

STEPPING Stones

Parent & Community Based
Education for Healthy Living



of Southeastern Michigan

Fall 2011

CARE of Southeastern Michigan

CARE of Southeastern Michigan, PNC Bank and Flagstar Bank invite you to join them for...



their 9th Annual Tea and Luncheon on Sunday, September 18 from 12:30- 3:30pm. Sycamore Hills Golf Club, 48787 North Avenue, Macomb, 48042. \$40.00 per ticket (includes tea, lunch, entertainment and PARISIAN Community Shopping Day coupons). Purchase a table for 10 and choose a theme to decorate...a state (e.g. Colorado), Red, White & Blue, or a period in our nation's history. We welcome you to bring your own special teapot, tea cups and saucers. Visit www.careofsem.com or call 586.541.0033 to purchase tickets or for more information.

CARE's New Look

Because CARE's services have expanded into neighboring geographical areas, the CARE Board of Directors has applied for and received a DBA (Doing Business As) authorization to be known as "CARE of Southeastern Michigan". Our website has changed to www.careofsem.com and our email addresses are @careofsem.com.



Summer Camp Successful Again this Year!

CARE provided two summer day camp activities for over 45 families impacted by the destructive use of alcohol and/or other drugs. Arts and crafts as well as hands on activities taught children and their parents/caregivers methods to reduce anxiety, appropriate ways to express feelings, and safe decision making skills. It was especially gratifying to see the teens return each day. They are at the point in their lives

when they will be making choices that can effect their future.

CARE will again provide an opportunity for these same families, and others that will join them, to continue learning and experience welcomed support through a monthly evening session. A free dinner and childcare is provided. All 586 541-0033 or visit the website at www.careofsem.com.



Sign up now for Fall/Winter camp!

www.careofsem.com

586-541-CARE(2273)

Find us on
Facebook

It Does Work...in the short run!

Time out is a preferred method of discipline for many parents and most will agree that it "works." For many, it means that the behavior is stopped...at least for the moment.

Time outs are described in the simplest of terms: make the child sit in a specific place (corner, time out chair, couch, bed room) for a specific period of time. Most agree that one minute per age of the child is appropriate. During that time, the child is supposed to think about his behavior and determine a plan for improvement.

It would bode well for disciplinarians to think through what actually is happening.

Do parents really think that a two, three, four year old is able to process his behavior and come up with a plan? Or are they confused, "What is going on? Why is my parent being mean?"

Are older children thinking, "I am bad? I can't do anything right?" Or are they thinking, "My mom (dad) is the meanest person and I hate her/him? I will get even."

Is either response what we want?

Time outs can be positive when:

A young child can be physically removed from a situation, distracted and redirected, or the environment is changed to ensure safety and a positive learning environment.

With older children, time outs are used as a time away from each other. "I am frustrated and angry, I need some time away. We will talk in 15 minutes about what just happened."

Remember, discipline should never include physical harm or humiliation. It needs to be delivered consistently, calmly and with the intent of helping the child learn self restraint; coping and problem solving skills.



A Great Big Thanks!

We Thank the following CARE of Southeastern Michigan Supporters:

Jessica Allen	First Presbyterian Church
Santo Audia & Dwight Lindstrom	Harper Woods Lions Club
Heather Battaglia	Foundation
Big Family of Michigan	Kiwanis Club of Lac Ste. Claire
Boy Scouts of America Troop 156	Richard and Mary Lange
CARE Board of Directors	L'Anse Creuse Public Schools
Chris' Confections	Patti Steele-Kefgen
Clinton Township Kiwanis	Mt. Calvary Lutheran Church
Diane Conti	PNC Bank
Christian Financial Credit Union	David Saad Household
Denewith Household	Sandra's Child Care
Melissa Dipirro	Lori Stevens
Families Against Narcotics, Inc	St. Michael Catholic
	Community Church

In special recognition of Kathy Rager for her outstanding dedication to her staff and for her many years of living the Mission and Vision of the Agency.
Patrick McLogan

Celebrate the Nifty Fifty Tea Sponsors

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Detroit Red Wings	Pat Scott Jewelers
Detroit Symphony Orchestra	Patti Steele
Don Pablo's	PuppetArt/Detroit Puppet
English Gardens	Theater
Fraser Dept. Of Public Safety	Nancy and John Temelko
Harbor House	Texas Roadhouse
Jimmy John's - Macomb Twp.	Viviano Flower Shop
Kraatz Florist	Wayne State University Dept.
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	Jan Wilson

Tea Sponsors as of 8.16.11

Letter from the President/CEO

Kathy Rager ~ krager@careofsem.com

The BIG Q!

Those parents that want to do it right take a parenting class. They want to learn ways to raise healthy happy kids and in today's world it is tricky. A most important part of parenting is to "ask the Q." That is, ask the question. What question? The answer is any question. Questions require kids to think and kids who think learn ways to cooperate with others, problem solve and avoid making the same mistake over and over again. Kids that possess this knowledge and skills tend to live more fulfilling lives.

Questions fall into several categories.

Questions for young children that encourage creativity and problem solving?

- How would an elephant get in the refrigerator?
- How would we get a cat out of the tree?
- How can we make dinner without using the stove?

Questions that show interest?

- How do you think that shoe got in the ditch?
- Where do you think that turtle is going (observing turtle crossing the road)?
- What do you think is in that big truck?

Questions that show compassion?

- How did you feel when Johnny did not want to play with you?
- Were you frustrated when Suzy broke your toy?
- Were you feeling sad when you had to leave the party early?

Real listening needs to follow asking the question. When exploring ideas or feelings, it is best NOT to tell a child that he is wrong. This is an exercise in creating solutions, exploring options and for the parent, it gives an opportunity to get into the mind of a child. It is not the time for the parent to have to be right.

When Parents Argue

No two people always agree on everything and that includes parents particularly about ways they raise their children. Disagreements often occur because one parent is perceived as stricter or more lenient than the other. These can become knotty issues and difficult to solve. It is most helpful when parents recognize that they will not always agree and handle differences as calmly as possible.

Most hot issues can not be solved in the heat of the argument. Take a step away and calm down. Write it done. List the pros and cons of the situation and then LISTEN to each person's point of view.

Each parent should feel that they get to make the decision some of the time. No one parent should make all of the decisions.

Sometimes it helps to discuss a particularly thorny issue over coffee at a restaurant. Yelling and screaming won't happen there.

It can actually help children hear parents discuss and negotiate a solution. It helps them learn problem solving skills.

If parent styles are radically different, a parenting class can help them get on the same page!

Community Events

We can make a Difference Day

Fun family event that brings the community, parents, children & teens to one location to learn about the dangers of alcohol, tobacco & other drug use. There will be loads of safety information too! Learn what other activities your kids can get involved in. Free Games, food, demonstrations, special events and entertainment. Saturday, September 17, 2011 from 10:00 am - 2:00 pm at Clintondale High School Athletic Field, 15 Mile Road—East of Little Mack, Between Gratiot & Groesbeck.



Depression 101 - Suicide Prevention

Get the facts with Know Resolve. Free Pizza Dinner September 28 from 6:30 - 8:30pm at Dakota High School Atrium, 21051 21 Mile Rd, Macomb 48044. Register with slange@cvs.k12.mi.us or 586.723.2872.

Be Aware Walk for Suicide Prevention 5k Walk/Run

October 15 from 3:00pm - 5:00pm at Dakota High School, 21051 21 Mile Rd, Macomb 48044. To register go to www.knowresolve.org.

PARENT EDUCATION PROGRAM

Fall 2011 Series List

Parenting Young Children (ages 5 and under)

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

DATE	TIME	LOCATION **
Mondays October 10 - December 5 No class: October 31 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Trinity Lutheran Church 38900 Harper Clinton Twp. 48038 (South of Crocker)
Tuesdays October 11- December 6 No class: November 1 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Macomb Intermediate School District 44001 Garfield Clinton Twp. 48038 (South of Hall/west side of Garfield)
Tuesdays October 11- November 29 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	McKinley Elementary 13173 Toepfer Warren 48089 (Between Groesbeck and Schoenherr)
Thursdays October 13 - December 8 No class: November 24 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Assumption Nursery 22150 Marter St. Clair Shores 48080 (At school between Mack & Jefferson off of 8 Mile)



This facilitated discussion group will discuss development, behavior, communication, building self-esteem, and discipline that works. Based on

The fee for the workshop is \$20 per family and it is CARE policy that refunds will not be issued after the start of the first session. Participants who receive a Certificate of Completion after the last session will receive a \$20 gift card.

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

To register call **CARE** at
586.541.0033
or online at
www.careofsem.com

**All locations are barrier free.



PARENT EDUCATION PROGRAM

Fall 2011 Series List

Parenting School Aged Children (ages 6 - 12)

DATE	TIME	LOCATION **
Mondays October 10 - December 12 No class: October 31 & November 7	6:30-8:30 pm	Lobbestael Elementary 38495 Prentiss, Harrison Twp. 48045 (Between 16 Mile and Jefferson/east of I-94)
Tuesdays October 11 - November 29	6:30-8:30 pm	John F. Kennedy Middle School 23101 Masonic, St. Clair Shores 48082 (Between Harper and Jefferson)
Wednesdays October 12 - December 7 No class: November 23	6:30-8:30 pm	Amazing Grace Lutheran Church 29860 Dequindre, Warren 48092 (North of 12 Mile)
Thursdays October 13 - December 8 No class: November 24	6:30-8:30 pm	Shepherd's Gate Lutheran Church 12400 23 Mile Road, Utica 48317 (One-quarter mile east of M53)



To register call **CARE** at
586.541.0033
or online at
www.careofsem.com

*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.*

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

Fall 2011 Series List

Parenting Teenagers (ages 13-18)

DATE	TIME	LOCATION **
Mondays October 10 - December 5 No class: October 31	6:30-8:30 pm	Henry Ford II High School 11911 Clinton River Rd., Sterling Heights 48313 (South of Canal/use entrance door #1)
Tuesdays October 11 - November 29	6:30-8:30 pm	Jefferson Middle School 27900 Rockwood, St. Clair Shores 48081 (11 Mile at Little Mack)
Wednesdays October 12 - December 7 No class: November 23	6:30-8:30 pm	Wolfe Middle School 8640 McKinley, Centerline 48015 (East of Van Dyke/south of 696)
Thursdays October 13 - December 8 No class: November 24	6:30-8:30 pm	L'Anse Creuse Middle—East 30300 Hickey, Chesterfield Twp. 48051 (North of 24 Mile/east of Gratiot)



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.careofsem.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

Adolescent Anger Management	Adult Anger Management
<p>These workshops last five 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.</p> <p>Ages 15-18 years old Thursdays October 6 - November 3 6:00- 8:00 pm</p> <p>Ages 9-14 years old Thursdays November 10- December 15 6:00- 8:00 pm No class: November 24</p>	<p>This eight week class was designed to assist individuals in overcoming negative behavior that leads to broken relationships and encounters with the law. The fee for this class is \$140 for entire 8 week series and includes \$25 non-refundable registration fee. \$40 discount for participants who work for companies contracted with CARE's Worklife Solutions.</p> <p>Tuesdays October 11- November 29 6:00 - 8:00 pm</p>
Nurturing Parenting Program For Non-custodial Parents	Beyond Trauma
<p>This workshop is specifically designed for parents who have temporarily 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.</p> <p>Tuesdays October 4 - November 29 6:00- 8:30 pm</p> <p>Fridays October 7- December 9 9:30- 12:00 pm No class: November 25</p>	<p>This 11 week series is designed for women who are survivors of violence or abuse and offers coping skills for those who are struggling in their relationships or with substance misuse. Group size limited. The fee for the series is \$30.</p> <p>Thursdays October 6 - December 22 7:00 - 8:30 pm No class: November 24</p>
Project FOCUS Fall/Winter Camp	
<p>Free support program for parents, caregivers, and youth ages 6-15 who are concerned about a family member's use of alcohol or other drugs or have a family member in recovery. Free childcare and dinner.</p> <p>Held on a Monday each month: October 17, November 21, January 9, February 13, March 19, and April 16. 6:00- 8:00 pm</p> <p>First Presbyterian Church 168 Cass Ave Mt. Clemens, MI 48043</p>	<p>All classes held at CARE of Southeastern Michigan 31900 Utica Road, Fraser, 48026 unless otherwise noted by the class description.</p> <p>To register or for more information call 586.541.0033 or visit www.careofsem.com/workshops.php</p> <p>It is CARE of Southeastern Michigan's policy that refunds will not be issued after the start of the first session.</p>

Minor in Possession: The Law and Consequences

The Law:

Michigan law provides that a minor may not purchase, consume, possess or attempt to do any of those things or have any bodily alcohol content. MCL 436.1703(1) Under Michigan Law a minor may not “purchase, consume, possess, or attempt to do any of those things or have any bodily alcohol content. “ MCL 436.1703. This means that any person under the legal drinking age can be charged for consuming any amount of alcohol or merely for having it in their possession (for example in their car.) In addition, the law provides that if a minor drank alcohol legally in another venue (like Canada or Wisconsin where the drinking age is under 21) the minor may present this as defense at trial but it does not mean that matter will be summarily dismissed. MCL 436.1703(14). The affirmative defense that the alcohol was consumed legally in another jurisdiction will not help a minor who is operating a motor vehicle under the zero tolerance law with a blood alcohol content of .02 or more.

Consequences:

MIP convictions have serious consequences. It is important to know that a conviction for MIP is a misdemeanor. What this means is that it is a criminal offense. In addition to the possibility of a criminal record, this offense also carries with it a permanent record with the Secretary of State that may impact driving privileges.

First offense MIP:

There is currently no jail time imposed for a first time offender. If approved by the court, the law provides for a dismissal upon successful completion of probationary

terms and conditions for a first offense MIP. The court, without entering a judgment of guilt, can defer the matter to see if the minor can successfully complete the terms of probation set forth by the Judge. If all conditions are met (which may include the payment of fines and costs, probation costs, and require alcohol related education, random alcohol testing, and community service be performed) the matter can be dismissed at the end of the probationary period without a permanent record. The Secretary of State will be advised of the offense for tracking purposes and the record will be maintained by the Secretary of State as a non-public record. However, if the minor is unable to successfully complete the terms and conditions of probation, then the minor will have a criminal record as well as a permanent record at the Secretary of State record.

Second or subsequent offense MIP:

If a minor has a prior MIP conviction, and fails to pay fines, costs, screening or community service the law allows judges to impose jail time. In addition to the possibility of jail, the minor's driving record will be greatly impacted and will impede their ability to maintain a driver's license. A conviction may also impact the cost of car insurance. In addition an MIP conviction may impede eligibility for student loans and future employment.

Conclusion: Be smart...avoid underage drinking altogether. It's just not worth it!

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The preceding article is for general information purposes only and is not intended as legal advice. If you or your child is facing criminal charges please consult with an attorney for more detailed information.

If you would like to be added to our email list, please call 586.541.0033 ext. 212 or info@careofsem.com.

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.

CARE of Southeastern Michigan 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 of Southeastern Michigan 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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