

College Students & Alcohol

Nearly 5 college students are killed every day because of alcohol. The presence of alcohol is an issue on college campuses everywhere, and this newfound freedom raises the risk of alcohol-related dangers. Recently, 100 university presidents asked lawmakers to lower the drinking age from 21 to 18, igniting a growing controversy among parents, students and educators. For more information, or to voice your opinion, visit www.drugfree.org.



Michigan Youth Risk Behavior Survey—Violence & Suicide

The YBRS 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/yrebs.

White House Launching Teen Initiative

The White House Office of National Drug Control Policy (ONDCP) is launching its first major Federal campaign to educate teens and parents about prescription drug abuse. Advertisements will span all marketing mediums including television PSAs. The ads were made in collaboration with the Partnership for Drug-Free America. For more information on this initiative, please call [800.666.3332](tel:800.666.3332) or visit www.theantidrug.org.

Drug Overdose

The Los Angeles Times reported a surge in accidental deaths related to overdosing on prescription drugs. The U.S. Centers for Disease Control & Prevention (CDC) said that prescription drug-related deaths have surpassed cocaine and heroin overdose. Such prescriptions as oxycodone, fentanyl, and methadone are often misused. The sales of prescription drugs have increased almost 500 percent since 1990.

Support SAC!

CARE has, since the early 1990's, provided assessments & access to treatment for students with mental health &/or substance abuse concerns. The Student Assistance Center is funded through a fee from the school districts, grants and fundraising efforts. In spite of our best efforts Student Assistance, consistently, does not "balance its budget" and comes up short at the end of the year.

We know that many school groups raise money for good causes and CARE would like to be considered when these groups are looking for a worthy charity. Donations to the Student Assistance Center help the very students who attend your schools. Pennies for Prevention, bottle collections, bagel days, and car washes enable CARE to continue providing help to local children.

Save
The
Date

'Take A Giant Step' Teen Conference November 13, 2008

Detroit's Giant Step Conference invites students throughout the Detroit metropolitan area to enrich their leadership and academic skills. The conference is open to any 9th or 10th grade student attending area schools. The conference is free, however students must be nominated and space is limited. Enrollment forms are due by October 27, 2008. For more information, please contact [Trudy Shiemke, Conference Coordinator](mailto:tshiemke@wayne.edu), by calling [313.872.1790](tel:313.872.1790) or emailing tshiemke@wayne.edu.

Drug-Impaired Driving by Youth

Nearly 1/3 of high school seniors say they have driven while "under the influence" or been in the car with an impaired driver. The National Institute on Drug Abuse (NIDA) examined such factors as lifestyle and demographics, and reported that characteristics such as good grades, low truancy, or having two parents at home were all associated with a lower likelihood of engaging in risky driving behaviors. Please visit www.drugabuse.gov to access fact sheets and full research findings.

STUDENT SERVICES IMPACTED BY STATE DIRECTIVE

As a school district that has had a long term relationship with CARE through service agreements that enable us to provide substance abuse and mental health assessment, referral, and follow up services to your students (Student Assistance Center) I am writing this important letter to inform you of a change in services as they are provided to the general public. **This change will impact school district that do not have a service agreement with CARE.**

Effective October 1, 2008, CARE will conduct telephone screens for those seeking treatment. Face-to-face psychosocial assessments will only be provided students in school districts that have signed agreements with CARE's Student Assistance Center. Be aware, that this change is a requirement of our state funding source and is not an action that CARE is happy about implementing. Note the following scenarios:

A parent calls and shares that her child is suffering because of her parent's divorce and needs to see a counselor. If the child attends a school that has a service agreement with CARE, the parent will be given options: can be referred to a treatment agency or other resource that specializes in the presenting problem (divorcing parents), referred to his/her own insurance company **and always offered an appointment at CARE.** If this child attends a school that does not have a service agreement, CARE will offer information on a resource but the child will not be offered an appointment at CARE.

A parent calls and says that her 12 year old is drinking beer and maybe smoking pot. If the child attends a school that has a service agreement with CARE, the parent will be given options: can be referred to a treatment agency that specializes in the presenting problem, referred to her/his own insurance company **and always offered an appointment at CARE.** If the child does not attend a school with an agreement with CARE, the parent will be asked to put the child on the telephone and a clinician who will conduct a telephone "screen" by asking applicable questions and make a referral based on the information gleaned from the screening.

Summary: For students attending schools who do not have a student assistance agreement with CARE... For students with a mental health concern: CARE will give only a referral for those students who are presenting with a mental health concern (depression, grief and loss, behavioral).

For students with a substance use concern: CARE will conduct a telephone screen for those students presenting with a substance abuse concern.

For students attending schools who do have a student assistance agreement with CARE: Services will continue uninterrupted. Students for both mental health and/or substance abuse will be offered a face-to-face full psychosocial assessment at CARE; linked to treatment if indicated; provided other community resources; have access to CARE's treatment fund; and schools will receive follow up when requested and the appropriate releases of information are signed by the parent/student.

Please know that a service agreement with CARE is more important then ever. The change in state funded services no longer allows face-to-face assessments including students and adults. In our opinion, students need to be seen face-to-face and provided follow up support that can make success possible. Please feel free to call Kathy Rager should you need clarification.

November 20—THE BIG SMOKE OUT
Local restaurants are encouraged to go
smoke-free for the day!

CARE's Student Assistance is funded by Macomb County Community Mental Health Office of Substance Abuse, Macomb County school districts and fundraising efforts.



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