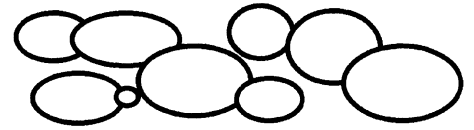


STEPPING Stones



Parent & Community Based
Education for Healthy Living



SUMMER 2008

CARE (Community Assessment Referral & Education) ~ (586) 541-0033 ~ www.careofmacomb.com

KEEP YOUR TEEN SAFE THIS SUMMER!

It's summer, and for many teens that means it's time to have fun. Whether your teens are staying home or heading off to the beach, be aware that summer can carry more risks than sunburns. Unsupervised time, money to spend, and peer pressure to "have fun" can be a recipe for risky behaviors, including drug use.

Learn the Facts

Download the **Partnership for a Drug Free America's Drug Guide for Parents** at www.drugfree.org

Set Rules

- ~Be clear and specific about your expectations & establish consequences for breaking the rules
- ~Talk candidly about the risks of drug use and drinking



Prepare Your Teen

- ~Give teens the lowdown on how to protect themselves
- ~Let them know how to protect themselves by



- staying with friends
- ~Make them aware of the laws and the consequences for not following them

Me, MySpace and I:

Parenting the Net Generation

Larry Rosen, Professor of psychology at California State University takes a fresh look at the "net generation" - those kids who grew up with a piece of technology glued to their hand (or ears). His new book, *Me, MySpace and I*, speaks to the need for parents to realize that it is a new world. MySpace and iPods were unknown five years ago. If kids do not know how to use them today, they are isolated and is "tantamount to making them pariahs."

Rosen talks about social networking and the importance it has to future relationships. The fifties and sixties saw young people hanging outside. The seventies and eighties drew them to the malls. Now, we see kids networking through technology. "Compare the Internet and social networking to television," Rosen says. "The impact of television took years. We had a chance to adapt to it. The impact of iPods, cell phones, and the Internet has literally been overnight. Today, kids are plugged in all the time. They can text message from their pockets as they attend a math class!"

Parents have a misconception of what their kids are doing on line. They believe that they are all being attacked by predators. "They are way over concerned about technology that the kids are using," says Rosen. Social networking gives youth the opportunity to bounce ideas off others and test things out that they may not say face-to-face. This can be positive. They get to figure out who they are. Still, he suggests some common sense parenting:

- ~Ask your child to teach you about the ins and outs of MySpace. Show an interest.
- ~Set boundaries. Computers should be in public spaces. Technology should be turned off during family times.
- ~Ask questions: *Are you being bullied? Does anyone ask you questions that you don't feel comfortable with?*

Rosen encourages parents to take a broader, more positive view of social networking. It's not the wave of the future. It is here and now.

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

Kidz Biz... "Angry Ellen"

Ellen always seemed to be angry. She hated to get up in the morning. She hated to go to bed at night. She hated to take a bath and she hated to have her hair combed. But what she hated most was to have her parents live apart. It seemed that her mother was always busy going to work or seeing her friends or cleaning the house. "I don't have time," her mother would say. "I don't have time to go to the park. I don't have time to read you a story. I don't have time..." It made Ellen very angry.

Ellen would tell her mother, "I'm angry. I hate to go to bed at night." Ellen's mother would say, "Ellen, are you really angry or are you disappointed that the day is over?"

Ellen would tell her mother, "I'm angry. I hate to get up in the morning." Ellen's mother would say, "Ellen, are you really angry or are you sleepy and would rather stay in bed?"

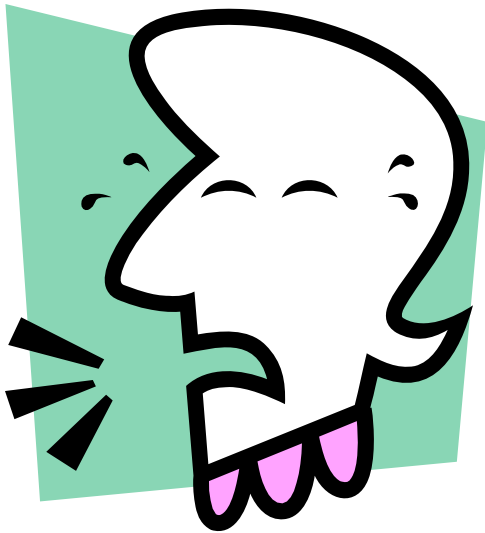
Ellen would tell her mother, "I'm angry. I hate to have my hair combed." Ellen's mother would say, "Ellen, are you really angry because you have to get your hair combed or does it hurt because the snarls in your hair make it uncomfortable?"

Ellen would tell her mother, "I'm angry. I hate to take a bath." Ellen's mother would say, "Ellen, are you really angry because you have to take

a bath or are you frustrated because you would rather continue playing?"

Ellen would tell her mother, "I'm angry. You are always busy, you are always working, cleaning the house or seeing your friends." You never have time for me." Ellen's mother would say, "Ellen, are you really angry because you feel I never have time for you or are you lonely and you wish I could spend more time with you?"

Ellen's mother said, "I can see that you think you are having only one feeling, but I think you really have a lot of different feelings. All of your feelings are important to me. I think we can change some of your angry feelings to feelings that make you happier. Let's talk about the lonely feeling. You feel lonely because I spend so much time at work, with my friends, or cleaning the house. Maybe, we can find ways that we can spend more time together. Let's think of other people that can help you feel less lonely. Are there other people that can help you feel less lonely? Let's think of some ideas."



A Minor Gambling Problem

Despite our country's strict legal policy prohibiting gambling by minors, the Federal Trade Commission (FTC) discovered more than 100 popular gambling websites lending easy access for youth to use. Internet gambling (illegal in Michigan) continues to

attract children by extensively advertising on kid-centric websites. To better protect you and your family from this widespread dilemma, learn to read early warning signs...

~Consistent and unexplained need for money

~Missing valuables

~Unexplained time away from home or school

~Peculiar interest in televised sports or racing publications

~Abrupt change in personality

...and equip yourself with the following preventative measures...

~Keep track of your kids' online activity

~Set strict rules and guidelines for which games your children have permission to play

~Keep your computers in an open area and out of the bedrooms

~Permission should be given before credit card information is used online

For help with a gambling addiction, contact the Michigan Problem Gambling Help-line toll-free at (800) 270-7117.



Check It Out



ADHD & Me: What I Learned from Lighting Fires at the Dinner Table

What I Learned from Lighting Fires at the Dinner Table, by Blake E.S. Taylor, gets rave reviews from parents who have read the book and love its fresh approach to children diagnosed with Attention Deficit Hyperactivity Disorder. Some of their responses include:

~"It's easy to understand and entertaining. Blake does a great job giving a story, explaining why, and something to do..."

~"It's fascinating to hear about how the medications helped him."

~"This book is an easy read. This is a plus for parents of ADHD kids."

~"The information about the tics was great as my son has been "clearing his throat" (A typical tic seen in ADHD-ers)."

~"I loved, loved, loved the book!"

Kid \$mart

Helping Children Make Financial Cents

Instilling a child's money management skills is a growing goal for parents. After all, it's part of a larger responsibility kids will endure as they grow older. Courtesy of *Better Homes and Gardens*, the following information and guidelines will help you initiate such a dialogue with children.

EARNING...

Set a Weekly Budget

~Both you and your kids should track the amount of spending each week and set a budget accordingly

What About Money for Chores?

~Family finance experts say chores should be autonomous from allowances

~Kids should understand that chores are a part of household responsibilities

~Pay only for extra work

SPENDING...

Provide a Money Log

~Kids will be able to track their spending

~Perhaps offer a small, compensatory incentive for every week they successfully update their log

Set Spending Goals to Avoid Loans

~Discourage the "buy now, pay later" mindset

Let Them Make Decisions (and mistakes!)

~Once you've offered advice and guidance, let them make their own spending choices, even if they occasionally turn out to be bad ones

SAVING...

Make it an Event!

~Bring your kids to the bank and let them take part in the account set-up process.

Encourage Giving

~Donating to a worthy cause will give meaning and purpose to money management

~Involvement in charities or religious organizations will strengthen a sense of purpose in society

For more information relating to this article, please visit www.bhg.com/familybudget



Upcoming Events

Please check our website
www.careofmacomb.com -
for workshop dates and upcoming events!



YOUTH SUPPORT CAMP Summer 2008

CARE's FREE Youth Camp for ages 6-15

8 Day Morning Camp

July 8-11 & July 14-17

8:30am—Noon

Cornerstone Baptist Church

17017 12 Mile Road

Roseville, MI 48066

For more information and to obtain your Pre-Registration Form, please visit
http://careofmacomb.com/News_and_Activities.html
Or call Margaret at 586-541-0033

SAVE THE DATE!

Walk For Recovery

September 13, 2008

on Belle Isle



Recovery Fest

September 14, 2008

Macomb County Celebration

Huron Park

Roseville, Michigan

For information, call Debbie Garrett at 586-634-2316

Spotlight on Safety

October 15, 2008

Preventing & Responding to Workplace Violence
Macomb Intermediate School District



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 Headstart

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

ABC 1-2-3 Literacy Project

Single parents of children ages 0-3 with limited income are invited to participate in a free program that encourages early learning. Please call 586-469-5180 for more information.

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. For more program information, please call Anna Marie (Roseville and Warren) or Jeannine Washington (Clinton Township) at 586-541-0033 .

A Great Big Thanks!

We thank the following CARE Supporters:

**Health Alliance Plan
Curt Harder
Keller Williams Realty
Patrick McLogan
West Utica Elementary School
Janice Garbarino
Dino Morelli
Erica & Richard Hiersteiner**



**David & Patrina Bergamo
Beth Lafata-Gale
Flagstar Bank
Wayne & Laura Hales
Beacon Tree Elementary Student Council & Volunteers**

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.



Please feel free to be a "copy cat," and make all the copies you want of this newsletter. You have our permission!

Fraser, MI 48026
31900 Utica Road



Non-Profit Org
U.S. Postage
PAID
Permit No. 25
Fraser, MI 48026