



Knowledge is Prevention

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

Family Bonding through New Year Resolutions

Cut down on spending and expenses. We all know this can be difficult but here are a few ideas:
Only go to your local store when you absolutely need to. The more times you enter a store, the more money you spend on incidentals.

Convene a family meeting. Bring out the household bills that are based on consumption. Ask your family members to think of ways to cut down on those expenses and chart your savings. Designate those funds toward something fun, like a family outing or vacation.

Go green. Reduce, recycle or figure a way to make due with what you have.

Left over night: Once a week bring out all the leftovers and let your family graze.

Fresh is best: Plant a family vegetable garden now before spring takes hold.

Books, tapes, movies: Borrow from a friend, visit the library, find a good book resale shop or rent.

Having fun: Make a list of inexpensive or free things to do. Post it on the refrigerator. The local newspapers often highlight current activities.

Making changes as a family helps to unify and strengthen everyone's resolve to make it work.

Youth Involved in extracurricular activities are less likely to smoke, drink alcohol or use drugs.

The American Journal of Public Health recently published research that students who regularly participate in extracurricular activities also have a lower tendencies to use tobacco, drugs and alcohol.

“The results tell us that instead of focusing on risk, we should be looking more toward creating opportunities for kids to take part in school and church activities to help them overcome risks. Perhaps if we try enhancing strengths instead of fixing problems, we could have a positive effect on kids' lives.” according to Marc Zimmerman from the University Of Michigan School Of Public Health.

Fortunately Royal Oak offers many opportunities for our young people; faith based groups, school clubs, YMCA, YWCA, the Boy and Girl Club, Scouts, Baldwin Theatre, Library, Salvation Army and many others.

The Coalition is in process of compiling a list with phone numbers and contact information. We are also working with a local cable station to make short feature stories of those places, so stay tuned.

Conferences and Workshops

Linking Substance Abuse Treatment and Spirituality Conference.

On Friday, April 18, 2008, a half day program will be held at Churchill Community Center for faith leaders, and treatment professionals. This conference will help those in the field to understand the link between spirituality and substance abuse treatment and recovery.

For the faith leaders, they will learn how to create a congregational climate where issues of substance abuse can be discussed; and how to access local resources.

For the treatment professional, they will learn how to create a therapeutic environment where spirituality can be comfortably shared and discussed, supporting the client need for spirituality and access local resources.

The conference is also designed for networking opportunities among the treatment providers and spiritual leaders.

****Application for CEU credits is in process. ***

Sponsored by:

Alliance of Coalitions for Healthy Communities;
St. John Health/Eastwood Clinics;
Empowerment Professionals and the Royal Oak Community Coalition.

For more information, please contact the Coalition office for a conference packet. 248-588-5050 x231 Please also share the flyer with your place of worship.

Do you have a MIDDLE or HIGH school student?

The Coalition in partnership with CARE is offering a spring parenting class for seven weeks beginning Tuesday March 4 – April 22.

Systemic Training for Effective Parenting (STEP) is a national acclaimed program that offers skills and techniques to improve parent & teen relationships in the areas of communication, decreasing power struggles, setting age appropriate boundaries and limits, increasing effective listening skills, dealing with high –pressure situations and increasing family harmony.

For complete registration information call the Coalition office at 248-588-5050 x229. Or log on our webpage: www.ci.royal-city.mi.us

**Empowerment Professionals P.C. presents
Youth Depression and Suicide
Professional Networking Conference
April 25, 2008**

Beginning with a keynote address from Mickey Cummings, LSW, on *Imagine a Generation without Stigma*, a comprehensive program will assist participants learn diagnoses and ethical issues related to depression along with gender specific treatment; how school personnel can respond to those at emanate risk and those distressed by classmates suicide.

The personal issues of “closeted” gay youth at risk of suicide will be identified followed by a presentation on legal and ethical perspectives with probation officer participation.

This program is approved by the Michigan Social Work Continuing Education Collaborative for 6 continuing education clock hours.

For registration information contact: Empowerment Professionals at 248-336-2133. Vendor tables are available.

Looking for Local Treatment Services for you or a loved one?

These three phone numbers will offer you referrals from licensed treatment agencies based on your needs.

- If you or your family has no health insurance contact: PACE at 248-858-5200
- Those with insurance contact: Oakland County Office of Substance Abuse at 248-858-0001 (M-F, 8:30 – 4:30 p.m.)
- Commonground Sanctuary at 800-231-1127 (24hrs)

**New Resource Available in Royal Oak
for Teens and their Families**

safe.smart.strong. ~ a new concept in supporting positive, healthy teen development has opened its doors in Royal Oak.

Created by Tracy Niyo and Anne Davies (both LMSW certified social workers) **safe.smart.strong.** is based on *Teen Talking Circles*, a program developed in Washington by Linda Wolf who had this to say about adolescents in modern day America:

“I believe that young people are hungry, starved in fact, for the truth. They long to hear the truth, and to have a safe place where they can speak the truth. Adolescence, in our culture, is a time of rigid conformity, especially to gender stereotypes. Girls learn to silence themselves and boys learn to bury their real selves under a tough guise. The Teen Talking Circle Project enables young people to break out of these cultural strait jackets, liberating them to more fully become their authentic selves - to have honest, growth-enhancing relationships.”

Imagine this opportunity for teens. Imagine giving them a safe space to tell the truth without fear of judgment, criticism or rejection. A place where they can take down their “tough guises”, share their deepest feelings, work through conflicts, expose their fears and reveal their hearts. How might this change their lives? How might this change the world? Your teen, or someone you care about, could be part of this experience.

To learn more about **safe.smart.strong** and the chance to become involved with Teens Talking Circles, contact Tracy Niyo, 248-224-3754 or Anne Davies 248-797-7458.

Want to become involved in preventing substance abuse by strengthening and sustaining a safe and healthy community?

Consider attending a general meeting open to the public on the third Thursdays of the month; 6:45p.m. – 7:45 p.m. at the Churchill Community Education Center. Next meeting is February 28, 2008 due to winter break. Hope to see you there!

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

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