

STEPPING Stones

Parent & Community Based
Education for Healthy Living



Real solutions for real life

Spring 2011

CARE (Community Assessment Referral & Education)

Spring Events

Substance Abuse Support Services:

Family Education Series

4th Thursday of the month through Sept. 22nd

2:00 - 3:30 pm

CARE, 31900 Utica Rd., Fraser, 48026

Care is sponsoring a free education program for community members and families concerned about the recovery process. Who should attend? People in early recovery and families and others who care about recovery issues. *Pre registration is not required.* For more information call 586.541.0033.



Art from the Heart

"Putting a Human Face on Addiction and Recovery"

Tuesday, April 12 from 6:00 - 8:00pm

Warren Civic Center

In recognition of Alcohol Awareness Month, Greater Macomb Project Vox is sponsoring an art show and panel of artists who will share the positive impact of the involvement with the arts on their recovery. The mission of Greater Macomb Project Vox is to support people in recovery, decrease discrimination and advocate for adequate funding for treatment. Visit www.projectvox.com for more information.



"Life of a Teen"

T3: Teens Talking Truth Conference

Thursday, May 19 from 8:00 am until 1:30 pm.

**Macomb Community College - South Campus,
K Building**

Youth from area high schools have been working diligently and will present the "Life of a Teen" to their peers. The eighth annual conference will address various issues that teens experience on a daily basis. Topics include bullying, use of alcohol and other drugs, body image and suicide. Traditionally teens from eight to ten area school districts attend the event. Call or email Jamie Siefert jsiefert@careofmacomb.com or Melissa DiPirro mdipirro@careofmacomb.com at 586.541.0033 for more information.

Summer Day Camp!

For the first time, CARE will offer a free summer day camp experience for children, ages 5-12, who have been impacted by the incarceration of a parent. Hands-on activities will help children learn ways to cope with the absence of a parent; understand, age appropriately, his/her strengths; and ability to ask for help. A caregiver and childcare component will all be provided. Watch CARE's website, www.careofmacomb.com, for more information.



Project FOCUS

Two summer day camps will be offered for children who have been impacted by the problematic use of alcohol and/or other drug dependency by a loved one. In its 13th year of operation these sessions offer countless opportunities for children 5-16 to learn that "they did not cause it, they can't change it and they can't control it." Watch CARE's website, www.careofmacomb.com, for dates and places.

Parent Chat

CARE's parenting Education Specialist, Teresa Sandner, along with The Macomb Daily's Lifestyle's writer, Maryanne Koics Macleod host a Parent Chat the first Wednesday of every month, 11:30-12:30, please join us at www.macombdaily.com. Topics to be announced via Community Assessment Referral & Education's facebook page. For archived chats go to The Macomb Daily's website and search for "parenting chat", it will come up with a list of past chats. Click on the title of the chat to bring up the transcript. It looks like a video display but just click "replay".



The Macomb Daily
www.MacombDaily.com

A Great Big Thanks!

We Thank the following CARE Supporters:

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Conference Donors

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Courageous Persuaders

L'Anse Creuse High School North students compete in the national *Courageous Persuaders* video competition. The competition allows talented teens to create a 30-second commercial to warn middle school students about the dangers of underage drinking. Michael Kaufman, LCHS-North television and broadcast media teacher says that this is the fourth year that the class has competed in the contest that provides financial rewards and with over 700 entries, they have always placed within the top 10% of entries. The winners will be announced in May. Good luck from CARE staffers!



SADD Club Supports Student Assistance

The Utica High School's SADD Club raised \$222 by selling bracelets and bookmarks with Drug Free messages during Red Ribbon Week in October and donated the money to CARE's Student Assistance Program. Not only did the group share important information with their peers during Red Ribbon Week but they were also able to support their fellow students that may need counseling for alcohol/other drug use or mental health concerns. In addition, CARE offers a summer day camp experience for children impacted by a caregivers problematic use of alcohol/other drugs as well as an intervention series for youth experimenting with drugs or having anger management issues.

Thank you Utica SADD Club!



Dolly Parton's Imagination Library

Provides free books for children from birth to age 5. It is available in targeted communities that have an identified need for early childhood education and support. Benefits include: One free book each month mailed to the home, up to age 5, a graduation book on the fifth birthday to help the transition to kindergarten, free newsletter, website, and other learning materials for parents. Visit www.imaginationlibrary.com/usa/online_reg_step1.php to register your child.



Letter from the Executive Director

Kathy Rager ~ krager@careofmacomb.com

CARE, under a grant from PNC Bank will begin to offer limited case management services for youth and their families that need additional help in accessing services. Call Lynda Zott at 586.541.0033 for additional information.

CARE has offered Student Assistance Services for many of the Macomb County School Districts since the early 1980's. The need to provide mental health and substance abuse services for our county youth has grown over the years. Issues that children and youth are facing, because of an increase in alcohol and drug use as well as a struggling economy and other family stresses, have taken a toll on many of the younger members of our society. Student Assistance provides an opportunity for children and youth and their family members to discuss their concerns with a licensed clinician who will help them define their problems and develop a plan to address these problems. CARE clinical staff will make a referral to a treatment agency or other resource and help the student access these services.

CARE has two types of agreements

with school districts.

Full service agreement. Districts who have this agreement make the program available to all students without the need for a formal referral from school personnel. Parents can call and make a confidential appointment for any student who is exhibiting behavior that interferes with his ability to learn. Common reasons for referrals include grief and loss issues, depression, and use of alcohol and other drugs. Because this service is free to all students, it is important for these school districts to make this information available to students and their parents. Articles in newsletters and email communications from school districts with a full service agreement are very helpful to parents. Districts with a full service agreement are:

**Center Line
Fitzgerald
Fraser Schools
Heritage/ Reach Academy
Lakeshore
L'Anse Creuse Schools
Lakeview Schools
Mt. Clemens
St. Clair Shores Alternative
Education
South Lake Schools**

**Utica
Van Dyke
Warren Consolidated
Warren Woods**

Fee for service agreement. Districts who have a fee for service agreement must approve/make the referral for the student. Common reasons for referrals may include truancy, use of alcohol and other drugs, and behavior issues. School districts with a fee for service agreement are:

Chippewa Valley:
Chippewa Valley H.S.
Dakota
Moheagan
**Clintondale
MISD
Roseville Schools**

It should be noted that students who have a concern about their use of alcohol and/or other drugs can receive a free telephone screen by calling the office at 586.541.CARE.



Book Review

“Raising your Spirited Child”

An Oldie but Goodie

Copy written in 1998 by HarperCollins, *Raising Your Spirited Child* by Mary Sheedy Kurcinka gives insight into the world of the child who is often described as difficult. Professing that words do make a difference, Sheedy Kurcinka suggests that parents replace the “difficult” child with the “spirited” child. She says that just using a different description makes us act differently toward the child and that acting differently helps the child act differently. Ultimately a change in actions improves the relationship between the parent and child.

Raising a Spirited Child helps parents understand who

the spirited child really is and how s/he experiences life. She clarifies the characteristics of a spirited child from the normal child. All children are intense, persistent, sensitive, perceptive and are uncomfortable with change. But the spirited child experiences all of these behaviors MORE. “Normal Kids bound three feet off the ground. Every bounce for a spirited child hits the ceiling.”

Sheedy Kurcinka gives concrete advise on how to work with the spirit and includes chapters on the difference between extroverts and introverts, methods of diffusion, adaptability, tantrums and trouble spots. Sheedy Kurcinka's suggestions help parents learn to “enjoy the spirit!”



PARENT EDUCATION PROGRAM

Spring 2011 Series List

Parenting Young Children

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

(ages 5 and under)

DATE	TIME	LOCATION **
Mondays April 4 - May 23 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Assumption Nursery 22150 Marter St. Clair Shores 48080 (At school not church/between Mack and Jefferson off of 8 Mile)
Tuesdays April 12 - May 31 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	McKinley Elementary 13173 Toepfer Warren 48089 (Between Groesbeck and Schoenherr)
Tuesdays April 12 - May 31 ALSO INCLUDES BOOK, CHILDCARE & CHILDREN'S PROGRAM	6:30-8:30 pm	Trinity Lutheran Church 38900 Harper Clinton Twp. 48036 (South of Crocker)
Thursdays April 21- June 23 No class: 5/12 & 6/9 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)



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.

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. 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.careofmacomb.com

**All locations are barrier free.



PARENT EDUCATION PROGRAM

Spring 2011 Series List

Parenting School Aged Children (ages 6 - 12)

DATE	TIME	LOCATION **
Thursdays April 7 - May 26	6:30-8:30 pm	Amazing Grace Lutheran Church 29860 Dequindre, Warren 48092 (North of 12 Mile)
Mondays April 11 - June 13 No class: 4/25 & 5/30	6:30-8:30 pm	Lobbestael Elementary 38495 Prentiss, Harrison Twp. 48045 (Between 16 Mile and Jefferson/East of I-94)
Tuesdays April 12 - May 31	6:30-8:30 pm	Jefferson Middle School 27900 Rockwood, St. Clair Shores 48081 (11 Mile at Little Mack)
Wednesdays April 13 - June 1	6:30-8:30 pm	Henry Ford Hospital-Warren Campus 13355 E. 10 Mile, Warren 48089 (Northwest corner of 10 and Schoenherr)



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 2011 Series List

Parenting Teenagers (ages 13-18)

DATE	TIME	LOCATION **
Tuesdays March 22 - May 24 No class: 4/5 & 4/26	6:30-8:30 pm	John F. Kennedy Middle School 23101 Masonic, St. Clair Shores 48082 (Between Harper and Jefferson)
Thursdays April 7 - June 2 No class: 4/21	6:30-8:30 pm	Christ Lutheran Church 32300 Schoenherr Rd., Warren 48088 (South of 14 Mile)
Mondays April 11 - June 13 No class: 4/25 & 5/30	6:30-8:30 pm	L'Anse Creuse Middle East 30300 Hickey, Chesterfield Twp. 48051 (North of 24 Mile/east of Gratiot)
Wednesdays April 13 - June 1	6:30-8:30 pm	Henry Ford II High School 11911 Clinton River Rd., Sterling Heights 48313 (South of Canal/use main entrance)



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

Anger Management for Adolescent	Beyond Trauma
<p>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 enrolled school.</p> <p>Ages 9-14 years old Thursdays April 21 - May 26 6:00-7:30 pm</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>Mondays March 14 - May 23 6:30-8:00 pm</p>
Nurturing Parenting Program For Non-custodial Parents	Triumph through the Challenges of FASD
<p>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*.</p> <p>Tuesdays April 5 - May 31 6:00-8:30 pm</p> <p>Fridays April 29 - June 24 9:30-12:00 pm</p>	<p>FREE eight-week training workshop for individuals caring for a child with FASD or other brain-based disability (i.e., AD/HD). Perfect for parents or professionals. Parent workbook for \$22 available for sale at CARE.</p> <p>Mondays May 2 - June 27 6:00-8:00 pm No class: 5/30</p>
	<p>All classes held at CARE, 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.careofmacomb.com/workshops.php</p> <p>*It is CARE 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!


Lori K. Smith (lori.smith.esq@comcast.net) and Kathleen G. Galen (stellakitt2@aol.com), Attorneys at Law

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 emailing list, please contact Heather Battaglia at 586-541-0033 ext. 212 or hbattaglia@careofmacomb.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.

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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