



Knowledge is Prevention

Preventing substance abuse by sustaining & strengthening a safe and healthy community, together.

National Family Day

Make a date for dinner with your kids.
Monday, September 22nd



Do you want to lower the risk of substance abuse in your children by 70%. How about making your kid 1/3 less likely to try alcohol? Or even 50% less likely to get drunk monthly, try cigarettes or marijuana? Here is the simple remedy; **MAKE A DATE FOR DINNER AS A FAMILY!** CASA, the National Center on Addiction and Substance Abuse at Columbia University, has conducted a ten year study on this issue. They have identified factors that will diminish the likelihood of teen involvement in drug related behaviors. Their evidence-based results prove that children who eat dinner with their family at least four times a week alter the frequency of negative behaviors, and a child who reaches the age of 21 without smoking, abusing alcohol or using illegal drugs is virtually certain never to do so. The Royal Oak Parenting survey, showed 76% of families have dinner together 3 to 5 times a week. The ROCC has partnered with many of our local Royal Oak restaurant and grocery merchants to celebrate on Monday, September 22, 2008:

Family Day, A Day to Eat Dinner with your children
Log on to our website www.ci.royal-oak.mi.us/rocc to download the coupon/discount flyer listing all our local restaurant and grocery store partners. This flyer must be presented to receive the discount as listed by the sponsor.

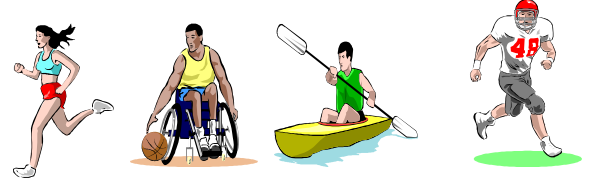


Dates to Know and Places to Go:

September 18th - YOU ARE INVITED to attend the General Meeting for the Coalition at the Churchill Community Education Center; 707 Girard Ave. 6:45 – 7:45 p.m. At the meeting the “Do Your Part Campaign” (Preventing Alcohol Related Tragedies) designed to curb drunk driving and underage drinking will be introduced. A special presentation will be made by: Kelly Arthur, Director of Operational Policy & Procedures of the “The Designate” a safe ride service offered in our area.



September 20th - Join us for a relaxing afternoon at **Stagecrafters** between 12:00 – 4:00 p.m. to watch the classic movie “Rainmaker” starring Katherine Hepburn and Burt Lancaster and other short features. There will be a silent audition, trivia and popcorn. Admission is free. Donations to support the Coalition will be accepted. Take the day off and bring your friends and family! Log on to our website www.ci.royal-oak.mi.us/rocc to download a flyer.



September 22nd - John Underwood – Creator of, **Life of an Athlete** will be presenting a multi-year prevention program for middle and high school students on **Monday, September 22**, at the Troy School District Service Building – Board Room; 4420 Livernois from 9:30 – 2:30. This free opportunity is for athletic directors and those that sponsor any student sports team. To register call Kathleen Altman at 248-858-0008 or email altmank@oakgov.com. Those that attend can apply for a grant of \$2,500 to sponsor local prevention programs in their community. Log on to his website to learn more about how his program can make your sports team successful.
www.americanathleticinstitute.org

General Meeting Dates 2008-2009

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| 1. September 18th | 7. March 19th |
| 2. October 16th | 8. April 16th |
| 3. November 20th | 9. May 21st |
| 4. December 18th | 10. June 18th |
| 5. January 15th | 11. Sept 24th |
| 6. February 26th | |

HARD WORK pays off for the Coalition through grants, a foundation contribution and political recognition.

The Coalition received notice that we were refunded by the **National Office of Drug Control Policy** for another year, making this our fourth year. The **City of Royal Oak** approved financial support for the coalition for the 2008 - 2009 year. **Allegra Printing** selected the coalition among other non-profit agencies for their Foot Print Grant. **Beaumont Foundation** is sponsoring portions of the 40 Developmental Assets campaign throughout the Beaumont community.

Congressman Knollenberg paid a visit to the Coalition this summer to learn about our successes, projects, initiatives, events and campaigns. As a result we are working with his office on a Prescription Drug Disposal event. Two other area coalitions are joining the effort, Tri-community (Berkley, Huntingwoods, Oakpark) Madison Heights Coalition and Oakland County Health Department. We thank **Shawn Ciavattone**, Congressman Knollenberg's aide for arranging for this important meeting.



“Back to School” August Issue Fall Brings Challenges to Teens and Parents



Fall is a busy time for our parents and teens. Fall brings transition and back to school. It is also a time when teens and pre-teens face great temptation to use alcohol, marijuana and other drugs. Today we are confronted with staggering national statistics that indicate more and more young people are using drugs at younger ages, sometimes as early as age 10. By the end of 7th grade, 44% of all youth have experimented with at least one drug. For those who report experimenting, over one third of these young people will become regular substance users by the end of the 8th grade.

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One such family experienced this downward spiral first hand. “I was an outstanding middle school student; making straight A’s, I was a star wrestler, earning my Eagle Scout Award at a very young age. I was involved in school and church activities, I had a good life and great friends and then slowly things started to change”, stated Jeff Brown. “I thought I would just try marijuana ... no big deal, everyone else is doing it; unfortunately the marijuana became my gateway drug that quickly resulted in trying other drugs like ecstasy, mushrooms, inhalants and LSD. Before I knew it, I was going to buy drugs everyday. Then the worst day of my life happened, I was busted at my high school for selling LSD, so that I could get some cash to go to Florida for Spring Break. At age 18, I was facing (3) Class A felonies which carried a minimum sentence of 60 years in prison. Thankfully, the courts saw something in my character that they thought was worth saving and I was given the option of prison or rehabilitation. I choose rehab. My parents found a program called Pathway Family Center. Pathway helped me to put my life back together. Pathway taught me the tools I needed that now help me live my life today without the use of drugs. Though I have the tools and desire to stay clean, it is not easy and requires hard work. Everyday I wish I had never taken that first hit.” So then, we have to ask ourselves, what do we need to know as parents?



The Reality

- **It goes unnoticed:** “It’s more common than you think. I’ve prepared marijuana joints in the back of class before and I have seen even more.”—K.W.
- **It’s easy to hide:** “I smoked marijuana, drank alcohol at school, smoked in the parking lot, behind the school, in cars, and drank in the classrooms. It was easy to hide.”—C.M.
- **It’s easy to get:** “I sold a lot of drugs at my school for a long time. All I would do was get a text message and meet the person somewhere.”—C.B.

The Solution

Pathway Family Center is a behavior and substance abuse treatment center, providing a full continuum of care for adolescent’s ages 13 to 18, providing drug screening, behavioral and substance abuse assessment and referral, intensive outpatient services and a unique long-term treatment program. For a confidential assessment you may reach them at their Southfield office at (248) 443-0105 or on the **24-Hour Parent Help Line at 1-800-261-4605**. You can also learn more about warning signs, what causes behavioral problems and more about Pathway on their website at: www.pathwayfamilycenter.org



September
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NATIONAL RECOVERY MONTH

Looking for a local treatment agency? We have a number of good quality agencies that offer diverse services in and near Royal Oak.

The Royal Oak Community Coalition in partnership with Community Media Network interviewed nine local treatment agencies to help you learn who they are, the range of services they provide, how to contact them and their fee scale.

1. Henry Ford Health
2. Catholic Social Services
3. River's Bend
4. St. John Eastwood Clinic
5. Pathway Family Center
6. Michigan Family Institute
7. Royal Oak High School
8. Common Ground Sanctuary
9. Oakland Family Services

Log on to our website and click on Reaching Out to view their presentations.

Coming this November....



"Have you ever wondered about addiction?"

Thursday, Nov. 13: This presentation by Chris Allen Shreve, MA LPC, is for both teens and adults and will enlighten you on the science of brain addiction. The program will be held at the Royal Oak Public Library on Thursday evening at 6:30pm.

Train the Trainer. The 40 Building Blocks all kids need to be successful, productive and caring adults. On Friday, November 14th Suzette Hart a recognized trainer in the developmental asset framework will be conducting a half-day training on the specific protective factors all kids need to increase their resistance to destructive behavior. We are recruiting those interested individuals that work with kids or families to learn how to teach others about this research based initiative. The Coalition is thankful to our partner organization Beaumont Hospital in making this opportunity available to our community. To learn more about the Search Institute developmental assets, log on to their website: www.search-institute.org. *This free* program will be held at Churchill Community Education Center from 9:30a.m.— 2:30p.m. More details will be posted on our next newsletter.

Special Thanks to....

Scott Newman; Manager of Information Systems for the City of Royal Oak has been working hard with Coalition staff to enhance our webpage. We are sending out just the newsletter and referring our readers to our website for more information and downloads.

During the next couple of months, we are working on three new sections: Listing local business that hire teens, listing agencies and organizations that are looking for teen volunteers and expanding the resource list to include a variety of categories.

Melanie Daugherty of National City Bank on the corner of Twelve and Campbell has assisted the Coalition in many of our efforts including spotlighting the Coalition for their "Business of the week" program.

National Council of Jewish Women for providing the "Teen Yellow Pages" booklets and wallet size help cards. This directory focuses on critical topics and offers information and contact numbers of services in the surrounding communities. The Teen Yellow Pages is available to remind young people they are not alone. They are being passed out throughout the community and a comprehensive list can be found on our webpage or log on to: teenyellowpages.org

Catherine Zimmerman who inspired the Coalition to create a brochure to identify all our smoke free restaurants and give them recognition for their healthy employee and customer policies. We discovered over 76 smoke free eateries in our community. The Daily Tribune printed a list of those restaurants in the Monday, September 8th edition. A copy of the brochure can be downloaded from our website. This summer members of the Coalition made face-to-face delivery of plaques saluting their commitment. Thank you Catherine for your positive inspiration.

Please share this newsletter. You are encouraged to re-print, copy, disseminate, recycle—the more you help get the word out, the more people are aware because

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