



Knowledge is Prevention

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

Coalition General Meeting October 16, 2008; 6:45 – 7:45 p.m.

Come meet the candidates for Oakland County Prosecuting Attorney at the next Coalition general meeting. Candidates Jessica Cooper and David Law will meet with Coalition leaders and meeting attendees. ROCC, as well as coalitions throughout the county work with the Office of the Prosecuting Attorney from time to time as they play a key role in prevention. Understanding their views as they relate to coalition's work and prevention are important issues to understand. Each candidate will be given 25 minutes including time for 'Q and A.'

Teens and Adults are invited to.....

The Science of Brain Addiction:

November 13, 6:30p.m. @ Royal Oak Public Library



Drugs, alcohol and tobacco all share one common element, the possibility of becoming addictive. The process of addiction is a physiological change that high-jacks the brain and demands the continued use of that substance.

Addictive behavior controls a person's actions; seeking the substance, finding the financial resources to purchase it, and then using it to the

point of determinant to health, family and work life. It undeniably becomes an obsession.

Why is learning this important? Everyone has a trigger point of becoming addicted to certain substances, sometimes in just one use. This can happen unintentionally, like taking a prescribe medication for pain or other discomfort or using a substance recreationally. When we understand what is happening in our bodies, we can make better decisions. Much like, understanding which foods to eat that sustain health and those that can lead to physical diseases.

The Science of Brain Addiction takes away the sometimes moral emphasis that people seem to resist and puts into context of what is actually happening in our brain's pleasure center. It answers the question, why does someone who lost everything, even spent time in jail or rehab then relapse. The 1 ½ hour presentation will scientifically explain why taking drugs, drinking alcohol or using tobacco can lead to addiction in factual, clear and simple terms. A program flyer is posted on our website. Check it out!! **The program is on November 13th at the Royal Oak Public Library from 6:30 p.m. - 8:00p.m.**

"The Power of One" Workshop

November 14th from 9:00a.m. – 3:00 p.m. @ Churchill Community Education Center in Royal Oak.

Researchers have identified "40 developmental building blocks" that can help buffer youth from engaging in high risk behaviors. The more of these assets a young person experiences, the more likely they will grow up to be caring, responsible and successful adults. The building blocks are dubbed "**40 Developmental Assets**". Twenty of which are provided by *external* supports and twenty are provided by *internal* or self determined behaviors.

According to the research, the more developmental assets a child has, the more likely they are to grow up emotional strong and capable adults. 18.6% is the national average of assets being experienced by young people; with 32% of Royal Oak youth indicating they have more than the national average.

"**The Power of One**" is a full day workshop for older teens and adults. The purpose is to introduce the participants to the **40 Developmental Assets**; how to recognize the natural opportunities we have to contribute to positive youth development and how to share the message with others in casual conversations, or in more formal settings like making a presentation at a PTA meeting, at churches, synagogues or a lunch and learn at work.

You are invited to attend this workshop. Your attendance is a huge step in strengthening our families and your community. Attendance is limited to 20. Log on to our website for a registration form at, www.ci.royal-oak.mi.us/rocc

To view a complete list the 40 developmental assets, log on to www.search-institute.org. Read the list of protective factors thinking about your own life as a child. Who was an asset builder? How did you help yourself? Most important what can you do now to move from words on a page; to action.

Jimson Weed:

Recently a Royal Oak teen ingested 'Jimson Weed', which lead to a visit to the emergency room. Luckily he did not die, but he could have. This incident was reported in the Daily Tribune, Sept 28. Parents: this is a teachable moment opportunity that will help you sit down and talk with your child, NOW. There are many good parenting sites to guide you through this type of conversation. One site that we recommend is: www.theantidrug.com. Websites that specifically focus on jimson weed is www.doitnow.org/pages/525 and [www.youtube.com-jimson weed dangers and concerns](http://www.youtube.com/jimsonweed dangers and concerns).





Family Day was a Huge Success

Parents, restaurant and grocery store employees tell us the incredible pleasure they had talking to customers about Family Day. The Coalition wants to carry this message through out the year, so we will be providing a simple stress free recipe each month to encourage making mealtime an important part of your family life.

Family Meals, Recipe of the Month: Crock Pot Beef Stroganoff:

Need: 1 pkg. McCormick Beef Stroganoff sauce mix, 1 ½ lb frozen meatballs, small sour cream container and egg noodles

Mix water and sauce in crock pot, add the meatballs. Cook all day. Come home, make egg noodles. Add dollop of sour cream to the meatballs and egg noodles before serving. Serve some vegetables on the side.

We thank the following local businesses that help promote and offered discounts on Family Day:

- Woody's Diner
- Holiday Market
- Hungry Howies
- Zumba Mexican Grill
- Benito's Pizza
- Yaya's Flame Broiled Chicken
- Two Guys from Italy
- White Castle
- Lily's Seafood
- Hollywood Supermarkets
- Tasi Juice Bar

Looking to meet other people and have a great time?

The Coalition is often invited to staff informational tables at events or interactive tables at student health fairs. To accommodate as many requests as we can, more volunteers are needed to staff a table for up to two hours at a time. The number of events you attend is optional. Just once a year will help fulfill the need. Please call Carol Hills, Volunteer Coordinator at 248-599-5050 x 241

Teens are looking for jobs and volunteer opportunities

Students that participated in previous Dialogue Days have been asking the community to help them narrow the massive search they do to find jobs or community service work.

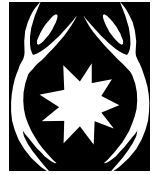
The Royal Oak Community Coalition is undertaking this challenge by gathering information from local businesses that hire high school students to work and agencies that recruit teen volunteers. The lists will appear on our website.

If you are a business that hires teens or an agency that recruits teens for volunteer work, please contact our office and we will send you a simple form to complete at 248-588-5050 x229 or ropc@royaloakschools.com

A Parent's Guide to the "Teen Brain"

An interactive 'Q and A' website helps parents find answers to the science behind their teen's personality. The categories are: 1) What is typical teen behavior 2) Why does you teen do that - Science in a nutshell 3) What you can do - skills, tools, tips.

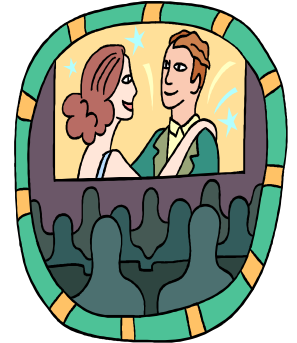
www.drugfree.org/teenbrain



Applause

The Coalition gives a round of applause to the following organizations and businesses that sponsored or donated auction items for our *Classic Movie Extravaganza*.

- Empowerment Professionals, P.C.**
- Chinn Jewelry**
- Gallery Animato**
- Van Every Chiropractic**
- MI State Senator John Pappageorge**
- McDonald's**
- Sue Zieler of Mary K Cosmetics**
- Stagecrafters Baldwin Theater**
- Vonnie Miller**
- OUR Credit Union**
- Hollywood Supermarkets**
- Northwood Credit Union**
- Margaret Blount**



A very special Thank You goes to **BJ Patchett and her husband Richard** for spearheading this Fundraiser. They are owners of RC's Classic Collections and provided the movies and hosted our event.

General Meeting Dates 2008-2009 **6:45 p.m. ~ 7:45 p.m.**

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

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



www.ci.royal-oak.mi.us
(248)588-5050 ext. 231