



SAC News

Student Assistance Center at CARE

A publication between CARE's Student Assistance Center & Macomb County Schools

WINTER 2006

Communication With Schools

School personnel really care about kids. That is why when a referral to CARE's Student Assistance Center is made, school personnel want to know what happens. Because of confidentiality laws and our commitment to protect the student and his family, very little information has been shared with school personnel. We have struggled with our inability to share information as much as you have struggled with not having the information that you may need to further help your student.

CARE follows guidelines established by the Legal Action Center. They clarify policy in regards to federal and state laws defining confidentiality laws. Following their guidelines, we will provide some additional information to school personnel based on the current release of information that is signed by the student/parent.

Very shortly, you will notice that the verification of appointment that is returned to the referring school personnel will have some additional information. It will say what type of a referral is made: treatment, education such as anger management, Teen Intervene, Young Women's Group, Grief and Loss Support Group, Highway Safety Association, or other.

Please be aware that in many cases, we also refer the parents to a parent education class. This will not appear on the verification of appointment form because the parent is not our client – the student is.

We hope that this additional information is helpful as you continue to help your student.

CARE ALSO OFFERS

Staff Training for

Managing Stress
Handling Difficult Students
Diversity in the Classroom
Conflict Resolution
Compassion Fatigue
Effective and Assertive Communication

More Educational Groups

Anger Management for Adults
Improving Relationships
Effective Parenting

Loss of a Peer

Youth in Macomb County Schools have experienced an unusual number of deaths of their fellow classmates. Auto accidents, drowning and suicide have claimed the young lives of students in Utica, Harrison Township, Macomb Township, New Haven, St. Clair Shores and Warren. This may seem impossible to young people who believe that they and their friends will live forever. It is certainly and unusual occurrence to have death touch a young person but it is also a reality.

The death of a classmate may trigger reactions that call for the need for grief counseling. Some of these behaviors include:



- ◆ Feeling really unhappy, sad or empty most of the time.
- ◆ A sense of blame or guilt in regards to the relationship.
- ◆ Survivor's guilt related to the fact that the living teen has survived but a peer has not.
- ◆ Trouble sleeping over several days or weeks.
- ◆ Crying spells and loss of energy that extends over a lengthy time period.
- ◆ Trouble with concentration or the ability to make decisions.
- ◆ A change in appetite including not eating or overeating.

Professional counselors agree that some youth who have experienced the loss of a fellow student will feel sadness over several days but begin to get back to their normal routine within a couple of weeks. Sadness may exist over several weeks or months but it is sporadic.

Longer term grieving or intense reactions to the loss of a fellow student requires counseling. CARE's Student Assistance can offer help. Please call 586-541-2273 to refer a student or to obtain additional information.

**You can now view SAC News
on our website!
Visit www.careofmacomb.com**



Macomb County's 12th Annual Parenting Conference

Saturday, March 3, 2007
8:00 am - 4:00 pm

Macomb Intermediate School District
Conference Center
44001 Garfield in Clinton Township
(between 19 Mile & Hall Road)

Cost is \$30 per person
(Includes Continental Breakfast and Lunch)

Limited Seating

Please call 586-541-0033
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.

Lutheran Services provides services
to teen parents. Call 586-558-4798
for more information.

Young Women's Work

CARE will facilitate an ongoing 12-week program for girls ages 13-16 who are experiencing difficulty with relationships, school commitments and other social situations. The curriculum was developed by Hazelden and address class-based violence, disruptive behaviors and gender and race issues. Ongoing classes begin in January 2007.

Please call Shelly Bania at 586-541-0033 ext. 222 for more information.



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.

Teen Intervene is a research based program, developed by the Hazelden Foundation, and offers school districts an opportunity to refer youth in lieu of suspension.

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.

THE STUDENT ASSISTANCE CENTER 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)

The Student Assistance Center is partially funding by Blue Cross Blue Shield of Michigan, DaimlerChrysler Corporation Fund, Detroit Newspaper Partnership, L.P., the Detroit Free Press, Macomb County school districts and fundraising efforts.

CARE



Since 1977

31900 Utica Road
Fraser, MI 48026
Phone: 586-541-2273
Fax: 586-541-2274
www.careofmacomb.com

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

The SAC is located within the CARE office, which is on the southeast corner of Utica Road & Masonic (13 1/2 Mile Road) in Fraser