



# Youth Assistance Services *News*

***The Grosse Pointes & Harper Woods***

Community Assessment Referral & Education (CARE) [www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

**Winter 2009**

## **SEMCA Grant**

CARE will begin offering Project Alert, a skill building curriculum at the Harper Woods Schools. Hopefully, this same activity will take place in the Grosse Pointe Schools. In addition, a coalition of community stakeholders interested in addressing high risk behaviors in teens and supporting healthy choices is in the formative stages. These activities are made possible by a grant from the Southeast Michigan Community Alliance (SEMCA). Anne Nearhood, a community resident, is designated to work on these community projects.

As most of you know, Stacie Bruneel has left the agency to become a full time mom. We have appreciated Stacie's contributions and wish her well. Lynda Zott, long time employee at CARE and active in youth development programs, has taken over responsibilities of the Youth Assistance Program (YAP).

## **Open House**

CARE recently hosted an open house at its Grosse Pointe location. The event welcomed Mary Huebner, president of the Grosse Pointe Chamber of Commerce, and Mayor Robert Novitke for a ribbon cutting ceremony. The open house celebrated CARE's first year of servicing the Grosse Pointes and Harper Woods. CARE would like to thank the following businesses



who provided donations for the event:

~Chocolate Bar Café~Josef's French Pastry Shop~Room for Dessert~  
~Mr. Cs Deli~Oxford Beverage~Bigby Coffee~  
~Kroger of Harper Woods~Kroger of Grosse Pointe Woods~  
~Meldrum & Smith Nursery~Edible Arrangements~  
~Einstein Brothers Bagels~Moehring Florist

## **Child Rearing Series Set for January** (excerpt from GP News)

"Partners In Parenting," an enrichment lecture series for parents, caregivers and professionals is sponsored by The Family Center of Grosse Pointe and Harpers Woods, in partnership with St. John Hospital and Medical Center and Beaumont Hospital, Grosse Pointe. The series is free and held from 6:30pm to 8pm. Topics include:

- ◆ January 28: Adjusting to Parenthood (early years, birth to age 6)
- ◆ February 11: Management of Common Newborn Issues & Special Care Needs (newborn) by Christy Petroff, M.D.
- ◆ February 25: Behavior Management (early years birth to age 6)
- ◆ March 25: Assessing & Addressing Autism (early years birth to age 6)
- ◆ April 8: Sports Concussions (middle & high school students) by Michael Millan, Ph.D.
- ◆ April 29: Common Childhood Illnesses & Infections—Latest Strategies & Myths

To register for the lectures or for more information, call The Family Center at [313.432.3832](tel:313.432.3832) or email [info@familycenterweb.org](mailto:info@familycenterweb.org).

## **AAP Literacy Kit**

The updated Literacy Toolkit is an interactive web-based resource designed to help health professionals encourage all parents to read with their children. The site introduces a wide variety of strategies and tools to support future school success. There are tips for parents available in a variety of languages for parents of all reading levels, posters, book lists for a variety of ages and topics, and links to many helpful resources. Visit the toolkit at [www.aap.org/literacy](http://www.aap.org/literacy).



On Tuesday, February 3, 2009, Eric Hipple, former Detroit Lions quarterback, will give a special presentation at the Grosse Pointe South High School auditorium. "Hopeful Goal" will address the illness of depression, suicide and how to prevent tragedies. Middle and High School students, families and professionals are encouraged to attend. For more information, please call [313.432.3832](tel:313.432.3832) or visit [www.familycenterweb.org](http://www.familycenterweb.org).

## **A Special Presentation**

On April 7, Debra Jay, resident of Grosse Pointe, will speak on addiction, the impact of the disease on the family, enabling and intervention.

Ms. Jay is co-author of:

- ◆ No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction
- ◆ Love First: A New Approach to Intervention
- ◆ Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence

She has appeared on the Oprah Winfrey Show, is a Certified Addiction Specialist and Professional Interventionist. For more information, please contact our office at [586.541.0033](tel:586.541.0033) or [csmith@careofmacomb.com](mailto:csmith@careofmacomb.com).

## **Parenting Conference**

Macomb County's 14th Annual Parenting Conference is scheduled for Saturday, March 7, 2009, at the Macomb Intermediate School District Conference Center. The cost is \$30 per person and will include a continental breakfast and lunch. The conference will feature a keynote presentation by Emmy Award winning expert, Michael Brandwein. For more information, or to download your mail-in registration form, please visit [www.careofmacomb.com/events](http://www.careofmacomb.com/events). To speak with someone directly about the conference, please call Margaret at [586.541.0033](tel:586.541.0033).

You can now view SAC News  
on our website!  
Visit [www.careofmacomb.com](http://www.careofmacomb.com)

## Michigan Youth Risk Behavior Survey—Violence & Suicide

The YRBS is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention to monitor students' health risks and behaviors. High response rates allow results of the 2005 YRBS to be generalized to all Michigan students in grades 9-12. For complete survey results, or to obtain more information, please visit [www.michigan.gov/yrbs](http://www.michigan.gov/yrbs).

### Anger Management for Adolescents

Six sessions teach family members how to manage their strong emotions more effectively.

Please contact Lynda Zott at 586-541-0033 ext. 215 for upcoming dates.

### Download This...

[www.misd.net/earlychild/2008FunGuide.pdf](http://www.misd.net/earlychild/2008FunGuide.pdf)

[www.misd.net/Earlychild/MOYChandouts/GuidetoFunforFamiliesOrderForm.pdf](http://www.misd.net/Earlychild/MOYChandouts/GuidetoFunforFamiliesOrderForm.pdf)

## Responsibility Project

The Responsibility Project is an online family resource which offers films, articles and discussion forums relating to parenting issues. Participants are encouraged to share stories, perspectives, and thought-provoking experiences which helps support the on-going discussion of successful parenting. For more information, please visit [www.responsibilityproject.com](http://www.responsibilityproject.com).

## Presentation: Legal Issues for Teens & Adults

On March 18, The Family Center will host a presentation and discussion focusing on underage drinking laws and ramifications, and legal affects of turning 18 (adult status) including contracts, living wills, etc. Guest presenters and focus points include:

- ◆ **Chip Berschback, Attorney**—The Legal Affects of Turning 18.
- ◆ **Heather Dombrowski, Managed Care Supervisor at CARE**—Mental Health Problems Faced By Teens & Young Adults.
- ◆ **Rudy Vervaeke, MD**—Difference Between Addiction, Abuse & Dependence

For more information on this event, email [Debbie.Liedel@familycenterweb.org](mailto:Debbie.Liedel@familycenterweb.org).

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.

## YOUTH ASSISTANCE NEEDS ADULT MENTORS

Volunteers are needed to mentor community youth of the Grosse Pointes and Harper Woods.

Caring adults 21+, students, professionals, stay-at-home parents, all are welcome. Training provided, flexible hours to meet volunteer's schedules.

Interested mentors must complete the following but **not** limited to:

- ◆ Interview with Coordinator
- ◆ 6 hour Empathy Training
- ◆ Criminal Background Check
- ◆ 1 year Commitment to the Program
- ◆ Approximately 1-2 Hours Per Week
- ◆ Approximately 8 Hours Per Month
- ◆ Weekly Supervision

Please call Lynda Zott, Youth Assistance Coordinator, at 313-332-0972 for more information.

## CARE's Parenting Workshops



CARE offers a wide variety of Parenting Workshops including Parenting Young Children, Parenting School Aged Children, and Parenting Teenagers.

Check out our website for information about Workshops for those with specific needs include parenting children with ADD/ADHD and Exploring Codependent Relationships. [www.caresworklifesolutions.com](http://www.caresworklifesolutions.com).

These workshops address the needs of families including communication and discipline techniques, age appropriate behavior, and ways to have fun with your family.

### teenintervene

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

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.

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Grosse Pointe Woods, MI 48236  
Phone: 313-332-0972  
Fax: 313-469-6956

31900 Utica Road  
Fraser, MI 48026  
Phone: 586-541-2273  
Fax: 586-541-2274

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