Fundraising Specialist
Karen Corey, Branch Manager, PNC Bank
Eric Jackson, Macomb Community College Representative
Tim Killeen, Wayne County Commissioner
Maryanne Kosc MacLeod, Macomb Daily Health & Lifestyle Writer
Judge Steve Sierawski, 41-A District Court
Lori Smith, Attorney
Brenda Szalka, Employee Wellness Counselor, Henry Ford Health Systems
Judge Kimberly Wiegand, 41-A District Court
Jan Wilson, Board Member Macomb County Community Mental Health

Dress Down Days for CARE

Does your company have dress down days and like to help children?

Then let CARE help you make that possible. Your company donates monies collected from the dress down days to CARE'S Children's Programs. Your employees can help CARE, make a difference in the life of a child. The funds collected will provide educational opportunities for children through our children's treatment fund. For more information please contact Cindy Anderson, CARE'S Fund Development Coordinator, at 586.541.0033 ext. 226.



Parent Chat

CARE's parenting Education Specialist, Teresa Sander, along with The Macomb Daily's Lifestyle's writer, Maryanne Koics Macleod host a Parent Chat the first Wednesday of every month, 11:30-12:30, please join us at www.macombdaily.com. Topics to be announced via Community Assessment Referral & Education's facebook page.

Advocacy 101

"Advocating" is a scary word for many of us. All it really means is to "ask for what you need."

These needs may involve help for a child, help for a family problem or simply to be understood. Various situations include asking the doctor for a referral for a special service; the schools to have your child evaluated regarding a physical or intellectual concern or a family member to understand your feelings.

Advocating is most successful when you:

- know what you need and what you are entitled to.
- get support from those that are in a position of "power."
- physically present yourself in as professional a manner as possible – no jeans!
- stay calm and use a controlled voice tone. It makes a BIG difference in how you are perceived.

You know how to ask.

- Doctor's office: "I feel frustrated when I am left waiting in the lobby for a long period of time because it is hard for Bobby (age 3) to be patient that long." Ask for what you need: "Is there a better time to schedule an appointment, when the wait will not be so long?"
- School system: "I am feeling helpless because I brought this problem to your attention several weeks ago and there has not been a solution." Ask for what you need: "Is there someone else I can talk to?"
- Family member: "I know you mean well but when you favor Sarah over Cindy, I feel sad." Ask for what you need: "Can we talk about it?"

Remember the old adage, "you catch more bees with honey than you do with vinegar."

Tech Support for Mom and Dad

www.TeachParentsTech.org is a website created by Google that has over 50 two minute videos with step-by-step instruction on everything from creating a blog to cut and pasting a document. Kids can send the videos to their moms and dads by going to the site, clicking on the topics that may be relevant and the selected videos will be e-mailed to them.

Letter from the President & CEO

Kathy Rager ~ krager@careofmacomb.com

Facebook has many “faces”

I am confused. Admittedly, I grew up at a time when the mantra was “mind your own business,” and while I am glad that we have moved beyond this mentality to one of more openness and less shame attached to those who are experiencing troubles, or “challenges” as we like to label them these days, I am still perplexed by the current movement to “let it all hang out” on public sites such as facebook or twitter accounts.

Recently, a friend shared with me a rant posted by a disgruntled employee of a big agency. The rant was comprised of four letter words bashing her current supervisor. Does she think that this information will

not get back to a now very unhappy employer? I understand that unhappy children regularly trash their parents. There is a difference between a child uttering, sometimes loudly, “You are the worst mother in the world,” and publically defaming a parent. And it goes on and on...disagreements made public by in-laws, siblings, bosses and “friends.” It is my understanding that potential employers and colleges are regularly checking facebook accounts before they hire or admit students.

So why is this happening? I have been told that part of it may be due to the impulsiveness of our current culture. The old adage of “think before you speak” no longer seems a viable way to handle situations. So I am suggesting that we replace the old “mind your own business” with “think before you speak.” “Let it all hang out” can be dangerous.

PARENTAL RESPONSIBILITY AND UNDERAGE DRINKING

It is the time of the year for many celebrations including high school graduations and prom. The time is ripe for underage drinking. Underage drinking is illegal no matter what the philosophies of the parents. Parents take heed: under social hoist liability laws in Michigan parents may be held responsible for underage drinking in their home.

If a parent provides alcohol to an underage drinker, even if it is their own child, they are breaking the law. In order to drink alcohol in Michigan you must be 21 years old. It is illegal to serve, tolerate or permit the consumption of alcohol by minors in your home. You are legally responsible for anything that may happen to a minor who has consumed alcohol in your home.

If parents are not home when under-aged drinking occurs, they may still be held liable for the consumption of alcohol in their home if they knew or should have known that drinking would occur. Ways to show that a parent knew or should have known that drinking might occur would be if a parent leaves alcohol in the home that is open and accessible to minors and they had previously had seen under-aged persons drinking at their home.

It is important as a parent to take due precautions to prevent under-aged drinking both in their homes and outside of the home. A spokesman for Alcohol Concern said: 'It's important to remember that

alcohol is a dangerous substance when misused, and there are no "safe levels" at which young people can drink without risking their well-being.”

Here are some tips on to keep in mind when your child wants to have or attend a party:

1. **Do not allow an “open” party.** Know who your child is inviting to the party.
2. **Set a definite start and end time for the party.** Suggest daytime parties instead of evening parties as well as public places for parties (skating rinks, movies, laser tag and other places of such entertainment).
3. **Set ground rules.** No smoking, no alcoholic beverages, no drugs and no leaving and returning to the party. Certain rooms in your house are off limits and lights should always be left on.
4. **Adult supervision must be present, visible and aware of what is happening at all times.**
5. **Get to know your children's friends and their parents.**
6. **Before allowing your child to attend a party, make sure that there is continuous parental supervision.**
7. **Make it easy for your child to leave a party.** If your child feels uncomfortable and wants to leave a party, make yourself available to pick him up.
8. **Greet your child when they arrive home from a party.**

Lori K. Smith lori.smith.esq@comcast.net) and Kathleen G. Galen (stellakitt2@aol.com), Attorneys at Law

The preceding article is for general information purposes only and is not intended as legal advice. If you or your child is facing criminal charges please consult with an attorney for more detailed information.

PARENT EDUCATION PROGRAM

Summer 2011 Series List

Parenting Young Children (ages 5 and under)

(These classes are funded through Great Parents- Macomb, a State of Michigan grant awarded to Macomb Intermediate School District)

DATE	TIME	LOCATION **
Tuesdays June 7-July 26 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Trinity Lutheran Church 38900 Harper Clinton Twp. 48038 (South of Crocker)
Thursdays July 7-August 25 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Assumption Nursery 22150 Marter St. Clair Shores 48080 (At school between Mack & Jefferson off of 8 Mile)
Tuesdays July 12-August 30 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	9:00-11:00 am	McKinley Elementary 13173 Toepfer Warren 48089 (Between Groesbeck and Schoenherr)
Mondays July 11-August 29 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Macomb Intermediate School District 44001 Garfield Clinton Twp. 48038 (South of Hall/west side of Garfield)

This facilitated discussion group will discuss development, behavior, communication, building self-esteem, and discipline that works. Based on the Systematic Training for Effective Parenting program.



The fee for the workshop is \$20 per family and it is CARE policy that refunds will not be issued after the start of the first session. Participants who receive a Certificate of Completion after the last session will receive a \$20 gift card.

The book, Parenting Young Children, by Dinkmeyer and McKay will also be provided.

To register call CARE at
586.541.0033
or online at
www.careofmacomb.com

**All locations are barrier free.



PARENT EDUCATION PROGRAM

Summer 2011 Series List

Parenting School Aged Children (ages 6 - 12)

DATE	TIME	LOCATION **
Wednesdays July 6-August 24	6:30-8:30 pm	Trinity Lutheran Church 38900 Harper Clinton Twp. 48036 (South of Crocker)
Mondays July 11-August 29	6:30-8:30 pm	Clinton-Macomb Public Library 40900 Romeo Plank Rd., Clinton Twp. 48038 (Corner of Romeo Plank and Canal)
Tuesdays July 26-September 13	6:30-8:30 pm	Bethel Lutheran Church 26400 Little Mack, St. Clair Shores 48080 (Corner of Little Mack and Frazho)



Discuss ways to understand behavior, build self-esteem, increase cooperation and provide discipline that teaches personal responsibility. Based on the Systematic Training for Effective Parenting program.

To register call CARE at
586.541.0033
or online at
www.careofmacomb.com

The fee for the workshop is
\$30 per person or \$45 a couple.
It is CARE policy that refunds will not be issued after
the start of the first session.

The Parent's Handbook
by Dinkmeyer and McKay is required.

**All locations are barrier free.

PARENT EDUCATION PROGRAM

Summer 2011 Series List

Parenting Teenagers (ages 13-18)

DATE	TIME	LOCATION **
Wednesdays July 6-August 31 No class: 7/27/11	6:30-8:30 pm	St. Mark's Lutheran Church 26830 West Park, Roseville 48066 (I-696 Service Drive/west of Gratiot)
Mondays July 11-August 29	6:30-8:30 pm	St. John Macomb Hospital 12000 E. 12 Mile Road, Warren 48093 (Southeast corner of 12 Mile and Hoover)
Tuesdays July 12-August 30	6:30-8:30 pm	Henry Ford Health Center-Fraser Campus 15717 15 Mile Road, Clinton Twp. 48035 (15 Mile and Utica Rd.)
Thursdays July 14-September 1	7:00-9:00 pm	King of Kings Lutheran Church 47500 Schoenherr, Shelby Twp. 48315 (North of 21 Mile Road)




Join a facilitated discussion on improving your relationship with your teen, ideas on encouraging personal responsibility, self-respect, respectfulness, age appropriate discipline, and methods to help your teen find their way through the issues that they face. Based on the Systematic Training for Effective Parenting program.

To register call CARE at
586.541.0033
or online at
www.careofmacomb.com

The fee for the workshop is
\$30 per person or \$45 a couple.
It is CARE policy that refunds will not be issued after
the start of the first session.
The book, *Parenting Teenagers*,
by Dinkmeyer and McKay is required.

**All locations are barrier free.

Specialty Workshops

Project FOCUS Summer Camp	Adult Anger Management
<p>Two, five-day, summer camps for youth, ages 5-15, affected by a loved one's use of alcohol or other drugs or who have a family member in recovery.</p> <p>Reach Academy 25275 Chippendale Roseville 48066 June 27, 28, 29, 30 & July 1, 2011 8:30-12:00 pm</p> <p>First Presbyterian Church 168 Cass Ave. Mt. Clemens 48043 August 1-5, 2011 8:30-12:00 pm</p>	<p>This eight week class was designed to assist individuals in overcoming negative behavior that leads to broken relationships and encounters with the law. The fee for this class is \$200 for entire 8 week series and includes \$25 non-refundable registration fee. \$50 discount for participants who work for companies contracted with CARE's WorkLife Solutions.</p> <p>Mondays July 25-September 12 6:00-8:00 pm</p>
Nurturing Parenting Program For Non-custodial Parents	Beyond Trauma
<p>This workshop is specifically designed for parents who have lost custody or are at risk of losing custody of their child/children. The fee for the workshop is \$30 per person or \$45 per couple*.</p> <p>Tuesdays June 21-August 16 6:00-8:30 pm</p> <p>Fridays July 15-September 9 9:30-12:00 pm</p>	<p>This 11 week series is designed for women who are survivors of violence or abuse and offers coping skills for those who are struggling in their relationships or with substance misuse. Group size limited. The fee for the series is \$30.</p> <p>Mondays June 20-September 12 6:30-8:00 pm No class: 7/4 & 9/5</p>
	<p>All classes held at CARE, 31900 Utica Road, Fraser, 48026, unless otherwise noted by the class description.</p> <p>To register or for more information call 586.541.0033 or visit www.careofmacomb.com/workshops.php</p> <p>*It is CARE policy that refunds will not be issued after the start of the first session.</p>

Opioids Most Prescribed Medication

Addiction researchers at the University of Pennsylvania School of Medicine and the National Institute on Drug Abuse show a substantial increase in the number of prescriptions issued for opioids. Statistics are staggering. Prescriptions for hydrocodone and oxycodone account for 84.9 percent of opioid prescriptions. Over ten years, there has been a fivefold increase in admissions to addiction treatment programs for use of opioids. One in four 18-25 year olds will abuse prescription pain killers in their lifetime.

Dr. Thomas McLellan, PH.D. co-author of the study says “the scope of the problem is vast. Opioid overdose is now the second leading cause of accidental death in the United States and the prevalence is second only to marijuana.” He suggests targeting the relatively high rate of prescriptions to adolescents and young adults who receive a large share of the prescriptions from dentists. He suggests that professionals need to evaluate alternative pain medications in this particularly vulnerable age group.



Upcoming Events

Third Annual Run Drugs Out of Town

Hosted by Families Against Narcotics (FAN)
Saturday, July 16, 2011. This is a family friendly 5K Run / 5K non-competitive walk. Check the website for future news, updates and how to register - www.familiesagainstnarcotics.org

Third Annual Recovery Dinner Cruise

Hosted by Greater Macomb Project Vox
Thursday, July 28th at 6:30pm. For more information and to order tickets visit www.careofmacomb.com.

Celebrate Recovery Walk and Rally

SAVE the DATE

Tuesday, September 13 in Lansing.

A Great Big Thanks!

We Thank the following CARE Supporters:

Donald Amboyer, PH.D.
Christian Financial Credit Union
Harper Woods Dad's Club
Kiwanis Club of Lac Ste. Claire
Mark Ridley's Comedy Castle in Royal Oak-Tea Prize Sponsor
Michigan First Credit Union - Tea Bronze Sponsor
Trevor Pawl
Prime Office Technology- Tea Friend of CARE Sponsor
Roseville Community Coalition
Roseville Optimist Club - Youth Account
Teresa and William Sieders
STEP Publishers -Tea Bronze Sponsor
United Way For Southeastern Michigan
Wigley's Meats & Produce

CARE's mission is to educate, link and support Individuals, families, businesses and communities affected by family concerns, workplace challenges, mental health conditions and the misuse of alcohol, tobacco, and other drugs in Southeastern Michigan.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.

If you would like to be added to our emailing list, please contact Heather Battaglia at 586.541.0033 ext. 212 or hbattaglia@careofmacomb.com.



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