



# SAC News

CARE's Student Assistance - Macomb County

A publication between CARE's Student Assistance & Macomb County Contracted School Districts

Winter 2012

As many of you know, I will be retiring after working for CARE for 24 years. Under the leadership of a committed Board of Directors and dedicated staff, I have seen the agency grow and services increase. I have also seen how changing family systems and economic pressures have impacted children. More of our children live below the poverty level and have less access to opportunities that can make a difference in their lives.

I have seen an increased need to be there for families. It is not enough to just offer a class on parenting although I can honestly say that the *Systematic Training for Effective Parenting* (STEP) series changed my life. Every parent (and their children!) benefits from taking a class. Families face multiple challenges including the increase in alcohol and drug use by younger and younger children; need for mental health services to treat depression and possible suicidal tendencies; and help to access financial assistance through complex systems.

CARE of Southeastern Michigan is making every effort to help those families. It is my hope, that as I leave the agency in good hands, that YOU and your friends, families and co workers will be counted amongst those that continue to support these efforts.

It is sad for me to note that it was only the last few years that CARE has had to turn to fundraising efforts. Public and private funding used to be adequate to meet the needs of the community. As most non profits have experienced flat funding, and loss of various revenue streams, it is necessary to turn to the community for support. And so I make this last bid for assistance and continued support.

That being said I look forward to new opportunities and friendships. Life is a journey, not a destination.

President/CEO



## CARE of Southeastern Michigan's 17th Annual Parenting Conference "ADVENTURES IN PARENTING"

Saturday, March 3, 2012  
8:00 am - 3:30 pm

Macomb Intermediate School District  
Conference Center  
44001 Garfield Rd., Clinton Twp.

Enjoy a day filled with over 20 specialized parenting workshops and the opportunity to learn about resources in your community. Continental breakfast & lunch included. A complete listing of speakers and topics can be found at [www.careofsem.com](http://www.careofsem.com).

Keynote speaker, **Bob Sornson, Ph.D.**, will speak on **Resilience: Tips for Raising Successful Kids**. Dr. Sornson is a national speaker on Love and Logic. He is the founder of the Early Learning Foundation, as well as an author of numerous parenting and early learning success publications.

To purchase tickets or for more details, visit [www.careofsem.com](http://www.careofsem.com) or call 586.541.0033.

Social Work CE - available  
CEUs - pending

For several years, CARE has screened youth for suicidal ideation or a propensity to commit suicide. This activity began with funding from the Columbia University Teen Screen project. From January 2011 through December 31, 2011, CARE screened 469 youth and of that number 68 screened positive for suicide ideation and 32 had attempted suicide. Youth who screen positive for suicidal ideation along with other mental health concerns are referred for treatment appropriate to their condition. Some youth are referred to CARE's case management service so that more intense over site can be provided. The complete 2011 Macomb County Mental Health Annual Suicide Data Surveillance Report can be found at <http://www.careofsem.com/resources-youth.html>.

Please contact Lynda Zott, Student Assistance Coordinator 586-218-5271 or email [lzott@careofsem.com](mailto:lzott@careofsem.com), if you would like a FREE overview presentation of CARE services for your teachers, parents groups, counselors or your overall personnel.

## Parent Education Classes

Choose from early childhood (ages 0-5), school age (ages 6-12) and teenagers (ages 13-18). Classes run for 8 weeks and are held in multiple locations. To view a complete list of classes and to register visit [www.careofsem.com/parenting\\_ed.html](http://www.careofsem.com/parenting_ed.html) or call 586.451.0033.

## Adolescent Anger Management

This program will help students deal with their strong emotions in appropriate ways. Parents must attend in order for youth to take part in the Skills for Managing Anger Series. Classes starting in January and February, call for more information and to register 586-541-0033.

## Teasing, bullying and fighting, know the difference

Kenzi Bisbing, Youth Services Manager, Oakland Mediation Center ([www.mediation-omc.org/youthtraining.aspx](http://www.mediation-omc.org/youthtraining.aspx)) has done us a favor by sharing the differences between teasing, bullying and fighting. This is important because successful interventions depend on the elements of the specific situation(s) as they present themselves.

Bullying, Dr. Dan Olweus, the expert on bullying defines it as “when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself. There are three key components: the act is a form of aggression; it is a repeated behavior and there is an imbalance of power or strength. Bullying is a form of peer abuse.”

Teasing occurs when two or more people who are usually friends participate in activity of a “joking manner.” Teasing can be humiliating, painful and uncomfortable for the target of the teasing. Teasing can escalate to bullying.

Fighting is a negative, aggressive behavior with the intent to cause harm. It usually involves physical contact.

To learn more about bullying prevention and intervention visit the fact sheets developed by the U.S. Department of Health and Human Services Health Resource Services administration at [www.stopbullying.gov](http://www.stopbullying.gov).

## Alcohol Use Contributes to Violence

We know that many crimes are committed by those that are intoxicated. What might be news to us is that of the 78.2% homicide victims tested for alcohol, over a third of them tested positive. This data on the victims shows that alcohol is an important factor in violence. Excessive alcohol use increases impulsivity and elevates conflict to violent confrontations. Alcohol can reduce physical control and awareness of surrounding risks making a person more vulnerable to victimization. This is another good reason to warn youth about the illegal use of alcohol. Reported from the National Violent Death Reporting System. Submitted by Larry School, Michigan Bureau of Substance Abuse and Addiction Services.

## When Does College Drinking Really Begin?

Underage Drinking, according to the Surgeon General is “commonplace, although it varies from campus to campus and from person to person. Many college students, as well as some parents and administrators, accept alcohol use as a normal part of student life.” As reported in STEP Underage drinking ([www.STOPAlcoholAbuse.gov](http://www.STOPAlcoholAbuse.gov)), “serious drinking problems at colleges and universities often reflect earlier use. Those who reach college with established patterns of drinking are likely to continue this high risk behavior and are at higher risk of developing an addiction.” Parents who have children who have exhibited high risk behavior can consider the following:

- If a child has a history of use (alcohol, other drugs) have him attend a local college. It will be too difficult to manage an environment, away from home, where alcohol use is prevalent.
- Look at a smaller college environment. There may be more hands-on supervision.
- Insist your child reside in a drug free dormitory. Avoid fraternities and sororities.



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**Office Hours:**  
M, T, TH: 8:30 am - 9:00 pm  
W & F: 8:30 am - 5:00 pm

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