

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
- ◆ Lack of transportation

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. The state government 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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Young Drinkers Say Adults Supplied the Booze

About half of U.S. youths under age 21 have consumed alcohol and, of these, 40 percent said that they got their drinks for free from an adult during the past month.

"In far too many instances parents directly enable their children's underage drinking—in essence encouraging them to risk their health and well-being," said acting Surgeon General Steven K. Galson. "Proper parental guidance alone may not be the complete solution to this devastating public health problem—but it is a critical part."

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.



CARE Programs

CARE continues to offer educational programs that build on life skills and reduce early use of alcohol and other drugs.

Protecting You Protecting Me and **Project Alert** (research-based programs) and **Transitions** (from elementary to middle school, and middle school to high school) are offered at low cost to Macomb County Schools. One time presentations are also available. Preferences will be given to districts that have a full service Student Assistance Agreement with CARE. Local schools can call Victoria at 586-541-0033 xt 224 to schedule programs.

Drug Tests

CARE sells drug tests at both its Grosse Pointe and Macomb County offices. CARE believes that while drug testing may deter some youth from using alcohol and other drugs, parents should be aware that a solid relationship with children is the best way to ensure a drug-free lifestyle.

SAVE THE DATE!

Recovery Fest

September 14, 2008

Macomb County Celebration

Huron Park

18605 Frazho Rd.

Roseville, MI 48066

For information, call

Debbie Garrett at 586-634-2316

or

Kathy Rager at 586-541-0033

Walk For Recovery

September 13, 2008

on Belle Isle

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

Call Lynda Zott at 586.541.0033 ext. 215 for more information.

Download This..

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

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



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.

CARE's Student Assistance CAN HELP!

Confidential Clinical Assessments for
Family Problems - Alcohol/Drug Use
Personal Stress - Emotional Problems

Services are confidential and
FREE to students who qualify.

586-541-2273 (CARE)

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.



CARE's Student Assistance is partially funded by Community Foundation of SE Michigan, Macomb County Community Mental Health Office of Substance Abuse, Macomb County school districts and fundraising efforts.



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W & F: 8:30 am - 5:00 pm