



June 2008

To empower families raising children with mood, behavior and emotional disorders, by providing support, training and advocacy skills and collaborating with community partners to improve the system of care for children.



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WHAT DO I DO WITH THE KIDS THIS SUMMER?

By Gisela R Lawson

If you are a parent with school-aged children, you probably feel the same anxiety I felt for many years when summer was approaching. Actually it is more like a breakdown of emotions, ranging from, "Yeah, my child is advancing to the next grade" or "What in the world am I going to do with the kids this summer?"

My first thought was to see if I can bring my son to work with me. But that is as unlikely as leaving kids home, having them clean the house, do the laundry and have dinner waiting for you when you get home from work.

It was great when my son

reached his teenage years, because I felt he was somewhat responsible enough to stay home alone. But of course I worried constantly about what trouble he would get into.

Also, if I attempted to place him in some sort of summer program, he would jump on his soap box serenading me with the teenage song of "woe is me... *Autonomy let me be free*" (not an actual song). If you have younger children, your choices are even more limited. Place them in a summer camp program, all day daycare or quit your job and stay home with them.

If you have limited income, then you face the challenge of finding a place that is low cost yet safe.

Whichever your situation, you are faced with one of the biggest dilemmas facing parents today: "What do I do with the kids this summer?"

To provide a little relief, I searched online and in my file cabinet, which is filled with wonderful materials I acquired from the many children's events I've attended in Kalamazoo this year so far, and came up with a few ideas. When contacting these places be sure to ask if they have **scholarships** or **financial as-**



SUICIDE RISK FOR YOUTH

Suicide is the third leading cause of death for young people (ages 15-24); only accidents and homicides occurred more frequently.

Each year, there are approximately 10 youth suicides for every 100,000 youth. Each day, there are approximately 11 youth suicides. Every 2 hours and 11 minutes, a person under the age of 25 completes suicide.

Firearms remain the most commonly used suicide method among youth, accounting for 42 percent of all deaths by suicide

among 15-19 year olds.

Research has shown that most adolescent suicides occur after school and in the teen's home.

For every completed suicide by youth, it is estimated that 100 to 200 attempts are made. A prior suicide attempt is an important risk factor for an eventual completion. According to the 2003 Youth Risk Behavior Surveillance Survey, 16.9 percent of students seriously considered attempting suicide in the previous 12 months and 13 percent of stu-

dents made plans for an attempt.

Not all teen attempters may admit their intent. Therefore, any deliberate self-harming behaviors should be considered serious and in need of further evaluation.

Most teen suicide attempts follow interpersonal conflicts. The intent of the attempt appears to be to cause change in the behaviors or attitudes of others.

Repeat attempters generally use
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SECOND ANNUAL DUSTIN ROBBINS “FISHIN’ FOR THE KIDS” FISHING CONTEST

June 28 marks the 2nd Annual Dustin Robbins Fishing Contest, open for all ages.

“Fishin’ for the Kids” will be held at Yankee Springs State Park on Gun Lake, at Shelter 1 from 8 a.m. to 1 p.m.

The event starts at 8 a.m. with a fishing clinic. Fishing runs from 9 a.m. until noon. Prizes will be announced from 12:15 to 12:30, and bring a picnic for afterward. Dessert, drinks and tableware will be provided.

The event is less about competing than it is about education and fun. Fishers will be broken into age categories, and there

will also be participant ribbons for youth, prizes for the biggest fish in each age group, a casting contest, fishing trivia questions, and a limited number of fishing boats available for children.

Sponsors for the event include:

- Attorney Jim Goulooze
- Celebration Cinema
- Cloverdale Store
- C and H Tackle
- Gillettes
- D and R Sports
- Gander Mountain
- Al and Pete’s
- Bob’s Gun and Tackle
- Delton Forestry
- Attorney Mike McEwen
- National Bass Angler Association

A \$10 donation will be accepted for each fishing participant, and all proceeds will support Advocacy Services for Kids and Light-house on the Lake.

Dustin left this earthly life at age 22, fishing on Gun Lake, on January 3, 2007. Dustin’s family is organizing the event. They would like to bring awareness, understanding, and compassion to people who suffer from mental health issues. Fishing was Dustin’s refuge and source of freedom from a debilitating anxiety disorder.

For more information about the event, please contact Kelly Wil-liston at 623-6205.

If you would like to register ahead, please call ASK at 343-5896.



For Dustin Robbins, fishing always brought peace and tranquility.

Summer Activities

(Continued from page 1)

istance available. The one thing that helped me the most when my son was younger was having access to camp at a lower cost.

Camps

Kalamazoo Parks & Recreation

251 Mills St. Kalamazoo (269) 337-8191

Youth programs (for ages listed) Summer mini camps (5-12), summer lunch program, field trips, youth adventure program, specialty classes, plays in the park & performances

Pre-school programs

Tiny Tots gymnastics (3-4,) creative movement (3-4,) hot shot tennis (4-7), champion cheerers (4-7)

Pretty Lake Vacation Camp

Mattawan (269) 375-1950

www.prettylakecamp.org

A cost-free camp experience for children at risk

YMCA: Camp Manitou-Lin

Middleville (888) 909-2267

www.campmanitou-lin.org
Special need day camp & more (limited financial assist may be available)

4-H Camp Kidwell

Allegan (269) 521-3559
www.campkidwell.org
(limited financial assist may be available)

Kalamazoo Nature Center

Kalamazoo (269) 381-1574
www.NatureCenter.org
Nature up Close summer camp program (limited financial assist may be available: contact camp director)

New Genesis Merry Maker’s Summer Camp

Kalamazoo (269) 343-7023 ext 230
www.newgenesisinc.org
Basketball, soccer, technology, volleyball, golf, football, cheerleading, creative arts baseball, martial arts, tennis and bowling

Young Chef’s Academy

Kalamazoo (269) 492-9200
www.youngchefsacademy.com/kalamazoo
Summer mini camps with 2008 Olympic games theme (5-16); 3- & 4-day camps

Kalamazoo Valley Museum

Kalamazoo (269) 373-7990
www.kvm.kvcc.edu
Summer history camp, summer space camp and many more interactive activities

Cran-Hill Ranch

Rodney, MI (231) 796-7669
www.cranhillranch.com
Family camping weeks, classic camping, rental cottages, Sunday worship, group camping

Activities

Kalamazoo Public Library Children’s Department

(269) 553-7804
www.kpl.gov click on children’s section
Reading games, story time & more

Kalamazoo Area Math & Science Center

(269) 337-0004
Math & science programs all summer for all school ages (limited financial assist may be available)

Kleinstuck Preserve

Kalamazoo (269) 381-1574
www.stewardsofkleinstuck.org
50 acres of bird watching, hiking & more

West Michigan Glass Society

Kalamazoo (269) 552-9802
www.wmglass.org
Glass art, glass blowing, bead making, lampworking, mosaics, fused glass & more Four 3-day summer camp sessions (limited financial assist may be available)

Wellspring/Cori Terry & Dancers

Kalamazoo (269) 342-4354
www.wellspringdance.com
8-week summer program for children, 1-week summer intensive program (Scholarships available)

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Suicide Risk

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their behavior as a means of coping with stress and tend to exhibit more chronic symptoms, poorer coping histories, and a higher presence of suicidal and substance abusive behaviors in their family histories.

Many teenagers may display one or more of the problems or “signs” detailed below. The following list describes some potential factors of risk for suicide among youth. If observed, a professional evaluation is strongly recommended:

- Presence of a psychiatric disorder (e.g., depression, drug or alcohol, behavior disorders, conduct disorder [e.g., runs away or has been incarcerated]).
- The expression/communication of thoughts of suicide, death, dying or the afterlife (in a context of sadness, boredom, hopelessness or negative feelings).
- Impulsive and aggressive behavior; frequent expressions of rage.

- Increasing use of alcohol or drugs.
- Exposure to another’s suicidal behavior.
- Recent severe stressor (e.g., difficulties in dealing with sexual orientation; unplanned pregnancy, significant real or anticipated loss, etc.).
- Family instability; significant family conflict.

If you have any concerns about a teen or other person you know, call Gryphon Place at 381-HELP or 2-1-1. In the case of an actual attempt, call 9-1-1 or go directly to the emergency room. There is no such thing as over-reacting or taking something too seriously.

Information for this article was provided by a fact sheet on youth suicide. More information can be found at the National Center for Injury Prevention and Control (NCIPC) website (www.cdc.gov/ncipc/wisqars/default.htm).

Western Michigan University also has a link to information about suicide prevention at <http://uctc.wmich.edu/Prevention/index.html>.

ASK EVENTS

ASK Parent Support Group June 2, 6:15 to 7:30 p.m.

Please join us to meet new friends and learn more about children’s mental health and community resources. Meetings are held first Monday of the month at Prince of Peace Lutheran Church, 1747 W. Milham Road, Portage. This month is open discussion. July 7 Renate Shiver will present on care for the caregiver.

Community Mental Health Parent Support Group June 19, 6 to 7:30 p.m.

This new support group is designed to help families in navigating community mental health services. Please join us! Call 343-5896 for more information.

Kalamazoo Wraps Parent Advisory Group June 3 & 17, 6 to 7:30 p.m.

We need passionate parents who want to improve the system of care for children’s mental health. We meet first and third Tuesdays of the month at the Bronson Gilmore Education Center, 7 Healthcare Plaza, Kalamazoo.

Kalamazoo Wraps Calling All Youth June 3 & 17, 6 to 7:30 p.m.

For youth ages 11-17 who are ready to provide their input to improve the system of care for children’s mental health, please call Jacalyn at (269) 343-5896. CAY meets first and third Tuesdays of the month at the Bronson Gilmore Education Center, 7 Healthcare Plaza, Kalamazoo. Leadership-building experiences are provided!

Summer Activities

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Great Start Program
(269) 488-7599 (locations vary, call for details)
Summer play group

True Vine Equestrian Center
(269) 501-0529
www.truevineequestrian.org
Clinics ages 9-18, two-day Pee Wee pony clinic (limited financial assist may be available)

Places to Visit

Kalamazoo Institute of Art Museum
(269) 349-7775
www.kiarts.org/museum

Kalamazoo Air Zoo
(866) 524-7966
www.airzoo.org
Aircraft collection & Michigan Space Science Center (New)

Gilmore Car Museum
Hickory Corners
(269) 671-5089
www.GilmoreCarMuseum.org

Bounceland
Kalamazoo
(269) 353-0940
www.Bounceland.com
Inflatable Fun Park

Youth Summer Opportunities

Eastern Service Area
For Comstock and Galesburg contact 553-8137
For Parchment contact Gerielle, 553-8084
Summer work experience for high school students with serious emotional disorders from Galesburg, Comstock and Parchment

Family & Children’s Services
Contact Chris Magnan, 344-0202
Partial & full-day programming for youth with serious emotional disorders

City of Kalamazoo
Contact Steve Youngblood, 337-8320
Summer activities for youth with serious emotional disorders

Catholic Family Services
Contact Ben Moe, 381-9800 ext 229
4-week sessions

ROI
Contact Andrea 343-3731 ext 214
Summer programs for children with serious emotional disorders and developmental disabilities, Monday-Friday 9:00 am-3:00 pm

Rainy Day/Indoor Activities
Play board games
Read a book together
Creative crafts (model car/ airplane, drawing, beading, papier-mâché, quilting etc.)
Cook together
Bake together
Watch a good movie and cuddle
Picnic indoors

Outdoor Activities
Gardening
Sports
Picnic
Barbecue
Swim
Hike
Bike
Play in the sprinkler
Blow bubbles



advocacy services for kids
 414 East Michigan Avenue
 Kalamazoo, Michigan 49007

Name _____

Address _____

Email Address _____

Phone _____ Amount paid _____

Type of Membership _____

I would prefer to receive the newsletter by email

Please send the newsletter by postal mail

BECOME AN ASK MEMBER

Please consider becoming a member of Advocacy Services for Kids.

Membership entitles you to our free monthly newsletter, voting rights at the annual meeting, and the fellowship of others who advocate for children's mental health.

Membership dues help fund parent support groups, newsletter costs, and one-to-one support for families.

Joining is easy.

- 1) Fill out the form
- 2) Make checks payable to:
Advocacy Services for Kids
- 3) Mail to the address shown.

Annual Membership Dues:

Student	\$10
Regular.....	\$25
Family.....	\$50
Contributing.....	\$50
Sponsoring.....	\$100
Donor.....	\$250
Corporate.....	\$500



advocacy services for kids

PH (269) 343-5896 - FX (269) 978-0287

mail@askforkids.org

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