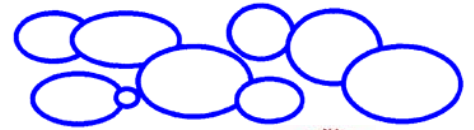


STEPPING Stones



Parent & Community Based
Education for Healthy Living



SPRING 2005

CARE (Community Assessment Referral & Education) ~ (586) 541-0033 ~ www.careofmacomb.com



It's All About Attitude But...

"It's all about attitude." But what does that mean? It seems simple enough. Think positive – be positive. Unfortunately, it is more difficult than that. While all of us should be able to heed this advice, it is a difficult process for most.

Unfortunately, some of us are programmed to have a "poor"

attitude. Perhaps our parents were/are negative and we have learned our negativity from them. Others have had illnesses, divorces or other grief issues that have turned them sour. Even when we think we have moved beyond our "poor attitudes," we really have not. They influence our choices - unhealthy choices. These unhealthy choices lead to unhealthy lifestyles. One young man was overheard, "I will never drink like my father." This same young man was being treated for marijuana dependency. Another middle age woman said that she would never live as her mother who had experienced several marriages and divorces. Yet, this same young woman had lived with several different men over the course of her life.

For others, their negativity has led to becoming a victim. A great little book, *Super Victim*, published by Johnson and Johnson talks about the positive strokes victims get from being a "super

victim." Games that super victims play include "Ain't it awful; poor me; I was only trying to help; no one appreciates me;" and see how hard I try?" In a perverted way, the super victim gets attention from others and, at the same time, is able to make excuses for their own failures. Many super victims are not even aware that they are playing games.

So what can be done about this attitude thing?

- ◆ For those poor attitude people, they must be willing to admit that they are responsible for their state of mind. Most poor attitude people love to blame others.
- ◆ The poor attitude people need to be willing to risk seeing the world differently. For the super victim, it is safe knowing (thinking) that everything will go wrong. They can't be disappointed. Expecting positive outcomes can sometimes lead to disappointment. Is it worth the risk?
- ◆ The poor attitude people need to shrug off the past. All the old messages that we have received need to be buried. Positive self-talk can help this process along...."life is good; I can have positive input; I can not change others but I can change my own outlook...."
- ◆ Developing a positive attitude will positively impact our children. They deserve parents who see the glass half full instead of half empty.

Changing our attitude takes a lot of work but it is well worth the effort.

LOOK INSIDE!

All future Stepping Stones newsletters will include a complete listing of upcoming workshops, classes and activities. Parent education, specialty groups and trainings of interest to individuals and families will keep readers informed on learning opportunities.

The Sport of Parenting

Macomb County's 10th Annual Parenting Conference

Saturday, March 5, 2005
8:00 a.m.—3:30 p.m.

Sterling Inn Banquet & Conference Center
34911 Van Dyke Road
(at 15 Mile Road in Sterling Heights)

**Keynote Speaker: Mac Bledsoe - father of
Buffalo Bills Quarterback, Drew Bledsoe and
author of the Parenting with Dignity program**
“Parenting, Athletics, and Values”

Cost is \$30 per person
Includes Continental Breakfast and Lunch

For registration please call 586-541-0033
or visit our website at www.careofmacomb.com

Bits from



My grown daughter sent me an email the other morning with a quote from Oprah that read, “The great challenge of mothering isn’t just having a child. It’s giving that child exactly what he or she needs to grow into a confident, self-loving adult who can offer something back to the world.” She ended her email by acknowledging what a great job I’ve done and said I was a great role model.

I have repeatedly told my children that the best gift that we have given them was the openness to listen and learn from others. We looked for ideas in strengthening our family by learning new communication skill and focused on a happy, healthy lifestyle.

Trust me...we did not do everything “right.” I have never been able to figure out what makes a family “perfect.” But I do see great confidence in the 3 grown children we have sent out into the world.

The key to what I consider “success” is focusing on a goal for your children and making certain that what you say is leading them in the right direction. Take a STEP (Systematic Training for Effective Parenting) workshop for them and a TIME for a Better Marriage workshop for your couple relationship to make your dreams come true.

“Inside the Dark Side”

What the Tobacco Industry doesn't want you to know...



Dr. Victor DeNoble worked for Phillip-Morris in an “undercover” lab and studied the effects of nicotine on the brain. He was fired and his lab was seized when the company realized that his research would prove that nicotine was addictive. Come learn about more of the tobacco industry’s dirty little secrets.

Wednesday, April 13th 2005

Fraser High School Auditorium

33466 Garfield

Fraser, MI. 48026

Free buffet dinner at 6pm

Presentation: 6:45pm

Registration is required for buffet dinner.
Register by calling 586-541-0033 Ext. 207



Presented by The Macomb County
NicotineNarc &
Teens Talking the Truth



We're Honored!

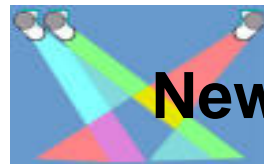
The Macomb County Human Services Coordinating Body recognized CARE's partnership with the Warren Family-to-Family Initiative at their annual Holiday Celebration. The partnership began two years ago when the Family Independence Agency, along with other services, established a "community center" at Mt. Calvary Church in South Warren. CARE was one of the first agencies at the table and fully supported the Family-to-Family Initiative. The Initiative, a project of the family focused Casey Foundation, encourages neighborhood participation in social issues and most particularly in the need to support foster and adopted children through community supports.



The Points of Light Foundation, an award program that celebrates the success of volunteers across the country while spotlighting the impact that various individuals and programs have on their communities. CARE received the honor for its *Project Focus* program by being named a Daily Point of Light. The Daily Points of Light Awards program was reinstated on January 1, 1998 by the Points of Light Foundation, the Corporation for National and Community Service and the Knights of Columbus. With the combined support of former President Bush and current President George W. Bush, Daily Points of Light are bestowed upon deserving citizens and programs who find innovative ways to meet community needs. According to the program founders, "These efforts often lead to long-term solutions and have significantly impacted social problems." **We're honored!**

Getting to Know CARE Staff

Brenda Szalka is a member of our Employee Assistance Center staff. She is the EAC Consultant and handles the professional development trainings, clinical assessments and management consultations for our EAC clients. She was born and raised in Armada as an only child and went to school in Armada, enlisted in the Army and then attended Wayne State University. She started at CARE in 1994 as an intern and enjoys the summer camp and Anger Management Groups held at CARE. Brenda is busy raising her daughter, walking dogs, bicycling, reading, gardening and volunteering. Her future goals include balancing her work and family.



News Notes

In Memory of
Eva Caudillo
CARE's first bilingual facilitator

December 3, 1955 -
December 22, 2004



Ask Listen Learn

Nickelodeon and the Century Council have created a guide for children that tells how to refuse a drink and features interactive games. The Parent website has information on how to talk to kids about alcohol.

Kids

www.asklistenlearn.com

Parents

www.asklistenlearnparents.com



Project Vox is a grass root effort organized to educate society on the disease of alcoholism and other drug addiction, reduce the stigma attached to the disease and advocate for adequate treatment for those suffering from the disease.

For more information on how to become a member of Project Vox, please contact Kathy Rager at 586-541-0033

Greater Macomb Project Vox
www.careofmacomb.com

Greater Flint Project Vox
www.flintprojectvox.xom



Calendar of



FASD Support Group

Raising children with FASD
2nd Monday of every month
6:00 - 8:30 pm

MARCH

National Inhalant
Awareness Month
www.inhalants.org

March 5

10th Annual Macomb County
Parenting Conference
Sterling Inn Conference Center
Call 586-541-0033 for more
information.

APRIL

Month of the Young Child &
Alcohol Awareness Month

April 7

National Alcohol Screening Day

April 13

"Inside the Dark Side"
What the Tobacco Industry
doesn't want you to know
Fraser High School
Call 586-541-0033 Ext. 207
for more information.

MAY

May 15

3rd Annual Tea at the Blossom
Health Inn - for more
information call 586-541-
0033.

May 25

2nd Annual Summer Safety
Fest for more information,
call Patti Steele at 586-228-
3489.

JUNE

National Safety Month

Rosco and His "Read to Me" Magic will be appearing at the following locations this season. Attend a program in your area with your young child.

- March 1 - Warren Public Library - 586-751-0770
- March 5 - Roseville Public Library - 586-445-5407
- March 9 - Centerline Public Library - 586-758-8274
- April 2 - Mt. Clemens Public Library - 586-469-6200
- April 9 - Macomb County Library - 586-286-6660
- April 9 & 10 - Great Parents, Great Start at the Macomb Mall "Family Fun Weekend"
- April 16 - Eastpointe Memorial Library - 586-445-5096
- May 16 - MacDonald Public Library - New Baltimore 586-725-0273
- July 26 - Utica Public Library - 586-725-0273

Call individual locations for time and reservation information. These FREE programs are sponsored by "Great Parents, Great Start - Macomb."

A Great Big Thanks!

We ask that you please support the following businesses that have donated to CARE:

America's Finest Printing

17060 Masonic - Suite 101
Fraser, 48026
586-286-1312

St. John Health

11800 12 Mile Road
Warren, 48093
586-573-5000

Target America:

Opening Eyes to the Damage Drugs Cause

A traveling exhibit created by the Drug Enforcement Administration Museum and its Partners

April 2, 2005 - October 2, 2005

Learn about the impact of drugs on our bodies and our society, the linkage between terrorism, drug production and trafficking, and the resources available to help parents and teachers communicate the important, fact-based drug prevention information to young people.

The New Detroit Science Center
5020 John R Street - Detroit
www.detroitsciencecenter.org
313-577-8400

Congratulations, Dorette VandenBoom!

Dorette teaches at Kramer Center and facilitates the Reconnecting Youth program. She was named Teacher of the Week by the Macomb Daily. Dorette says: "I believe that teaching is more important than dispensing information. A good teacher is a combination of many things: parent, counselor, advisor, facilitator, mentor and role model." Dorette exemplifies this philosophy daily.

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use disorders. Federal and State funding has been provided through Macomb County Mental Health/Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.

**CHECK OUT CARE'S
NEW WEBSITE
www.careofmacomb.com**

Non-Profit Org
U.S. Postage
PAID
Permit No. 25

31900 Utica Road
Fraser, MI 48026

