

STEPPING Stones



Parent & Community Based
Education for Healthy Living

Spring 2009

CARE (Community Assessment Referral & Education) ~ 586.541.0033 ~

Letter From the Deputy Director

Hello,

I am pleased to be returning to CARE as the new Deputy Director. I believe strongly in the mission of CARE and the importance of the work we do for families and communities. I was previously employed at CARE with the Family to Family program as the Community Specialist in Warren. I last worked with Leaps and Bounds Family Services in assisting in the opening and running of the Shurly Family Learning Center in northwest Detroit. In addition, I have done work with homeless youth in Portland, Oregon. I look forward to meeting and working with families, partners, and stakeholders.

Sincerely,

Monique Hayes

Early Literacy Home Visits

The Early Childhood and Parenting Program, an initiative of Leaps and Bounds Family Services, provides information pertaining to child development education, birth to age 4. A free service for Macomb County residents, Parent Educators will visit and share information with parents on such topics as:

- Child Growth & Development
- Age Appropriate Expectations
- Effective Discipline
- Health & Safety
- Community Resources
- Activities for Early Learning at Home & in the Community

There are no income requirements and families may request up to 12 visits with an educator. For more information, contact Ellie Walls, Early Childhood and Parenting Program, Leaps and Bounds Family Services, at 586.218.9772 or email earlychildhood.leapsnbounds@gmail.com.

If you would like to be added to our emailing list, please contact
Carrie Smith at 586-541-0033 x 212
or csmith@careofmacomb.com



Say "Yes" to No!

In the fall of 2008, teachers, parents, and public officials throughout Michigan participated in the first ever statewide book read. An unprecedented coalition of groups dedicated to children's health and development have joined together to ignite community conversations around a book that focuses on a deceptively simple, but difficult to say, two-letter word—No. "Say Yes to No" is a book, written by David Walsh, Ph.D., that provides a lifetime of tools and resources to parents and schools—it's a parenting strategy.

1. Read the book and learn how to say No.
2. Support, don't rescue.
3. Encourage, don't coddle.
4. Get kids what they need but not everything they want.
5. Back up teachers and schools.
6. Become a MEDIAWISE parent—visit www.mediawise.org.
7. Set clear and high expectations.
8. Expect kids to do chores.
9. Set and enforce clear limits and consequences.
10. Expect kids to volunteer and help others.

For more information, visit

www.sayyestono.org





Email Group Invites Collaborative

The Michigan Child Care Expulsion Prevention (CCEP) Initiative hosts an email group for CCEP, early childhood mental health consultants, Head Start mental health consultants, and others who are interested in the social-emotional development of children, birth to age five. Email group participants will receive research and evaluation updates, information on conference and other professional development activities, links to publications, web site referrals and other resources relating to early childhood, as well as mental health job opportunities. Several Great Start Collaborative coordinators have joined the email group and extend the invitation to other collaborative partners.

For those who are interested, please send an email message to dmarcini@mphi.org, along with your name and preferred email address. For additional information, please contact Deb Marciniak at 517.381.8247 x13.

Triumph through the Challenges of FASD

CARE now offers a FREE, (8) eight-week training workshop for individuals caring for a child with FASD or other brain-based disabilities (i.e.. ADHD). This is a great opportunity for parents or professionals to better understand Fetal Alcohol Spectrum Disorder and practice parenting strategies specific to this disorder. Workshop participants will cover the following topics:

- FASD Facts
- Science of FASD Behavior
- Life With FASD: Developing Coping Skills
- Developing Effective Responses to Behaviors
- Self-Esteem, Friend-Making & Social Skills
- Child Advocacy
- Planning for Tomorrow

The classes are scheduled from March 5 through April 23, 2009, from 6pm-8pm. There is no cost to the participants, however pre-registration is required. For those who may need help covering childcare costs while attending the workshop, please inquire about available Gap Funds. For more information, or to register for the workshop, please call 586.541.0033.

Do You Need a Hug?

CARE presents, *Do You Need a Hug?*, a four-week parent education and support program for foster parents and those they care for. Caring for children who have been removed from their home by the Department of Human Services can be challenging. In this series, participants will:

- Gain tools for behavior management
- Learn ideas for responding to your biological children
- Gain awareness of your strengths and tools to encourage yourself
- Learn to communicate your feelings and needs to others including medical professionals, family members and foster care staff.

This support program is scheduled on Wednesdays, April 9th, 16th, 23rd and 30th at the Sacred Heart Church in Roseville. A pizza dinner will be provided from 6pm-6:30pm, and the program will run until 8pm. The cost is free to those who sign up, however registration is limited to 12 Macomb County families. If you would like more information about this program, please call 586.541.0033.

S.A.S.S. Family Education

Starting February 26, CARE is sponsoring a free education program for community members and families concerned about the recovery process. Each Substance Abuse Support Services (SASS) class presents an issue relating to treatment readiness and understanding. People in recovery, families and others who care about recovery issues are encouraged to attend; pre-registration is not required. The classes are scheduled from 2-3:30pm and are held at CARE, in the lower level conference room. For more information about class topics as well as a complete schedule, contact CARE's office at 586.541.0033.



Who says you can't have fun in the cold?

Come and let us show you how...

Fun for families with children under 12 years.

Date: Sat February 28, 2009

Time: 11:00am-1:00pm

Place: 8129 Packard at Automobile Warren, MI 48089

Phone: 586-759-3895

- Arts & Crafts
- Book Give-A-Way
- Food
- Games (for all ages)
- Music-to keep you moving

Sponsored By:

Leaps & Bounds Family Services, Nortown Community Development Corp., The Guidance Center with funding from the United Way for Southeastern Michigan.

Prescription & Other Over-the-Counter (OTC) Drug Abuse Summit



The Michigan Department of Community Health and the Michigan Association of Community Mental Health Boards welcome prevention, treatment, law enforcement, criminal justice and health care professionals, school personnel, faith-based groups, parents and community members to attend the OTC Drug Abuse Summit on March 27, 2009. The event is being held at the Kellogg Hotel and Conference Center, East Lansing, and is scheduled from 7:45am to 3:15pm. The purpose of the Summit is to bring together people with a common interest in identifying and addressing issues related to the abuse of prescription and over-the-counter medications in Michigan. The morning sessions are designed to educate participants regarding the nature and scope of the problem; to identify tools and initiatives currently employed to address such abuse; and to consider new approaches to prevent and/or reduce the incidence and impact of drug abuse. The cost is \$25 and will include a continental breakfast, lunch and training materials. Overnight accommodations are also available at the Kellogg Hotel and Conference Center, where a block of rooms have been reserved for those interested. For more information, or to register for the event, please call the MACMHB at 517.374.6848 or visit www.macmhb.org.

A Special Presentation

On April 7, Debra Jay, local author, will speak on addiction, the impact of the disease on the family, enabling and intervention.

Ms. Jay is Co-Author of:

- **No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction**
- **Love First: A New Approach to Intervention**
- **Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence**

She has appeared on the Oprah Winfrey Show, is a Certified Addiction Specialist and Professional Interventionist. For more information, contact our office at **586.541.0033** or csmith@careofmacomb.com.

Great Start Macomb Dinner

On March 5, from 5:30pm-8pm, the Macomb Intermediate School District will host the Great Start Macomb Dinner. Bill Millet, President of Scope View Strategic Advantage, will present to the audience a review of how quality, early education will play a critical role in the years ahead for Macomb County's economy and quality of life. This event is available at no charge through the Early Childhood Investment Corporation grant awarded to the MISD; elected officials and business leaders are encouraged to attend. For more information, please call Karen Olsen at **586.228.3495** or email kolsen@misd.net. Online registration is also available at www.misd.net.

Ribbon Tying Ceremony

On May 2, 2009, in honor of National Foster Care Awareness Month, the Family Resource Network is hosting a Ribbon Tying Ceremony that will dedicate one ribbon for each child in the Macomb County Foster Care system. Please call Anna Marie Riesterer at **586-541-0033** for more information.



A Great Big Thanks!

We thank the following CARE Supporters:

- The Allstate Foundation
- Rebecca Roberts
- Christine Surowka
- Robert Galan
- Hu Hot Restaurant
- Joseph Keusch
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- Karen Haithcock
- Clauw & Galiotti Families
- St. Vincent De Paul Society
- Prime Office Technology
- Pat Laske
- Carol Laske
- The Society of Plastic Engineers
- Margaret Garbarino
- Martha Schultz
- Sandie Clark
- Big Apple Bagels, Shelby Twp.
- El Charro, Fraser
- Barbara & Robert Lawrence
- Maryanne MacLeod
- Don J. Holdings Investment Group
- Richard & Susan Riesterer
- Joyce Riesterer
- Wolfe Middle School
- Dresden PTO
- Ann Marie Davis
- St. Therese of Lisieux
- Patrick McLogan
- Fay Way Co.



Other Community Resources & Information

Narcotics Anonymous for Young Adults

Thursdays beginning February 7 at Christ United Methodist Church in Fraser 7:00 - 9:00p.m.

Families Anonymous

For those concerned about destructive behavior of a family member. Thursdays beginning February 7 at St. Ronald Church in Fraser 7:00 - 9:00p.m.

FASD Support Group

Raising children with FASD, 2nd Monday of every month from 6:00 - 8:30 pm. Call 586-541-0033 for more information.

MCCSA Head Start

Free preschool programs for 3 and 4 year old children. Call 586-469-4215 for more information and registration.

Great Parents Macomb

Call toll-free in Macomb County for information on community activities and events for young children, or for information regarding your young child's development (birth-60 months). Free resources available including: Parent Help Card, Directory of Children's Services, monthly child growth and development information, subscription to Parent Child magazine, Nursery Rhymes Song and Fingerplays booklet and more!
Call 866-462-2662 for more information.

Family to Family

Serving foster families in Warren, Roseville and Clinton Township.
Call Anna Marie at 586-541-2273 ext. 129.

For more program information, please call:

*Clinton Township —586.722.8813

*Roseville —586.585.0351

*Warren —586.758.1253

Save the Date!

Macomb County's

14th Annual Parenting Conference

Saturday, March 7, 2009

MISD Conference Center

*Featuring nationally recognized author,
speaker, and parenting expert*

Dr. Michael Brandwein

For more information,
call **586.541.0033**
or visit
www.careofmacomb.com



Register Today!

Teen Conference

*Are You Guilty of Underage Drinking?
The Verdict is in...*

May 12, 2009
Macomb Intermediate
School District

This conference will feature two, student-run court cases:


- **Underage Drinking & Driving**
- **Underage Drinking & Violence**

The **TEENS TALKING TRUTH (T3)** students will be presenting these cases at the conference.
For more information, or to register your school, contact Lynda or Melissa at 586.541.0033.

Don't forget CARE's Children's Programs when you plan your general donations! Please help us help the kids! Donate today at www.careofmacomb.com

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state and local funding has been provided through Macomb County Mental Health/Office of Substance Abuse to support project costs.

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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