



Knowledge is Prevention

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

Our Gift to you is GRATITUDE!!!



According to our federal Evaluator, Dr. Darren Lubbers, ROCC Coalition has more grass-roots volunteers contributing more talent, and more energy than the average Coalition. We are proud of that distinction and we are proud of our community members, organizations and businesses for it is you that make ROCC a successful organization.

Success for us is defined by creating and sustaining a community that is safe to raise our children, attend our schools, run a business, own a home and feel free to walk, bike or drive without fear.

ROCC role is to encourage those that work, live and visit Royal Oak to be mindful of our number one social- health problem- substance use, misuse and abuse and knowledgeable of the actions, attitudes and behaviors that discourage high risk community conditions that leave us vulnerable and community conditions that influence a healthier environment.

This past year, ROCC was given the gift of continued support by those sharing our newsletter, contributing resources needed to implement a project, behind the scenes time to plan an action and donating funds to off-set activities. We thank you all and appreciate deeply your willingness to say yes!

ROCC is not a business but a collection of people tied together for one purpose, to make Royal Oak a great community. So this year, please make one resolution for your community, we ask you to consider attending one Coalition meeting in 2012. We meet on the **THIRD THURSDAY** of the month. We want to meet you, we want your input, and we want to grow in strength and in numbers.

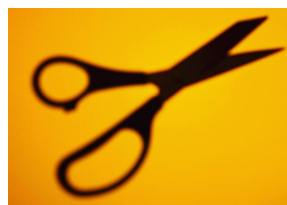
CLIP AND SAVE

ROCC THIRD THURSDAY MEETINGS:

7:30 – 8:30 p.m.

1500 N. Stephenson Hwy.

- ⇒ January 19 – Presentation by:
Students from “Be the Change”
youth group
- ⇒ February 16
- ⇒ March 15
- ⇒ April 19
- ⇒ May 17



Did You Promise Yourself to Quit Smoking!!!

Well that is the first step toward tearing yourself away from a potent addictive drug, nicotine.

One measure to take is to tell others around you for support. A second action step is to replace the urge to light up with something else, something that can distract you, like chewing gum, drinking tea, doing something with your hands, taking a walk. A third action step is to call the national Quit-line at 1-800-Quit-Now (800-784-8664), a free service offering lots of resources and help.

Lastly, the Coalition in partnership with the South Michigan YMCA invites you to sign up now for the “Breathe Free” workshop with Dr. Arthur Weaver. The 7 Day Class: April 12, 16, 17, 18, 19, 20, and 23, 2012 will meet from 7:30-9:00 p.m. at the South Oakland Family YMCA, 1016 W. Eleven Mile Road in Royal Oak. There is no cost to attend and you do not need to live in Royal Oak. Everyone is welcome!

Successful Treatment: The Breathe Free Smoking Cessation program has been successful in helping more people quit their smoking habit than any other program. The Breathe Free program is a group interaction, behavioral change seminar with an introductory session explaining the program and preparing the individuals for the withdrawal process. There are five successive sessions, and a graduation program the following week.

Participants are instructed how to handle the smoking urges and what to expect in withdrawal symptoms. They also learn how to handle the much longer lasting psychological association that can engender return to the smoking habit.

Call The Royal Oak Community Coalition at 248-546-7622 or e-mail lpodsiadlik@royaloakcommunitycoalition.com to reserve your place in the class. Space is limited. Sign up today and get the help you need to successfully quit smoking!

Breathe Free is a great name for this evidence based program because in years to come, you will be able to keep up with your growing older friends. Your lungs will not be clogged with thick, gooey tar.

The process to free your brain from the constant nagging to inhale or extract nicotine into your body will subside in time. Keep your mind on your goal each minute, then it will be each hour, then each day. Why should nicotine be calling the shots? Take command, fight the nagging battle within and win!

Buzzed? Don't Drive, Get a Ride!!!

A new campaign slogan was born by ROCC for this holiday season to remind everyone when you drink alcohol, just don't drive! Don't take a chance on hurting yourself or others. Call a cab, call a designated driving service or ask a non-drinking friend for a lift home. A night of celebration should not end in tragedy.

One Night of Indulgence

A guy walks into a bar, orders a beer and asks the bartender "What'll it cost me?" and the bartender says "Six thousand, four hundred and eighty six dollars!"

No this isn't a bad joke, it's real life. That's the actual cost from a recent court case for a young man facing a charge of "Driving While Visibly Impaired" from the State of Michigan 44th District Court here in Royal Oak.

As **Jack Salter**, Royal Oak Court Probation Counselor reports, he sees young people repeatedly who tell him they had no idea the costs involved for "drinking too much". Here's the breakdown:



\$75	Drug tests & PBT's
\$30	Madd Class
\$1500	Lawyer
\$1000	State of Michigan
\$1806	44 th District Court
\$125	License Reinstatement
\$100	Impound Car
\$100	TROOP (Community Service)
\$550	Therapy
\$1200	Insurance for car 1 st year
\$6486	Total

What's the cost for one night of indulgence? In addition to the hefty price tag there are other life-long consequences including a loss of scholarships for college, you may be ineligible for a passport and restricted to travel only in the U.S., many career paths including law enforcement and medical professions will not hire you.

75+ Days to pay the price!

One night of indulgence can cost you a lot more than the cash! There's actual time involved in paying the penalties when you're caught!

- ⇒ **30 days in jail**
- ⇒ **12 days of breathalyzer tests**
- ⇒ **12 (or more) probation meetings**
- ⇒ **Outpatient counseling (6-12 days)**
- ⇒ **Mothers Against Drunk Driving (MADD) Victim Impact Panel**
- ⇒ **10 days of community service (TROOP) at the Boys and Girls Club**
- ⇒ **Plus the time you'll spend waiting for a ride to make these appointments and other destinations!**

Alcohol is consumed by 70% of Americans and most of those people indulge without going too far, after all, drinking too much just isn't healthy for a number of reasons. Underage drinking is against the law. According to the Surgeon General's Call To Action - "Underage drinking is a public health and safety problem that results in serious personal, social, and economic consequences for adolescents, their families, communities and the National as a whole. Your involvement can make a difference."

You can make a difference in 2012 by becoming a member, or renewing your commitment to helping the Royal Oak Community Coalition. Working together we can educate our youth, and our community, about the dangers and high costs of underage drinking and how to help stop it before it starts!

*****SPOTLIGHT*****

ROCC salutes Jack Salter, former Boys and Girls Club Director and probation officer for the 44th District Court. Jack is our community's number one advocate for youth. He has made young people his personal and professional focus for his entire life. As of January 4th, Jack is retiring after 57 years. His long lists of accomplishments were made with one thing in mind: Supporting Kids.



He set out to create a center to offer them a place to go, get a meal, help with homework and have fun. That center is the Boys and Girls Club of South Oakland County. He created a support system when a young person got into trouble; accessed where he could be of service and how to access the best resources to change a life. He took on the job as probation officer.

Now those that know Jack, know he was instrumental in many other facets in our community and that is why he is known to us as the Grandfather of Royal Oak. Jack deserves our acknowledgement of a job well done and he deserves the rest entitled to a generation who made sacrifices for others. The Coalition stands in respect, giving thunderous applause and heartfelt thanks to Mr. Jack Salter.

ROCC Occupies Washington D.C.

Our coalition was one of 87 coalitions nationwide to have the honor to attend the Drug Free Communities Support Grantee Meeting in December. The jam packed



Coalitions Executive Directors: Diane Dovico, Julie Brenner, and Carol Mastroianni pictured with Jack Claypoole, DFC Deputy Director

three day conference included meeting with the national leadership from Office of the National Drug Control Policy, Substance Abuse Mental Health Administrative Services and Community Anti-Drug Coalitions of American. Day-long sessions focused on community organizing, enhancing coalition effectiveness, evidence based prevention strategies and the utilization of social marketing. We were particularly drawn to new initiatives in illegal prescription drug prevention and the

enhancement of the "Above the Influence" campaign. Our session on brain research and understanding the process of addiction will help us articulate the neurobiological changes of drug, tobacco and alcohol misuse.

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
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