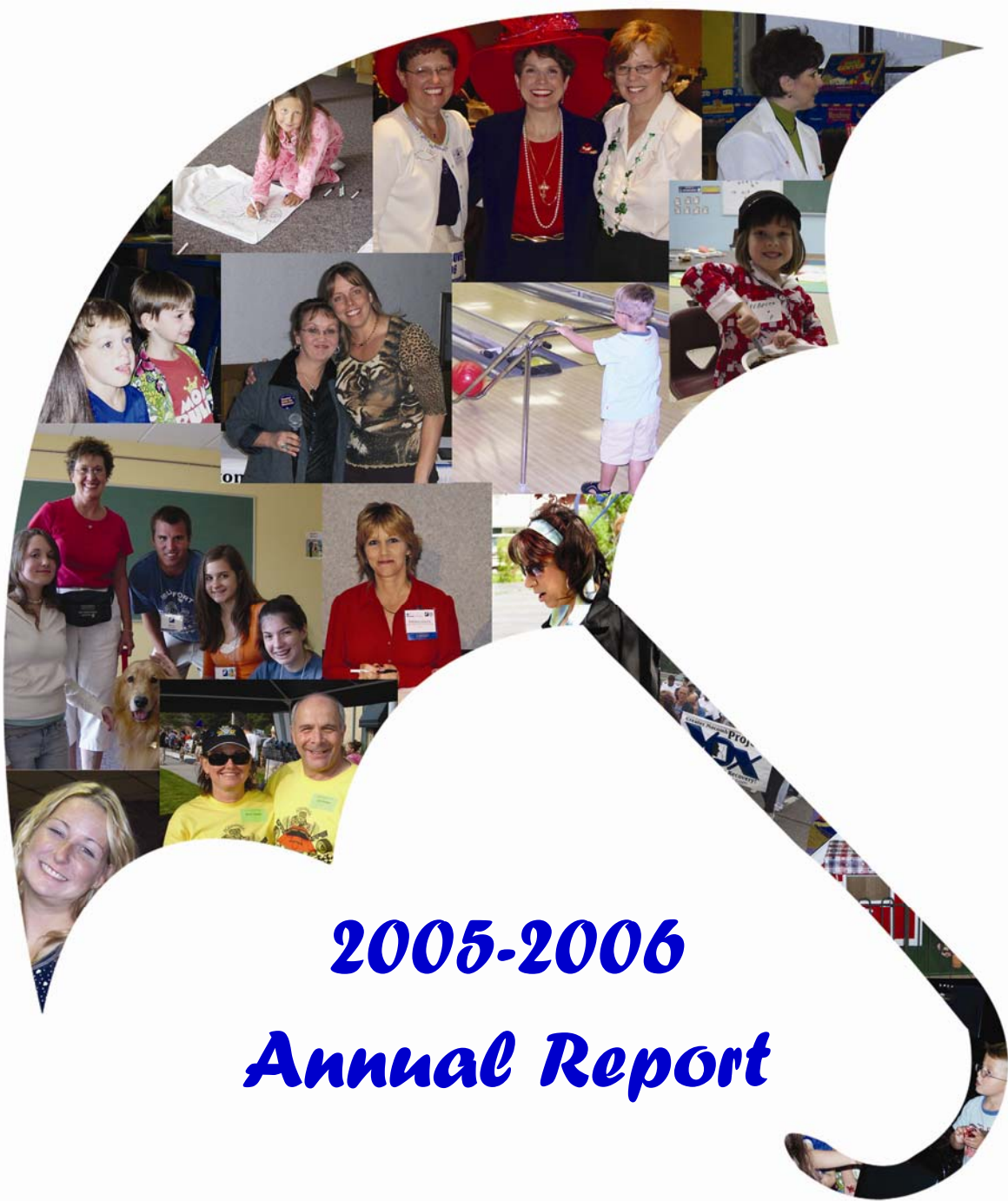


CARE



2005-2006 *Annual Report*

Mission

CARE's mission is to strengthen, empower and support individuals and families through the provision of a high quality, comprehensive network of mental health, alcohol, tobacco and other drug dependency disorder and employee assistance services.

Vision

We envision a community where the services of CARE are guided by the needs, strengths and choices of the people served.

A community where CARE is the premier provider of assessment, referral, education, prevention and early intervention services aimed at alcohol, tobacco and other drug dependency reduction, mental health and employee assistance.

A community where CARE provides innovative and collaborative leadership with other community partners in the evolution of its services.

Letter from the Director

We have all said it – “where does the time go?” The year 2005-2006, again, proved to be one of increased activity. As we continue to identify needs in the community, we continue to find ways to meet these needs.

CARE has responded to community needs in the following ways:

- Added services to address the health needs of seniors. Marcia Relyea, Gerontologist, offers seniors information on aging, interactions between prescription drugs and alcohol use, and suggestions on living a healthy lifestyle.
- Added services to work directly with those consumers who qualify for methadone treatment because of opiate use. Helena Kelly provides resources and encouragement to consumers who consider treatment options that will impact their future.
- Added services to educate and support those families raising children with Fetal Alcohol Spectrum Disorder (FASD). Melissa Sienkiewicz, who is raising a child with FASD, draws on personal experience as well as her education as a master level social worker to guide parents.

The continuation of successful programs and established community relationships have increased CARE's ability to support individuals and families. These services include:

Access to Treatment - Macomb County residents seeking treatment for alcohol and/or other drug dependency can start with a telephone call to CARE. We have the ability to connect people to any of a number of treatment agencies, support groups or community resources identified to meet their specific needs. CARE coordinates treatment for those who receive Medicaid benefits and other low income residents.

Employee Assistance - CARE's Employee Assistance provides support for businesses, municipalities, and school districts through comprehensive services that include access to counseling for those experiencing a life stressor including workplace stress, problematic use of alcohol and/or other drugs, marital problems or financial concerns. Staff also provide professional training and workshops on business related topics and supervisory consultations directly relates to management or other human resource concerns.

Student and Family Services - Student and Family Services provides a variety of programs focused on strengthening individuals and families. The Student Assistance Center, one component of CARE's Student and Family Services, works closely with schools to help students who have problems because of mental health and/or alcohol and other drug concerns. Mental health and substance abuse assessments are provided with the goal of linking students to appropriate services. Parent and student educational programs teach drug specific information, skills necessary to make healthy decisions, and community techniques required for the building of supportive relationships.

I want to personally thank our wonderful Board of Directors, staff and volunteers as well as the ongoing support and encouragement from the Macomb County Board of Commissioners and the Macomb County Community Mental Health Office of Substance Abuse.

Kathleen M. Rager

Executive Director

CARE offers a multitude of educational programs. Many programs are designed to enhance the skills of the general population. Other programs are designed to impact the specific needs of a population. Some programs are coordinated through collaborated efforts with other agencies. Most programs are made available through funding from the Macomb County Community Mental Health Office of Substance Abuse.

Parent/Adult Education – CARE uses the Systematic Training for Effective Parenting model (STEP). This eight-session series addresses the needs of families including communication and discipline techniques, age appropriate behavior and ways to have fun with your family. The STEP model for parents of young children is presented through the collaborative effort and financial support of Great Parents, Great Start. Classes for parents with specific needs include parenting children with Fetal Alcohol Spectrum Disorder, parenting children with ADHD, and single parenting. Other educational series for adults include Adult Anger Management, Older Adult Living, and Building Relationships. Individual presentations on topics of interest to parents are offered community wide.

Early Childhood Education – CARE presents the eight-part Paper People series for preschoolers and kindergarteners. This age-appropriate model provides information on safety and self worth in an interactive environment. This program won the National Association of Counties Award when it was previewed in 1988.

Youth Education – CARE provides many educational series in our schools which include Project Alert, Protecting You - Protecting Me, and Reconnecting Youth. All of these models are designed to provide knowledge and skills to youth so that they may develop healthy characters and make positive choices. Additional youth programs offered at CARE or in the community include Anger Management, Teen Intervene and Project Focus, a program for children impacted by addiction or drug dependency in their family. CARE provides individual programs in schools, churches and community centers. These programs address the needs of young people and are, for the most part, specific to educating them on alcohol, tobacco and other drug issues.

Program Area	People Served	Satisfaction %
Access to Treatment Adults with Substance Use Disorders Employees of Contracted Companies Students	6,891	97%
Adult Educational Series	4,563	98%
Early Childhood Education	3,953	98%
Employee Assistance Center Professional Development Workshops & Trainings	4,911	97%
Individual alcohol, tobacco and other drug educational presentations - Youth	6,373	97%
Individual alcohol, tobacco and other drug educational presentations - Adults	3,276	97%
Youth Educational Series	5,667	96%
TOTAL	35,634	
Additional Recipients <i>health fairs, newsletters, Information & Referrals (telephone)</i>	32,423	
GRAND TOTAL	68,057	

Special Events

Macomb County Fetal Alcohol Resources Education & Support (MCFARES), a collaborative of professionals and parents concerned about alcohol use during pregnancy, held an awareness day on September 9. The event was held at Arc Sterling Lanes in Sterling Heights.

Teens Talking Truth and the Nicotine Narcs hosted an informational conference in May titled, "The Real Buzz on Drinking...*the truth behind the juice*" for 167 Middle and High School students.

Greater Macomb Project Vox, a grass root advocacy group supported by CARE, held a panel discussion on recovery at Fraser High School with over 80 people in attendance. Benjamin Jones, President of the National Council on Alcohol and Drug Dependency moderated with Judge Biernat, Dr. Salma Ajo, Sue Mooney and Louis Pickner sitting on the panel.

Home Improvement – the 11th Annual Parenting Conference was held at the Sterling Inn with over 350 parents in attendance. David Walsh, author of *Impact on the Media & Family* as well as Michigan's First Gentleman, Daniel Mulhern were keynote speakers.

The 4th Annual Tea & Luncheon was held at the Sterling Inn with over 500 people in attendance. Haywood Smith, author of *The Red Hat Club* was the keynote speaker.

Summer Safety Fest – Safe Macomb, a collaborative of agencies dedicated to encouraging safe environments, held the Summer Safety Fest at Metropolitan Beach with over 3,000 children and caregivers in attendance. Traffic Safety, Turning Point, the Macomb Intermediate School District, CARE and Safe Kids comprise the Safe Macomb Collaborative.

The South Warren Family Resource Network (SWFRN) celebrated National Foster Care Month by decorating a tree with one blue ribbon for every foster child in Macomb County. Over 800 ribbons were affixed to the tree. The event was followed by an ice cream social at Mt. Calvary Church in south Warren. CARE provides coordination to SWFRN and the project is financially supported through a grant from the Macomb County Department of Human Services.

Special Recognition

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.

Prevention Network of Michigan selected the Macomb County Fetal Alcohol Resources, Education & Support collaborative (MCFARES) for a Model Project Award for bringing awareness to fetal alcohol spectrum disorder at its First Annual Alcohol and Pregnancy Awareness Day held in downtown Mt. Clemens. CARE provides support to this collaborative and has two staff dedicated to this effort.

MCFARES received a "Special Tribute" from State Representative Fred Miller signed by Governor Jennifer Granholm and all of the State Representatives from Macomb County for its advocacy and commitment to raising awareness about Fetal Alcohol Spectrum Disorder.

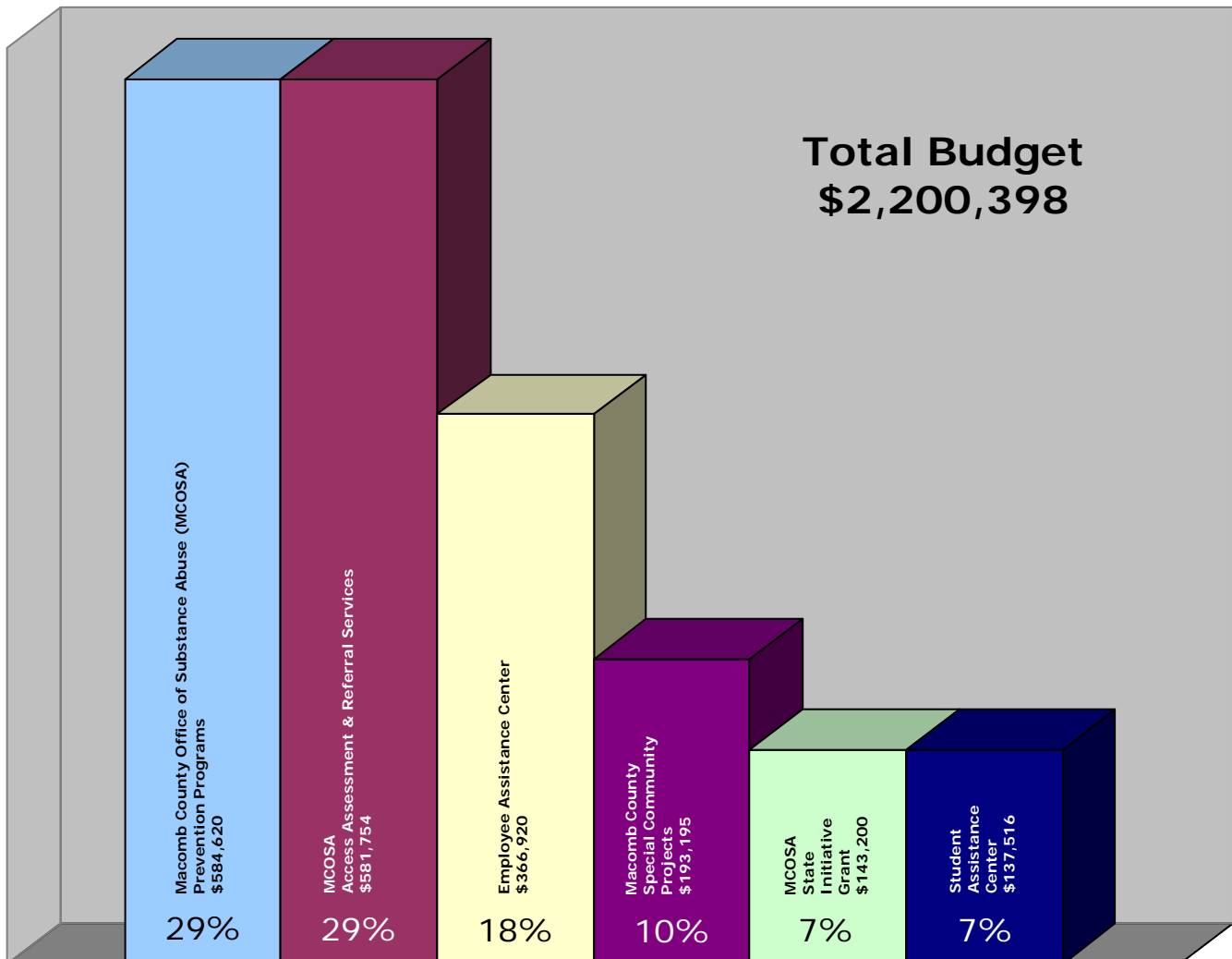
Shelly Bania, Prevention Specialist and Melissa Sienkiewicz, Parent Liaison presented "Who Wants to Be a Millionaire, FASD Version along with a parent perspective of life with Alcohol Spectrum Disorder at the 21st Annual state-wide *Michigan Healthy Babies Hopeful Futures* conference held in Mt. Pleasant.

Calendar of Achievements

<p style="text-align: center;">October 2005</p> <p>CARE staff increased to include an Older Adult Specialist, Methodone Case Manager and a Parent Liasion for those families raising a child with Fetal Alcohol Spectrum Disorder.</p> <p>Teen Intervene, a research-based program developed by the Hazelden Foundation, was initiated for youth, ages 12-19 who are suspected of experiencing mild or moderate problems associated with alcohol or other drug use.</p> <p>Added an education and speaker service for and about Older Adults to its already comprehensive programming schedule. CARE's Older Adult Programs are designed for Macomb County senior groups and are focused to help seniors stay sharp, be mentally alert and improve quality of life.</p>	<p style="text-align: center;">November 2005</p> <p>MCFARES & CARE coordinated a Macomb County FASD Training. Substance Abuse Mental Health Services Administration (SAMHSA) FASD Center for Excellence provided two training events featuring a nationally recognized speaker, Barbara Wybrecht.</p>	<p style="text-align: center;">December 2005</p> <p>Over 30 Project Focus Families celebrated the holidays with a complimentary dinner from Buca di Beppo's.</p> <p>Prevention Network of Michigan selected MCFARES' First Annual FASDay for a Model Project Award from among its grant project awardees in 2005.</p> <p>MCFARES received a "Special Tribute" from State Representative Fred Miller signed by Governor Jennifer Granholm and all of the State Representatives from Macomb County for its advocacy and commitment to raising awareness about Fetal Alcohol Spectrum Disorder.</p>
<p style="text-align: center;">January 2006</p> <p>Annual Board Meeting was attended by over 50 people. Patti Steele & Maryanne Kocis MacLeod were presented with special awards of recognition.</p>	<p style="text-align: center;">February 2006</p>	<p style="text-align: center;">March 2006</p> <p>Played host to over 340 parents at Macomb County's 11th Annual Parenting Conference, titled "Home Improvement," at the Sterling Inn Banquet & Conference Center.</p>
<p style="text-align: center;">April 2006</p> <p>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.</p> <p>Greater Macomb Project Vox hosted a Panel Discussion on Recovery at Fraser High School and had over 80 people in attendance.</p> <p>Teens Talking Truth and the Nicotine Narcs hosted a informational conference in May titled, "The Real Buzz on Drinking... <i>the truth behind the juice</i>" for 167 Middle and High School students.</p>	<p style="text-align: center;">May 2006</p> <p>CARE's Annual Tea and Luncheon was held at the Sterling Inn Conference & Banquet Center and provided entertainment for over 500 people.</p> <p>CARE supported the efforts of Safe Macomb at the Summer Safety Fest held at Metropolitan Beach. Over 3,000 people attended this event.</p> <p>CARE recognized foster children in Macomb County by participating in the South Warren Family Resource Network Ribbon Tying Ceremony at Mt. Calvary Church in Warren.</p>	<p style="text-align: center;">June 2006</p>
<p style="text-align: center;">July 2006</p> <p>Project Focus provided eight days of support, education, and hope to youth and caregivers who are affected by living in alcoholic and other drug dependent environments.</p> <p>Key individuals associated with CARE were asked to attend a marketing related focus group. These individuals shared their thoughts, ideas and opinions regarding the agency, its reputation in the community and the website. Overwhelmingly, each of them mentioned that CARE plays a critical role in this community with its valuable resources for employers, students, parents and residents.</p>	<p style="text-align: center;">August 2006</p> <p>CARE's EAC held its third Productivity in the Workplace Conference & Expo for over 200 employers and employees. Attendees explored the complex relationships between families, workplace and career development. The program also included a student creative writing competition that allowed youth to express their writing talent while sharing the unique ways their families balance home, work, school and life.</p> <p>Participated in the Kiwanis Harper Charity Cruise in St. Clair Shores which raised \$7,000 for CARE.</p>	<p style="text-align: center;">September 2006</p> <p>Macomb County Fetal Alcohol Resources Education & Support (MCFARES) hosted a free 9/9 Bowl a 9 (<i>9 pin/no tap</i>) and Strike Out FASD bowling event to help prevent Fetal Alcohol Spectrum Disorder (FASD) at Arc Sterling Lanes for over 210 people.</p> <p>CARE and Greater Macomb Project Vox participated in the Celebrate Recovery Walk & Rally held at the Belle Isle Park in Detroit.</p> <p>Greater Macomb Project Vox hosted VOX Rocks!, a recovery dinner celebration at DeCarlos in Warren.</p>

Initiatives/Collaborative Efforts at a Glance

- **South Warren Family Resource Network** – SWFRN is a collaborative, operating out of Mt. Calvary Church, that focuses on fulfilling the *Family to Family* mission – to improve the lives of children who must live in foster care settings, their birth families and foster families. This initiative is funded through the Macomb County Department of Human Services.
- **Macomb County Fetal Alcohol Resources, Education and Support** – MCFARES is a collaborative of county agencies, parents and community representatives offering accurate educational information and referral resources to those parenting children having fetal alcohol spectrum disorders. A support group meets monthly. This collaborative is funded through the Macomb County Mental Health Office of Substance Abuse and the Prevention Network.
- **Greater Macomb Project Vox** – This voice of the recovering community is a grass root effort committed to education the community on alcoholism and other drug dependency issues. Members, recovering people and those impacted by addiction, also advocate for funding needed to provide adequate treatment for those suffering from the disease of alcoholism or other drugs. This activity is supported by the Macomb County Mental Health Office of Substance Abuse and donations.
- **Safe Macomb** – Safe Macomb is a collaborative of five agencies representing various segments of the population. CARE, Turning Point, Highway Safety Association, the Macomb Chapter of Michigan Safe Kids and the Macomb Intermediate School District sponsor the Summer Safety Fest each May at Metropolitan Beach in Harrison Township.



2005-2006 Supporters of CARE

ABC Party Entertainment
America's Finest Printing
Avon, Betty Stutzky
Baymont Inn & Suites
Best Western Concorde Inn
Best Western Sterling Inn
Bittner Chiropractic Center
Blu Salon & Spa
Borders, Inc.
Buca di Beppo
Buddy's Pizza
CARE Staff & Families
Centerline Public Schools
Citizens State Bank
Clinton Township Area Optimist Club
Clinton Township Fire & Police
Departments
Cool Breeze
Cornerstone Baptist Church
Creative Memories, Nancy Walker
Curves
CVS/pharmacy
DaimlerChrysler Corporation Fund
Deming/Miller Family Reunion
Committee
Detroit Lions
Donna & Joseph Belli
Domino's Pizza
El Charro
English Gardens
Fayway
Fern Hill Golf & Country Club
First Presbyterian Church

Flagstar Bank
Fraser Parks & Recreation
Friends of CARE Committee
Friends Salon
Gannett Foundation
Gina's Hair Salon & Spa
Hair Color Experts
His Hand Christian Bookstore
Hope United Church of Christ
Hotz Catering
Huber & Breeze
J. Baldwin's Restaurant
JC Penney Hair Salon
Jan Garbarino
Joe Randazzo's Fruit & Vegetable, Inc.
John Pokowski
Judith Southerland
Just Friends Quartet
Karas Institute
Katarina Juncaj
Keller Williams Realty
Kiwanis Club of Shorewood
Lac Ste Claire Kiwanis Club
Loon River Café
Lord & Taylor
Lucy Smith
Macomb Center for Performing Arts
Macomb County Literacy Program
Macomb Library for the Blind &
Physically Handicap
Macy's Department Store
Mary's Precious Lambs Daycare
Max & Erma's

Michigan Business & Professional
Association
MLE Limo
Moonwalk For Rent
More Than Hair, Kathy & Co.
Pamela's Catering
Panera Bread
Pet Supplies Plus
Plum Crazy Ladies Apparel
Prevention Network
RadioShack Corporation
Rebecca Scott & Associates
Therapeutic Massage
Recycling for Charities
Red Hats & More
St. Francis of Assisi Church
St. John Health
St. Luke Lutheran Church
St. Maximillian Kolbe Church
St. Michaels Church
Salon Reaction
Sandie Clark
Sargent Appliance
Sassy Chassy Red Hat Club
Sephora
Sterling Photography
Supercuts
The Perfect Present
Thomas J. Karas, D.D.S.
Trinity Lutheran Church
UAW Ford Bright Horizons Family
Solutions
Usborne Books



Collaborative Relationships

Children's Resource Network - Macomb
Good Samaritan Coalition
Good Shepherd Coalition
Macomb Homeless Coalition
Human Services Coordinating Body
Juvenile Officers Association
Local Inter-Agency Coordinating Council
Macomb County Community Mental Health Office of Substance Abuse
Macomb County Department of Human Services
Macomb Inter-Agency Council/Youth Council
Macomb Intermediate School District

- Great Parents Macomb
- Student Assistance Network
- Youth Violence Prevention Coalition

Macomb Prevention Coalition
Michigan FASD Taskforce
Michigan Non-Profit Association
Prevention Coalition of Southeast Michigan
Substance Abuse Advisory Committee

2005-2006 Board of Directors

Officers

Robert Wirsing, Jr.

President

Retired Bank Auditor
Comerica

Cynthia Anderson

Vice President

Community Representative

Judith Southerland

Secretary

Attendance Officer
Macomb Intermediate School District

Carolyn J. Johnson

Treasurer

Business Manager
Oakland University

Voting Members

Fredric Barbret

Macomb County Ombudsman
SmartBus

Thomas Denewith

Retired Principal
L'Anse Creuse Schools

John Iras

Retired Principal
Warren Consolidated Schools

Richard Lange

Retired
Macomb Intermediate School District

Patrick McLogan

Division Director
Macomb County Health Department

David Saad

Parole Officer
Michigan Department of Corrections

Jonathon Schneider

Senior Product Quality Engineer
TRW

Honorary Board Members

Dr. Donald Amboyer

Dean, Continuing & Pro. Education
Macomb Community College

Joseph Fedorczyk

Social Worker
Van Dyke Schools

Judge Pamela Gilbert O'Sullivan

Macomb County Juvenile Court

Eric Jackson

Deputy Supervisor
Clinton Township

Judge Denis LeDuc

42-1 District Court
Romeo

Maryanne Mounts

Sylvan Learning Center

Reverend Robert Perdue

Pastor
First Presbyterian Church

Judge Steve Sierawski

41-A District Court
Sterling Heights

Judge Kimberly Wiegand

41-A District Court
Sterling Heights

CARE



Community Assessment
Referral & Education
31900 Utica Road
Fraser, MI 48026
www.careofmacomb.com

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