



Knowledge is Prevention

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

Job Posting—Youth Outreach Director

The Royal Oak Community Coalition is seeking a positive, energetic individual who has experience working with teens. Bachelors degree and background check required. Ten hours a week/600 hours annually. Will primarily follow the school calendar. Must be flexible to work some evening and/or occasional weekends. Send resume to Jennifer Sheridan at sheridanj@royaloakschools.com or fax to 248-588-2881 by 11/14/08.

Teens and Adults are invited to.....

Join us at our General Meetings

Open to the public

November 20: We are preparing to launch the **Do Your PART**, (*Preventing Alcoholic Related Tragedies*) campaign mid- January. Community input is requested in the final product design and implementation plan. We thank Marilyn Urban, CEO of Urban Advertising for her creative graphics and layout designs.



December 18: Sample the new non-alcoholic holiday beverages published in the **AAA of Michigan** annual *Great Pretenders* free recipe booklet. **Sangria** of Royal Oak is hosting this event and lending us one of their best professionals to demonstrate how to make these delicious beverages to serve at holiday parties and family get-togethers.

Mark your calendar for 2009 meeting dates

January 15, 2009	May 21, 2009
February 26, 2009	June 18, 2009
March 19, 2009	September 24, 2009
April 16, 2009	

Community Leaders Action Committee

Our new and returning members for the 2008-2010 term are:

Jeanne Dolson	Diann Braun
Frank Przybylo	Stan Harris
Melanie Daugherty	Chief Quisenberry
Gary Lelito	Lynn Wilcox
Mike Ripinski	Linda Reetz
Tim Renaud	Dick Granke

This team of dedicated community leaders meets six times a year to strengthen our community through active involvement in Coalition activities, projects, events, campaigns and initiatives.

Still Smoking?

Great American Smoke Out – November 20.

The American Cancer Society has declared the third Thursday of November as the day to quit smoking. ACS wants to motivate and support those still smoking to quit and create an awareness of the harm tobacco use has on our young people.

Start today by eliminating one cigarette a day. You can be smoke free in 20 days! You will save money and time. Your breath will be sweeter, your teeth whiter and you will be triumphant over the nicotine addiction. Hard yes, but you can do it! Help is only a click away.

Tobacco cessation support can be accessed on online.

Check out these sites:

www.smokefree.gov

www.cancer.org/healthy

Did you know?

- Quitting smoking for 4 weeks prior to surgery decreases surgical complications
- Royal Oak has 76 smoke-free restaurants
- The brain tissue of a smoker has similar changes to those who abuse heroin, cocaine and other addictive drugs.
- 73% of adults do not smoke
- 72% of teens do not smoke
- www.smoke-freehotels.com
- www.whatareyousmoking.org
- www.smokefreemichigan.org



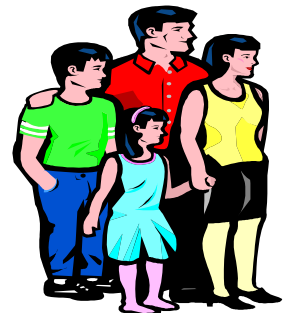
New Parent Support group now forming!

Overwhelmed? At a loss for words?

Need to Vent? Looking for new parenting techniques?

Kirk Goddard, M.A., L.L.P. is facilitating a new group for parents looking for support and relief from the day to day struggles parents face raising their families.

Meetings are the first and third Wednesday of each month 7:00 – 8:30 p.m., at 424 West Fifth Street, Ste. # 210, Royal Oak. Call Kirk at 248-319-7985 for more information. There is a \$5.00 charge to participate.



Coalition Membership Drive

Your membership helps us to serve the community. Please consider supporting our efforts that reach all Royal Oak residents and businesses.

Free for students \$35.00 for organizations
\$20.00 for family or individual \$50.00 for businesses
\$15.00 for seniors

Your contribution through membership helps us reach out to our community to make sustainable differences.

- Publish and circulate "Knowledge is Prevention" Newsletter that reaches over 2,000 readers.
- Offer training opportunities
- Sponsor educational programs
- Conduct surveys and data collection to determine needs and available resources
- Promote prevention themed campaigns and events
- Coordinate community based initiatives
- Provide for youth outreach opportunities
- Service volunteer committees
- Disseminate literature at events and community sites
- Localize county based activities

Your membership directly benefits our community. Donations are also accepted and are tax deductible. We lost a significant portion of our funding this year and hope through your contribution we can continue with our same level of service to prevention alcohol, tobacco and other drug use, abuse and misuse.

Our membership application is on our website and a new feature **PayPal**, makes your contribution easy to make. We appreciate your consideration and any amount you can afford to donate.

The Coalition collaborates with twelve community sectors:

Youth serving organizations	Health care	Civic Groups
Law enforcement	Schools	Youth
Parents/parent groups	Business	Government
Faith based	Seniors	Media

Our approach is coordinating multi-strategies among multiple-sectors. Our framework is based on a strength based model. We use several analytical methods to create a strategic work plan based on: The Why Here Model, the federal Prevention Strategic Platform, SWOT (strengths, weakness, opportunities, threats) analysis and student and community data.

Current student data tells us that we have some significant challenges to address in our community. Though we are headed in many areas in the right direction, there is still work to be done. Substance abuse prevention is NOT just a youth related issue, it affects every family across all age ranges.

If you would like to help by volunteering 2 hours a year or 2 hours a week, your time will be well spent. Check out our website for more information about meeting dates, events, and resource information www.ci.royal-oak.mi.us/rocc.

Flower of the Month Club—Looking for a great way to give flowers to co-workers, friends, family or neighbors throughout the year? Join the Flower of the Month club. For just \$30.00, you get a bouquet or potted plant each month for 12 months. The Coalition receives \$5.00 for each person that signs up.



- November Events -

November 13: *The Science of Brain Addiction*- Teens and adults learn how brain chemistry is affected by alcohol, tobacco and other drug use which can lead to addictions. Our presenter, Chris Sherve is engaging and knows how to present this science based information in an easy to understand way. A free publication is provided. Royal Oak Public Library 6:30 p.m. – 8:00 p.m.

November 14: *The Power of One* – Learn about the 40 building blocks all kids need to thrive. The more developmental assets they have, the more likely they will make positive choices and less likely to make destructive decisions. This program is for both teens and adults. The intent of this program is to prepare the participants to share the message with others in a causal way or through a structured presentation. Our facilitator Susette Hart is a dynamic trainer. The session is interactive and will be invigorating. Churchill Community Center, 9:00 a.m. – 3:00 p.m. Log on to our website for a registration form. A \$5.00 fee is applied to cover lunch.

November 18: *Prescription Drug Disposal Day* – Drop off expired or unused prescription medicines, from 3:00 – 9:00 p.m. at Detroit Medical Center (DMC Surgery Hospital) at Twelve Mile Rd and Campbell Road and if you choose, receive a free blood pressure screening by staff or Oakland University Nursing students.

This event is designed to create awareness of:

- The growing concern of prescription drug misuse and abuse by young people and young adults. They are finding these drugs in the privacy of the bathroom medicine cabinet and also garbage containers.
- The increasing pollution of our water by the chemicals in the medicine when flushed in the toilet and ends up contaminating the fish we eat.

This unique event is sponsored by the Royal Oak Community Coalition, Oakland County Health Department, Tri-Community and Madison Heights Coalitions and student nurses from Oakland University.

If you can not make it log on to www.deq.state.mi.us enter the words 'drug disposal' in the search box for instructions on how to properly dispose of medicines and other drop off locations.

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