

PACT 4 FAMILIES
COLLABORATIVE

THE NEXT FULL
COLLABORATIVE
MEETING WILL
BE:

Wednesday, Nov. 4 (*this is a change from the regular 2nd Wednesday of the month due to the Veteran's Day Holiday*)

Kandiyohi Co. Health & Human Svcs. Bldg. in Willmar

11:45 am to 1:45 pm

Cost: \$5.00

RSVP requested:

(320) 235-8938 or

Email:

shawna.steffen@
co.kandiyohi.mn.us

INSIDE THIS
ISSUE:

Director's Corner 2

Wraparound 3

Renville Co. Chemical Health 3

Evaluation Dept. 4

21st CCLC 5

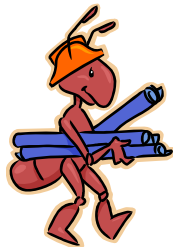
Full Collab. Oct. Highlights 6

Calendar of Events 7

List of Executive & Chief Elected Officials Boards 8

PACT 4 NEWSLETTER

NOVEMBER 2009



8th Annual Community Conference on the Brain

Featuring:

Esther Sternberg, M.D.
Health Expert and Groundbreaking Author

The theme for this year is:
"The Healthy Brain"
Thursday, November 19th
3:00 pm to 8:30 pm
Willmar Senior High School



Our keynote speaker is one of the world's experts on health and the brain. Dr. Esther Sternberg works for the National Institute of Health, has written several books on health and the brain and has participated in a panel presentation at the United Nations, has interviewed the Dali Lama at a session on the science and clinical applications of meditation, and has been a featured presenter on National Public Radio. It is with great enthusiasm that we welcome Dr. Sternberg who is known internationally as a specialist on the brain-immune connections in health and disease.

The panel discussion will give a brief glimpse of the breakout sessions that will present current research and implementation approaches, giving participants a unique exposure to the entire spectrum of brain-based work in our area. The conference theme, *The Healthy Brain*, offers the opportunity to explore nutrition and cholesterol, art, child development, acting, fact and fallacy in brain research and outdoor experiences, all in ways that impact the brains of our clients, students, co-workers and ourselves. This conference is a unique opportunity to learn about the latest in brain research and practice, and to discuss real-world applications.

Registrations are due by November 12th. Please make every effort to register early. There will be no registration at the door. In the past, the conference has met registration capacity, and we expect the same this year.

Brochures with a registration form can be found on our website at www.pact4.org. We look forward to seeing all of you at our Community Conference on the Brain.

"PACT 4 Families**Mission:**

"As a collaborative, we will work together to reduce duplication and provide a family-driven continuum of quality, innovative, and cost-effective services for children and their families. These services will be culturally sensitive and strength-based."

Director's Corner

When I have a meeting in a metropolitan area or take in a cultural event in Minneapolis or St. Paul—my home for 20 years—I leave thinking of it as a great place to visit, but happy to be returning to small-town existence. At times it is hard to quantify the quality of life that comes with living in a rural area, but now there is evidence about the mental health benefits of living in a more pastoral setting.

A new study documents that people living close to green space have lower rates of anxiety, depression and poor physical health than those living in the concrete jungle.¹ The research conducted by Maas, et. al.² is based on the health records of people registered with family doctors across the Netherlands covering a population base of 350,000. These researchers found that 15 of 24 disease clusters were lower in living environments with more green space. The prevalence of anxiety disorders among those living in residential areas containing 10% of green space within roughly ½ mile of their home was 26 per 1000, and for those living in an area containing 90% of green space was 18 per 1000. The figures for depression were 32 and 24 respectively per 1000 of the population. According to their results, the relation was strongest for children and people with a lower socio-economic status—considered of note, because those are the people who spent most of their time in the vicinity. "Exactly how the provision of green space affects health is not clear, but it may indicate better air quality as well as offering opportunities for relaxation, de-stressing, socializing and exercise," suggest the authors.³

This study shows that the role of green space in the living environment for health should not be underestimated. This year's keynote speaker for the Brain Conference, Esther Sternberg, M.D., would likely agree. Dr. Sternberg, in her book, *HEALING SPACES: The Science of Place and Well-Being* notes, "if our senses can lead us to a place of healing, it is no

surprise that our place in nature is of critical importance."

We are incredibly fortunate to have Dr. Sternberg join us for our 2009 Brain Conference. In addition to her work on healing spaces, she and other researchers are making advances that show the actual pathways connecting the areas of our brain that control immunity with those that generate feelings and thoughts. In *THE BALANCE WITHIN: The Science Connecting Health and Emotions*, Dr. Sternberg explains the mechanisms and their significance: how nerves, molecules, and hormones connect the brain and immune system, how the immune system signals the brain and affects our emotions, and how our brain can signal the immune system, making us more vulnerable to illnesses.⁴

So, join us for an evening of unparalleled dialogue as we welcome Dr. Sternberg to our rural paradise where we can hear this nationally acclaimed speaker discuss the healthy brain, the balance within, and healing spaces.

Debb Sheehan, Director
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¹ Nauert, R. (2009, October 19). Green Space Helps Reduce Depression and Anxiety. *Psych Central*, Retrieved from <http://psychcentral.com>

² Maas, J, Verheij, R, deVries, S, Spreeuwenberg, P, & Schellevis, F., Groenewegen, P. (2009). Morbidity is related to a green living environment. *J Epidemiol Community Health*, Retrieved from [http://jech.bmj.com/cgi/content/short/jech.2008.079038v1?q=jech ahead tab](http://jech.bmj.com/cgi/content/short/jech.2008.079038v1?q=jech%20ahead%20tab)

³ Op. cit., Nauret, R.

⁴ <http://www.esthersternberg.com>



Would you like to receive this newsletter in full color via email? Please contact Shawna at (320) 235-8938 or shawna.steffen@co.kandiyohi.mn.us to request your PACT 4 newsletter be delivered via email.

Wraparound Update

YOUTH IN WRAPAROUND

Currently there is a real emphasis on youth empowerment, both nationally and in our PACT 4 community. The summer issue of FOCAL POINT was devoted entirely to empowering youth to participate in their mental health care (Youth Empowerment and Participation in Mental Health Care, FOCAL POINT, Research and Training Center of Portland, OR, Summer 2009). Research has shown that youth with serious mental health conditions who attain higher levels of self-determination, empowerment and self-efficacy are more likely to be successful (Walker, JS & Child: Involving Youth in Planning for their Education, Treatment and Services: Research Tells us we Should be Doing Better, Portland OR: RTC, Portland State University, 2008).

In Wraparound, we try to involve youth

whenever it is appropriate and helpful. (This becomes an individualized decision for each team, depending on the age of the youth and the issues at hand). The Wraparound Committee and PACT 4 evaluation staff have created a "Youth Wraparound Survey" for youth who currently are involved in Wraparound or who have been in the past. Seven youth have agreed to be interviewed thus far. Their responses have been encouraging! One question they are asked is if they can identify one of the team goals. In each case, they have been able to name one of the team goals (and, in each case, it involved the youth specifically). Youth are also asked how they would explain Wraparound to a friend. It was interesting ~ and encouraging ~ to hear some of the responses:

- It's about how to reach your goals.
- To support you and help families in need

find what they need

- Help kids stay active and do better in school
- Helping friends and families
- Help kids stay out of legal trouble

Youth are told that their answers will be kept anonymous, and they are given a small stipend for their time. If you are (or have been in the past) on a Wrap team with a youth who might be willing to answer a few survey questions, please contact me and we can arrange for this to happen. The interview experience itself seems to be empowering for the youth who have taken part. Thanks for all YOU do to empower youth!

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Renville County Chemical Health Update

INFLUENCES – RISK AND PROTECTIVE FACTORS

What part does the family play?

Researchers at many institutions, including Search Institute and Hazelden Foundation, have examined the influence of family on factors that place youth at risk and those that help protect youth from substance abuse.

Young people who use alcohol, tobacco and other drugs come from families with a wide variety of educational backgrounds. Recent data indicates that young people from families with higher parental education have higher levels of drinking.

Second, young people from single parent families are no more likely to use alcohol and other drugs than other young people. This finding is in contrast to a belief, held by many, that alcohol, tobacco and other drug use problems are more prevalent among young people from divorced or separated families.

Third, even young people who report feeling comfortable talking with their parents are just as likely to use alcohol as those who are not. Parents need to talk specifically about alcohol, tobacco and other drug use and establish clear expectations that their use is unacceptable.

Finally, the strongest predictor of low or nonuse by young people is a belief that their parents will be upset if they drink or use drugs. Unfortunately, this perception of concern drops dramatically, as the child grows older. Parents simply cannot have a single discussion at about the middle school level and feel that their role in prevention is fulfilled. Frequent discussions over the entire secondary school experience and beyond are necessary.

Percentage of students reporting parents would be very or extremely upset

"If you come from a party and your parents found out that you had been drinking."

Grades	6th	7th	8th	9th	10th	11th	12th
	81%	82%	76%	68%	63%	57%	42%

Source: Search Institute, Minneapolis, MN

Annie Tepfer, Coordinator
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RENVILLE COUNTY WEST

Share the truth...

MOST
RCW Students
believe parents
should talk to
them about **not**
using alcohol
and drugs.

212 RCW students in grades 7-12 took the MOST of Use Survey (2009)





RAPAD funding provided by The Minnesota Dept. of Human Services, Alcohol and Drug Abuse Division through a grant to PACT4 Family Collaborative. MOST of Use is a registered trademark of Hennepin State University.

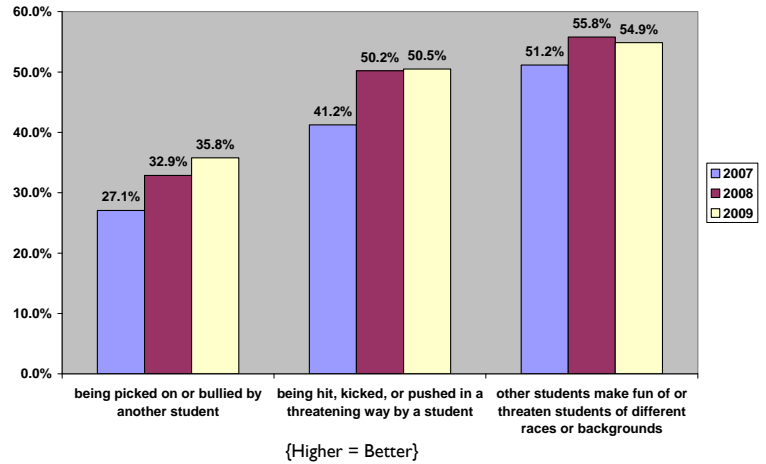
Evaluation Department

On August 19th the PACT 4 evaluation department met with the SHARE Coordinating Council and presented the results of the Spring 2009 SHARE Survey. Since then, each school district has been given their district data for 2009. The SHARE Survey has been completed by 7th, 9th, and 11th graders every spring since 2006. In this article and in coming months we will provide highlights of the SHARE data comparing the 2009 data with 2007 and 2008. We are not including data from 2006 because we made significant changes in the Survey between 2006 and 2007, making direct comparison of the data rather complicated. This first entry will be about threatening and aggressive behaviors. Looking at the data over more than two years allows us to start seeing trends in the data and to see if there is statistically significant change over two years when the change from year to year may not reach significance. If we look at the following chart, the first set of bars represents "No" responses to the question, "During the last 12 months, has a student threatened you during the school day?" The 1.6% improvement from 2007 to 2008 is statistically significant at 96.6%, the 1% improvement from 2008 to 2009 doesn't reach statistical significance, but the 2.6% improvement between 2007 and 2009 reaches the 100% statistical level. At the 100% level of significance we have no reason to doubt that this improvement is real.

The second set of bars represents the number of students who reported not being pushed, shoved, or grabbed. There is significant improvement between 2007 and 2008, and while there is a slight decline between 2008 and 2009, the difference between 2007 and 2009 still remains significant at 99.7%.

With the third set of bars, we see an improvement which

Percent of students who answered "Not at all" when asked, "During the last 12 months, how often have you seen students () during the school day?"



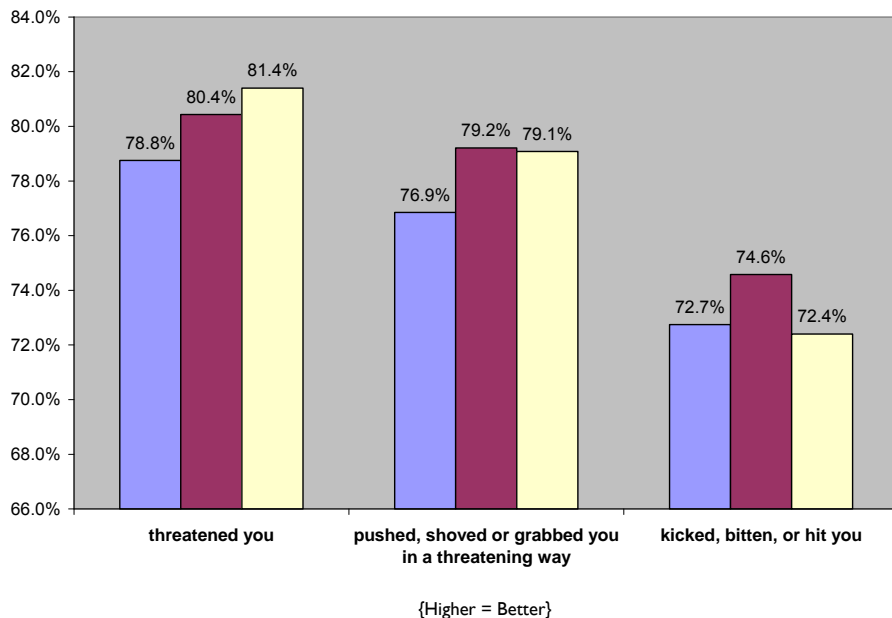
reaches the significance level but is followed by a decline that results in no real change over the two year period.

The second chart shows data about having witnessed bullying behavior. We see a similar trend of a very significant gain between years 2007 and 2008, continued gain on overall bullying behavior during the second year, but leveling off in the specific types of bullying behavior.

In both charts we see solid gains over the two years in most areas but we need to remember that even with the gains, there is still a lot of bullying being reported. In 2009, of the 2737 youth surveyed, 509 students claimed to have been threatened; 751 students reported being hit, kicked, or bitten; and 1759 students reported witnessing students picking on or bullying other students. While the SHARE schools can be proud of the gains made over the years of

the grant, there is a clear need for schools to keep the Olweus Anti-Bullying program or similar program in place long after SHARE has ended.

Percent of students who answered "No" when asked, "During the last 12 months, has a student () during the school day?"



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21st Century Community Learning Center—Year Two Summary

PROGRAM UPDATE

The PACT 4 – 21st Century Community Learning Center has completed its second year of programming and has entered Year 3. The 15 local sites that participate in the program (ACGC 5-6 Elementary, ACGC Secondary, BL/H Elementary and Secondary, BOLD Elementary and Secondary, Canby Elementary and Secondary, Cedar Mountain Elementary and Secondary, ECHO Charter Elementary and Secondary, EV/W Secondary, and RCW Elementary and Secondary), served a total of 670 students in Year 2. Of those 670 students, 194 of them attended local 21st CCLC programming at least 30 or more days, qualifying them as retained students. Sixty-one more participants were retained this year than last year, which is definitely noteworthy; however, we did not reach our retention goal of 281 youth. Local sites have the potential to not only meet, but exceed the goal in Year 3!

New changes in Year 3 programming include the:

- Addition of 3rd and 4th grade participation in ACGC's Elementary 21st CCLC Program;
- Addition of a 21st CCLC Elementary Site at EV/W (in Years 1 & 2 EV/W had a secondary site only);
- Investment in U of MN Youth Work Institute Quality Matters.

As stated on the U of MN Extension Youth Work Institute website, "Quality Matters is a process that is inclusive and collaborative, resulting in a clear plan and

staff who are highly invested in improving quality. This process includes on-site observation using the YPQA (Youth Program Quality Assessment) tool and a personal coach, and guides your team through a planning process that builds on your strengths and highlights growth areas" (<http://www.extension.umn.edu/YouthWorkInstitute/assessment-course.html>).

Local 21st CCLC Site Coordinators, lead 21st CCLC teaching staff, the PACT 4 21st CCLC Grant Coordinator and PACT 4 Evaluation Supervisor participated in the two-day Quality Matters training in August. Local 21st CCLC Sites have been assigned their Quality Matters Coaches and are ready to begin the "discovery phase" of Quality Matters in their local programs.

Year 2 success stories shared by local 21st CCLC Site Coordinators include:

- 21st CCLC Staff have seen more positive behavior exhibited by some program youth who have routinely not behaved well in the past. The youth interact with staff and fellow program participants in more positive ways. They feel valued and cared about in the afterschool program.
- Our science project was a huge success! Everyone at school (school day staff and students alike) is enjoying the five aquariums that the program participants put together and are maintaining.
- We are encouraged by the larger numbers of middle and high school age youth who attend programming.

- Our local advisory group has been a great asset as members help us plan and problem-solve.
- During a local family night event, a father approached the site coordinator and told her that if it was not for the afterschool program, his daughter would still be crying every night. The girl was a new student to the district and was struggling with friendships and academics. Since becoming a part of the afterschool program, she has experienced success in both areas.

We plan to build on Year 2 successes in our third year of the grant. As we begin Year 3, we have a sizeable amount of carryover money to invest in supplementing and enhancing current out-of-school time opportunities. To learn more about the 21st CCLC supported after-school enrichment programs in the 4-county area, please see the monthly 21st CCLC updates in the PACT 4 Newsletter available on the PACT 4 website (www.pact4.org).

Sally Belgum-Blad, Coordinator
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Funding for the PACT 4 Families Collaborative 21st Century Community Learning Centers grant program is provided by the federal government through the No Child Left Behind Act and is administered by the Minnesota Department of Education.

SCHOOL CONNECTEDNESS:

Students' health and educational outcomes are influenced by the characteristics of their peers, such as how socially competent peer group members are or whether the peer group supports pro-social behavior (e.g. engaging in school activities, completing homework assignments, helping others). Being part of a stable peer network protects students from being victimized or bullied. However, if the norms in the peer group support socially irresponsible behavior (e.g. bullying, graffiti), students are less likely to be involved in school activities, and their sense of connectedness to school, achievement levels, and health behaviors can suffer.

Source: 2009 Centers for Disease Control and Prevention (CDC) publication entitled "School Connectedness: Strategies for Increasing Protective Factors Among Youth."



Full Collaborative Highlights-October

Children's Mental Health: An Overview of Case Management Services—Carmen Clementson, Tammy Thompson, Angie Simon and Connie Otto from Kandiyohi County; Emily McGonigle from Yellow Medicine County; and Tonya Skoog Hastings from Meeker County presented an overview of case management services in their respective counties. In 1989, the Minnesota Legislature implemented the Children's Mental Health Act. We've done a great job in Minnesota in identifying resources and services for children's mental health. Explained was a general intake procedure—how a referral is received and the response generated by it. Tammy explained the benefits of case management to families—one of the biggest is getting help receiving coordinated services to assist in meeting the needs of each family.

Committee Reports:

Executive Board – at the retreat in August, a good portion of the day was spent on how to impact legislative/lobbying efforts for children's mental health and family services. Received committee and grant updates.

Adolescent Services – discussed the Brain Conference booth, future agenda items and the role of the committee.

Early Childhood – Birth to 5 grant update given. Renville County is already receiving referrals.

Elementary/Middle School-Age – working on a 6-month later survey for those who attended the school connectedness conference, on how (or if) they're using what they learned at the conference in their workday.

Mentors – the Eden Valley/Watkins program received an Otto Bremer grant, which will sustain their program for another year. The committee will be suspended at least until after the beginning of next year, until we find out if any of the federal mentoring grants PACT 4 applied for will be awarded.

Wraparound – worked on the booth that will be displayed at the Brain Conference. There will be a Wraparound Orientation training on November 6th from 9:00 am to Noon. Registration requested. Committee needs more members.

Parent Advisory – two representatives from Goodwill were present to talk about their Youth Innovations grant, which serves youth ages 16-24. Also worked on a display booth for the Brain Conference.

Grant Reports:

21st Century CLC—Sally Belgium-Blad, grant coordinator, presented on Year Two results. (See page 5 of this newsletter for more details.)

Yellow Medicine County ATOD—Ann Orren, grant coordinator, presented on the complications of making changes and how it may impact Coalition activities.

What is Wraparound?

There will be a Wraparound Orientation on November 6, 2009 (see below). If you have not attended a Wraparound training, we encourage you to join us!

WRAPAROUND ORIENTATION

How does the process work? What makes an effective team?
How is Wraparound used in the PACT 4 community?


Friday, November 6, 2009
9:00 – noon

Room 2055; Health and Human Services Building

To register, call Shawna at 235-8938

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Certificates of Attendance available

NOVEMBER				
Mon	Tue	Wed	Thu	Fri
2 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	3 ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	4 ■ PACT 4 Comm. and Full Collaborative meetings-KCHHSB; check website for details on committee times	5	6 ■ Wraparound Orientation; 8:00-1:00; #2055
9 ■ Parent Advisory Mtg; 5:30-7:30; YMCA	10 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	11 Veteran's Day Holiday—PACT 4 Office Closed	12 ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	13
16 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	17 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	18 ■ Restorative Justice Volunteers Mtg; 12:00; #2055	19 Brain Conference 	20 ■ 21st CCLC Training—U of MN Extension/Youth Work Institute
23	24 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	25 ■ Willmar RJ Transition Circle; 5:30-7:30; Lakeland Ctr	26 / 27 Thanksgiving Day Holiday—PACT 4 Office Closed	

DECEMBER				
Mon	Tue	Wed	Thu	Fri
30	1 ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	2 ■ 21st CCLC Site Coordinators Mtg; 9:00-12:00; #2055	3	4
7 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	8 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	9 ■ PACT 4 Comm. and Full Collaborative meetings-KCHHSB; check website for details on committee times ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	10 ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	11
14 ■ Parent Advisory Mtg; 5:30-7:30; YMCA	15 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	16 ■ PACT 4 All-Staff Mtg; 8:30-12:00; MPR—OFFICE CLOSED	17	18
21 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	22 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	23 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	24 Christmas Eve; PACT 4 office closes at noon	25 Christmas; PACT 4 office closed
28	29	30	31	

All Willmar meetings are held at the Kandiyohi County Health and Human Services Building (KCHHSB) unless otherwise noted.

2009 Executive Board

If you have any questions regarding the content of this newsletter or would like to be included on the mailing list, please call (320) 231-7030.

If you would like to receive this newsletter electronically, please contact shawna.steffen@co.kandiyohi.mn.us

It is the policy of PACT 4 Families to provide equal employment opportunity for all, without discrimination on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, disability, sexual orientation, or age.

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RETURN SERVICE REQUESTED