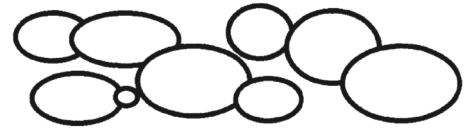


STEPPING Stones



Parent & Community Based
Education for Healthy Living



Spring 2010

CARE (Community Assessment Referral & Education) ~ 586.541.0033 ~

Cyber Bullying

By: Kathy Rager - Agency Director

When I started teaching parenting classes 22 years ago, it was common for a parents to share stories of their children getting “picked on” at school. My advise was the classic, “tell your children, sticks and stones will break my bones but names will never hurt me.” Boy, was I wrong. Words, and they have gotten meaner, do hurt and words often lead to physical abuse.

Of particular concern in this new age of technology is cyber bullying. I have heard of it but never dreamed that it could really happen to my wonderful 13 year old granddaughter. “Suzie,” she doesn’t want her real name used, has been plagued by two girls who, for a period of over six months, followed her in the hallways, made mean remarks about her appearance and, recently, pushed her against the locker. In tears, Suzie shared, once again, with her mother that she did not want to go to school. Mom decided it was time to intervene. After discussing the situation with the principal, one of the girls was expelled for five days. Soon after, Suzie began receiving vulgar emails threatening her with violence.

When I discussed the situation with a friend, she shared that her niece had to change schools because of the ongoing bullying. What can a parent do? *i-Parent Times* states that 32% of high school students and 17% of students grades 5-8 admit to having said mean or hurtful things on the internet. It is not enough to say that parents need to stop their children from bullying. This is ideal but may be unrealistic. Unfortunately, some parents do not believe that their children would involve themselves in such behavior. That being said, some parents will intervene but they may be few and far between.

i-Parent Times gives the following suggestions for those that receive bullying messages through emails or other social media sites:

- ⇒ Don’t erase the messages or images. Save them in a folder. They may be needed for taking legal action.
- ⇒ If bullying has occurred at school, report the emails to them. Most schools have a bullying plan in place.
- ⇒ Make a police report if the messages threaten safety.
- ⇒ Block a bully. If the bully is attacking through instant messaging, the person can be blocked.
- ⇒ Don’t open messages from someone that you know is a bully.

“If we don’t stand up for children, then we don’t stand for much.”

Marian Wright Edelman

Read more on cyber bullying at
www.isafe.org/internetsafetymonth

You can learn more about healthy parenting
by attending CARE’s

15th Annual Parent Conference

Saturday, March 6, 2010



- * Great speakers on parenting topics focused on strategies to slow down, regroup and move forward stress free... or at least less stressed!
 - * Over 40 local resources on-site
 - * Continental breakfast and lunch included

Visit www.careofmacomb.com or call 586.541.0033 for more information. Seating is limited!

FDA: Dissolvable tobacco appeals to kids



Richmond, VA.—The Food and Drug Administration is saying in letters to two tobacco companies that flavored, dissolvable tobacco products— that the agency compares with candy and says contain a lot of nicotine—could be particularly appealing to kids and young adults.

The FDA's Center for Tobacco Products (CTP) wrote to R.J. Reynolds Tobacco Co., maker of Camel cigarettes, and the smaller Star Scientific Inc. on Monday voicing concern over smokeless products that are consumed like breath mints but made from finely milled tobacco.

“CTP is concerned that children and adolescents may find dissolvable tobacco products particularly appealing given the brightly colored packaging, candy-like appearance and easily concealable size of many of these products,” Dr. Lawrence Deyton, director of the Center of Tobacco Products, told the companies.

Macomb Daily, Nation and World, Friday, February 5, 2010

Great Start Data

The Macomb Great Start Collaborative, focusing on early childhood education, completed an analysis of Macomb County community needs and is developing a strategic plan based on their findings. Some of their findings include:



- ◆ Although the infant mortality rate has declined over the past five years, the mortality rate for African American infants is still double of that for the Caucasian population.
- ◆ 1 in 9 children lived in poverty in 2007. It is expected that this number is higher today. The poverty rate is highest among young children at 12.7% of the total.
- ◆ Slightly more than 1 in 4 public school children received free/reduce lunch in 2007-2008.
- ◆ Between 2000 and 2008, the county experienced a loss of 36,000 manufacturing jobs and 5,500 construction jobs.

Visit the Great Start website for more information at www.greatstartmacomb.org

Student Assistance Services

CARE has provided Student Assistance since the early 1980's and has formal agreements with many Macomb County Districts. Districts that have a "full service" agreement with CARE enable their students, who are experiencing problems due to mental health or substance abuse issues, to meet with a counselor to determine a course of action that can lead to academic success and emotional health. Students, grades K through 12, can talk to a counselor about grief and loss, depression, family or school relationships or their unhealthy use of alcohol or other drugs. These sessions are offered free and confidential. An appointment can be made by the parent. School personnel do not need to be involved in this type of referral. Districts are asked to make their families aware of this service. Telephone Information and referrals to treatment, support groups and other types of services can also be obtained through CARE by calling 586.541.CARE. Districts that have full service agreements with CARE are:

- Center Line Public Schools
- East Detroit Public Schools
- Fitzgerald Public Schools
- Fraser Public Schools
- Lakeshore Public Schools
- Lakeview Public Schools
- L'Anse Creuse Public Schools
- Mt. Clemens Community Schools
- St. Clair Shores Alternative Education
- South Lake Public Schools
- Utica Community Schools
- Van Dyke Public Schools
- Warren Consolidated Schools
- Warren Woods Public Schools

Districts that have a limited agreement with CARE are:

- Chippewa Valley High School; Dakota High School & Mohegan High School only
- Clintondale Community Schools
- Macomb Intermediate Schools
- Richmond Community Schools
- Roseville Community Schools

These districts can authorize a referral to CARE. Please call your district counselors office to receive clarification.

Check us out on FACEBOOK!

Become a fan of CARE.
Search for Community Assessment
Referral & Education (CARE)
on Facebook!



A Great Big Thanks!

We Thank the following Care Supporters:

In Memory of William Beckett- Beloved Father

Joelene Beckett

Big Family Of Michigan

Christ Lutheran Church Youth Board

Diane Conti

Wendy Corrion

In Memory of Dr. Patricia Barnard

Anne Dallaire

Thomas Denewith

Nicole Dessinger

Flagstar Bank

Robert Garbarino Memorial Fund

Robert Galan

Janice Garbarino

Margaret Garbarino

Karen Haithcock

James Lafer

Mary McClain

Martha Schultz

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Grosse Pointe Woods Presbyterian Church

Laura Hales

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Sara Kallioinen

Rosetta Lynn Karnes

In Honor of Barbara Browe

Joseph Keusch

Kircos Ventures, LLC

Sharon Kovolyak

Mary Lawrence

Deborah Liedel

Emilie MacNeil

Patrick McLogan

Elizabeth Risher

In Memory of Dr. Patricia Barnard

Patricia Steele-Kefgen

J. A. Thomas & Associates

Patsy White

Zion United Church Of Christ

Project Remedy at CARE is working to implement a public awareness campaign developed by the Drug-Free Action Alliance: **Parents Who Host, Lose The Most: Don't be a party to teenage drinking** an awareness campaign to provide you with information about the health risks of underage drinking and the legal consequences of providing alcohol to youth.

As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in your own home, even with their parent's permission. Simply taking away the car keys does not solve all of the problems related to underage drinking. Every day, at least six youth under 21 die from non-driving alcohol-related causes, such as drowning and suicide. Delinquent behaviors also increase with underage drinking.

You can protect your children by following these guidelines when hosting teen parties:

- Host safe, alcohol-free activities and events for youth during prom and graduation season
- Refuse to supply alcohol to children or allow drinking in your home or on your property
- Be at home when your teenager has a party
- Make sure your teenager's friends do not bring alcohol into your home
- Talk to other parents about not providing alcohol at youth events
- Report underage drinking

For more information contact Jamie Siefert @ 586.218-5274
or jsiefert@careofmacomb.com.



The Family Center Circle of Friends Presents the

CUPCAKE

Challenge



Join Us for Finalists Judging Day Event

Sunday, March 7, 2010 from 1:30pm to 4pm.

Pony rides and activities for children!

Grosse Pointe Hunt Club
655 Cook Road, Grosse Pointe Woods

All Welcome: \$5/person or \$10/family - Refreshments will be served.

Call the Family Center for information 313.432.3832

PARENT EDUCATION PROGRAM

Spring 2010 Series List

Parenting Young Children

(Free classes are funded through Great Parents-Macomb,
a State of Michigan grant awarded to Macomb Intermediate School District)

DATE	TIME	LOCATION **
Tuesdays March 23-May 11	6:30-8:30 pm	Mt. Olivet Church 33701 Jefferson, St. Clair Shores 48082 (North of Masonic/Located within Lakeside Community Church)
Tuesdays March 23-May 18 No class: 04/06/10	6:30-8:30 pm	Assumption Nursery School 22150 Marter Rd., St. Clair Shores 48080 (School NOT church/Marter between Mack and Jefferson off of 8 Mile Rd.)
Tuesdays March 23-May 18 No class: 05/11/10	6:30-8:30 pm	Macomb Intermediate School District 44001 Garfield, Clinton Twp. 48038 (South of Hall Road)
Thursdays March 25-May 20 No class: 04/08/10	6:30-8:30 pm	Trinity Lutheran Church 38900 Harper, Clinton Twp. 48036 (South of Crocker)
Thursdays May 6-June 24	6:30-8:30 pm	Shepherd's Gate Lutheran Church 12400 23 Mile Rd., Utica 48317 (1/4 mile east of M-53 Expressway)
The above classes are free along with free book, free childcare and children's program.		
Thursdays April 15-June 3 NOT A FREE CLASS OR BOOK/NO CHILDCARE	12:00-2:00 pm	Hope United Church of Christ 32500 Utica Rd., Fraser 48026 (Intersection of Utica and Garfield/north of Masonic)

This facilitated discussion group will discuss development, behavior, communication, building self-esteem, and discipline that works. Based on the Systematic Training for Effective Parenting program.



To register call CARE at
586-541-0033
or online at
www.careofmacomb.com

**The book, *Parenting Young Children*,
by Dinkmeyer and McKay will also be provided.**

**All locations are barrier free.

PARENT EDUCATION PROGRAM

Spring 2010 Series List

Parenting School Aged Children (ages 6 - 12)

DATE	TIME	LOCATION **
Wednesdays March 17-April 21	6:30-8:30 pm	Henry Ford Hospital-Warren Campus 13355 E. 10 Mile Rd., Warren 48089 (Northwest corner of 10 Mile and Schoenherr)
Mondays March 22-May 10	6:30-8:30 pm	American Lutheran Church 38795 Mulberry St., Clinton Twp. 48036 (East of Groesbeck)
Tuesdays March 23-May 18 No class: 04/06/10	6:30-8:30 pm	Lobbestael Elementary 38495 Prentiss, Harrison Twp. 48045 (Between 16 Mile and Jefferson/east of I-94)
Thursdays April 15-June 3	6:30-8:30 pm	St. Clair Shores Adult Ed.-Northshore 23055 Masonic, St. Clair Shores 48082 (North side of Masonic between Harper and Jefferson)

Discuss ways to understand behavior, build self-esteem, increase cooperation and provide discipline that teaches personal responsibility. Based on the Systematic Training for Effective Parenting program.



To register call CARE at
586-541-0033
or online at
www.careofmacomb.com

The fee for the workshop is \$30 per person or \$45 a couple.
It is CARE policy that refunds will not be issued after the start of the first session.
The Parent's Handbook
by Dinkmeyer and McKay is required.

**All locations are barrier free.

PARENT EDUCATION PROGRAM

Spring 2010 Series List

Parenting Teenagers (ages 13-18)

DATE	TIME	LOCATION **
Mondays March 22-May 17 No class: 04/05/10	6:30-8:30 pm	L'Anse Creuse Middle-East 30300 Hickey, Chesterfield Twp. 48051 (North of 24 Mile/east of Gratiot)
Tuesdays March 23-May 18 No class: 04/06/10	6:30-8:30 pm	North Star Academy 27500 Cosgrove, Warren 48092 (East of Ryan/south of Martin)
Wednesdays March 24-May 19 No class: 04/07/10	6:30-8:30 pm	John F. Kennedy Middle School 23101 Masonic, St. Clair Shores 48082 (Between Harper and Jefferson)
Thursdays March 25-May 20 No class: 04/08/10	6:30-8:30 pm	Henry Ford II High School 11911 Clinton River Rd., Sterling Hts. 48313 (South of Canal/use main entrance)
Thursdays April 22-June 10	6:30-8:30 pm	Henry Ford Hospital-Warren Campus 13355 E. 10 Mile Rd., Warren 48089 (Northwest corner of 10 Mile and Schoenherr)

Join a facilitated discussion on improving your relationship with your teen, ideas on encouraging personal responsibility, self-respect, respectfulness, age appropriate discipline, and methods to help your teen find their way through the issues that they face. Based on the Systematic Training for Effective Parenting program.



To register call CARE at
586-541-0033
or online at
www.careofmacomb.com

The fee for the workshop is \$30 per person or
\$45 a couple.
It is CARE policy that refunds will not be issued after
the start of the first session.
The book, *Parenting Teenagers*,
by Dinkmeyer and McKay is required.

**All locations are barrier free.

Specialty Workshops

Nurturing Parenting Program For Non-custodial Parents

This workshop is specifically designed for parents who have lost custody or are at risk of losing custody of their child/children. The fee for the workshop is \$30 per person or \$45 per couple*.

Fridays, April 9-June 4
9:30-12:00 pm

Tuesdays, April 13-June 8
6:00-8:30 pm

CARE
31900 Utica Rd., Fraser 48026
(Corner of Masonic and Utica)

Adult Anger Management

This eight week class was designed to assist individuals in overcoming negative behavior that leads to broken relationships. The fee for the workshop is \$200.

Mondays
March 1-April 19
6:00-8:00 pm

CARE
31900 Utica Rd., Fraser 48026
(Corner of Masonic and Utica)

Triumph through the Challenges of FASD

An eight week training workshop for parents or professionals caring for a child with FASD or other brain-based disability (i.e., ADHD). Workshop is FREE; Parent workbook for \$22 available at CARE.

Mondays
March 1-April 26
6:00-8:00 pm
No class: 04/05/10

CARE
31900 Utica Rd., Fraser 48026
(Corner of Masonic and Utica)

Anger Management for Adolescents

These workshops last six weeks and teach families how to manage their anger more effectively. Parent education component runs concurrently and must be attended by a parent/guardian. The fee for this workshop is \$120. Students must be attending school.

Ages 9-14 years old
Thursdays
April 15-May 20
6:00-7:30 pm

CARE
31900 Utica Rd., Fraser 48026
(Corner of Masonic and Utica)

Teaching and Leading Children

For childcare providers working with young children under 6 years old. Designed to help participants understand young children and gain skills for relating effectively to them. The book, Teaching and Leading Children, by Dinkmeyer & McKay must be purchased before the first day of class and is available at CARE for \$30. The fee for this workshop is \$28 per person*.

Tuesdays
March 2-April 6
6:30-8:30 pm

Macomb Intermediate School District
44001 Garfield, Clinton Twp. 48038
(South of Hall Road)

Teen Intervene

This six week series is designed to provide education, support and guidance for teens that have experienced mild to moderate substance use. A parent component runs concurrently and offers parents and guardians the opportunity to learn healthy communication skills and the importance of establishing family rules surrounding substance use. The fee for this workshop is \$120.

Wednesdays
March 3-April 21
6:00-7:30 pm
No class: 03/17/10 & 04/07/10

CARE
31900 Utica Rd., Fraser 48026
(Corner of Masonic and Utica)

***It is CARE policy that refunds will not be issued after the start of the first session.**



**To register call CARE at
586-541-0033
or online at
www.careofmacomb.com**

Heroin Use Increases

Macomb County has seen a significant increase in the use of heroin and other opioids (pain killers). Over the course of three years, from 2007 through 2009, heroin and other opiate use increased from 26% to 33.6% and from 8% to 11.6% respectively. This has resulted in the need for methadone and buprenorphine treatment to increase from 7.4% to 19.7%.

CARE has also seen a significant increase in the number of youth dependent on heroin and opioids. This is sad because the consequences of their addiction is grave.

FAN, Families Against Narcotics is working hard to address issues related to the use of heroin and opioids. Visit their website at www.familiesagainstnarcotics.org.

Youth Lead Conference- "Media Exposed: How are you being deceived?"

Tuesday, May 4, 2010- 8:30-1:30pm

Macomb Intermediate School District
44001 Garfield Road
Clinton Township, MI 48038

This FREE conference will feature keynote speaker Jeff Smith of GRIID (Grand Rapids Institute on Information Democracy) who will present on how the media portrays alcohol and targets youth. The afternoon will feature breakout sessions where CARE's Teens Talking Truth (T3) members will talk about what the industry doesn't tell you about alcohol, energy drinks, tobacco, marijuana and prescription drugs.

For more information, or to register your school/group, please contact Melissa DiPirro at 586.541.0033.



SAVE the DATE
CARE's Annual Tea
September 19, 2010



In Our Community

Grandparents Raising Grandchildren

The Grandparents Raising Grandchildren program offers support groups, informational presentations, recreational activities and respite opportunities. Professional Counseling Services are also available through the Grandparents Raising Grandchildren Program. A bi-monthly newsletter is available with information of interest to people raising their grandchildren. To receive a copy, please contact Mary Potts or Jamie Rossmann at (586) 469-6315.

S.A.S.S. Family Education

Starting February 25, CARE is sponsoring a free education program for community members and families concerned about the recovery process. Each Substance Abuse Support Services (SASS) class presents an issue relating to drug dependency. Pre-registration is not required. The classes are scheduled from 2-3:30pm and are held at CARE, in the lower level conference room. For more information about class topics as well as a complete schedule, contact CARE's office at 586.541.0033.

CARE's WorkLife Solutions

Department of Transportation Training will be held on Wednesday April 14, 2010. DOT for Drivers will cover topics on Federal regulations, the Substance Abuse Professional role and the SAP evaluation process and the impact of alcohol/drugs on driving. DOT for Supervisors will cover topics on Federal regulations, identification, documentation and constructive confrontation practices. Call 586.218.5270 to register or for more information.



Anger Management for Adults

Mondays for 8 weeks - March 1st to April 19th - 6-8pm
Call 586.541-0033 or visit www.careofmacomb.com for more information.

Women for Sobriety

CARE, Monday's, 5:30-6:30pm
Support program for women maintaining an alcohol and other drug free lifestyle. For more information contact Renee at www.shortpalmer@gmail.com

Project Vox—The voice of recovery meets the first Wednesday of each month. Check the website to confirm meeting dates. www.projectvox.com or email Renee at shortpalmer@gmail.com.

If you would like to be added to our emailing list, please contact Heather Battaglia at 586-541-0033 ext. 212

CARE's mission is to educate, link and support individuals, families, businesses and communities affected by family concerns, workplace challenges, mental health conditions and the misuse of alcohol, tobacco, and other drugs in Southeastern Michigan.

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.



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