



# Knowledge is Prevention

Building healthy families and healthy communities is the first step to substance prevention.

**Dear Reader:**

**Oct/Nov 2007**

One of the main functions of the Royal Oak Community Coalition is to disseminate information on prevention practices, policies, trainings, events, advocacy opportunities and awareness.

The number one way you can be a part of the work of the coalition is to forward the newsletter to your co-workers, friends, family and your children. Our current circulation is approximately 400 individuals, agencies and organization between email blasts and US Mail. Help us reach more people.

A second way is to visit a general monthly meeting. This meeting ground provided by Royal Oak Schools allow all of us to gather for an hour and learn how coalition work tackles prevention through sustaining and strengthening a safe and healthy community. Just sharing information you learn at coalition meetings with others in your life makes a difference. It becomes part of the community fabric.

A third way to be a part of the coalition is to volunteer for a short term project, activity or coming event. The more hands, the more successful the community can be.

The fourth way to be a part of the coalition is to become a member. Membership is a way to generate some needed revenue; it makes you a part of the community coalition and demonstrates you value the work that is done.

General meetings are held at the Churchill Community Education Center; 707 Girard, Royal Oak in the KIVA room.

**Time: 6:45 – 7:45 p.m.**

<b>2007</b>	<b>2008</b>		
November 15	January 17	April 17	March 20
December 20	February 28	May 15	June 19

## TAKE A THREE- MINUTE ON-LINE SURVEY

If you are a parent of a middle or high school student, please consider taking this short parent survey.

The Royal Oak Community Coalition, in collaboration with 13 other Oakland County coalitions is conducting a very brief and anonymous survey with parents in their communities regarding underage alcohol use. Each community needs a minimum number of surveys to ensure successful summarization. Please help us reach this goal.

By taking about 3 minutes to complete this simple survey, you will have the opportunity to enter your name in a drawing for a variety of prizes.

Thank you for your time and energy in helping coalitions promote a safe and healthy way of life for youth and families not only in Royal Oak, but in all of Oakland County.

Please visit [www.achconline.org](http://www.achconline.org) and at the top of the page you will see, click here to take the parent survey and enter raffle.

### Reef.com

This manufacturer sells a sandal styled which contains a 'canteen' that can hold liquid in the sole of the shoe. Now kids can walk around with Reef flip flops holding alcohol. This style is marketed under the name 'Dram'.

They have another style which goes under the name 'BYOB' and states that there is a church-key bottle opener in the heel portion to open your "soda" with - the quotation marks are theirs!

At the very least, we are making parents and school officials who routinely check water bottles, back-packs and the like aware they need to add reef flip-flops to their list!

## Is There an Addict in the House?

Guest speaker Marlin Newman of the **Center of Creative Living** will discuss alcohol and substance abuse and its effect on family and loved ones.

7:00 – 8:30 p.m.

Wednesday, November 7

This program is free and a part of the Royal Oak Library Health Information Portal Health Lecture Series

Register at [www.ropl.org](http://www.ropl.org) or in person at the library or call the Royal Oak Public Library Adult Information Center at 248-246-3727

### 40 Developmental Assets

This month we focus on a **Commitment to Learning**. Helping young people develop a lifelong commitment to education and learning.

Caring adults can nurture a young persons **desire to learn** by ‘helping them learn how to learn’. Opportunities at home can entail: preparing meals, balancing a check book, gardening, playing sports, play an instrument, fixing and repairing things around the house, using tools, exploring a hobby, etc.

Parents can instill a **commitment to learning** by being involved in your child’s education. Attend parent/teacher conferences, curriculum nights, ask about school work and projects, provide resources and take trips to the library.

Report cards provide an opportunity to learn about the classes your child enjoys and how you can work with your child to improve those grades that are low.



*Please share this newsletter. You are encouraged to reprint, copy, disseminate, recycle – the more you help get the word out, the more people are aware, because*

***Knowledge is Prevention.***

A **commitment to learning** is role modeled when your child sees you tackle a new skill or topic. Share with them how you approach learning through your successes and failures.

Log on to the Search Institute website to learn more about how you can build the commitment to learn for all ages of children and teenagers, [www.search-institute.org](http://www.search-institute.org)

### Alcohol and Fetal Alcohol Syndrome Disorder

A message from the Surgeon General wants women to know they should not drink alcohol during pregnancy.

A mother’s alcohol use during pregnancy is one of the top preventable causes of birth defects and developmental disabilities. There is no known amount of alcohol that is safe to drink while pregnant. There is no time during pregnancy when it is safe to drink. When a pregnant woman drinks alcohol, her baby does too.

If a pregnant woman who has already used alcohol during her pregnancy should stop immediately.

A woman who is thinking about getting pregnant should stop using alcohol.

Fetal Alcohol Syndrome Disorder is 100% preventable if a woman does not drink alcohol while she is pregnant.

For more information, log on to the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov), click on, Life Stages and Populations.

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