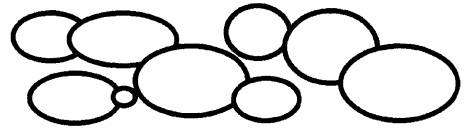


STEPPING Stones



Parent & Community Based
Education for Healthy Living



FALL 2006

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

CARE's Youth Support Summer Camp

July 10-20th, CARE hosted its 2006 Youth Support Summer Camp at Cornerstone Baptist Church in Roseville. Over 60 children and 20 parents attended the camp.

By using the Maplegrove Children's Program Curriculum, children and parents participated in a variety of interactive sessions that specifically addressed the dynamics of substance abuse, self-worth and health issues, positive communication, the identification of safe people, decision making, problem solving skills and the ability to ask for help.

A Letter Written by one of the Teen Facilitators at CARE's Camp, Megan Boelstler:

I worked at CARE's Camp for two weeks and during that time I got to know all of the campers. This experience has shown me that every child growing up exposed to loved ones who are either alcoholic or have another drug dependency deals with the stress differently.

Some ignore it and isolate themselves. Some try to control it and take on too many responsibilities. Some try to laugh at it and become the family comedian. Some try to make up for it by trying to be perfect themselves.

In each child I saw at least one of these behaviors. The bossy girl just feels out of control. The disruptive boy was using humor to lighten his heart. Realizing this has given me a new perspective on why children behave the way they do and it has made me judge them in a more favorable light. All the children at camp want to have a "normal" life.

Although I couldn't alleviate their parents' or loved ones' disease of addiction, I could help the children by teaching them the seven C's:

*I didn't **cause** it. I can't **cure** it. I can't **control** it. I can take **care** of myself by **communicating** my feelings, making healthy **choices**, and **celebrating** myself.*



Camp Facilitators Paige Morgan, Jeanne Rioux, Ryan Grover, Leah Sandner, Angelica Radzioch and Treasure take a break during the "If a Dog Were Your Teacher" presentation.



Camper Mia decorated a "Special Me" pillowcase on pajama day.

Call CARE at 586-541-0033 to find out about our camp program offered during the school year.

*****CARE'S FALL CLEANING*****

If you would like to continue receiving Stepping Stones, or to be added to our emailing list, please contact Christyn Taylor at 586-541-0033 Ext. 212 or ctaylor@careofmacomb.com

THINK AGAIN

The Pacific Institute on Research and Education says that while public and government attention is focused primarily on the use of illicit drugs by youth, underage drinking is by far the greater problem and effects four times as many youth as all illicit drugs combined. It calls for everyone, particularly parents, to rethink old myths:

"A little beer won't hurt."

"It's a rite of passage, all kids do it."

"At least she only drinks and doesn't use pot."

"I can trust my son not to drink and drive."

"It's ok because my kid only drinks at home."

It's a fact that alcohol use by adolescents leads more rapidly and more frequently to addiction than for adults. Those who start drinking before the age of 18 can become addicted at much higher rates than those who start drinking later in life. While it's true that all children who drink early will not necessarily become addicted, it is like playing Russian Roulette with your life and health. Some children will become addicted and some will not.

Would you let your child play Russian Roulette?

Shop For a Cause Saturday, September 16, 2006 Macy's Department Stores (formerly Marshall Fields)

A \$5 shopping pass (good at any Macy's location nationwide) is being sold by CARE to receive special savings throughout that day.

Everyone who buys a pass receives:

- 20% off fashion and accessory items*
- 10% off furniture and home store items*
- An opportunity to register to win a \$500 Macy's Shopping Spree!

Please call CARE at 586-541-0033 for more information or to buy passes!

*(*some exclusions apply)*

The Truth Behind the Juice

Teens Talking Truth (T³) and the Nicotine Narcs (NN) hosted an informational conference in May titled, "The Real Buzz on Drinking...*the truth behind the juice.*"

167 Middle and High School students attended the conference. T3 and NN actively participated in the planning and implementation of the conference.

The conference was a great success and learning experience for all who attended and participated!

Sometimes Being a Quitter Has its Benefits

The parents decided that they would not schedule ANY summer activities. No day camps, music lessons, tutors, or sports. The parents were surprised that the children did not kick and scream at this new plan. It was also decided that there would be no television (accept on rainy days), computer use or video games. In all honesty, the children were not as thrilled with this development and there were a few loud howls but the parents held firm.

Instead, the children built a fort in the backyard, played flashlight tag, had sleepovers, camped out in the side lot, and spent time reading. The parents admit that it was hard for the first week and a half, but after that, life was good.

They have all decided to lighten the load when the school year begins again. They intend to make time for dinner as a family at least four times a week, schedule only one activity per child and focus more on their marriage relationship as well.

Suggested reading: *Putting Family First: Successful Strategies for Reclaiming Family Life in a Hurry-Up World* by Barbara Z. Carlson.

MCFARES

Macomb County Fetal Alcohol
Resource, Education, & Support



Presents

**On 9/9 Bowl a 9
(9 pin/no tap)
and Strike Out FASD!**

Join us on 9/9/06 for a FREE Bowling Event
and help prevent Fetal Alcohol Spectrum
Disorder (FASD). Donations accepted.

Saturday, September 9, 2006

1:00 - 4:00pm

**Arc Sterling Lanes
33200 Schoenherr
(at 14 Mile Road)
Sterling Heights**



**Call 586-541-0033 Ext. 222
to register or for more information.**

Last Bits from Barb

Barb Browe, Community Services Director

I am filled with emotion and on the brink of tears as I write my final "Bits." It is with heartfelt thanks and appreciation that I express my gratitude to CARE for the over 20 years that I have served the community. Retirement frightens me. I have dedicated so much of my energy to the programs and projects this agency represents while Phil has waited patiently in the wings for me and supported me as I continued the journey of service. I made myself a promise and I leave loving all I did as much as the day I came to CARE.

Our daughter was 15 and the boys were 11 when we first took a STEP parenting class those many years ago. Life has never been quite the same at the Browe's. I came back here to serve as a volunteer to share with the community what I had so joyously learned. CARE had an 8-millimeter film at the time called "The Family Trap." It opened my eyes to addiction, the ramifications of having been raised in a circle of dysfunction and gave us a new beginning as a family.

I look back with a sense of accomplishment. We have truly "come a long way." It's amazing and I feel proud to have been an intricate part of the growth and development of the kind of work that truly makes a difference in someone's life.

I've always had a special sense about my life's work. There is really no rhyme or reason to the events that lead me to be who I am or where I am. I have always seen it as a great BIG plan for my life which unfolds when I least expect it. Soon begins a new facet which remains unknown to me. Many of you have touched my life deeply and I promise you that in my heart I will take all that you have given me on my remaining journey.



Barb Browe (left), author Haywood Smith (center) and Paddy Laske (right) take a quick break during CARE's 4th Annual Tea & Luncheon Fundraiser held at the Sterling Inn on May 21, 2006.



Farewell Party for Barb Browe

Wednesday,
October 4, 2006
4:30 pm

Mac & Rays Harbor Banquet Center
Grand Ballroom
30695 North River Road
Harrison Twp. MI 48045

\$30 per person

To RSVP or for more information,
please contact Christyn Taylor at
586-541-0033 Ext. 212 or
ctaylor@careofmacomb.com

*Barb has requested that in lieu of gifts,
a contribution be made to CARE's
Children's Programs.*

Recognized...

CARE was recognized by the soldiers, civilians, and family members of the U.S. Army Garrison-Michigan and the TACOM Life Cycle Management command for professional service provided in the areas of substance abuse prevention and promotion of health and well-being initiatives. CARE has long served the members of our armed forces and appreciate the recognition.



The **Macomb Intermediate School District** received a National School Public Relations Association Golden Achievement Award in recognition of exemplary public relations activity in collaboration with the *Playhouse Village* fundraiser. Money raised from the fundraiser was used to support the county's annual parenting conference. CARE is very grateful for all the work of Patti Steele, an MISD staff person who helped organize and "pull off" this great event. In total, 10 schools built 22 playhouses that were auctioned off to raise funds. Students learned about building trades, decorating and marketing. The MISD was been a great partner in supporting CARE and our efforts to serve the children of Macomb County.



Calendar of Events

Please check our website - www.careofmacomb.com - for updates on workshop dates and upcoming events!

AUGUST

11th - Productivity in the Workplace Conference. For more information, call 586-541-1555.

15th & 17th - Get Connected Seminar for anyone who works with older adults. Call 586-541-0033 Ext. 200 for more information.

30th - Kiwanis Harper Charity Cruise in St. Clair Shores. Call 586-541-0033 Ext. 229 for more information.

SEPTEMBER

9th - FASDay - Free Bowling Event at Sterling Lanes in Sterling Heights. For more information, call 586-541-0033 Ext. 222

16th - Shop for a Cause - Macy's (Marshall Fields). Call 586-541-0033 Ext. 229 for more information.

23rd - Celebrate Recovery Walk & Rally held at the Belle Isle Park in Detroit. Call 313-369-5400 for more information.

29th - VOX Rocks! - Dinner & Dance Celebration with Greater Macomb Voice of Recovery at DeCarlos in Warren. Call 586-541-0033 Ext. 229 for more information.

OCTOBER

4th - Farewell Party for Barb Browe at Mac & Rays. \$30 per person. Call 586-541-0033 Ext. 212 for more information.

12th & 17th - 4th Annual Keys to Understanding Addiction Workshop in Detroit. Call 248-661-6170 for more information.

FASD Support Group

Raising children with FASD 2nd Monday of every month from 6:00 - 8:30 pm. Call 586-541-0033 for more information.

MCCSA Headstart

Free preschool programs for 3 and 4 year old children. Call 586-469-4215 for more information and registration.

Hot Links

www.discoveryschool.com
www.edpub.org
www.leapsnbounds.org
www.macombcountymi.gov
www.macombresources.info
www.michigan.gov
www.nofas.org

A Great Big Thanks!

We thank the following CARE Supporters:

Clinton Township Area Optimist Club

P.O. Box 380343, Clinton Twp.
586-566-7277

Cool Breeze

30910 Harper, St. Clair Shores
586-294-5990

Cornerstone Baptist Church

17017 12 Mile Road, Roseville
586-445-8910

First Presbyterian Church

168 Cass Ave., Mt. Clemens
586-465-0461

Fraser Parks & Recreation

33000 Garfield, Fraser
586-294-0450

Karas Institute

25625 Jefferson, St. Clair Shores
586-775-0023

Keller Williams Realty

19900 E. 10 Mile Road, St. Clair Shores
586-541-4000

Lucy Smith

(graciously donated her retirement gift money to CARE's Children's Programs)

Macomb Library for the Blind and Physically Handicap

16480 Hall Road, Clinton Township
586-286-1580

Moonwalk For Rent

586-779-8687
www.moonwalkforrent.com

Prevention Network

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state and local 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 OUR WEBSITE
www.careofmacomb.com



www.careofmacomb.com
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