



SAC News

Student Assistance Center at CARE

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

SUMMER 2006

Student Assistance Coordinator at CARE

CARE recently announced Lynda Zott as its new Student Assistance Coordinator.



Lynda has been part of the CARE team for the past 6 years. Her most recent experience includes Coordinator of the now dissolved Reconnecting Youth Program as well as coordinating CARE's Youth Advisory (Teens Talking Truth T³), Teen Intervene, and Teen Screen programs.

As a Community Service Specialist her past responsibilities included supervising Paper People, (an Early Childhood Drug Prevention program), presenting "Professional Development" and "Substance Abuse Education" workshops to Macomb County residents and educators, educating and informing youth and adults on the dangers of alcohol use during pregnancy (Fetal Alcohol Spectrum Disorder), and as the co-founder of MCFARES (Macomb County Fetal Alcohol Resource, Education & Support).

Lynda has completed both basic and CISM Skill Enhancement Training with MERG (Macomb Emergency Response Group) and completed training with Columbia University's National Teen Screen Program (Depression Screening). Lynda is an active member of the Student Assistance Program Network and serves as secretary for the Macomb Youth Violence Prevention Council.

The Student Assistance Center is funded by local school districts, the DaimlerChrysler Corporation Fund and fundraising efforts.

Student Assistance Center Overview

CARE's Student Assistant Center has agreements with most Macomb County school districts to assist students in accessing clinical services.

CARE is a free-standing assessment and referral resource and this is very important. We are not connected to any treatment program, therefore, we can make an independent assessment assuring an unbiased referral to a program that best suits the need of the student.

Please be advised that most other agencies that offer assessments also provide treatment and this can be a conflict.

Note that, in most cases, your school district has already paid for CARE's assessment and referral service so there is no charge to the family for the student assessment and referral.

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. Parents and school districts can refer youth to CARE to take part in the program. 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 586-541-0033 for more information.



Congratulations to Lucy Smith who recently retired from the Macomb Intermediate School District and thank you for your generous gift to CARE's Children's Programs!

According to the National Center on Addiction and Substance Abuse at Columbia University, research suggests that those who begin drinking before the age of 15 are four times more likely to become alcohol-dependent than those who do not drink before the age of 21.

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
Youth Experiencing with Alcohol or Drugs

Professional In-service for

Managing Stress
Handling Difficult Students
Maintaining Boundaries
Diversity in the Classroom

**Anger Management
for Adolescents**

**These workshops last six weeks and
teach families how to manage their
strong emotions 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)**

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

**More People Seeking Help
for Marijuana Addiction**

- excerpt from The Wall Street Journal

Cambridge University Press has combined the results of their federally funded studies in a new book called "Cannabis Dependence."

The book offers substantial scientific evidence that the euphoria induced by THC, the active ingredient in marijuana, can be addictive. Studies show that between 2 percent and 3 percent of U.S. marijuana users become addicted within two years of first trying the drug. About 10 percent of those who try it become addicted at some point.

Now, addiction treatment statistics are showing dramatic growth in marijuana related problems. Among illegal drugs, only opiates ranks higher than marijuana as a problem for treatment seekers.

The researchers found that the overall rate of addiction among users is slightly lower than for imbibers of alcohol. But among people who use marijuana daily, the rate of addiction is significantly higher than among daily drinkers. Addiction is diagnosed when a person experiences at least three of seven indicators, such as failure to control usage, preoccupation with the drug and withdrawal symptoms.

The addictiveness of marijuana is underappreciated in part because legalization advocates tend to play down the problem. Yet if marijuana addiction were benign, thousands of Americans wouldn't be seeking to kick the habit each year. In treatment, many express a sense of being unable to move forward in their personal and professional lives while in a constant state of marijuana intoxication. Often, marijuana addiction damages relationships. Its illegality can get a user arrested.

The typical absence of more dramatic consequences can make marijuana addiction difficult to break. The memory of brushes with death, jail and destitution can help keep a heroin user or alcoholic from relapsing. But the more subtle costs of marijuana addiction are easier to forget. Research shows that staying clean is just as hard for marijuana addicts as for heroin addicts.

CARE



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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