



Knowledge is Prevention



The Coalition is grieving the loss of John Burr who died this week at age 83. As a retired banker, John volunteered his services as the Coalition's Treasurer from 2006-2009. He became affectionately known as the "pa-pa" of the Executive Board. Along with John, came his constant companion and loving wife Mavis. She jumped in to serve the coalition in many capacities. We loved seeing them both drive up together to spend time at the office. Often they would bring a box of chocolates or a special greeting card to share their admiration. John had a funny and nurturing personality. As a businessman and public servant, he executed his responsibilities flawlessly. The Coalition is honored to have had John on it's team.



R O Schools Challenge Day All Day Benefit

March 8th!
Fat Tuesday at Pronto
608 S. Washington, Royal Oak

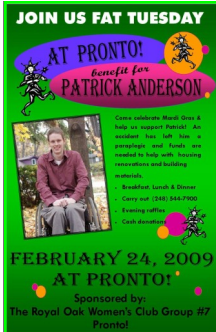
Celebrate Mardi Gras and support R O Schools Challenge Day!!
Breakfast, Lunch, Dinner & Carry Out starting at 10 am!

50/50 raffle fun too!

Sponsored by Pronto!
Royal Oak Woman's Club-Group 7.

For more information: Sandy Wilkins
(248) 894-6441

Visit them on Facebook or at
www.royaloakwomansclub.org



Free Love and Logic Parent Group Scheduled

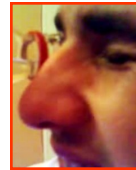
When you parent with Love and Logic, it's a win-win situation. Parents win because they learn to establish effective control over each situation with their children. Children win because they learn responsibility and get the tools needed to cope with the real world.

The workshop is designed for parents of adolescents, but parents with kids of any age are welcome and will learn effective parenting techniques. It combines education, parent support, group discussion and workbook activities.

When: Wednesdays March 9 - April 13, from 7-9 p.m.
Where: CommonGround administrative offices,
1410 South Telegraph, Bloomfield Hills
Space is limited! To register, call Rose Chisholm or Joani Roberts at
248-456-8150 or 248-456-8150

"It's always SOMETHING!"

While recent state and federal laws have banned synthetic marijuana and caffeinate alcohol drinks like **Four Loko**, the next search for mood alternating substances comes from:



Vodka Eyeballs. This has been quietly around for a while, mostly on college campuses. It's not very effective, and does pretty nasty stuff to the eye. Here is a link to an article from USA Today.

http://www.usatoday.com/news/health/2010-11-17-Vodkaeyeball17_ST_N.htm

DID YOU KNOW.....?

Another way kids ingest alcohol and still pass a breath test is by **soaking tampons in alcohol and inserting them.**



"Bath Salts" are now taking the lead followed closely with snorting plant food.



From dark and dirty chemical labs or from pharmacies outside the United States, just about anything a person wants is available over the internet. It can be hard to keep up!

A parent/grandparent's best approach is to always to talk with your children about how to keep their body and brain healthy. Start while they are young and keep on talking. When reading an article or seeing a program on skin care, oral health, proper nutrition, weight, intellectual development, and brain related illnesses; use these opportunities as conversations starters to discuss harmful substance abuse. Start from a positive perspective, as it helps you maintain a constant dialogue though out their lives on health and wellness topics. Help them learn how they can take care of their bodies when they are young and give them responsibly for those actions. It is also necessary to be a person who role-models those actions. Shaping healthy family values requires thoughtful conversations and intentional choices that foster those behaviors. There is an old adage that bears repeating, "I hear your words, but I watch your feet". Kids are watching! They often mimic, and will follow if **YOU** lead by example.

Resources

Drug Identifier



If you find a pill that you do not recognize, use the "Drug Identifier" to search for drugs with a specific color, shape, and/or marking. This website will allow you to select the items that most closely resemble the pill/drug you are trying to identify.

<http://www.muschealth.com/DI/DrugIdentifier/>

If you discover the *found* pill is not a drug typically used to get high, it might have been sold to your child under false pretenses. So investigate how it made it's way into your home or car.

Oakland County Youth Assistance



A monthly calendar compiled by OYCA features parent education programs offered by 98 organizations. From birth to teens, there is something for every family. The 140 plus programs are designed to give parents' tools, information and access to services that help with the most important job we have, raising our families. Download this calendar at

www.oakgov.com/circuit/calendar



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Shoulder to Shoulder - Raising Teens Together

On March 30, Prevention Network is hosting a Training of Trainers on engaging parents in alcohol, tobacco and other drug prevention measures through parent-to-parent outreach, network creation and more. TOT participants will learn how to deliver the 'Shoulder to Shoulder training' to parent audiences in the community. The training will take place in Charlotte, Michigan from 8:00 – 5:00 p.m.

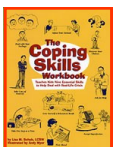
Training objectives:

- ⇒ Discuss effective, evidence-based parenting strategies
- ⇒ Learn to better understand parent audiences
- ⇒ Gather tools for parents to reach out and engage other parents
- ⇒ Get updated on effective parenting styles research
- ⇒ Learn about teen development and effective parenting tips
- ⇒ Learn how to create sustainable parent networks

If you would like to represent Royal Oak, contact the Coalition office at (248) 546-7622 (ask for Diane) for registration materials and learn how you can be a prevention education leader.

Maple Grove Children's Program Presents

FREE 1 day program- Developing Healthy Coping Skills



This program is designed for all children. Activities will center on coping with feelings and problems. It is provided at no charge to participants.

When: Saturday, February 26th 2011

Where: Maple Grove Center: Community Education

Time: 10:30 am – 2pm

For kids 5-12 years, their parents and/or caregivers.

Crafts, games and other activities! Lunch will be provided!

Registration is necessary. Contact the Community Education Office at (248) 661-6170 or email mce_cp@hfhs.org

COMMUNITY DRUG ALERT BULLETIN BATH SALTS

The Michigan Department of Community Health (MDCH) is warning people to beware of a new designer drug being marketed by the name "bath salts." These so-called "bath salts" are being sold across the country as a crystalline powder online, at head shops, convenience stores and on the street. **These are not commercially manufactured bath salts that people purchase to use in the bath tub!** These products are sold with names such as "Ivory Wave", "Aura", "ZOOM 2", "Zeus 2", "Cosmic Blast", and "White Rush." They may be snorted, ingested, mixed with water, injected, or inserted rectally or vaginally.

At this time, hospital emergency departments in Michigan have reported 18 cases related to the use of "bath salts" in the past four weeks, many of which have been in the Marquette area. Many of the people treated in emergency departments have been young adults in their 20s and 30s. Similar reports have been seen in states across the country.

The "bath salt" products may contain a number of synthetic chemicals including Methylmethcathinone or Methylenedioxypropylvalerone (MDVP), both of which are strong stimulants that can cause increased heart rate, chest pains, dizziness, delusions, panic attacks, nose bleeding and nausea. Patients ingesting these chemicals can be extremely paranoid and may not respond to usual calmatives. Some have been involved in homicides and suicides while under the influence. Many describe being chased by demons, gods, aliens or foreign soldiers. Severe cases may require long-term psychiatric care.

"We are very concerned about the use of this dangerous product. These stimulants affect neurotransmitters in the brain which can result in violent behavior and death," said Dr. Gregory Holzman, MD, Chief Medical Executive for MDCH. MDCH is working closely with the Michigan Poison Control Center to monitor the number of patients treated for use of "bath salts" in emergency departments across the state. Health care providers are being asked to send all information on suspect cases directly to the Michigan Poison Control Center.

Individuals with "bath salt" related medical concerns or questions are asked to call the Michigan Toxic Hotline at (800) 648-6942 or (800) 648-6942.

On Going Educational Programs



Beaumont Parent Empowerment Series at Northwood Elementary - Join experts for free informal talks on a wide variety of topics relevant for families. For more information, contact Lori Warner at 248-691-4774.

Dawn Farms - Explore a series of programs in recovery. For families, friends, professionals, students or anyone in the general public who is interested in issues relating to addiction and recovery. All programs are free and are open to anyone interested.

Contact: mstatman@dawnfarm.org or call 734/485-8725, 734/485-8725 or info@dawnfarm.org. Web site: <http://www.dawnfarm.org>. A flier is available here: http://www.scribd.com/full/39846768?access_key=key-11p8i8q03r7a8rkudttdt

Henry Ford Maple Grove

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"Are You Concerned?" Educational Workshops



This program is appropriate for parents and other adults who are concerned about an adult's use of alcohol or other drugs. The sessions are designed for parents of adult children, as well as spouses, significant others, community members and professionals seeking more information. Contact: (248) 661-6170 Email: mce_cp@hfhs.org