

From a Child's Perspective

W I N T E R 2 0 1 1

Perspectives Counseling Centers
Invites YOU to our Winter Open House Entitled...

Drugs: Trends, Friends & Fatal Ends
Drugs: Trends, Friends & Fatal Ends

Presented by:
Douglas Carpenter, PsyD, LP

Friday, March 18, 2011
9am-12pm
Perspectives of Troy



Learn what some KIDS are talking about~

Can nutmeg give me a buzz?

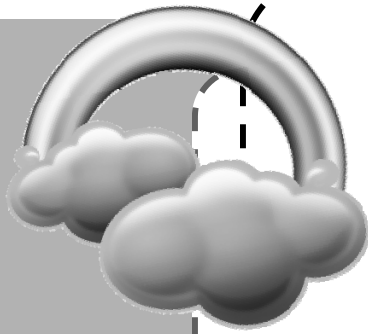
Can I legally get high?

Can you put toothpaste on an orange peel and make a hallucinogen?

Can you grow 'shrooms on a rice cake?

*****THIS IS A FREE EVENT TO THANK YOU FOR YOUR
REFERRALS AND CONTINUED SUPPORT*****

Please call (248) 244-8644 to reserve your seat...
This seminar is a must see— call IMMEDIATELY!



Research Rainbow~

How Early is too Early to Talk to Kids about Drugs?

By Mary Johnson-Palazzolo, LMSW

National studies show that the average age of children first experimenting with alcohol is eleven and the average age for experimenting with marijuana is twelve. These studies also show that in a classroom of twenty-five students, at least five of them are living with a substance user. Knowing these statistics, you can see why drug and alcohol education in the elementary school system is essential in the prevention of future use. Here are some ideas to consider when developing or revamping the programs you have in your school:

- *Educate yourself so you can teach facts to kids.
- *Avoid using fear as a motivator.
- *Talk to kids at their level and listen to them. Don't come off as strict.
- *Keep programs interesting by being interactive.
- *Help children learn good refusal skills through skits and role plays.
- *Teach children to recognize both internal and external pressures to use and healthy ways to cope with these pressures.
- *Incorporate programs that build self-esteem and social skills in children to help them feel confident to say "no" to their peers.
- *Discuss with children what makes a good friend.
- *Consider using a "Question Box" where students can place anonymous questions regarding drugs.
- *Teach students the difference between helpful drugs and unhelpful drugs.
- *Make sure your programs are ongoing throughout the years so students have multiple exposures at different ages.
- *Include activities that help students feel like they are a part of the school. This makes interventions more effective.
- *Keep a small library of age appropriate books and pamphlets regarding drugs.
- *Involve families and the community. Bring in guest speakers.

Remember that even if your school is a good school in a good neighborhood, it doesn't mean that your students will never try drugs or alcohol. That's why your role is so important. You can make a big impact on your students.

Mary Johnson-Palazzolo works with children, adolescents and adults with a wide variety of issues including self esteem, depression, anxiety, oppositional behavior, stress management, suicidal thoughts, self-injury, parenting issues, social and communication skill deficits.

GROUPS ~ Call to Join @ (248) 244-8644

E D G E

SOCIAL SKILLS EDGE

With Malissa Wood

Children/Adolescents

Co-Ed

Wednesday Evenings

TEEN EDGE

With Leslie Johnsen

Ages 13-18

Co-Ed

Tuesday Evenings



CHILDREN'S ANGER EDGE

With Danette Henley

Ages 6-12

Co-Ed

TBA

ADHD EDGE

With Beth Atwell

Children/Adolescents

Co-Ed

Tuesday Evenings

CUTTING EDGE

With Leslie Johnsen

Ages 13-18

Co-Ed

Thursday Evenings

"My son benefited so much from being in group in addition to his individual therapy sessions— it was an extra bonus in his treatment."

Exploring

Discovering

Goal Setting

Excelling

ANGER EDGE

With Chandler Fleming

Ages 13-18

Co-Ed

Monday Evenings

SELF ESTEEM EDGE

With Mary Johnson-Palazzolo

Ages 13-18

Girls

TBA



How to Parent the Difficult Teen

With Chandler Fleming, LMSW

Saturday February 12, 2011

9am-12pm

Perspectives of Troy

Parents will learn...

- *When and how to pick your battles
- *How to find joy in parenting
- *How to make behavioral modification work
- *The truth about consequences

Cost- \$59 per parent & \$79 per couple



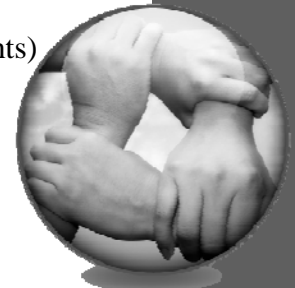
Divorce Camp & Parenting Retreat

With Geraldine Reyes, LMSW (children) & Beth Atwell, LPC (parents)

Tuesday March 15, 2011

6-8PM

Perspectives of Troy



Children ages 7-12 will learn:

- Positive ways to handle their feelings
- How to better understand the divorce process
- How to effectively communicate their needs

Parents will learn:

- How to effectively parent together
- How to help children transition
- How to reduce stress and conflict

Cost- \$40 per child & \$25 per parent/\$40 per couple



THE BULLY PROOF VEST... HOW TO BULLY PROOF YOUR LIFE!

For children ages 8-18 who are experiencing the effects of being bullied

With Chandler Fleming, LMSW

Saturday April 16, 2011

10am-12pm

Perspectives of Troy

Participants will learn...

- *How to deflect and reflect
- *Secrets of divide and conquer
- *How to separate humor from bullying

Cost- \$40 per child

**CALL (248) 244-8644 TO RESERVE YOUR SEAT AT THESE
AMAZING EDUCATIONAL OPPORTUNITIES~**

CREATIVITY CORNER

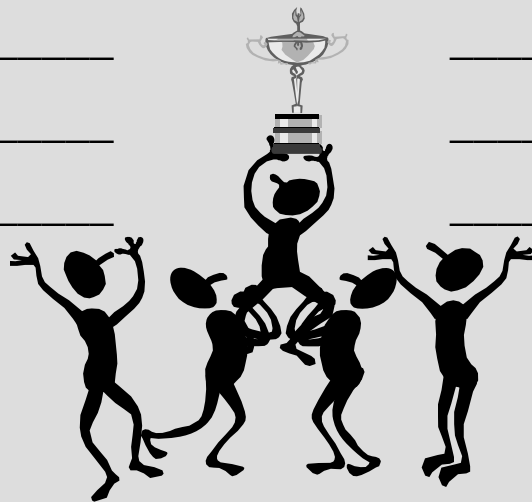
YOUR PIT CREW

Everyone needs a support system...people who are there for them in their time of need and accept them for who they are.

Your pit crew are the people in your life who help you become the best person you can be. They can be parents, teachers, friends and even professionals.

Who is in your pit crew?

_____	_____
_____	_____
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Children **NEED NOT WALK ALONE** with *Perspectives* by their side!

