

Perception of Risk

One of the factors that the federal government uses to evaluate prevention (alcohol, tobacco and other drugs) programs is how successful the program is in measuring a youth's "perception of risk" related to use. Research shows that the less harmful a youth feels a drug is to their well being, the more likely they are to use it.

The Harvard Mental Health Letter, June 2011, provides a list of factors that effect perception. Some of these factors are:

- Fun factor:** Risky behavior may not seem risky if it feels good or gives pleasure. *Ex. Unprotected sex, drug use.*
- Control:** If a person is in charge, it seems less risky. *Ex. For some people, It seems less risky if they are driving the car versus someone else driving the car.*
- Scope:** Catastrophic events such as hurricanes or floods seem scarier than chronic health conditions even though chronic health conditions kill just as many people over time.
- Dread:** events that invoke dread such as drowning or being eaten alive are scarier than those that do not. *Ex. For some people, dying a slow death from smoking induced emphysema is not as scary as drowning.*

Knowing the factors that effect perception are important when considering prevention strategies. To read the full report visit www.careofsem.com and look under resources for youth.

Drug-Related Deaths Outnumber Traffic Fatalities

Government data shows drug-related deaths now outnumber traffic fatalities in the United States. According to the Centers of Disease Control and Prevention, 37,485 people, nation wide, died from drug consumption in 2009, compared to 36,284 who died in traffic accidents.

Prescription pain and anxiety drugs now cause more deaths than cocaine and heroin combined.

Hot Sheets

CARE of Southeastern Michigan gathers and distributes the information for the Hot Sheets. If you have an event or a resource (no fundraisers, please) you would like to add to an upcoming Hot Sheet email the information to krager@careofsem.com. Information may be edited for space. Want to join the mailing list? Email hbattaglia@careofsem.com. Hot Sheets can also be found at www.careofsem.com/hot_sheets.html.

Help for Students

Some life situations can negatively impact a child's ability to be successful in school. Divorce, loss of a parent's employment, relationship issues, initial use of alcohol/other drugs and more can indicate the need for a child to talk to a professional.

Students attending some Macomb County school districts have the opportunity to meet with a credentialed professional, to assess the concern and receive help if needed. ALL PEOPLE need help at some time in their lives and the earlier a problem is identified, the more positive the outcome. Free assessments can be scheduled by calling 586.541.2273.



YOU can be a Part of the Solution

Many Macomb County communities have coalitions comprised of parents, school personnel, law enforcement and businesses that focus on building healthy communities void of underage drinking and other drug use. Get involved and be a part of the solution. For a list of coalitions, meeting dates and times visit www.careofsem.com/Student_Assist_Programs.html.

Project FOCUS Youth Support Fall/Winter Camp

Families Overcoming Crisis and Understanding Strengths

Are you concerned about a family member's use of alcohol or other drugs? Do you have a family member in recovery or are in recovery yourself? Project FOCUS is a FREE support program for parents, caregivers, and youth ages 6-15. Nov. 21, Dec. 12, Jan. 9, Feb. 13, March 19 and April 16 from 6:00 - 8:00 pm. First Presbyterian Church, 168 Cass Avenue, Mt. Clemens, MI 48043. FREE pizza dinner is provided nightly. FREE Childcare is also available for children ages 3-5 years old. Call for more information and to receive a registration packet. 586.541.0033 or visit www.careofsem.com.

Drug Take Back

Chippewa Valley Coalition-sponsored event

Saturday, October 30th from 10 am to 2 pm. At both the Macomb County Sheriff's Dept., 37985 Elizabeth Rd., Clinton Twp. and the Clinton Township Police Dept. Offices, 43565 Groesbeck Hwy., Mt. Clemens. (no liquid medicine or needles) A collaboration with the Macomb County Sheriff's Dept. and the Clinton Township Police. Questions call 586.723.2360.

Student Assistance

Wednesday, Nov. 1 from 8:00am - 10:00am or Monday, Nov. 7 from 12:00pm- 2:00pm. School personnel can learn about student services in Macomb County. CARE of Southeastern Michigan, 31900 Utica Rd., Fraser, 48026. Call Lynda at 586.541.0033, ext. 124 or visit www.careofsem.com/events.php for more information or to register.

Marijuana 101- Clearing the Smoke

Family Night Out- Dialogue Night, Free Pizza Dinner. Nov. 9 from 6:30-8:30pm. Dakota High School- 10/12 Atrium. RSVP to slange@cvs.k12.mi.us or 586-723-2872.

Miscellaneous "Stuff"

- ◆ Under a U.S. government settlement, Four Loko drinks, popular with young people, will include the following message on their cans, "this can has as much alcohol as 4 ½ regular (12 oz, 5pct alc/vol) beers."
- ◆ "Bath salts" sold locally as white Rush, Ivory, Wave, Blow, Red Dove, Vanilla Sky, Zoom, Bliss, Cloud 9 and more are responsible for an increasing number of hospital admissions. Bath salts snorted, ingested mixed with water, injected, or inserted rectally or vaginally produce psychotic episodes, extreme paranoia and sometimes violent behavior. Hospitals are encouraged to report their use to the poison Center by calling 1-800-222-1222 or email ssmolins@dmc.org.
- ◆ Brands of smokeable herbal products marketed as Spice, and K2 and referred to as "fake pot" now fall under a 12 month (March 2011) emergency scheduling authority to control ingredients contained in them. Authorized by law, this action makes possessing and selling these chemicals or the products that contain them illegal in the United States. These chemicals will be controlled for at least 12 months, with the possibility of a six month extension. They are designated as Schedule I Substances, the most restrictive category under the controlled Substances Act.

CARE's Student Assistance is funded by Macomb County Community Mental Health Office of Substance Abuse, Macomb County school districts and fundraising efforts. Funded in part by PNC Bank.

Letter received at CARE in May, 2011

To whom it may concern:

I am writing to thank you for your newsletter. What caught my attention was the article about the consequences of underage drinking. In 2009 my son, age 13 years old, died in a field of hypothermia after he drank a fifth of vodka. He got the vodka from a man who got 30 days in jail for providing it to minors! My daughter is having a hard time and is seeing a counselor. Again, thank you for your article and maybe if a child reads it, it might save one of them.

American Culture Increases the Risk

The National Center on Addiction and Substance Abuse at Columbia University report that teens smoking or using other tobacco products, drinking misusing prescription drugs and other illegal substances presents a public health problem of epidemic proportions. The study looks at how American culture increases the risk that teens will use addictive substance and how the messages sent by adults, and glamorized by the tobacco and alcohol industries, normalize substance use and determine the health and futures of our youth.

- ◆ 46% of high school students currently use addictive substance, 1 in 3 meet the medical criteria for addiction.
- ◆ 90% of Americans who meet the medical criteria for addiction started smoking, drinking or using other drugs before age 18.
- ◆ 75% of high school students have used addictive substances including tobacco, alcohol, marijuana or cocaine; 1 in 5 of them meets the medical criteria for addiction.

<http://www.casacolumbia.org/templates/NewsRoom.aspx?articleid=631&zoned=51>

Low cost broadband access and computer purchase program available to low income students

Comcast recently announced a program to help bridge the digital divide for low income students. Families who qualify for free lunches can get internet access for \$9.95/month or purchase a low cost computer for \$149. For more information visit: www.internetessentials.com/about/index.html



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