



SAC News

CARE's Student Assistance

A publication between CARE's Student Assistance & contracted School Districts

FALL 2007

Exciting News!

CARE will provide the youth diversion program for the five Grosse Pointe Municipalities and the City of Harper Woods effective November 1, 2007.

Youth Assistance Services has been provided by the Children's Home of Detroit since the early 1990's and offers an opportunity for first time youthful offenders to participate in activities that provide support, mentoring and work service.

Because of a new direction, determined by the Board of Directors of the Children's Home of Detroit, they will no longer provide student services and invited CARE to continue this valued activity.

CARE received a \$25,000 grant from the Community Foundation of Southeast Michigan to assist with the transition. The Community Foundation is governed by a board of 50 community leaders and works to improve the quality of life in southeast Michigan.

Support your local Student Assistance Center

CARE has provided student assistance since the early 1980's. The relationship between school districts and CARE has further strengthened in the late 1990's when both entities entered into formal agreements and districts began to financially support services.

This arrangement has provided support for school personnel and help for children and youth who experience mental health or substance abuse problems. However, for the past several years, CARE has ended the year in the "red." The small amount that schools pay, generally \$1.00 per student per year, does not cover the cost of the service.

We know that schools are also facing financial difficulties. May we suggest that as school groups consider fundraisers for worthy organizations and that CARE's Student Assistance Program be considered? Collecting pennies or loose change, planning a spaghetti dinner, a bagel sale or collecting cans that can be turned in for dollars would help immensely toward the goal of servicing children who attend school in your district.

The Great American Smokeout

The Great American Smokeout Day occurs annually on the third Thursday in November. The American Cancer Society sponsors this event to get people to quit smoking cigarettes for 24 hours or hopefully longer.



If you or someone you know smokes, this would be a good time to remind them how much you love them and be supportive of all their attempts at quitting.

Resources to STOP SMOKING:

[American Cancer Society - Great American Smoke Out Day](#)

[American Cancer Society - Plan your quit day](#)

[Americasn Cancer Society - Guide for Quitting Smoking](#)

For a listing of Smoke-Free Dining and Entertainment venues in Michigan visit [Smokefree Michigan.org](#)

Taking the HIP out of HOOKAHS

Hookahs are also called water pipes. The tobacco is heated and the smoke passes through a bowl of water or juice to cool it. The smoker draws the smoke through a mouthpiece connected to the pipe by a rubber hose. Hookahs come in all sizes. One is so small it looks like a crack pipe while other hookahs stand several feet tall and are made of crystal.

They can cost \$10 to several hundred. The flavors range from bubblegum to margarita to coffee. It is cheaper to smoke hookah tobacco than cigarettes, which makes it even more attractive to young smokers because they don't know the dangers.

For several years, hookah bars have been popping up across metro Detroit. There are more than 100 establishments in Wayne, Oakland and Macomb counties.

The World Health Organization and the American Lung Association recently have released reports listing the dangers of using water pipes, calling it a deadly trend. Smoking a hookah is worse than smoking a cigarette because more smoke is inhaled over a longer period of time. During a 45-minute session, a water-pipe smoker may inhale as much smoke as consuming the volume of 100 or more cigarettes, according to the World Health Organization.

Warning Signs of Teen Drug Use

Drug use is associated with a variety of negative consequences, including increased risk of serious drug use later in life, school failure, and poor judgment, which may put teens at risk for accidents, violence, unplanned and unsafe sex, and suicide. Parents and educators can help through open communication and recognition of developing problems. Warning signs may include:

Physical Signs

- fatigue
- repeated health complaints
- red and glazed eyes
- lasting cough

Emotional Signs

- personality change
- sudden mood changes
- irritability
- low self-esteem
- poor judgment
- depression
- general lack of interest

School-related Signs

- decreased interest
- negative attitude
- drop in grades
- many absences
- truancy
- discipline problems

Social Signs

- new friends who make poor decisions and are not interested in school or family activities
- problems with the law
- changes to less conventional styles in dress and music

Seeking professional help to rule out physical causes is a good first step to address potential problems.

Source: American Academy of Child and Adolescent Psychiatry, July 2004 (updated).

Help for College

Youth who have lived in foster care can receive financial support for college. The Education and Training Voucher (ETV) provides assistance for youth who have lived in foster care on or after their 14th birthday, were adopted from foster care on or after their 16th birthday, have a high school diploma or GED and attend, at least half time at an accredited college or vocational school. Contact your local Department of Human Services. More information is available on line at the State of Michigan website or call | 517-241-8905.



You can now view SAC News
on our website!
Visit www.careofmacomb.com

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.

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.

Teen Intervene is a research based program, developed by the Hazelden Foundation, and offers school districts an opportunity to refer youth in lieu of suspension.

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.

CARE ALSO OFFERS

Staff Trainings

Student Assistance Referral Procedures
Managing Stress
Handling Difficult Students
Diversity in the Classroom
Conflict Resolution
Preventing Compassion Fatigue
Effective and Assertive Communication

More Educational Groups

Anger Management for Adults
Improving Relationships
Effective Parenting

CARE's Student Assistance is partially funding by the DaimlerChrysler Corporation Fund, CVS, Community Foundation of SE Michigan, Macomb County school districts and fundraising efforts.



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