

February 1, 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 Parents,

Teen smoking has been on the decline as a major health problem in our society. Unfortunately, it has been replaced by vaping in staggering numbers. In order to combat this alarming trend, schools have begun to participate in smoking and vaping prevention programs in elementary schools.

We have been studying about smoking and vaping in school. In order to help students understand the risks involved in nicotine and tobacco use, the class was given the opportunity to discuss and view pictures of different types of tobacco and nicotine.

You can begin now to prevent your child from smoking or vaping in the future. Contact agencies such as the American Lung Association, the American Cancer Society and or the American Heart Association to find out if they are offering any workshops for parents and children. These associations might also be able to send you materials such as pamphlets, stickers, and key chains. Have your child interview family members who smoke to find out how and when they started, if they have any negative health problems related to smoking, and if they regret starting in the first place.

Children whose parents smoke or vape are more likely to smoke or vape themselves. Therefore, setting a good example by not smoking is one of the most important things you can do to decrease your child's risk of becoming a smoker. However, if you smoke but have tried to quit, discussing your efforts can help your child understand how difficult it is to quit and can also decrease your child's risk of starting the habit.

Thank you,

*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.