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*A
Safe Place
To Talk!*

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Marijuana Use Among Teens— Continue Decrease in Perceived Harm



This year's Monitoring the Future (MTF) survey of drug use (Revised June 2016) and attitudes among American 8th, 10th, and 12th graders continues to show encouraging news, with decreasing use of alcohol, cigarettes, and many illicit drugs over the last 5 years—many to their lowest levels since this survey's inception; no increase in use of marijuana among teens; decreasing use of synthetic drugs; and decreasing misuse of prescription drugs. However, the survey highlighted continuing concerns over the high rate of electronic cigarette (e-cigarette) use and softening of attitudes around some types of drug use, particularly a continued decrease in perceived harm of marijuana use.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

As children return to school we are reminded how easy peer pressure can influence the use of drugs in particular marijuana because it is perceived harmless. With that being said it's important to remind parents of basic facts to aid in identifying its use by their teen and the reminder that it is often laced with other drugs.

Marijuana cigarettes or blunts sometimes contain other substances which includes crack cocaine—a combination known by various street names, such as “primos” or “woolies.” Joints and blunts sometimes are dipped in PCP and are called “happy sticks,” “wicky sticks,” “love boat,” “dust,” “wets,” or “tical.”

Also keep in mind there are many different names for marijuana. Slang terms for drugs change quickly, and they vary

from one part of the country to another. They may even differ across sections of a large city. Terms from years ago, such as pot, herb, grass, weed, Mary Jane, and reefer, are still used. You might also hear the names Aunt Mary, skunk, boom, gangster, kif, or ganja.

Most users roll loose marijuana into a cigarette (called a joint or a nail) or smoke it in a pipe or a water pipe, sometimes referred to as a bong. Some users mix marijuana into foods or use it to brew a tea. Another method is to slice open a cigar and replace the tobacco with marijuana, making what's called a blunt. When the blunt is smoked with a 40-oz. bottle of malt liquor it is called a “B-40.”

See: www.coloradopotguide.com for a more extensive Glossary of Marijuana Terms. A copy of Teens and Marijuana is available at: Empowerment Professionals PC.

Special Events/Seminars/Workshops

October 24, 2016

Adventures in Recovery

9:00 AM—3:30 PM

\$100 Cash Price

New Location

1341 W. Center St.

Burton, MI 48509

ADDITIONAL OFFICE LOCATION

Empowerment Professionals

8445 S. Saginaw Ste 103

Grand Blanc, MI 48439

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**Get a Free
Stigma Stinks T Shirt
When you join me for
NAMI Walk 2016**





**Mental Health
1 in 4 adults
live with a diagnosable
mental health
condition. Mental
health and substance
abuse conditions are
common and, they are
extremely treatable!**



**Join me for
NAMI Walk 16!**

**We Accept
Private Pay
And Insurance**

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Blue Cross
Cigna
EAP Offerings
Magellan
Medicare
Meridian
MHN
Military OneSource
Value Options**

Changing Minds Community Outreach.....



NAMI Walk 2016
Join my team as we
walk for NAMI Metro

Please sponsor me or join my team for NAMI Walk 16. Saturday, September 24, 2016 at Belle Park on East Jefferson, Detroit, MI 48207. Be as generous as your personal funds will allow! Every donation, no matter what the size, will be deeply appreciated and will continue our vital outreach in the community.

If you would like to join me I would love to have you on my

team. You can do the walk only and we will be glad to provide a "Stigma Stinks" T Shirt when you sign in at the walk. There is no participation fee or cost to register, so feel free to join us at the walk and help us bring attention to the need for mental health services. I'll be glad to help you get register!

NAMI-Metro is a dynamic group that educates and supports. Funds from this event will help provide the many needed programs that support those with a biological brain disorder and their families. While there is no cure as of yet, there is treatment

that has proven to be effective in helping individuals diagnosed with a mental illness to live full and productive lives.

Please click on NAMI-Metro to insure funds will help support programs in Metro Detroit.

I urge you to click on my team link to donate today!

**[http://
www.namiwalks.org/
participant/
Reachforthestars](http://www.namiwalks.org/participant/Reachforthestars)**

Thank you for supporting this important community outreach!



Psychotherapy and Other Supports

Part time therapist wanted for Grand Blanc office. Contact BJ at 248. 687.9600

Psychotherapy

Appointments Are Confidential Individual therapy helps you gain insight into the cause of your problems and seek positive alternatives. Couples counseling provides an area where two people can learn to communicate individual needs and negotiate a healthy partnership. Family counseling helps family

members gain an understanding of disruptive problems. Improved communication skills provide new ways to reach solutions that lead to greater family harmony. Therapeutic supports are available for adolescents and adults.

**OCCPNS
Oakland County Private
Practice Network and Support**
is a vibrant group interested in supporting each other with group or one-on-one dis-

cussion directed to the various aspects of private practice.

As of July 1, 2015 our format changed. We will no longer hold the 1 or 2 hour networking events on a regular basis. This outreach will change from time to time to meet the needs of our members and community. Contact Empowerment 248.336-2133 or: practicepro@empowerment-pro.net for more details. Watch empowerment-pro.net for new dates on events.

Private Practice Start Up - New Networking Format - Seminars

Private Practice Start Up Our "How To Start Your Own Private Practice" workshop is offered twice a year and includes a free copy of our book "Solo Private Practice."

We will offer MCBAP "Related" Continuing Education credit on this seminar, but will no longer provide Social Work Clock Hours.

Watch our website for details or call BJ at (248) 336-2133.

One-on-one consultant services are available upon request.

We are not accepting anyone new for our "incubator program" " for those in early start up at this time.

Reach For The Stars!, provider #1190, will no longer offer ASWB Workshops/Seminars after June 1, 2016. Please see our website "Contact Us" page for more details.

This outreach now has a new

format. We will be offering Onsite In-Service Trainings. Organizations may provide their own Social Work Clock Hours or request this service from us. Trainings and workshops will also be certified for MCBAP Substance Abuse Workshops upon request.

A limited number of workshops will be announced. See our website for Fall 2016 offerings and new opportunities to network . We will be offering new opportunities to network soon!

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**Helping You Build A Solid
Foundation For Positive Change!**



Proud Member of The Dynamic
Royal Oak Chamber of Commerce!

Tips To Avoid Road Rage

1) Make every attempt to get out of the way of an aggressive driver; 2) Do not challenge drivers by speeding up or trying to prevent them from getting in your lane; 3) Wear your seat belt; 4) Avoid eye contact it can trigger aggression; 5) Ignore obscene gestures and never respond in kind; 6) Use your horn sparingly this often triggers anger; 7) Lock your car doors - when in town keep the windows and sunroof only partially open; 8) Report aggressive drivers to the police; 9) If an aggressive driver gets in an accident, stop at a safe distance from the scene, wait for police, and report the driving behavior; 10) If you're pursued by an angry motorist, never go home - drive to a police station or another place where you can get help.

Substance Abuse Support Heroin Addiction

Some places to turn to if you or someone you know needs help with a heroin addiction and treatment.

■ Southeast Michigan Community Alliance: (800) 686-6543 or SEM-CA.org.

■ In Oakland County, Prior Authorization and Central Evaluation: (248) 858-5200.

■ Macomb County 24-hour crisis hotline: (586) 307-9100.

■ Macomb County substance abuse helpline: (586) 541-2273.

■ Narcotics Anonymous in Michigan: call (877) 338-1188, www.michigan-na.org

Emergency Services

Common Ground Sanctuary
(248) 547-2260

Support

NAMI Metro
(248) 348-7197

Prevention

Royal Oak Community Coalition
(248) 546-7622

FOCUS ON THE INDIVIDUAL, MIND, BODY, EMOTION, AND SPIRIT.

Each Client is Unique

Each client is unique, therefore a thorough evaluation is done to determine the type of therapy and supports that will best meet their needs. If Life Coaching is requested by the client, placement will be made after the appropriate assessment has been completed and it is deemed appropriate.

Our Mission

To assist clients in utilizing their skill to the height of their potential; by helping them determine what they want, what they are willing to do to achieve it, and help them to remain focused until goal is obtained.

Therapy and Support

Individual • Family • Couples
Clinical Counseling reflects classic systems approach, use of DSM-5, supportive short term therapy, motivational interviewing, integrative health and wellness approaches with appropriate intake and referral as needed.

Career Counseling And Consultation

For tenure and promotion - college/university tenure track, junior faculty and mid-career faculty (assistant/associate professor level) is available with Dr. Larry M. Gant Ph.D., LMSW.



Detroit Metro and beyond.....
Now in Grand Blanc, MI.

We Accept Insurance
and Private Pay!

Our Staff!

**Beverly J. Patchett, LMSW,
DCSW, CAADC, ICAADC**
Clinical & Executive Director
Consultant • Coach

Larry M. Gant, Ph.D., LMSW
Independent Associate
Psychotherapist
Clinical and Macro Practice

Christiana Gant, LLMSW
Clinical Associate

Office Hours

**Tuesday, Wednesday, Thursday
9:00 AM—7:00 PM
Monday & Friday by Special Arrangement**

**By Appointment Only
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