



SAC News

Student Assistance Center at CARE

A publication between Macomb County Schools and CARE's Student Assistance Center

SPRING 2006

STUDENT ASSISTANCE PROGRAMS DECREASE ALCOHOL USE

In 2003, Vermont initiated a comprehensive plan to tackle drug use by its youth. The Student Assistance Program (SAP) emphasized prevention by addressing substance abuse issues confronting youth. School programs educated and identified students with problems, coordinated support groups to help students cope with substance use and referred students to community programs for treatment.

The results of the 2005 Vermont Youth Risk Behavior Survey administered to 8th through 12th graders showed that the percentage of students who said they drink alcohol is down from 46% to 37%. Governor Jim Douglas admits that 37% is still troubling but the improvement shows that their efforts are working.

All of us have noticed the struggle of school districts being able to pay the bills let alone provide ancillary programs for their students. Yet we know that by providing solid prevention programs, problem behaviors diminish.

It is my hope that schools will continue to see the value of student assistance both internally by employing counselors, providing support groups and educational programs and through district agreements with CARE that provide additional services for those that need longer term counseling and treatment.

I don't know the answer. I just know that the loss of programs that provide support for troubled students is a recipe for disaster.

Kathy Rager
CARE / SAC Executive Director

TEEN SCREEN

Our children's health and well being is paramount and the TeenScreen program is helping us secure their future. Mental health screening is crucial to catching teens before they fall.

CARE is working with the Columbia University Teen-Screen Program and the Mental Health Association of New York City to provide mental health screenings to the students who are referred to the Student Assistance Center.

CARE is motivated to conduct these screenings because of the toll that unidentified mental illness takes on youth and their families.

- Suicide is the third leading cause of death in 15-19 year-olds.
- Ninety percent of teens who die by suicide suffer from mental illness such as depression.
- Depression affects 750,000 teens at any one time with over two million adolescents having experienced it.
- Sixty to eighty percent of these teens never receive assistance.

It is not easy to identify mental illness in teenagers. The normal ups and downs of adolescence often mask symptoms of students at risk for suicide or mental illness. This is why we have implemented the Teen-Screen Program as an additional tool in our assessment process.

TeenScreen has been endorsed by the President's New Freedom Commission on Mental Health and more than 30 national health, education and social service groups and is funded by Blue Cross Blue Shield of Michigan.

For more information about Teen Screen, please contact Lynda Zott at 586-541-0033 Ext. 215.

Confidential
Clinical Assessments for

Family Problems
Emotional Problems
Alcohol/Drug Use
(Conducted by a Master Level Clinician)

Educational Groups for

Improving Relationships
Effective Parenting
Anger Management

Professional In-service for

Managing Stress
Handling Difficult Students
Maintaining Boundaries
Diversity in the Classroom

**Anger Management for
Adolescents**

**The workshops last six weeks and
teaches families how to manage their
anger more effectively.**

**Please contact Paddy Laske at
586-541-0033 for upcoming dates**

**All classes are held at:
CARE ~ 31900 Utica Rd., Fraser 48026
(Corner of Masonic and Utica)**

Reconnecting Youth

Reconnecting Youth was a three year project funded by a State Incentive Grant and will complete activity at the end of this school year.

Reconnecting Youth provided semester-long, daily classes focused on Self Esteem Enhancement, Decision Making, Personal Control, and Interpersonal Communication. The curriculum integrates small-group work and life skills training models to effectively enhance the personal and social protective factors of high risk youth.

Students who participated in the program said:

"I don't know why this is only one semester, it's the only place we can talk about things that are important."

"I was going to be held back this year if I didn't make some changes. This semester I passed all my classes."

"My drug use is down, I quit smoking and now I know the risk of using drugs and how to say no."

The conclusion of *Reconnecting Youth* is truly a loss to those five Macomb County school districts that benefited from this solid program dedicated to the social and emotional needs of high risk youth.

CARE



31900 Utica Road
Fraser, MI 48026
Phone: 586-541-2273
Fax: 586-541-2274
www.careofmacomb.com

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

The SAC is located within the CARE office, which is on the southeast corner of Utica Road & Masonic (13 ½ Mile Road) in Fraser