

PALS

WHAT PARENTS SAY:

“I hear about each Paper Pals session, **we sit down together** and have a discussion. Thanks for opening the door for me!”

“I believe it’s a good idea for my child to learn about these things from a program like this at school. It **reinforces** what we try to teach him at home.”

“This program really spoke to my daughter. She came home after each session to tell me what she learned. She also seems more conscientious about her own **self-care**.”

“My son enjoys telling us how to handle certain situations. He even tells his 8 yr. [old] sister to **‘stop and think.’** I love your program!”

“I was very impressed on how adamant my daughter was on these issues. Smoking and consuming alcohol really made an **impact** on her. **I believe she won’t try them.**”



CARE (Community Assessment Referral & Education) is an agency that empowers individuals and families by providing programs to prevent and treat mental health, alcohol, tobacco and other drug concerns.

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www.careofmacomb.com

“The most important reason that CARE deserves the recognition of this award (the 2000 Prevention Organization of the Year Award) is the **unyielding dedication** and hard work of the prevention staff and **volunteers**.”

-Dana Gire,
Macomb County Prevention Coordinator

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco, and other drug use. Federal, state and local funding have been provided through Macomb County Community Mental Health/Office of Substance Abuse to support project costs. Recipients of substance abuse services have rights protected by state a federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor 31900 Utica Road Fraser, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing MI 48909.



CARE's
(Community Assessment Referral & Education)
PAPER PALS

teach

Paper pals teach that we're **important**. Paper pals know about **what's healthy**. Paper pals **take care of themselves** and they **ask for help** sometimes. What to do? **Think things through**. Talk to **friends**. How about you? What to do? Think things through with friends like me and you. Paper pals teach that we're **important**. Paper people know about **what's healthy**. Paper pals take care of themselves and they **ask for help** sometimes.

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PAPER PALS

AN EARLY CHILDHOOD LIFESKILLS PROGRAM

MISSION: To Help Change Society's Pattern of Alcohol and Other Drug Use by Providing Basic Information and Skills Before the Age of Experimentation.

MESSAGES

What messages are your children receiving from the billboards, music, television and magazine advertisements they see?

Children begin developing their value judgments at an **early age**. Will they make **healthy** decisions for themselves in the future based on the information and opinions they have been exposed to?

The **goal** of Paper People is to promote ways for children to be safe and healthy.

The Paper Pals Message:

- Caring about themselves and others.
- What helps their bodies grow and work; what doesn't.
- Rules about medicine, alcohol and tobacco.
- Expressing their feelings in a safe and kind way.
- How and who to ask for help.

"Kids who begin drinking **before** the age of **fifteen** are **four times** more likely to develop **alcohol dependence** than those who wait until age **21**."

(Source: The Anti-Drug.com)

PREVENTION PRINCIPLES

Prevention programs can be designed to intervene as early as **preschool** to address risk factors for drug use, such as aggressive behavior, poor social skills, and academic difficulties.

Prevention programs for **elementary school children** should target improving academic and social-emotional learning to address risk factors for drug use, such as early aggression, academic failure, and school dropout.

Education should focus on the following skills:

- Self-Control
- Emotional Awareness
- Communication
- Social Problem-Solving
- Academic Support, Especially in Reading.

THE PROGRAM

Paper Pals is CARE's Early Childhood Life- Skills and Drug Prevention Program.

A trained CARE volunteer presents eight (8) thirty-minute sessions.

FEE: \$150.00 per series of eight (8) sessions.

TO SCHEDULE CONTACT:

Vita Venditti

Paper Pals Program Coordinator

(586) 541-0033 x225

WHAT TEACHERS SAY:

"Paper pals is a **wonderful** early childhood program!"

"**Wow!** This program is **incredible!** Your presenter is **FANTASTIC** – not only did the kids **LOVE** her and Paper Pals day, but so did I! I only wish it lasted the whole year through. Thank you for a great program and a **GREAT** presenter!"

"**This** was great! We need to have this presentation **every year!**"

"**The** presenter was fantastic. I have a very difficult class this year, and the children really needed to hear her **message**. She was sensitive to their needs, patient with them, and maintained her energy and enthusiasm. Thank you so much!"

Paper Pals reaches **4,000** Macomb County **kindergarteners** throughout the school-year.

(*2004-2005 school year totals.)