

## Senior Exit Interviews

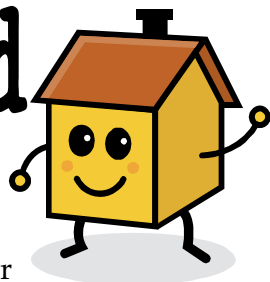
Kuddos to Principal Patrick Mulcahy and Ann Hart, Community Service Learning at L'Anse Creuse High School for organizing the Senior Exit Interview event. These seniors were articulate, poised and exhibited a sense of personal responsibility. They will soon be entering colleges/universities, trade schools and/or the workforce. Learning how to present themselves positively in an interview is extremely empowering. A question was posed, "Tobacco &/or other drug use can



be a difficult challenge for youth; what resistance skills have you developed to help you make healthy and safe choices?" Responses included: involvement

with sports, older siblings that are positive role models, involvement in school band and staying away from people using; and church. It was good hearing it directly from the youth. This was an excellent event for students to learn to network with community people and for the community people to see how prepared these students are. We encourage L'Anse Creuse High School to continue this event because it is truly an "asset building" event for their seniors.

## kids in need



Homelessness among Macomb County students has increased 23% in one year! Of those reported homeless, 63% have never been homeless before. Various sources, including the Macomb Intermediate School District report that 836 students are without a place to lay their head. It is felt that there are additional unreported homeless students because many families/students are living with relatives or friends and are too embarrassed to report their living situation. For more information about Macomb County's student homeless report or how you may be of help to those who are in need, please contact Kathy Kroft at 586.228.3490.

## Student Assistance

### Meet & Greet

Student Assistance will be hosting a Meet & Greet for any school personnel interested in learning more about CARE's services. We will be providing information on CARE's Student Assistance program including appropriate referrals, procedures for assessments and other services available to families. Please join us at one of the two dates. A light meal will be served at both sessions.

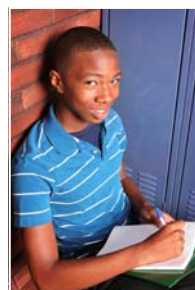
**\*September 17, 2009, 8am**

**\*September 24, 2009, 12pm**

Please contact Lynda Zott, Student Assistance Coordinator, for questions or to register. Space is limited!

586.541.0033

[lzott@careofmacomb.com](mailto:lzott@careofmacomb.com)



**Patti Steele, School Health Consultant for the Macomb Intermediate School District, reports that using Safe & Drug Free School Allocations can be used to pay for Student Assistance Services through contract agreements with CARE. For more information contact Patti at 586 228-3489 or [ps2misd@moa.net](mailto:ps2misd@moa.net)**

## Good News!

The Tobacco Regulation Act, recently passed by the Feds and signed by Barack Obama, allows the FDA to oversee the marketing and distribution of tobacco products. This legislature, pending since 1998, will require tobacco producers to list ingredients on packages of tobacco products and disallows the use of youth-enticing promotions such as marketing their products in flavors such as mint, lemon or candy cane. The industry can no longer use the phrases "light" or "low tar." CARE's **Teens Talking Truth (T3)**, recently known as **Nicotine Narcs**, have been instrumental locally and across the state in bringing attention to the devious methods of the tobacco industry. Over the last 10 years, their messages have encouraged political bodies to pass legislation that restricts the marketing ploys of the industry. They have also encouraged tobacco free environments by educating restaurants and other recreational venues.

These youth are passionate about empowering fellow youth to live healthy lifestyles and are now addressing the issue of underage alcohol use. They are working with Project Remedy, a local initiative that uses coalitions to deliver the message: norms need to be changed. Just as it is no longer acceptable to smoke in public buildings or market tobacco products to kids, there will be a day when the use of alcohol by underage youth is no longer thought to be a right of passage.

The passing of the Tobacco Regulation Act shows that education and advocacy *does* work to change norms and promote healthy living.

## *Give Our Regards To* **Broadway!**

### **CARE's 7th Annual Tea Event**

CARE is hosting their annual Tea Fundraiser, which is scheduled October 4, 2009, at Barrister Gardens in St. Clair Shores. Tickets are \$35, and tables of 10 are also available for reservation. This year's theme is "*Give Our Regards to Broadway*," and will feature raffles, a silent auction and entertainment. Tickets are available for purchase online at [www.careofmacomb.com/events.php](http://www.careofmacomb.com/events.php). For questions, please call Barb Browe at 586.541.0033.

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

## Free Health Brochures

The Children's Health Fund, with support from MetLife Foundation & developed by clinicians from The Children's Health Fund's National Children's Health Project Network, now offers a collection of free, downloadable health brochures. Each provide simple, accurate and culturally relevant health education, lesson plans and a parent's guide suitable for children and families of all backgrounds. Healthy BASICS materials are produced in accordance with low literacy writing and design conventions. All are available in Adobe Acrobat PDF format and reproduce well in black and white. Please go to [www.childrenshealthfund.org/publications/health-education-groups/healthy-basics](http://www.childrenshealthfund.org/publications/health-education-groups/healthy-basics) to download a copy.



## The Macomb Suicide Prevention Plan

Developed by the Macomb Suicide Prevention Coalition, the Plan has eight major goals:

- ✧ **Develop broad based support for suicide prevention across the lifespan.**
- ✧ **Heighten public awareness of mental illness and suicide while utilizing strategies to dissolve the stigma that discourages people from seeking help.**
- ✧ **Improve recognition and response to high risk individuals.**
- ✧ **Develop suicide prevention procedures for key gate-keeper professionals.**
- ✧ **Encourage programs that address the seeds of suicidal behavior across the lifespan.**
- ✧ **Promote efforts to reduce access to lethal means.**
- ✧ **Provide support services to those that have been effected by suicide.**
- ✧ **Improve surveillance and data collection for suicide-related events.**

Call Gary Burnett, Macomb County Crisis Center, (586) 948-6104 to find out how you can become more involved.



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