

# PARENT RESOURCE CENTER BULLETIN

May—June 2008



## North Carolina Honored at CADCA's XVIII Forum as Outstanding State Association

Under the leadership and collaboration of Flo Stein, Chief, and Dr. Janice Petersen, Prevention Director, in the North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services, Department of Health and Human Services; and Phillip Mooring, Executive Director, Families in Action, Inc.- **North Carolina puts Prevention First.**

dollars appropriated for substance abuse prevention in many years. The state views this as the start of what they hope to be a statewide emphasis on prevention programming through coalition development. Extending their focus on prevention, Families In Action, Inc. plays a major role as the CADCA state liaison, to ensure that emerging coalitions in the

the LMEs and implement a comprehensive plan for prevention," states Dr. Petersen. Any plan of course would include all sectors of the community with coalitions playing a major collaborative role, she further remarks.

An 11-year sustaining member of CADCA, North Carolina views their state level membership as central to their coalition development. Phil Mooring states, "having a national organization that has all resources and assets that we can make available to coalitions or communities interested in developing coalitions is key. We currently have 35 coalitions across the state, and I'm not sure how we could have done it without CADCA."

North Carolina has identified a Coalition Coordinating Center, housed at Wake Forest University, which will work with CADCA and other national organizations to provide training and technical assistance to emerging and established coalitions. The state association has come a long way in developing an inclusive partnership with CADCA—we all look forward to the benefits as they work to "Get To Outcomes"!

*Reprinted from CADCA Coalitions Newsletter Summer 2008*



Flo Stein and Dr. Janice Petersen join General Dean to celebrate North Carolina's award.

North Carolina has a long history of supporting and advocating for community-based prevention. Within the past 4 years, the state has placed a great deal of emphasis on coalition mobilization. Recently, the Legislature has appropriated state money specifically for the development of community coalitions – the first state

state is linked to their national organization from the start.

The state's prevention office, directed by Dr. Petersen, works closely with community-based organizations through their county system of Local Management Entities (LMEs). "It is the mission of the office to maintain a working relationship with

**Drugs don't discriminate. Watch for signs that your child might be using...**

1. Use your nose
2. Look closely
3. Mood Changes
4. Deceit/Secretiveness
5. Decreased Motivation
6. Money Problems
7. Change in friends
8. Missing money, alcohol, cigarettes, or valuables

## Mark your CALENDAR



- June 19-20, 2008**  
Governor's Institute on Alcohol and Substance Abuse Prevention Providers' Symposium
- June 26-27, 2008**  
ECU Regional Training Center Coalition Conference
- September**  
Recovery Month
- October 23-31, 2008**  
Red Ribbon Week

## Parenting Stress

Stress is a fact of life when you're a parent. Anyone who disagrees might want to check out the Web. A recent search using the term "parenting stress" yielded more than two million hits. The sources of parenting stress vary greatly, but all of us deal with having a 24-7 job that includes the tremendous responsibility of raising another human being. Keeping that in mind, it's important that we take care of ourselves and make stress busters a part of our regular routine.

- If you parent with a partner, make sure you work on keeping that relationship happy and healthy. You, your partner, and your kids will all benefit.
- As much as possible, try to keep a sense of humor. Laugh with your kids, your partner, a friend, your dad, anyone who can empathize with the rapid changes in mood, personality, opinion, and so on, that your child is experiencing.
- Never stop asking for help and support. Even though

you've been parenting for a while now, new things come up during adolescence. Those who've been through it, particularly parents of young adults, can share their wisdom and perspective. Choose someone you trust and who won't judge you or your parenting.

- Share the workload. Your kids are old enough now to prepare and clean up after meals, take care of a sibling, clean the bathroom, or do other household tasks.
- Get organized. Even little steps such as making a To-Do List or keeping a family calendar can ease the strain on your brain that comes from trying to keep track of a bunch of information.
- Take a break. If you always change the oil on the car, get someone else to do it or go to a shop; if you have a job, take a vacation day just for yourself; if you don't get out much, call a friend and go to a game or movie together.

## Out-of-School Time

"Out-of-school time is a golden opportunity to engage youth in their own development and in serving their communities. Far too frequently, we leave this time to chance."—Minnesota Commission on Out-of-School Time

Kids can get a lot of benefit out of programs and activities in the community or in schools during "out-of-school time." But all opportunities are not equal. You can leave less to chance and do a lot to ensure that your child gets the maximum benefit from such activities—whether for fun, learning, childcare, or all three—by starting with the tips that follow.

- Volunteer at your children's school to lead or assist with a club or group. If your child doesn't want your involvement, which can happen at this age, be involved behind the scenes, such as providing snacks for clubs or attending your child's games.
- Make it easier for you and your child to be involved in out-of-school activities by

coordinating transportation, snacks, supervision, and any other related tasks and commitments with other parents.

- It's okay if your child wants to focus on one thing and work hard to excel at that. As long as your child is passionate about the activity, having one activity is just as okay as having a number of them.
- Present your kids with a variety of options for activities and help them think about which ones best fit their interests.
- Encourage your teenagers to look for and ask about new or emerging leadership roles in organizations they have been involved with in the past.
- Keep talking with other parents about how their young people spend their time so you have a broad sense of what's out there and available. At this age you can't make the decision for your kids, but you can certainly help them filter through the options.

*www.mvparents.com*  
*Everyday parenting ideas*

## Thanks for the Feedback...

"NC Parent Network has been and remains a major contributor to all professions and stakeholders in the area of prevention...your constant distribution of relevant information and identification of related issues is invaluable to any human service provider and/or professional."

*Melvin O. Daniels, MS, BS*  
*Eastpointe Prevention Education Specialist*

**Families in Action**  
**Prevention that works!**

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