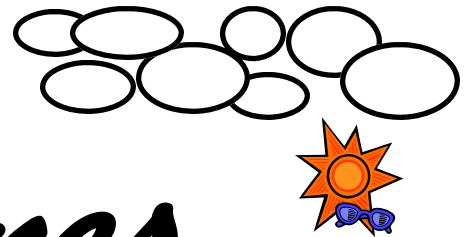


STEPPING Stones



Parent & Community Based
Education for Healthy Living

SUMMER 2005

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

Addiction is a Family Disease

My father, James Klein, passed away on March 26, 2005 at the age of 76. He was a little man with a big heart, he was an alcoholic and he was my loving dad. Research validates that one in every four of us has a family member who is struggling with an alcohol or other drug use disorder. My passion for our **FREE Children's Summer Camp program, Project Focus**, starts from my own experiences.

I believe that if children who have a family member dealing with an alcohol or other drug use disorder can experience the lessons and activities that we teach at our camp, they will have the tools to make different choices for themselves, have a more realistic understanding of their role in their loved one's disease and most importantly they will learn that they are not alone.

I did not experience any of these healthy lessons as a child. I can only wonder how my struggles would have been so different if I had. Through my profession, through the Systematic Training for Effective Parenting (STEP) program, but most importantly through this camp, I have let go of so many hurts. I know that my father was a wonderful person who struggled most of his life with a terrible disease. I was able to use what I learned at CARE many years ago to build a more loving and healthy relationship with my Dad.

Over time, my dad came to respect my new "standards" and we were able to stay close until the day he died. One example of my new "standard" was to say to my dad when he would call me on the phone and he was drunk and being disrespectful, "**Dad, please call me back when you can talk to me with respect - I'm hanging up the phone now - I love you.**" (Then quietly I would hang up the phone.)

I can only hope that many more of us will learn these same tools and have an opportunity to set the "boundaries" for a healthy and loving relationship. The rest is up to the other person.

Addiction is a "family" disease. It hurts us all. Please help us help others by getting the word out to families who could benefit from this free program.

Paddy Laske

Call 586-541-0033 for more information on Project Focus



Playhouses that were assembled and decorated by Macomb County students will be displayed at

Macomb Mall ~ June 18 - July 27
&
Lakeside Mall ~ August 1 - 20

The playhouses will be auctioned to raise funds to help sponsor the 2006 Annual Parenting Conference that is scheduled for March 4, 2006 at the Sterling Inn Banquet & Conference Center.

The conference, titled "Home Improvement," will give county residences an opportunity to become aware of techniques and skills necessary to raise healthy, drug-free children.



If you would like to receive the Stepping Stones newsletter via email, please send your email address along with your name to ctaylor@careofmacomb.com and we will add you to our list!

Bunches from Barb

Barb Browe, Community Services Director



Over 500 people registered for Macomb County's 10th Annual Parenting Conference: "The Sport of Parenting."

The CARE staff, under the awesome coordination of Paddy Laske and with the support of the Executive Director, Kathy Rager, organized an incredible day. We want to thank our **Touchdown Sponsors**: CVS/pharmacy, Macomb County Community Mental Health Office of

Substance Abuse, MCCSA Head Start, Macomb County Prevention Coalition, St. John Health, St. John Macomb Hospital; our **Field Goal Sponsor**: Great Parents-Macomb Intermediate School District; our **Extra Point Sponsors**: Borders, Inc., Centerline Public Schools, Chippewa Valley Schools, Fraser Public Schools; our **Two-Point Conversion Sponsors**: Anchor Bay School District, Celtic Cross Presbyterian Church, Flagstar Bank & Dino Morelli, L'Anse Creuse High School North, Leaps & Bounds, Mt. Clemens General Hospital, South Lake Schools, Van Dyke Public Schools; and our **Fan Sponsors**: Karen Danielson, St. Kieran Church, St. Terese of Lisieux Church, Timco, Inc. and Women's Work.

Keynote speaker, Mac Bledsoe, following his introduction by Fox 2 News TV anchor, Pallus Hupé, received a standing ovation for the meaningful and realistic presentation encouraging "Parenting with Dignity." Mac was so down-to-earth he uplifted the ground with his Montana spirit.

The afterglow honoring our ten years, and attended by Senator Debbie Stabenow, left us feeling grateful and proud of our efforts. Plans are well on their way for "Home Improvement - 2006!"

Come build and strengthen your family with "Home Improvement" on March 4, 2006!

Bits from Barb

Barb Browe, Community Services Director

It's been a busy and exciting time in CARE's Community Services. "Thanks" seems like such a small word of appreciation for the enormous amount of generosity and support we have received from:

- ◆ Nancy Walker with her Creative Memories Scrapbooking Events. If you'd like to get started in this enjoyable hobby, please call her at 586-566-1893.
- ◆ Citizens Bank for the generous donation and support for our Tea Fundraiser.
- ◆ The Robert Garbarino Memorial Fund that will continue to make a difference in the life of a child in memory of the father of CARE Volunteer, Jan Garbarino.
- ◆ Grant dollars supporting SAFE Macomb and Anger Management Classes.
- ◆ Our "Friends of CARE" who have worked endlessly behind the scenes to create a "Tea" that will provide fun with the added joy of adding funds.
- ◆ The community project that's in progress thanks to the suggestion of Patti Steele from the MISD and the support of Dino Morelli from Flagstar Bank. This project allows schools from Macomb County to build 4' x 4' houses that we will sell with sealed bids to raise awareness and funding.
- ◆ Fraser's America's Finest Printing for printing our 3rd Annual Tea tickets and brochures.
- ◆ Randy Crowell from Sterling Photography for his donation.



SAVE THE DATE

Macomb County's 2nd Annual Productivity in the Workplace Conference

**“Conquering the
Multi-Generational Wave”**
*Preparing Your Team to
Navigate the Storm*

Hosted by the EAC

Tuesday, September 27, 2005

8:00am - 1:30pm
Macomb Community College

**Call 866-888-1555 Ext. 218 for more
information or to be added to our mailing list**



As part of T3 (Teens Talking Truth), teens support and encourage one another to develop stronger leadership and communication skills, and have the opportunity to attend trainings specifically designed to meet the needs of today's teens. This is a completely youth driven committee. As a collective group, the teens carry out a number of service projects designed around alcohol, tobacco and other drug prevention.

T3 meets on the first Monday of every month from 6:30 - 8:00pm in the CARE lower level conference room. Contact Lynda Zott for additional information at 586-541-0033 Ext. 215 or email her at lyzott@careofmacomb.com

**Funding for this group has been made possible by the
Community Foundation for Southeastern Michigan.**

YOU OUGHT TO...YOU SHOULD...

You ought to...you should...these two little phrases account for much of the communication we have with our children. How would you respond to each of the following statements?:

- ◆ You should save money.
- ◆ You ought to lose weight.
- ◆ You should eat your carrots.
- ◆ You should make different friends.
- ◆ You ought to try harder.

Do the oughts and shoulds invite you to share your responses or do you become defensive or make you feel bad?

Now take the above examples and replace the beginning of the sentences using one of the following:

- ◆ Would you be willing...
- ◆ Have you thought about...
- ◆ What would happen if...
- ◆ I'm really concerned about...because...

Most of us will find that the second set of sentences encourage us to share or at least did not make us feel attacked.

It is up to us to decide which approach we choose to use with our children. It can make the difference between establishing an open relationship, or closing one down.

Good Open Communication

What do we need to do to encourage good relationships? We just need good communication, some will say.

There is a lot of communication going on in families but, parents and children may be confused as to what is good open communication.

The STEP program has a chapter entitled “Communication: Exploring Alternatives and Expressing Your Ideas and Feelings to Children.” It helps us to clarify the question - good open communication is not lecturing, ordering or directing. It is not demanding, imposing ones own will or intimidating. The chapter explains that good open communication means learning to recognize someone else's feelings. This means we need to learn to listen. It means learning to state needs in a non-judgmental way. It means learning key phrases that can defuse conflict.

Good open communication does not involve words alone. It involves an attitude of cooperation and respect.

Hopefully the next time you hear someone say that all we need is communication, you will think back on this article. Good open communication is hard work, but it is worth the effort.



Calendar of Events

FASD Support Group

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

JUNE

National Safety Month
www.asse.org

June 20-23 & 27-30

Project Focus at Cornerstone Baptist Church.
Call 586-541-0033 for more information!

June 25th

Home Improvement Playhouse Fundraiser Kick-Off & Media Event at Macomb Mall
Call 586-541-0033 for more information!

JULY

July 25-29 & Aug 1-5

Project Focus at Zion United Church of Christ
Call 586-541-0033 for more information!

AUGUST

National Immunization Awareness Month
www.partnersforimmunization.org

SEPTEMBER

National Drug & Alcohol Recovery Month
www.recoverymonth.gov

September 25

Foster Children/Harley Ride Event
Call 586-758-1253 for more information

September 27

2nd Annual EAC Conference
Macomb Community College
Call 586-541-1555 Ext. 218 for more information

**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!!

CARE staff member Jamie Siefert was recently nominated to be the MPA Prevention Person of the Year by the Prevention Coalition of Michigan

CARE youth teen volunteer Nick Zott was recently nominated as High School Senior Student Volunteer by the Sterling Heights-Utica-Shelby Chamber of Commerce!

Getting to Know CARE Staff

Barb Browe is CARE's Community Services Director. She is in charge of overseeing the Prevention department and fund developing. She was born in Hamtramck, MI and was raised in Fraser with her two sisters. She attended Fraser High School then moved on to Macomb Community College and then the University of Detroit. She enjoys facilitating STEP classes for CARE and fundraising for children's programs. Barb is busy juggling her time between volunteering, traveling, reading, boating, and spending time with her husband, 3 children and 2 grandchildren. Her future goals include writing a book.

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**

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Fraser, MI 48026

