



Youth Assistance Services *News*

The Grosse Pointes & Harper Woods

Community Assessment Referral & Education (CARE) www.caresworklifesolutions.com

Summer 2009

Parents Overestimate Teens' Access to Cigarettes, Underestimate Access to Beer & Prescription Drugs

Parents of teenagers overestimate how easy it is for teens to buy cigarettes, according to a recent national telephone survey. Thirty-nine percent of parents said that cigarettes are the easiest for teens to buy, compared to 25% of teens reporting easy access. In contrast, parents underestimate how easy it is for teens to buy beer and prescription drugs. Fifteen percent of teens say that beer is the easiest for them to buy and 19% cite prescription drugs as the easiest. Only 9% and 8% of parents said that these drugs, respectively, were the easiest for teens to buy.

Source: Center for Substance Abuse Research (CESEAR),
www.cesar.umd.edu.

Project Alert

All students in Harper Woods School health classes will participate in *Project Alert*, a research based curriculum design to provide students, 6th grade through 12th grade, with information that will strengthen their ability to resist the use of alcohol and other drugs. CARE staff, with funding from the Southeast Michigan Community Alliance (SEMCA), will present age appropriate information focused on building problem solving and communication skills as well as recognizing the benefits of resisting alcohol and other drugs.

For more information on CARE's programs or Youth Assistance Services, please contact the Youth Assistance Coordinator at 313.332.0972.



ARE YOUR KIDS AT RISK?

Not mine! Not Here! Not now! Not True!

TEEN ALCOHOL & DRUG TRENDS

Tuesday, September 29, 7:00pm

St. Michael's Episcopal Church, Yeoman Hall
20475 Sunningdale Park, Grosse Pointe Woods

This special *Ask the Experts* presentation is for youth, families and professionals and will address key issues such as:

- ✧ **What our kids are exposed to today**
- ✧ **Why kids use drugs**
- ✧ **How kids get it and where they hide it**
- ✧ **What are the risk factors for adolescent substance use**
- ✧ **How and where to get help**

Presenters for this event include Det. Lt. Jim Smith of the Grosse Pointe Park Public Safety Department, Leslie Lundahl, PhD, of Wayne State's School of Medicine Substance Abuse Research Division, Lori Josephs, Life Coach for Grosse Pointe South High School Alumna and Marquita Bedway, PhD, PC, a licensed psychologist. For questions, please contact The Family Center at 313.432.3832 or visit www.familycenterweb.org.

Restaurant Recognition

Michigan State Representative Tim Bledsoe has obtained certificates from the state that will be distributed at the Grosse Pointe Chamber of Commerce Business Expo on November 10. The certificates will be given to "smoke free" restaurant owners in recognition of their efforts to support healthy living. For more information about this event, visit www.grossepointechamberofcommerce.org or call 313.881.4722.



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In Your Community

- ✦ A **Fair in the Fall** will take place on October 16-18. The event will act as the kick off for the Live Well in Grosse Pointe Initiative sponsored by the Grosse Pointe Chamber of Commerce. Activities will occur throughout the community. The focus of Live Well in Grosse Pointe is to promote healthy nutrition, fitness and smoke-free living.
- ✦ The Grosse Pointe Sunrise Rotary Club will sponsor a **5 & 10 K Run** on Saturday, September 19 at 8:30 am at the Farms Pier. Those interested can register on the day of the event or on line at www.active.com. Search "Grosse Pointe Run." Proceeds from the event are used to support Rotary activities including financial support for Wigs for Kids, Thanksgiving baskets for those in need and a program for girls –at-risk.
- ✦ The Grosse Pointe Academy McMillan Lecture Series will host **CRAZYBUSY: Strategies for Helping Kids Cope in a World Gone ADD**. The event is scheduled October 6, 7pm, at the GPA Fieldhouse and will feature nationally known speaker, Dr. Edward M. Hallowell, MD. Dr. Hallowell offers groundbreaking advice on how to survive in a competitive, ultra fast, attention deficit society while remaining sane. He has been featured in the media including 20/20, Oprah, CNN, PBS, The Today Show, Dateline and Good Morning America. All are welcome to attend this FREE presentation. For more information visit

CARE is dedicated to the prevention of alcohol, tobacco and other drug use. Program funding is provided by SEMCA and the communities of Grosse Pointe, Grosse Pointe Farms, Grosse Pointe Park, Grosse Pointe Shores, Grosse Pointe Woods and Harper Woods.

Young Women's Lives

Young Women's Lives in an 8-week empowerment program for young women, ages 14-17, and their parents. The program will run September 29-November 11, from 6:30pm-8pm, at CARE's office in Fraser. This series offers an opportunity for young women to celebrate and enhance their strengths, creativity and intelligence. It will empower participants to heal from the effects of violence, understand past destructive decisions including the role of alcohol, tobacco and other drug use, and learn new ways to address:

- ◇ **Social Pressures & Social Justice**
- ◇ **Bullying**
- ◇ **Sexual Harassment**

A parent or caretaker's participation is required. They will be guided through understanding the challenges of young women today as well as learn ways to effectively communicate with teens. For more information, call CARE's office at 586.541.0033.

teenintervene

Teen Intervene is a program for youth, ages 12-19, who are suspected of experiencing mild or moderate problems associated with alcohol or other drug use.

A three-part parent session is run simultaneously and is mandatory for teen participation.

Call Lynda Zott at 586.541.0033 ext. 215 for more information.

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Main Office Hours:
M, T, TH: 8:30 am - 9:00 pm
W & F: 8:30 am - 5:00 pm