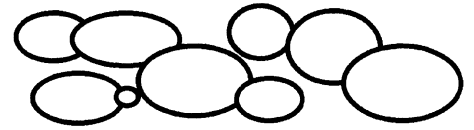


# STEPPING Stones



Parent & Community Based  
Education for Healthy Living



WINTER 2008

CARE (Community Assessment Referral & Education) ~ (586) 541-0033 ~ [www.careofmacomb.com](http://www.careofmacomb.com)

## Compulsive Buying

The holidays are upon us and there is no doubt that people like to buy. The increase in the number of technological items from which we can choose, societal pressures enhanced by sleek advertising campaigns and growing expectations of children has added to the financial problems of many people.

Psychiatrists regard compulsive buying as an impulse-control disorder that involves mounting tension before the act and a sense of relief afterward. Some experts prefer to view it as an addiction or a form of obsessive-compulsive disorder. It could be a way of soothing painful feelings or a result of manic exuberance and recklessness. Others suggest that the problem is a social one, produced by easy credit and impulsivity exacerbated by the need for instant gratification.



The holidays are a time when the behavior is more readily accepted but at the same time leaves parents with big headaches in February when the bills come. It is at this time of the year that parents will want to assess their buying patterns. They can start by looking at why they overspend. Do they think it makes their children love them more? Is it because they do not want to disappoint their children? Is it because they are trying to relive their own childhood? Does it release feelings of joy and excitement within themselves?

In some cases, not reading the advertisements and staying out of the stores will be enough. Parents can make a list and let someone else do the shopping. In other cases, the compulsive buyer will need to see a therapist to get greater insight into their behavior. It should be noted that excessive buying is also linked with depression, alcohol use and other psychiatric disorders.

**If you would like to be added to our emailing list, please contact Christyn Taylor at 586-541-0033 Ext. 212 or [ctaylor@careofmacomb.com](mailto:ctaylor@careofmacomb.com)**

## CARE Expands Youth Assistance Services to the Grosse Pointes & Harper Woods

CARE will now provide a youth diversion program for the five Grosse Pointe Municipalities and the City of Harper Woods effective November 1, 2007.

Youth Assistance Services were provided by the Children's Home of Detroit since the early 1990's and offered an opportunity for first time youth offenders to participate in activities that provide support, mentoring and work service. Because of a new direction, determined by the Board of Directors of the Children's Home of Detroit, they will no longer provide student services and invited CARE to continue this valued activity.

CARE received a \$25,000 grant from the Community Foundation of Southeast Michigan to assist with the transition. Community Foundation is governed by a board of 50 community leaders and works to improve the quality of life in Southeast Michigan.

## Help Support Student Assistance Services in Your School District

CARE has provided student assistance services in Macomb County for over 20 years and has entered into formal agreements with school districts to financially support the services. This arrangement has allowed CARE to provide support for school personnel and help for children and youth who experience mental health or substance abuse problems.



However, for the past several years, the small amount of money that the school districts pay (generally \$1 per student) does not cover the cost for CARE to provide this service. We know that schools are also facing financial difficulties.

May we suggest that school groups consider CARE's Student Assistance Program for their fundraiser? Collecting pennies or loose change, planning a spaghetti dinner, a bagel sale or collecting cans that can be turned in for dollars would help immensely toward the goal of servicing children who attend school in your district.

## When Children Assault Children

*Excerpt from the Harvard Mental Health Letter*

A study based on more than 2,000 telephone interviews suggests that child-on-child violence should be taken more seriously than it usually is. Researchers collected information from children ages 10-17 and the parents of children ages 2-9. They were asked whether, in the past year, the child had been attacked or hit with or without a stick, rock, knife or other object by another child; and more specifically, whether the child had been hit at any time even by a brother or sister or hit or kicked in the private parts by another child.

About 20% of the children had been assaulted by another children in the previous year. About a third of these attacked came from siblings, and were usually mentioned only in response to the phrase "even a brother or sister."



Preschoolers suffered the most physical injuries and were most likely to be hit with objects or attacked by weapons. Repeated maltreatment occurred equally in all ages. Brothers and sisters caused less physical injury, but their outbursts were more numerous and frequent, especially in younger children. Nearly 20% of children under age 10 who had been assaulted had been hurt repeatedly by a sibling, and overall, that was the source of the most traumatic symptoms.

According to the authors, it's too often regarded as relatively unimportant when children, especially young children, are hit by others their own age or a little older, or by their siblings. Children are thought to be more resilient when the perpetrator of violence is another child. An act that would be labeled as an assault if it involved adults is regarded as a mere squabble, scuffle or horseplay - terms that suggest shared responsibility. Some even think that absorbing a certain amount of violence builds character, at least in boys, who supposedly must learn to defend themselves. Violence among siblings is often ignored entirely.

This survey suggests that these assumptions may be mistaken. Violence among children can be traumatic because the victims are often in continuous and intensive contact with the perpetrators. Children's aggression is often more impulsive and unrestrained than adult violence which can make it more anxiety-provoking. In the case of sibling violence, the victim may be more at risk for developing symptoms because repeated attacks create an insecure environment.

## Preschool Attention Deficit Hyperactivity Disorder (ADHD)

It is difficult to define standards of hyperactivity, impulsiveness and inattentiveness for school children and it is even more difficult to define these standards with three and four year olds. To show that something more is going on than just being fidgety or inattentive, clinicians and researchers compare a child with others the same age to determine whether the symptoms represented are, as the American Psychiatric Association's diagnostic manual says, severe, frequent, persistent and "inconsistent with developmental level."

For a diagnosis of ADHD, the American Academy of Child and Adolescent Psychiatry recommends, for all ages, a general psychiatric evaluation, interviews with parents, information from school teachers or preschool teachers, and monitoring of the child in several settings. It is important to rule out other disorders including developmental disorders and medical illnesses. It is also critically important that the home situation be assessed.



New studies show that both drug therapy and parent training can be effective tools in treating ADHD. Stimulant drugs, the standard treatment for ADHD in school-age children, are now increasingly prescribed for young children as well. Methylphenidate, Ritalin and others, are being prescribed although the FDA has not approved it for children under the age of six. The ADHD Treatment Study (PATS) is the first large rigorous controlled trial of the drug in children ages 3-5. Results of the 16-month study were published in the Journal of the American Academy of Child and Adolescent Psychiatry.

*Reprinted from the Harvard Medical School Newsletter, September 2007.*

**Please check the enclosed Winter Series List for information for CARE's Parenting Children with ADHD workshop and many others.**



## Free Museum Admission Passes

Free passes to 25 metro area museums are available for check-out at most Michigan Public Libraries, Detroit Main Library and every library branch in Detroit. Library customers in good standing will be able to check-out a free admission pass, good for 7 days, and admitting either 2 or 4 people depending on the museum.

Participating museums include: the Detroit Institute of Arts, Detroit Historical Museum, Ford Rouge Factory Tour, the Henry Ford Estate, Cranbrook Museums for Science and for Art, University of Michigan Exhibit Museum of Natural History, the Howell Nature Center, and many more.

This program will run through October, 2008. If successful, it will be considered for a second year.

### How the program works:

Go to the Public Library, look at the Museum Adventure Pass display, which will be in the circulation area. Look for an available museum that you would like to visit within the next seven days. Take that museum card to the circulation desk and you will be given a paper pass which will admit 2 or 4 people to that museum. In the next week go to the museum and have a great time. You do not return the pass to the library.

Visit [www.detroitadventurepass.org](http://www.detroitadventurepass.org) for more details!



# Upcoming Events

Please check our website -  
[www.careofmacomb.com](http://www.careofmacomb.com) -  
for updates on workshop dates  
and upcoming events!

## DECEMBER

Happy Holidays!

National Drunk & Drugged Driving (3D) Prevention Month  
[www.3dmonth.org](http://www.3dmonth.org)

## JANUARY

National Mentoring Month  
[www.whomentoredyou.org](http://www.whomentoredyou.org)

## FEBRUARY

National Parent Leadership Month  
[www.parenthood.com](http://www.parenthood.com)

## MARCH

National Parenting Awareness Month

1st

CARE's 13th Annual Parenting Conference "The Parenting Puzzle" at the Macomb Intermediate School District. The conference will give Macomb County residents an opportunity to become aware of techniques and skills necessary to raise healthy, drug free children. Call 586-541-0033 for more information!

## APRIL

National Alcohol Awareness Month  
<http://ncadi.samhsa.gov/seasonal/aprilalcohol/>

National Child Abuse Prevention Month  
[www.preventchildabuse.org](http://www.preventchildabuse.org)

Donate Life Month  
[www.organdonor.gov](http://www.organdonor.gov)

## MAY

Foster Care Awareness Month  
[www.fostercaremonth.org](http://www.fostercaremonth.org)

18th

CARE's 6th Annual Tea & Luncheon Fundraiser, "International Extravaganza," at the Sterling Inn Banquet & Conference Center in Sterling Heights. More exciting details to come!!



## Resources & 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.

### ABC 1-2-3 Literacy Project

Single parents of children ages 0-3 with limited income are invited to participate in a free program that encourages early learning. Please call 586-469-5180 for more information.

Children hear stories and participate in fun activities, receive free books and backpacks filled with supplies. Michigan State University Extension sponsors this free entertaining program.

Parents wishing to improve their relationship with their children through reading can call Su Porter at 586-469-5180.

### CARE's NEW Website!

Make sure you check out CARE's new website at [www.careofmacomb.com](http://www.careofmacomb.com)!



# A Great Big Thanks!

We thank the following CARE Supporters:

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### **Debbie Garrett**



Don't forget CARE's Children's Programs when you plan your general donations! Please help us help the kids! Donate today at [www.careofmacomb.com](http://www.careofmacomb.com)

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](http://www.careofmacomb.com)



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