



Community  
Assessment  
Referral &  
Education

www.careofmacomb.com

# SAC News

Student Assistance Center at CARE

A publication between schools and CARE's Student Assistance Center

**SUMMER 2005**

## YOU'RE INVITED!!!

School personnel interested in learning more about CARE's Student Assistance Center are invited to attend a one time informational session.

You can attend either:

**Monday, September 19, 2005**  
**8:30 - 10:30am**  
with breakfast

OR

**Tuesday, September 20, 2005**  
**11:30am - 1:30pm**  
with lunch

You will find out about clinical aspects:

*What is an appropriate referral?*

*How is a referral made?*

*What can a family expect?*

*What can I expect when I refer  
a family to CARE's Student  
Assistance Center?*

You will also find out more about CARE's other programs that could benefit your students and their families.

Please RSVP ~ 586-541-0033

## WHY DO ADOLESCENTS SELF-INJURE?

Adolescents who have difficulty talking about their feelings may show their emotional tension, physical discomfort, pain and low self-esteem with self-injurious behaviors. Although they may feel like the "steam" in the "pressure cooker" has been released following the act of hurting themselves, teenagers may also feel hurt, anger, fear and hate.

Most teens that self-injure go to great lengths to hide their wounds and scars. Many consider their self-harm to be a deeply shameful secret and dread the consequences of discovery.

### What Can Adults Do About Self-Injury?

Adults/Parents must listen to children and acknowledge the child's feelings. (In other words, adults/parents should validate feelings -- not necessarily the teen's behavior.)

Adults/Parents should also serve as role models in the way they deal with stressful situations and traumatic events, in how they respond to other people, by not allowing abuse or violence in the home, and by not engaging in acts of self-harm.

Evaluation by a mental health professional may assist in identifying and treating the underlying causes of self-injury. A mental health professional can also diagnose and treat the serious psychiatric disorders that may accompany self-injurious behavior.

**Feelings of wanting to die or suicidal plans are reasons for parents to seek professional care for their child immediately.**

### THE STUDENT ASSISTANCE CENTER CAN HELP!

Family Problems - Alcohol/Drug Use  
Personal Stress - Emotional Problems

**Services are confidential and FREE to students who qualify.**

**586-541-2273 (CARE)**

*Give the Gift that lasts forever*  
**Student Assistance Center**

**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 People  
Maintaining Boundaries

**FREE PROGRAM**

**Project Focus teaches youth the dangers of alcohol and drugs.**

Children and their parents/caregivers who are living in alcoholic or other drug dependant environments, can take a 2-week summer program that explores addiction and offers skills for staying healthy.

Children learn the effects of alcohol and other drugs on their bodies, ways to ask for help and skills that encourage their ability to feel capable and safe.

Of course, children enjoy many fun activities such as songs, games, and arts and crafts as they learn important lessons.

**To register or for more information call Paddy at 586-541-0033**

**Anger Management for Adolescents**

This workshop lasts six weeks and teaches families how to manage their anger more effectively.

**Ages 15-18**

September 29 - November 3, 2005  
6:00 - 7:30pm

**Two Groups: Ages 9-11 & 12-14**

November 10 - December 15, 2005  
(week 3 held on Monday 11/21/05)  
6:00 - 7:30pm

**CARE ~ 31900 Utica Rd., Fraser 48026**  
*(Corner of Masonic and Utica)*  
**For more information call 586-541-0033**

**teenintervene**

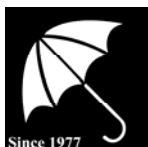
**Fall Offering**

October 12, 19 & 26, 2005

Teen Intervene is a three-part program for youth, ages 12-19 who are suspected of experiencing mild or moderate problems associated with alcohol or other drug use. School districts can refer youth to CARE to take part in the program that is based on stages of change theory, cognitive-behavioral therapy and motivational interviewing.

The research based program, developed by the Hazelton Foundation, 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. The cost of the program is \$75 for students who live in school districts that have a "capitated" agreement with CARE's Student Assistance Center or \$150 for all other students/parents.



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

**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 1/2 Mile Road) in Fraser

[www.careofmacomb.com](http://www.careofmacomb.com)