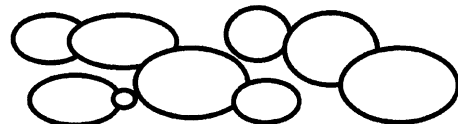


STEPPING Stones



Parent & Community Based
Education for Healthy Living



FALL 2005

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

Parents Face the Challenge of Raising Happy Contributing Kids

What are the reasons behind what seems like an undisciplined generation? With increasing technology, the need for more education, and a higher consumption of goods, it seems like this generation faces more challenges but are ill-equipped to handle them. Here are five steps parents can take to help insure success for their children.

Know what is age-appropriate behavior. Many parents do not know what is age appropriate. They spank two-year-olds for soiling their pants. They expect young children to sit through long events or eat very neatly. Did you know it is age-appropriate for five-seven year olds to make funny noises and try to shock adults by using "potty" words?

Give children responsibilities. Children in other countries become responsible for younger siblings because parents are lost to war or natural disasters. While we do not want our children to be subject to these circumstances, is it not unreasonable to expect children to make their own lunches, push the button on the washing machine, or cut the grass to earn their own spending money. Even young children should be able and expected to play a role in his/her own existence.

Realize that children have feelings and they can HEAR! Talking to your neighbor about Johnny's learning difficulties while he is sitting in the next room can do damage to a fragile self-perception.

Share only appropriate information with your children. Sharing your concerns about late bills, possible layoffs, or a divorce can cause nightmares. Children are very concrete thinkers. When this type of information is shared, they can become fearful and picture themselves living on the street.

Take a parenting class. Children are vulnerable and at the same time resilient. Do the best that you can do to raise children that will enjoy the fruits of YOUR efforts.

For information on parenting classes offered at CARE, please call 586-541-0033.

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

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!

WANTED!

Teachers, Counselors and Parents
who want to make a very BIG difference.

CARE offers parent education using the Systematic Training for Effective Parenting (STEP) model and is looking for volunteers interested in facilitating the 8-week series.

Training is required. A \$100 stipend is paid to all facilitators that complete an eight-week series.

**Call Teresa at 586-541-0033
for more information.**

Diversity in the Classroom

Are you and your staff prepared for the recent and future changes in the student population?

- ◆ *Students whose home language is non-English are projected to be 40 percent of the school-age population by the 2030s.*
- ◆ *In five years, it is expected that white students will be in the minority in 23 of 25 of the largest U.S. metro areas.*
- ◆ *Over three-quarters of the increased growth of students can be attributed to an increase in the number of Hispanic and Asian students.*

Each student is different. How does a student's culture affect the teaching experience in the classroom? Are you confusing respect for authority with shyness? Are you confusing a child's different communication style with ignorance? Without an understanding of cultural differences, it is easy to misinterpret behavior. By learning these variables, the education experience can become more successful for both teacher and student.

When we value diversity, we are supporting and respecting each person's right to be who they are – a unique individual.

To learn more about student diversity, consider scheduling a *Diversity in the Classroom* training for your staff. If your school is partnered with CARE's Employee Assistance Center, the training may be available at no cost. Contact Jennifer Sutherland at (586) 541-1555 ext. 124 or email her at jsutherland@careofmacomb.com.

teenintervene

Fall Offering

October 19, 26 & November 2, 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. Parents and 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.

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. The cost of the program is \$75 for students who live in school districts that have a "full service" agreement with CARE's Student Assistance Center or \$150 for all other students/parents. Call 586-541-0033 for more information.



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 next on Monday September 12th 6:30 - 8:00pm in the CARE lower level conference room and meets on the first Monday of every month after that. Contact Lynda Zott for additional information at 586-541-0033 ext. 215 or email her at lzott@careofmacomb.com.

Bits from Barb ♥ ♥ ♥

Barb Browe, Community Services Director

CARE...CARE...everywhere! That's my slogan because it seems that the recent months have taken us in many different and dynamic directions.

Have you seen the Playhouse Village? Thanks to Patti Steel, the Macomb Intermediate School District, Flagstar Bank, Stock Lumber and John's Lumber, this fundraising effort will support the 2006 Parenting Conference.

We partnered with the Lac Ste. Clair Kiwanis and Henry Fort Health System's *Kaleidoscope Kids* to promote the Kiwanis Harper Charity Cruise. This supports CARE's Children's Programs.

CARE is always looking for volunteers to support kids. We need parent educators, people to serve on the *Friends of CARE* Special Event Planning Committee and office support. Call me at (586) 541-0033 x 229 for details.

CARE's Summer Program

This summer CARE offered two Summer Camp programs for children ages 6 - 13 who have a member of their family living with an alcohol or other drug disorder.

At the time of writing this article, we were in the middle of our first summer camp with 23 families participating in the program. Many of the parents stayed for support and education as well!

Watching it all come together--seeing the children talk about their worries and becoming aware that they are not alone--seeing them laugh and enjoy newfound friends, seeing the staff and teen volunteers give them so much attention and respect--I can't begin to describe the "joy" and sense of hope I feel for each and every one of these individuals.

I would like to thank everyone--from the school counselor who recommended a family, and the churches who put our camp information in their church bulletin. It truly takes a village to pull off this camp.

Thank you,
Paddy Laske, Special Projects Coordinator

Special Thanks To:

Department of Human Services, Macomb Community Mental Health/ Office of Substance Abuse, Cornerstone Baptist Church in Roseville, Zion United Church of Christ in Mt. Clemens, Ace Home Care Network, First Presbyterian Church in Mt. Clemens, The Macomb Library, MSU Extension, Moonwalk for Rent (586) 779-8687, Lac Ste. Claire Kiwanis Club and the Roseville Kiwanis Clowns

Macomb County's First FASDay

WHO: Macomb Fetal Alcohol Resource Education & Support (MCFARES) Coalition, Parents, Macomb County Health Department, community leaders & media.

WHAT: A community event to acknowledge international FASDay. Includes moment of reflection, speakers, music program, and refreshments.

WHERE: Clock Tower, Mt. Clemens (planned location) (corner of New Street & Main Street)

WHEN: September 9, 2005, 9:00 am

MESSAGE: There is no safe amount of alcohol to drink during the 9 months of pregnancy.

For more info, contact Shelly at 586.541.0033 or sbania@careofmacomb.com

Event funded by Prevention Network.

Macomb County FASD Training

Substance Abuse Mental Health Services Administration (SAMHSA) FASD Center for Excellence will be providing two training events featuring a nationally recognized speaker, Barbara Wybrecht.

November 17, 2005 (location to be determined)
Target healthcare and social service professionals and use a "train the trainer" model to provide attendees with knowledge and tools to expand the number of prevention presentations available to the community.

November 18, 2005 at the MISD
Community training will offer information about FASD prevention, identification, and an understanding of the many challenges a person with FASD faces.

Training coordinated by MCFARES and CARE.

MCFARES

Macomb County Fetal Alcohol
Resource, Education, & Support





Calendar of Events

FASD Support Group

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

SEPTEMBER

National Drug & Alcohol
Recovery Month
www.recoverymonth.gov

September 9

1st Annual FASDay - Sponsored
by the MCFARES Coalition
Call 586-541-0033 for more info

September 15-16

6th Annual Michigan Substance
Abuse Conference at Cobo Hall
Call 517-374-6848 for more info

September 16

Walk for Recovery - Hart Plaza
Call 586-541-0033 for more
information

September 22

Project Vox Meeting
The Voice of Recovery
Call 586-541-0033 for more info

September 26

Family Day - A day to eat dinner
with your children

September 27

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

OCTOBER

National Breast Cancer
Awareness Month
www.nbcam.org

October 7

Playhouse Village
MISD Culmination Event
(Bid Closure)

October 27

Project Vox Meeting
The Voice of Recovery
Call 586-541-0033 for more
information

NOVEMBER

National Adoption
Awareness Month
www.adoption.org

November 17

Project Vox Meeting
The Voice of Recovery
Call 586-541-0033 for more
information

DECEMBER

National Drunk & Drugged
Driving (3D) Prevention
Month - www.3dmonth.org

JANUARY

National Mentoring Month
www.mentoring.com



A Great Big Thanks!

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

St. Lawrence Catholic Community

44633 Utica Road
Utica, 48317 - 586-731-0159

Morgan Elementary School

53800 Mound Road
Shelby Twp., 48316

National Mini Storage

31755 23 Mile
Chesterfield, Mi. 48047 - (586) 979-5000



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

Lakeside Mall - August 1 - 20
&
Macomb Intermediate School District
August 22 - October 7

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

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

A big thanks to "Two Men and a Truck" at
34113 Doreka Dr. in Fraser (586-774-1144)
for transporting the playhouses.

Non-Profit Org
U.S. Postage
PAID
Permit No. 25
Fraser, MI 48026

31900 Utica Road
Fraser, MI 48026
www.careofmacomb.com



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**