

Project CHOICES

A Guided Program for Women about Choosing Healthy Behaviors

What do I do?

Step 1 **Call CARE**
Call Program Coordinator,
Shelly Bania at 586.541.0033 x128
to learn more.

Step 2 **Take a Screen**
CARE staff will ask you questions
to see if you are eligible to enroll
in Project CHOICES.

ALL information is **Confidential**

Step 3 **Guided Self Journey**
Work with CARE staff one-on-one.
You will meet every month with
CARE staff either in your home,
or at CARE's office. (3 meetings)

You will CELEBRATE each step
of the way!

Again, ALL information is **Confidential**

Step 4 **Evaluation**
Individual participant has the
opportunity to complete project
evaluation/satisfaction survey and
Celebrate her Success!

What is it ?

Project CHOICES is a guided activity that helps you take a look at your **health** habits, specifically your use of alcohol and birth control. By taking advantage of this CARE offering, you may **gain new insights** into your health.



You will:

- Learn more about yourself.
- Learn what you like and what you may want to change.
- You will learn how to make goals and how to reach them.
- Make your goals a reality

Contact Information:

Shelly Bania
Program Coordinator
586.541.0033 x128
or sbania@careofmacomb.com

Project CHOICES is funded through a Michigan Department of Community Health FASD community project grant.



CARE's mission is to educate, link and support individuals, families, businesses and communities affected by family concerns, workplace challenges, mental health conditions and the misuse of alcohol, tobacco, and other drugs in southeastern Michigan.

How do you know when It's too much?

Take this quick self-quiz



- 1) How many drinks does it take to make you feel “it”, feel “buzzed” or feel “high”?
(Number of drinks) _____
- 2) Have people annoyed you by criticizing your drinking?
Yes No
- 3) Have you ever felt you ought to cut down on your drinking?
Yes No
- 4) Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?
Yes No

SCORING:

- Question 1. If you answered **2 drinks or more** (i.e. 3, 4, 5, 6 etc), give yourself **1** point.
Question 2. If you answered **YES**, give yourself **1** point.
Question 3. If you answered **YES**, give yourself **1** point.
Question 4. If you answered **YES**, give yourself **1** point.

Add all the possible points together from questions 1 through 4.

What is your total score? _____

"How do you know when it's too much?"

A **TOTAL** score of **2** or more means, YES. You may be drinking more than you think.

CALL CARE to learn more!

Ask for Shelly at **586.218.5264**



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