

January 25, 2019

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Mission

North Oakland Community Coalition provides critical prevention education and programs related to underage drinking, youth substance use and mental health to encourage a responsible community where healthy decision making is valued and where individuals and families thrive.

Dear Family,

We make many decisions in our lives. Some decisions are easy to make, such as what clothes to put on in the morning or what to eat. Other decisions are harder such as whether or not to vape or smoke. Children are notorious for making impulsive choices without thinking about the consequences. One way to prevent children from making poor choices is to help them practice how to make smart, healthy ones.

In class, your child has been learning about making good choices, and getting to practice too! Students have been using a decision-making method called **Stop-Think-Go!** You might want to ask your child about this method. Today your child applied this method to situations involving the decision to use tobacco or vape.

You can help your child improve his/her decision-making skills. In our busy lives, it's sometimes easier as a parent to just tell the kids what to do. By offering them choices in daily decisions they will have more practice and confidence when it is time to make a more serious decision. For example, you may tell your child that they can choose between doing their homework as soon as they come home from school, or doing it after dinner. Encourage your child to use the decision-making method in their choice. The more a child practices, the more ingrained it will be in their behavior.

Have fun using decision-making procedures in your family life!

Sincerely,

Jill McCollum
Youth Coordinator

“Recipients of substance abuse prevention services have rights protected by state and federal laws and promulgated rules”. For information contact the OCCMHS Substance Use Disorder Services, Recipient Coordinator, Sherrie Williams, 2011 Executive Hills Blvd., Auburn Hills, MI 48326 or call 248-858-1210.