



Knowledge is Prevention

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

March is "Parenting Awareness Month"

To commemorate "MARCH IS PARENTING AWARENESS MONTH", the Royal Oak Community Coalition devotes this entire issue of parenting related resources and upcoming family events!

Parenting is a tough job and we all need someone safe to talk with, ask questions, find support, and forgive our mistakes. The more aware you are of the issues, the better you will be to address them.



ROCC' in Spring Break is known to be a time when teens may use an illegal drug or drink alcohol for the first time. Keeping teens safe is important and requires all of us to pay attention to their where-about. In response to this, the Royal Oak Community Coalition, in cooperation with many local businesses, are happy to share with you the many activities offered in our area including special discounts provided by area businesses during Spring Break 2012.

You can either download the copy of the brochure/ coupons from the attachment below or click our website at www.ci.royal-oak.mi.us/rocc.

The ROCC greatly appreciates the support of our local businesses for making this possible.

The loving bond between a parent and child helps them grow up to be strong, healthy and resilient. Focus now on developing an honest and trusting relationship. It will last a life time and serve you when the going get tough.



Playgroups - The free playgroups are designed to increase parent-to-child, parent-to-parent, and child-to-child interaction and to promote literacy and learning activities. Included are 90 minutes of hands-on activities including stories, songs, music and dancing. An understanding of how children learn: their physical abilities, relationships/sense of self, communication and understanding the world.

Register: Jean Jocque at 248.209.2519

These groups are designed with Parents, Care Providers and Children - ages 0 to three years of age unless otherwise noted-



The good news is Royal Oak students say the number one reason why they choose not to use alcohol or drugs is disappointing their parents!!

Royal Oak students say they feel extremely supported by their parents, but wish they had better communication.

Even if your teen seems to "blow you off", they do listen, they do care and your message does make a difference, so Don't Give Up on Your Power as a Parent.

New research just in! Six practices that can help reduce the chances a child will develop a drug or alcohol problem.

Based on scientific research, "Six Components of Effective Parenting" is a new tool comprised of "how-tos" specifically designed for parents, guardians and other caregivers who play an active role in helping prevent substance abuse in their families.

It's a product of the Parents Translational Research Center, which is a collaborative effort of The Partnership at Drugfree.org and the Treatment Research Institute. Download the easy to read booklet at DrugFree.org.

Back in the day, families lived near each other and our children benefited from the support and love of their extended family. Today, families may not live near each other, but need to rely on family to help raise the children. This workshop offers the opportunity to meet with other grandparents raising grandchildren and help navigate the new demands that might bring.

The Sacred Work of Raising Grandchildren

Free Workshop for: Grandparents Who are Raising Grandchildren:

- Understand the dynamics of emotional and behavioral challenges you and your grandchildren face.
- Know you are not alone, connect with grandparents who are also raising their grandchildren
- Learn about free available resources in the community.



Guest Speaker: Elaine Williams
Monday, April 23, 2012 6:00 pm—8:00 pm
Hunter Community Center
509 Fisher Court, Clawson, MI 48017
(Light Refreshments Will be Provided)

Call Bette Thomas at 248-396-8236 for detailed information

Breathe Free

Sign up now for the "Breathe Free" Workshop
with Dr. Arthur Weaver

FREE



7 Day Class: April 12, 16, 17, 18, 19, 20, and 23,
2012 7:30-9:00 p.m.

South Oakland Family YMCA,
1016 W. Eleven Mile Road in Royal Oak.

Call The Royal Oak Community Coalition
at **248-546-7622** to register.

We are offering this program as a way to reach out to help adults, especially parents to refrain from smoking or at least curb indoor smoking due to the adverse affect of second hand smoke which is attributed to impacting the health and well being of children. Children exposed to secondhand smoke have higher incidences of bronchitis, asthma and other upper respiratory illness which can impede their academic success due to increase incidents of school absences. If you are tired of smoking, but can't seem to quit; If you are tired of the expense, but can't seem to quit, give this an try. It's Free, It's Local and It's Time.

Senior All Night Party!!!

"Make the Smart Move" and encourage your student to attend a safe alcohol and drug free all night party just for graduating seniors.

May 31 – June 1, 2012 All Night Party sponsored by the PTSA at Joe Dumars Field House from 11:30 p.m. – 6 a.m. Check the Royal Oak PTSA website for more details.



Spring Break is known to be a time when teens may use an illegal drug or drink alcohol for the first time. Keeping teens safe is important and requires all of us to pay attention to their where-abouts. In response to this, the Royal Oak Community Coalition, in cooperation with many local businesses are happy to share with you the many activities offered in our area. Several businesses are providing special spring break special discounts that can be use **ONLY** during Spring Break 2012.

You can either download the copy of the brochure/ coupons from the attachment below or click our website at www.ci.royal-oak.mi.us/rocc.

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Save Lives and Build a Stronger Community



Common Ground in partnership with Beaumont Health System is offering Mental Health First Aid Training - Open to all caring community members.

There are many class times, dates and locations to choose from.

Contact Joani Roberts at 248-451-3733 or jroberts@commongroundhelps.com

You will learn to provide the initial help to someone showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors) until appropriate professional help can be engaged. Teens may self medicate if mental health issues are left mistreated.

\$75.00 includes registration, workbook, snacks and lunch /dinner

www.ci.royal-oak.mi.us/rocc

Friend us on Facebook : <http://www.Facebook.com/RoyalOakCommunityCoalition>



Oakland Family Services Celebrates **PARENTING AWARENESS MONTH**

It's been said that we are trained for every thing else in life but there is no real manual for raising children, no guidance for being a good parent.

Parenting can be daunting, frustrating, and exhausting but it can be the most rewarding experience of your life.

Oakland Family Services offers Effective Parenting classes at three locations to help parents enhance their skills and get support. Berkley, Rochester & Walled Lake

Here is what one participant says about Effective Parenting classes...

"Parenting classes are like a breath of fresh air. It's helping me to relax with my kids and build trust with each other. Without the help of Oakland Family Services, we could not have developed our parenting into a positive experience. It has been a valuable and necessary step. Thanks for being there." ~ Client Testimonial

Call the Berkley Office at 248.544.4004 for information.

It's Coming.... Prom and Graduation!!

Prom and Graduation - All of us need to help our young people stay safe

Some adults will rent hotel/motel rooms as a place to party. Their reasoning seems to be; their house will not be torn up, kids have a place to sleep it off and they will not be liable for any events that could happen. The first part is true however the next two items are not.



Young people who party unsupervised may be getting into something they should not. Due to inexperience and 'caught in the moment' scenarios, like playing drinking games, they tend not to be thinking about the ramifications of what could happen. Those unintended

consequences are: alcohol poisoning, pregnancy, date rape, violent encounters, overdoses, death and the list goes on. The notion that a teen will only stay in the hotel room and not drive to another location, is not guaranteed.

Those who host or rent a hotel room are legally responsible for everyone's well-being; even if that person was not invited and crashes the party or they arrive drunk or drugged and then leave.

The coalition has posted a "Hosting a Safe Party" guide on our website. Read it over and discuss with your teen your expectations and a plan if they find themselves in a uncomfortable situation. Your response is crucial to your teen coming to you for help or advise. If you make it safe for them to rely on you, they have a way out.



Another resource to give your teen is the hot-line phone number at Common Ground, 800-231-1127. They offer help 24/7.

*****SPOTLIGHT*****

The Royal Oak Community Coalition and the South Oakland YMCA are members of the TimeBank. It's a great community resource, we recommend you check it out!



The Royal Oak TimeBank is a community exchange system for neighbors in the Royal Oak and Huntington Woods neighborhoods (or communities) who share their time, skills, and talents to help each other. By helping a fellow TimeBank member, you earn an hour of time (a "TimeDollar") that you can use to get help you may need. Some ways that TimeBank members help each other include:

- Filing Taxes
- Childcare
- Gardening/Yardwork
- Small Home Repairs
- Walking a Dog
- Grocery Shopping
- Teaching a Musical Instrument
- Cooking a meal
- Basic Computer Lessons

For information email: royaloaktimebank@gmail.com

*****The Science of Brain Addiction*****

Learn the Process of Brain Addiction, at the Royal Oak Library, May 3, 2012 6:30 - 8:00 p.m. Back by popular demand, the Royal Oak Library in partnership with the Royal Oak Community Coalition offers this informative presentation on :

- Brain Addiction
- How alcohol affects the developing teen brain
- The legal and financial consequences of alcohol convictions

New science research has discovered how alcohol and drugs can alter and change the structure and workings of the brain. Scientists now answer the question, why and how do people become addicted? How do alcohol and drugs change behaviors and decisions?

On **Thursday, May 3 at 6:30 - 8:00 pm** in the Friends Auditorium, Chris Allen Shreve, MA, LPC, an experienced counselor and psychology educator, will use an illustrated PowerPoint presentation to take you on a fascinating journey into what scientists now know about how alcohol and drugs alter the brain, and how they affect behavior. His presentation style will keep your interest, and use language that everyone can understand

Joining us will be Jack Salter, former 44th Circuit Court probation officer. Jack has worked with young for many years and has seen how a Minor in Possession (MIP's) or Driving Under the Influence (DUI) conviction has had lifelong consequences.

This program is recommended for both teens and adults.

Knowing the basics of addiction will empower you to:

- Have a factual conversation with others about how the brain can be high-jacked by alcohol, nicotine and drugs
- Explain how early alcohol and drug use over time can cause brain changes that impair a person's self-control and ability to make sound decisions. Some brains affects can last a life-time.
- The legal and financial ramification of alcohol and drug convictions, that can cripple a person's career and college choice and eliminate scholarship and grants considerations.

A free booklet will be provided. Please check with your teacher, as some science or health educators may award extra credit for student attendance. We will provide prove of your attendance.

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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(248) 546-ROCC (7622)