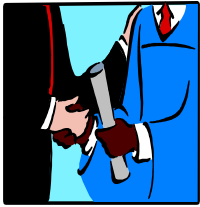




Knowledge is Prevention

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

Scholarship Winner Announcement



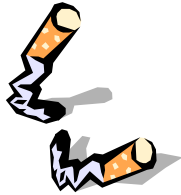
The Royal Oak Community Coalition and Beaumont Hospital congratulated Amanda Andreski, Royal Oak High School and Alexandra Moulton, Shrine High School for winning the "Why I am Drug and Alcohol Free" scholarship.

We invite all community members to the next ROCC general meeting on Tuesday, May 19, 2009 from 7:00 – 8:00 p.m. at the Churchill Community Education Center to hear the winning applicants read their scholarship essays. Students who submitted an essay but did not win are entered in a drawing for an iPod Shuffle donated by Best Buy. The Office of U.S. Congressman Gary Peters will present a *Certificate of Special Congressional Recognition* to the scholarship winners.

A big thank you for the members serving on scholarship committee: Carol Hills, Margaret Blount, Lisa Meyer, Linda Reetz, Mike Ripinski, Beverly Patchett, Richard Granke, Stan Harris and Diane Dovicco

Coalition wins Robert Wood Johnson Grant

Royal Oak Community Coalition has been selected as a founding member in the *100 Pioneers for Smoking Cessation Virtual Leadership Academy* under the Substance Abuse and Mental Health Service (SAMHSA) new Tobacco-Free Campaign. This project is aimed at partnering with 15 local mental health agencies to ensure their clients receive the most current and cutting edge assistance to challenge their nicotine addiction. In recognition of the coalition's commitment to build the capacity of our local agencies by providing technical assistance, resource development and implementation strategies, we can significantly help people kick the habit of tobacco use.



Tobacco dependence is a major public health issue. Research indicates people with mental health concerns continue to smoke at alarming rate of 44%, compared to the general public rate of 19%. Each year in Michigan 14,500 people die of tobacco related deaths each year. Michigan household spends \$637 in state and federal taxes due to costs associated with smoking related illnesses. (Source *MI Smoke Free Air*)

As an outgrowth of this project, **Diann Braun, Executive Director and staff of Center for Creative Living** in Royal Oak, developed a holistic approach to help smokers quit without pharmaceuticals. The six-week course will be offered throughout the year. For dates and times please call 248-414-4050.

May is Teen Pregnancy Prevention Month

Prevent Teen Pregnancy Campaign begins May 6, 2009. Hundreds of thousands of teens nationwide are expected to participate in the eighth annual National Prevent Teen Pregnancy Month beginning on **May 6, 2009**. The purpose of this Campaign is to focus adolescent attention on the importance of avoiding premature pregnancy and parenthood.

Teens nationwide are asked to go to the National Campaign to Prevent Teen and Unplanned Pregnancy's new teen website -- www.stayteen.org -- and take a short, scenario-based "quiz" that asks young people what they would do in a number of sexual situations. **Royal Oak High School PTSA** has agreed to help make sure that the 2009 National Month is a success.

"Almost one-quarter of all high school students used alcohol or drugs prior to their first sexual experience. Risky teen behavior, including drug, alcohol, and tobacco use, delinquency, and sexual activity, occur among the same groups of teens. It is important to recognize the connection between the different high risk behaviors and how to work on all of them with a comprehensive approach", said local campaign organizer Clemens Wittekind



The message of the campaign is straightforward: *sex has consequences*. The online quiz (available in English and Spanish) delivers this message directly to teens and challenges them to think carefully about what they might do "in the moment."

Last year, more than 300,000 individuals took the online National Quiz. Here are what some of the responses were:

- 73% said the quiz made them think about what they might do in such situations;
- 54% said the quiz made the risks of sex and teen pregnancy seem more real to them;
- 57% said some of the situations in the quiz were things that they or their friends had faced;
- 55% said they'd talk to their friends about the situations described in the quiz;
- 51% said the quiz made them think about things they hadn't thought about before.

Need a quick and easy graduation card stuffer?



ROCC sells Kohl's Cares for Kids gift cards for \$25.00. The Coalition receives a small donation with every purchase. Just send us a check and a self-addressed envelope and it will be mailed directly to your home. It is really that easy! ROCC; 707 Girard; Royal Oak, 48073



***** SPOT LIGHT *****

Reaching Higher is an outreach program, designed as a curriculum, which provides tools for building a student's confidence level, overcoming limiting beliefs and moving toward their goals. Programs are offered in middle school, high school and faith-based organizations. **Kathy Knapp**, Student Services Counselor of Royal Oak High School brought this dynamic program to fruition for our high school students. Her dedication to our young people is inspirational and authentic.

The Reaching Higher program is an extension of the Dale Carnegie Institute. It was founded on the realization that children today are living faster, more stressful lives. Hectic schedules, conflicts at home, pressures to perform at school, and wanting to be accepted by their peers can result in young people giving up.

Since 1997, the Reaching Higher program has been invited into schools to help students learn how to instill confidence in themselves, greatly impacting their ability to improve their relationships at home, school, and with themselves so they can manage their lives in a healthy way and reach their full potential.

The backbone of this award winning initiative is the faithful commitment made by the volunteer teachers and coaches.

The Coalition extends honors and accolades to those volunteers from Royal Oak:

Jan Bills
Chuck Hochberg
Sonia Pillar
Carol Hills



Joanne Robb
Laura Linenfelser
Ruth Sirochman
Richard Granke

Looking for a gift a graduate?

Purchase an "All Night" party ticket for \$45.00. This can be the best gift you can give. The PTSA and members of the All Night Committee have outdone themselves by coordinating fun activities all night long. For information and updates log onto www.rohsptsa.org

Prom and graduation time is one of the riskiest times for our young people. They are confronted with many temptations mixed with feelings of independence. The "All Night" party provides a safe haven for our teens. As of last week, only half of our seniors have purchased tickets. It is thought, with our current economic times, that some students might not have the funds to join in the fun. So ask your soon-to-be graduate if they are going, and if not buy them a ticket by emailing Liz Milan, themilans@aol.com

Safe Party Guide

Watch City Cable Station WROK to see the Coalitions' PSA on the legal ramifications of serving alcohol to minors. **Don't be a Party to Underage Drinking; it could cost you your home!** Renting hotels or motels for teen parties does NOT exclude you from prosecution. If you sign, you are responsible for all activities that occur in the hotel/motel and any consequences that might occur. If you would like a copy of **How to Host a Safe Teen Party**, send us a stamped, self-addressed envelope.

Summer Camp for Hurting Kids

Growing up in a home where there is alcohol abuse, other drug abuse, mental illness or other family stress is confusing and difficult.



Maple Grove Summer Camps, a FREE Henry Ford Health System Program, teach children and caregivers that they are not alone. Those who attend day camp and/or the evening sessions learn and practice skills needed to make safe decisions in an increasingly stressful world. Their programs provide educational experiences for children, teens, parents and other custodial caregivers in a **safe, caring and fun** environment.

What is Maple Grove Children's Program?

Educational support groups (not therapy) program for children 5-18 years old in summer camp and evening program settings. The children learn about addiction, appropriate ways of expressing feelings, safe decision making, and that they are not alone and it is not their fault.

Who Should Attend?

All families are welcome. These programs are especially helpful to families coping with substance abuse, mental illness and other family stress. Parents and caregivers may participate in sessions where they learn what the children are learning and have an opportunity to develop complementary skills.

When and Where?

Summer sessions are available both during the day and evening at many locations throughout the tri-county area. **THESE PROGRAMS ARE FREE!**

FERNDALE

July 20-July 31, 2009
8 Sessions
9:00 am-12:00 Noon

To learn about other locations in Oakland, Wayne and Macomb Counties contact:

Maple Grove Community Education
6773 West Maple Road
West Bloomfield, MI 48322-3031
Phone: 248-661-6170
Fax: 248-661-6165/248-788-3177

**Maple Grove Children's Program
Downriver**
1 Heritage Place, Suite 220
Southgate, MI 48195
Phone: 734-282-5497

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/rocc
(248)588-5050 ext. 231