

STEPPING Stones

Parent & Community Based
Education for Healthy Living



Winter 2011

CARE (Community Assessment Referral & Education) ~ 586.541.0033 ~

Coping with the Holidays

A woman was overheard saying that Halloween is her favorite holiday because she can decorate but does not have to buy gifts or spend "required" time with family. Very interesting. As the days move on to Thanksgiving and Christmas, tension begins to mount for many families. The tension is real, especially, when we continue to suffer from unemployment, have concerns about job security and, at the same time, want to give our children a fabulous Christmas complete with expensive gifts.

We know as adults that it is not rational to spend money we do not have. So how do we make it easier for our kids to accept less? How do we make it easier for ourselves? It is helpful to have a few prepared responses when children ask for things we can not afford. Many common responses are not helpful and only act to make children feel bad for asking and make parents feel bad for not being able to give.

We all know those responses: *Money doesn't grow on trees!* You KNOW we can't afford that! *Be grateful for what you have.* Some kids don't have anything.

We can make it easier for everyone if we validate the child's feelings and confirm that it would be nice to have lots of "stuff." *Gosh, I would love to have a new play station 2. It just isn't in the budget this year.* I know you are disappointed. I wish we could have bought it. *Perhaps, we can keep it on your list and it might go on sale after the holidays (in the spring).*

Important tip: Watch your voice tone! A harsh uncaring voice tone or sarcasm can make a friendly message hurtful. And remember, you don't need to fix it. Children will have disappointments. It helps them learn to cope with other life challenges.



Project FOCUS 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. Held the first Monday of each month December through April from 6:00 — 8:00 pm at First Presbyterian Church, 168 Cass Avenue, Mt. Clemens, MI 48043. FREE parking. FREE pizza dinner is provided nightly. FREE Childcare is also available for children ages 3-5 years old. Call now for more information and to receive a registration packet. 586.541.0033 or visit www.careofmacomb.com/events.php



16th Annual Parenting Conference

Saturday, March 5, 2011 • 8:00 am - 3:30 pm



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

- Great speakers on parenting topics
- Over 40 local resources on-site
- Continental breakfast & lunch included
 - SB-CEUs pending

Visit www.careofmacomb.com/Parenting_Conference.html or call 586.541.0033 for more information.

Tickets available on December 1st.

Younger Children May Be Misdiagnosed with ADHD

Children who are young for their grade level may be more likely to be misdiagnosed with attention deficit hyperactivity disorder (ADHD), researchers say. The findings, published in the Journal of Health Economics, suggest that the diagnosis may be overused for children who are simply acting their age. Researchers at Michigan State University and at North Carolina State University analyzed the relationship between date of birth and ADHD diagnosis. They found that, for children with birthdays just before the kindergarten-eligibility cut-off date in their state, the odds of an ADHD diagnosis were much higher than for children who start school almost a full year older, born just after the eligibility cut-off. Based on these findings, nearly 1 million children may be misdiagnosed. (USA Today, 8/17/10)

Michigan Health Education Program Receives National Recognition

The U.S. Department of Health and Human Services has recognized Michigan's K-12 health education curriculum as an effective program for promoting mental health and preventing drug abuse and violence. Studies of students in Michigan and Indiana, conducted by Dr. Jim O'Neill and Madonna University and Dr. Jeffrey Clark of Ball State University, shows implementation of the Michigan Model can decrease, by almost 30 percent, drug use and reduce aggressive behaviors.

The Michigan Model is a comprehensive K-12 health education that provides age-appropriate lessons targeting the most serious health challenges faced by school-aged children including social and emotional health, nutrition and physical activity and use of alcohol tobacco and other drugs.

Difficult Dialogues

SAVE the DATE - January 14, 2011

Macomb Intermediate School District Conference Center.

8:00 am - 4:00pm

Learn FASD updates and how to sensitively and successfully engage families in discussing alcohol use.

Spend the day with National Fetal Alcohol Spectrum Disorders (FASD) trainer and parent of the first person diagnosed in the US, Barbara Wybrecht, RN, BSN.

For more information visit CARE's events page.

Prevention Network Supports Local Initiatives

As part of Prevention Network's mission "to help Michigan communities prevent underage alcohol use, youthful tobacco use, and other substance abuse," monetary support in the form of grants are awarded throughout the state with the following provided in Macomb County:

- Lakeview High School Student Senate for \$2,500 to develop prevention banners to display in their schools.
- Cousino High School SLS/SADD for \$2,500 to hold a middle school/high school conference focused on addressing underage drinking.
- Warren Woods Tower – Class of 2010 All Night Party Committee for \$1,000 for their parent campaign "Parents Who Host Lose the Most."
- Clintondale/Mt. Clemens Make a Difference Day Community Coalition for \$1,000 to conduct two parent focus groups sessions and distribute information on underage drinking to parents.

HOT SHEETS

CARE distributes three different monthly Hot Sheets geared toward Community Resources, Alcohol and other Drug Prevention Activity (PREVCO) and Michigan's Prisoner ReEntry Initiative providing resources, conferences, workshops, events and other useful information for professionals and community members. Hot Sheets are published the fourth week of each month with information pertaining to the coming month.

Have an event/resource you would like to submit for the Hot Sheets? Please email the information 30 days in advance of the event/resource in order to appear into the Hot Sheet for the month of the event. Email krager@careofmacomb.com. (Please enter "Hot Sheets" in the subject line)

Hot Sheets are available online at http://www.careofmacomb.com/hot_sheets.html

A Great Big Thanks!

We Thank the following CARE Supporters:

All About The Hair
Linda L. Banes
Shelly Bania
Heather Battaglia
Beaumont Hospitals-Community Affairs & Advocacy
Joelene Beckett
Donna Belli
Joanne Candela
Cathy's Homemade Ice Cream
Ann Chaffin
Chocolate Bar Café
Clinton Township Police Dept.
Clinton Valley Kiwanis
Leslie Comeau
Corrion Household
CVS/pharmacy
Davis-Vandenbossche Agency, Inc.
Denewith Household
Detroit Tigers Community Affairs Dept.
Detroit Pistons
Eastpointe Gratiot Cruise Inc
Edwin Paul Salon
Flagstar Bank

Carrie Fredal-Estapa
Sharon Fredal-Lake
Grosse Pointe Pet Salon
Harrison Township Fire Dept
Huber & Breese Music Studio
Hyatt Place Detroit/Utica
Harry Kalogerakos
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St. Therese Of Lisieux
Trader Joe's
Nancy Tarpey
Nancy & John Temelko
George Tohme
Vita Venditti
Robert & Michele Wirsing
Jean Zott

Medical Marijuana Confusing

Kenneth Stecker, Traffic Safety Prosecutor and Melanie Brim from the Michigan Department of Community Health provided some information regarding the new Michigan's Medical Marijuana Act and how it is working in Michigan. Their comments were shared at the Ypsilanti Township Municipal meeting held on July 20, 2010 and included the following:

- There have been 40,000 applications for marijuana card through July 9, 2010.
- 80% of the requests for chronic pain, unidentified nausea and muscle spasms.
- On an average, 300 applications are received per day and the number sometimes reaches 400.
- The application must be accompanied by an opinion from a doctor indicating need. The

doctor is not prescribing or even recommending marijuana, only stating an opinion.

- The doctor's opinions are being provided by only a few doctors from across the state. The majority of doctors are not providing opinions.

Municipalities are moving cautiously in regards to regulating the medical marijuana industry within their boundaries. Some, like the City of Livonia, are falling back on federal regulation that makes the sale and use of marijuana a crime. They added a single line to their zoning ordinance and have not been challenged. Grand Rapids allows activity in private homes but limits activity to only one caregiver per dwelling. There are no dispensaries.



PARENT EDUCATION PROGRAM

Winter 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 **
Tuesdays January 11- March 15 No class: 01/25/11 & 02/22/11	6:30 - 8:30 pm	Bethlehem Lutheran Church 37000 Union Lake Rd. Harrison Twp., 48045 (South of 16 Mile between Harper and I-94 Expressway)
Wednesday January 12 - March 2	6:30 - 8:30 pm	St. John Macomb Hospital 12000 E. 12 Mile Rd., Warren, 48093 (Not in hospital. Class will be held in Executive Office Bldg. off of 12 Mile entrance.)
Thursdays January 13 - March 3	6:30 - 8:30 pm	Faith Lutheran Church 50600 Shelby Rd., Shelby Twp., 48317 (South of 23 Mile Road on the east side of Shelby Road)
Tuesdays January 18 - March 8	6:30 - 8:30 pm	Assumption Nursery 22150 Marter Rd. St. Clair Shores, 48080 (Between Mack & Jefferson off of 8 Mile Road. Classes held at school NOT at church.)



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

To register call **CARE**
586-541-0033
or online at
www.careofmacomb.com



**All locations are barrier free.

PARENT EDUCATION PROGRAM

Winter 2011 Series List

Parenting School Aged Children ages 6 - 12

DATE	TIME	LOCATION **
Tuesdays January 11 - March 1 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	John F. Kennedy Middle School 23101 Masonic, St. Clair Shores, 48082 (Between Harper and Jefferson)
Wednesdays January 12 - March 2 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	Yacks Elementary 34700 Union Lake Rd., Harrison Twp., 48045 (North of Cottrell between Harper and Jefferson)
Thursdays January 13 - March 10 No class: 02/03/11 DISCOUNT \$5/friend up to \$10 off	12:00 - 2:00 pm	Hope United Church of Christ 32500 Utica Rd., Fraser, 48026 (North of Masonic)
Mondays January 24 - March 14 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	Christ Lutheran Church 32300 Schoenherr, Warren, 48088 (South of 14 Mile Road)
Thursdays January 27 - March 31 No class: 02/24 & 03/17 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	Cherokee Elementary 42900 Rivergate Dr., Clinton Twp., 48038 (South of Hall Road/east of Romeo Plank)



*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
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

Winter 2011 Series List

Parenting Teenagers ages 13-18

DATE	TIME	LOCATION **
Wednesdays January 12 - March 2 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	Wolfe Middle School 8640 McKinley, Center Line, 48015 (East of Van Dyke/South of 696 Expressway)
Thursdays January 20 - March 10 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	King of Kings Lutheran Church 47500 Schoenherr, Shelby Twp., 48315 (North of 21 Mile Road)
Mondays January 24 - March 14 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	ARC Services of Macomb 44050 Gratiot, Clinton Twp., 48036 (South of Hall/east side of Gratiot)
Tuesdays January 25 - March 15 DISCOUNT \$5/friend up to \$10 off	6:30 - 8:30 pm	Bethel Lutheran Church 26400 Little Mack, St. Clair Shores, 48080 (Corner of Little Mack and Frazho)



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

Adult Anger Management	Project FOCUS
<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 \$200 for entire 8 week series and includes \$25 non-refundable registration fee. \$50 discount for participants who work for companies contracted with CARE's Worklife Solutions.</p> <p>Mondays February 7 - March 28 6:00- 8:00 pm</p>	<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 dinner and Free parking.</p> <p>Held the first Monday of each month: December 6, January 3, February 7, March 7, and April 4 6:00- 8:00 pm</p> <p>First Presbyterian Church 168 Cass Ave Mt. Clemens, MI 48043</p>
Nurturing Parenting Program For Non-custodial Parents	Anger Management for Adolescent
<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 January 11- March 8 6:00- 8:30 pm</p> <p>Fridays January 21- March 18 9:30 - 12:00 pm</p>	<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 attending school.</p> <p>Ages 9-14 years old Thursdays January 6 - February 10 6:00-7:30 pm</p> <p>Ages 15-18 years old Thursdays February 24 - March 31 6:00- 7:30 pm</p>
Beyond Trauma	<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> <div style="text-align: center;">  </div>
<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>	

Lying

One parent reports, "There is only one thing that I can't stand and that is lying!" Another parent nods in agreement. "I tell my child he can tell me anything as long as he doesn't lie about it."

Lying for children falls into categories.

Children lie to stay out of trouble. Even the three-year-old learns early to blame the cat when the milk gets knocked over. This is called self-preservation.

Children lie to protect their parents. Older children will share that they don't want to disappoint their parents by letting them know that they have done something that runs against the value system of the parents.

Children lie because, for them, it is real. Young children have not separated fact and fiction. Fantasy helps them learn.

Children lie to make themselves more important. They share with friends that they live in a big house or have a cousin who plays for the Red Wings in order to elevate their position in the crowd.

The reality is children will lie.

- The fantasy of a young child is age appropriate and plays a very real role in his intellectual development.
- Lies to stay out of trouble and lies for self-elevation can be taken more seriously.

Parents can explore how they respond when a child does something wrong. Do they over-react and shame? Do they let the child know that while there may be a consequence for the behavior that mistakes are acceptable?

Parents can ask themselves why a child feels he needs to lie to make himself important. Does the child have ample opportunity for success? Is he encouraged to do things for himself in order to build self-sufficiency?

Lying is not the worst thing that can happen. It can be an indicator of a problem or it can be an indicator of a creative caring mind.



County Coalitions Address Underage Drinking

A number of local coalitions work diligently, to educate the community on underage drinking and other drug use by implementing projects that catch the attention of parents, students and the community at large. For contact information and to become involved visit:

www.mcosa.net/Macomb_Coalition_List.asp



Join a Coalition Today!

If you would like to be added to our email 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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