



Youth Assistance Program *News*

The Grosse Pointes & Harper Woods

Community Assessment Referral & Education (CARE) www.caresworklifesolutions.com

SUMMER 2008

Student Assistance Update

September 1, 2007—May 21, 2008

Face to face assessments and referrals to treatment or other support services totaled 612 for the first three quarters of the fiscal year, 2007-2008. Of this number, 561 or 92% initially accepted the referrals. However, of the number that accepted the referral, only 35% of those referred to mental health treatment, 44% of those referred to out-patient substance abuse treatment and 64% referred to residential substance abuse treatment were admitted. Parents gave the following reasons for this lack of follow-through:

- ◆ The problem has passed
- ◆ Conflicts with work schedule
- ◆ Unable to pay co-pays

Kids Want to Quit

Research shows that many teens who are hooked on tobacco do try to quit. Anywhere from 55% to 65% of smokers ages 12 to 18 have attempted to stop smoking. However most teens, like adults, need help.

To help teens stop smoking, we need to understand how teens think. Teens are more likely than adults to act on impulse and discount long term consequences (Harvard Mental Health Letter, July 2005). Offering concrete tips for how to deal with cravings and finding other activities to substitute may help. Encourage them to quite by offering "now" motivation. Encourage sports and activities that count on a healthy body.

Of course, the best approach is to discourage smoking in the first place. Habits are hard to change. The U.S. Department of Health and Human Services print a guide entitled, **Youth Tobacco Cessation: A Guide for Making Informed Decisions**. It details practical steps for evaluating programs and putting them into practice.

Michigan Ranks Close to Last

The fiscal year 2008 reports that while the Center for Disease Control recommends that Michigan should spend between \$54.8 and \$154.56 million dollars on tobacco prevention Programs, Michigan spends only \$3.6 million and ranks 47 out of the 52 states. This is an improvement from 2007 when Michigan ranked 51 out of the 52 states.

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on our website!
Visit www.careofmacomb.com**

YOUNG ADULT DIVERSION, A New Program

CARE offers the Young Adult Diversion (YAD) Program in the Grosse Pointes and Harper Woods. The YAD offers an alternative to local court for young adults, ages 17-20, who have committed a first-time offense with the law. Services are voluntary, confidential and consist of activities that will deter further criminal behavior including work service, group education and a comprehensive psychosocial assessment. Referrals are made by public safety officers and/or the court. Call Stacie at 313-332-0972 for more information.

Parental Drinking Encourages Youth Alcohol Use & Hurts Discipline

Older adolescents' drinking decisions are strongly influenced by their parents' drinking habits, and parents who drink often suffer breakdowns in monitoring youth alcohol use. This is according to a study conducted by the Virginia Institute for Psychiatric and Behavioral Genetics at Virginia Commonwealth University. Decreases in monitoring youth alcohol use results in increased use by teens.

U.S. Surgeon General, Kenneth Monitisugu, while promoting his *Call to Action to Prevent and Reduce Underage Drinking*, says that parents, as good role models, are the key to preventing underage drinking.

YOUTH SUPPORT CAMP

CARE's Youth Support Camp, for children and their caregivers impacted by family use of alcohol and/or other drugs, was held at Cornerstone Baptist Church in Roseville and provided important information to 43 children and 12 caregivers. This program, in its twelfth year, has offered a safe place for children and youth to learn about the disease of addiction, and how their own ability to make good choices will influence their future.



YOUTH COMMENTS

Dear Stacie,

My name is John and I am a participant in the Youth Assistance Program. I just want you to know my mentor is one of the most outstanding people I have ever met. I have been in counseling for close to eight years and I have gotten more out of the 7 sessions with Patti than of the 700 sessions with my counselor. I have just recently completed the program and want you to know how much meeting with her benefited me.

Sincerely,

John

ADULT MENTORS WANTED

Volunteers are needed to mentor community youth of the Grosse Pointes and Harper Woods.

Caring adults 21+, students, professionals, stay-at-home parents, all are welcome. Training provided, flexible hours to meet volunteer's schedules.

Interested mentors must complete the following but **not** limited to:

- ◆ Interview with Coordinator
- ◆ 6 hour Empathy Training
- ◆ Criminal Background Check
- ◆ 1 year Commitment to the Program
- ◆ Approximately 1-2 Hours Per Week
- ◆ Approximately 8 Hours Per Month
- ◆ Weekly Supervision

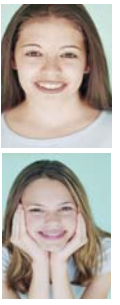
Please call Stacie Bruneel, the Youth Assistance Coordinator, at 313-332-0972 for more information.

CARE is dedicated to the prevention of alcohol, tobacco and other drug use.

Program funding is provided by Community Foundation of Southeast Michigan and the communities of Grosse Pointe, Grosse Pointe Farms, Grosse Pointe Park, Grosse Pointe Shores, Grosse Pointe Woods and Harper Woods.

Young Women's Lives

CARE will facilitate an ongoing 8-week program for girls ages 13-16 who are experiencing difficulty with relationships, school commitments and other social situations. Please call Shelly Bania at 586-541-0033 ext. 222 for more information.



Anger Management for Adolescents

Six sessions teach family members how to manage their strong emotions more effectively.

Please contact Lynda Zott at 586-541-0033 ext. 215 for upcoming dates.

Download This...

www.misd.net/earlychild/2008FunGuide.pdf

www.misd.net/Earlychild/MOYChandouts/GuidetoFunforFamiliesOrderForm.pdf

CARE's Parenting Workshops

CARE offers a wide variety of Parenting Workshops including Parenting Young Children, Parenting School Aged Children, and Parenting Teenagers.



Check out our website for information about Workshops for those with specific needs include parenting children with ADD/ADHD, Single Parenting and Exploring Codependent Relationships - www.caresworklifesolutions.com.

These 8-session workshops address the needs of families including communication and discipline techniques, age appropriate behavior, and ways to have fun with your family.

teenintervene

Teen Intervene is a program for youth, ages 12-19 who are suspected of experiencing mild or moderate problems associated with alcohol or other drug use.

A three-part parent session is run simultaneously and is mandatory for teen participation.

Call Lynda Zott at 586-541-0033 ext. 215 for more information.

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