

455 East Scripps Rd.
Room 404
Lake Orion, MI 48362
248-520-3786

Board of Directors

Sergeant Todd Stanfield
President

Pastor Josh Yates
Vice President

Ms. Laurie Gell
Secretary

Mr. Michael Luna
Treasurer

Ms. Andrea Martinec

Mr. Kyle Meteyer

Ms. Penny Shults

Ms. Kristin Sliwinski

Ms. Lisa Sokol

NOCC Staff

Tonya Hamilton
Executive Director

Jeannie Yates
Project Coordinator

Jill McCollum
Youth Coordinator

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,

Our class is studying self-esteem. Students learned that realistic goal-setting can help them boost their goals. Students had the opportunity to identify and discuss goals they hold for themselves.

One of the factors that can protect a child against tobacco, nicotine and alcohol use is high self-esteem. You can help your child improve his/her self-esteem by encouraging realistic goal-setting at home. Encourage your child to set realistic short and long-term academic goals and then notice and compliment him/her when those goals are met. Growing from childhood to puberty can be frustrating for your child. Helping your child set realistic goals can help counter those feelings of frustration.

In order to practice at home, it might be fun to work together on setting short and long-term goals for the whole family. For instance, planning a vacation, a long weekend, or even a day trip together. The whole family can talk about ways to save money each week towards that event. It is a great way to have fun as a family when everyone is working toward the same goal!

Sincerely,

Jill McCollum

NOCC Youth Coordinator