

**PACT 4
FAMILIES
COLLABORATIVE**

THE NEXT FULL
COLLABORATIVE
MEETING IS:

November 10th, 2010

Renville Co. Office Building,
Olivia

11:45 am to 1:45 pm

Cost: \$6.00

RSVP requested:

320-231-7030 ext. 2961 or

Email:

shawna.steffen@
co.kandiyohi.mn.us

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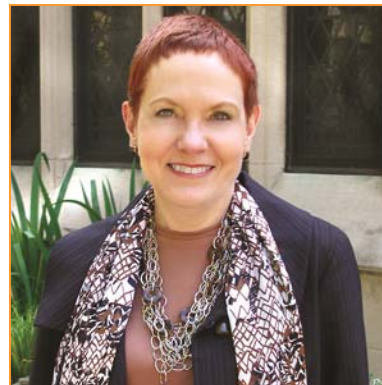
PACT 4 NEWSLETTER

NOVEMBER 2010

The 9th Annual Community
Conference on the Brain

Empathy, Emotion, & Autism

Featuring Nancy Minshew, M.D., a
nationally-acclaimed expert on autism



- **Tuesday, November 16, 2010**
- **3:00 pm to 8:30 pm**
- **Willmar Senior High School
2701 30th Street NE, Willmar, MN 56201**

Registration brochures can be found at www.pact4.org

"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

9th Annual Community Conference on the Brain

"Recognizing and respecting differences in others, and treating everyone like you want them to treat you, will help make our world a better place for everyone. Care... be your best. You don't have to be handicapped to be different. Everyone is different!" - Kim Peek, Inspiration for Rain Man

RECOGNIZING AND respecting differences in others...what an amazing beacon for our 9th Annual Community Conference on the Brain. This year we explore the world of Kim Peek, Temple Grandin, and so many others who have been diagnosed as having some form of autism. According to the National Institute of Health, autism spectrum disorder (ASD) is a range of complex neurodevelopment disorders characterized by social impairments, communication difficulties, and restricted, repetitive, and stereotyped patterns of behavior. Although ASD varies significantly in character and severity, it occurs in all ethnic and socioeconomic groups and affects every age group. Experts estimate that three to six out of every 1,000 children will have ASD. Males are four times more likely to have ASD than females.

Scientists aren't certain about what causes ASD, but it's likely that both genetics and environment play a role. Researchers have identified a number of genes associated with the disorder, and studies of people with ASD have found irregularities in several regions of the brain. Our keynote speaker, Dr. Nancy Minshew, brings information from her work in research to inform our learned audience, but she also brings interesting illustrations and stories to demonstrate how ASD impacts real people.

Many of our breakout speakers will be discussing interventions related to working with those who have autism. In addition, these local professionals are also going to help us to better understand not just one diagnostic spectrum, but a wide range of emotions with emphasis on empathy. Join us for an amazing afternoon/evening exploring a very timely topic of Empathy, Emotion, and Autism.

*Debb Sheehan, Director
(320) 231-7030 ext..2965; debb_s@co.kandiyohi.mn.us*

Have you ever considered running for the Executive Board of PACT 4?

Elections for board membership will be conducted at the NOVEMBER Full Collaborative meeting in Olivia. Open positions:

- Parent position -- need not be the parent of a child with SED
- School Administrator
- Mental Health Administrator

If you are interested in getting to know more about the workings of your collaborative and have an important role in decision making we need you! Please notify Jolene Borka of your interest: 302-231-7030 Extension 2966 or jolene_b@co.kandiyohi.mn.us

Birth to Five Mental Health Grant

Building Bridges

GETTING INTO the final laps of the Birth to Five grant, PACT 4 is actively working to build bridges among the various groups who serve our young children and their families. These include physicians, mental health professionals, public health nurses, early childhood teachers, social workers and childcare providers. As we head into the last seven months of the grant, sustaining and reinforcing the good work achieved will be the primary focus.

Physicians

Affiliated Community Medical Centers (ACMC) has expanded their social-emotional screening process to include all 18-month children seen in Pediatrics and Family Practice at the Willmar clinic. Children with elevated screenings are referred to public health nurses to ensure follow-up and additional referrals specific to the child and family's needs. Families will sign release of information forms so progress can be shared with their doctor. Because ACMC attracts patients outside our four counties, we see this process expanding—Swift County already received their first referral.

Mental Health Professionals, Public Health Nurses & Early Childhood Teachers

In December, PACT 4 is hosting a communication exchange for mental health professionals, public health nurses and teachers from early childhood programs. This is a wonderful opportunity for these groups to build relationships and share experiences. A

portion of the time will focus on sustaining services at the conclusion of the grant in June 2011.

Child Care Providers

This fall we are running a three-hour course on Social-Emotional Development in the Young Child in each of the four counties. This curriculum was developed in cooperation with Ridgewater College and PACT 4. Working in partnership with Southwest Minnesota Foundation's Early Childhood Initiatives in Litchfield and Willmar, PACT 4 will be co-hosting two cohorts of Six Keys: Strategies for Promoting Children's Mental Health. This 12-hour curriculum from the Center for Inclusive Child Care will be offered this winter at a discounted rate for providers in Meeker and Kandiyohi counties. All child care training is being coordinated through Child Care Resource & Referral for ongoing sustainment.

County Social Workers & Child Protection

The grant continues to work with county social workers and child protection. Young children's mental health is an important component of the work they do. Ongoing partnership will be vital to the success of the grant's implementation.

Linda Mathiasen, Coordinator
(320) 231-7030 ext. 2972; linda.mathiasen@co.kandiyohi.mn.us

Kandiyohi Co. Community Circles

IN KANDIYOHI COUNTY Circles we work with youth of various ages and developmental stages. The range of age can vary from 11 to 19 years. Due to this wide range it is important for those of us who participate in Circles to understand brain development.

In August we had Instructor Jon Wood from Ridgewater College speak with the Circle Volunteers about adolescent development. According to Mr. Wood, the brain does not fully mature until a person is in their mid to late twenties. Because of this he states youth tend to be self-absorbed, often troubled by their own introspection, and hypersensitive to criticism, whether it is real or imagined. They are often concrete thinkers, very egocentric, and immune to the laws of mortality and probability.

Youth in Circle must be accountable for the harm they have caused and must work toward repairing that harm. A main goal of Circle is for youth to make long-lasting behavioral changes by admitting that what they have been doing is not working. This would seem to be in direct opposition to what youth are able to do at this age if they are "egocentric, self-absorbed and hypersensitive to criticism." The question posed to Mr. Wood was, "Then how do we work with these youth in order to help bring about long lasting behavioral changes?" Mr. Wood stated that we must use a strength-based approach with youth. Catch them being good. Empathize with them. Celebrate the little stuff because the big stuff may not happen. With adults it is hard to hear criticism and even harder for youth who want to both fit in and rebel against childhood expectations or, in Mr. Wood's words, youth attempt to achieve their identity by "selective repudiation and mutual assimilation of childhood identifications."

The Restorative Justice program welcomes all community members to serve as Circle volunteers. If you have any questions, please contact me.

Tricia Buggs, 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.



21st Century Community Learning Center

Atwater/Cosmos/Grove City School District

FALL IS IN FULL swing at ACGC. Our after school program for the 21st Century Grant had a family fun kickoff on October 4th. We had an apple theme, where the kids were able to make applesauce and apple crisp, play games, read books, and get familiar with our new classroom. On Tuesday, we began our pumpkin unit, which the kids love. They have been learning all about pumpkins and will eventually carve them and bake the seeds. The students have also done some pumpkin poetry writing and painting.

Now that we are in school four days a week, we look forward to trying programs on Monday with the students. We will begin to implement this in November to see how the students and parents respond. Due to our later dismissal time from school, our program on school nights goes later, which was a concern for us, but we are happy to report the kids still seem to have just as much enthusiasm as always! Enjoy this beautiful weather while it lasts!

Monica Zieske
ACGC Site Coordinator



New Program Coordinator Introduction—Ian Graue

I HAVE RECENTLY arrived in Raymond with my wife, Joyce. In May, Joyce was called as the pastor to St John's Lutheran Church in Raymond. Since May, I have been looking for a position where I could use my years of experience and also be able to help others. In the position of 21st Century coordinator, I think I have found the ideal position that satisfies these criteria!

Since arriving in Raymond, I have subbed in the MACCRAY schools and also driven school bus to after school activities, and driven beet truck for a farmer. Prior to Raymond, we lived in Chokio, MN, while Joyce served as interim pastor. So I have experienced a MN winter and I know about whiteouts!

Prior to 2009, we worked as development agents /consultants in overseas contexts—first in Papua, New Guinea for 10 yrs and more recently in The Central African Republic for 5 yrs. I had a number of hats over the 15 years—Education Consultant, Lecturer, Project Officer, Planning Officer, Building and Maintenance Officer... I did whatever I was asked to do! Prior to our mission development work, I taught in South Australian High Schools for 20 years. I taught the sciences, agriculture, and natural resources/environment in both public and private schools. I was a senior teacher for many years and have also lectured at the community college level.

Born and raised on a farm, I lived in a very rural part of South Australia until I left to attend College at 16 years of age. We have three adult children – Andrew 27, Catherine 25, and Tom 23. Even though I am a foreigner, Joyce is MN born and bred!

I am looking forward to working here in MN and I know I have plenty to learn in this new position. I enjoy being challenged—especially to do old things in new ways. As already mentioned, I like being of help to others and am delighted to be working in a project that is helping young people to be motivated learners as they prepare to be the next generation of community leaders/citizens.

Ian Graue; (320) 231-7030 ext. 2963
ian.graue@co.kandiyohi.mn.us

Executive Board Candidates

Laurie Bliss—running for the parent position

My name is Laurie Bliss. I am from Canby in Yellow Medicine County. I am interested in serving a term as a parent on the Executive Board. I am a mother of three children and a grandmother to a new granddaughter. I also have foster children. I feel that I could bring knowledge to the Executive Board from a parent's perspective. Also, as a member of the Parent Advisory Committee, I could bring any concerns or other information forward from that group. I have been a member of the Wrap-around Committee for about eight years and am proud of the many accomplishments we have made over the last few years to improve this valuable program.

As a parent of a son who has had mental health issues, a teenage daughter with behavioral issues, and foster care children with developmental/behavior issues/mental health issues, I do have knowledge of how the mental health system works in many areas such as school settings, social services, mental health services, etc. It would be easy to say that "I have been around the block" several times in these areas. I am able to provide feedback about what works and does not work so well from the parent's point of view. I am very passionate about PACT 4 and the many services they can provide to families in need. PACT 4 has helped my family with a wealth of knowledge and friendly people to talk to through some tough situations, and I would like to give back the things I have learned along the way by serving as a parent on the Executive Board.

Laurie Bliss
Yellow Medicine County Parent

George Dubie—running for the mental health position

Our agency and I have been long term members of the collaborative and with that history comes a sense of tradition in serving our community together. I have served on the board for a couple of terms and feel familiar with how the agency works and free to offer my opinions on ways to improve our collaborative. In that regard, I have made it clear how I care very deeply that parents' and clients' voices are heard in the involvement of the direction of the collaborative. I also have a strong commitment to ensuring staff needs are listened to and taken care of to the best possible degree.

Also, I have had a strong commitment to serving mental health needs of children and families in Minnesota for 27 years. I have worked as a child protection worker, in-home family counselor, and director of a large mental health agency in our area. I have served on several boards and I am actively engaged in several advocacy groups including the Children's Mental Health Partnership at the state level and the Minnesota Council of Child Caring Agencies and the Minnesota Council of Nonprofits.

It truly has been a privilege to be a part of serving our community as I have had the honor to do as an Executive Board Member. I am hoping to continue to serve PACT 4 and families!

George Dubie, MDiv, MS
Licensed Psychologist, CEO
Greater Minnesota Family Services

Karen Norell—running for the school position

My name is Karen Norell. I am the High School Principal at Yellow Medicine East High School, starting my 32nd year as an educator, my 25th as a principal. I live in Granite Falls and attend Granite Lutheran Church. I have a beautiful/smart 13-year-old daughter, Mariah. She loves to shop and I love to participate in sports and theater activities. YME and our community have received and benefited from PACT 4 programs. From Wraparound to the Chemical Coalition to Restorative Justice, the programs and trainings have helped improve the quality of life for our population. My only interest in serving on the Executive Board would be to lend support, ideas, and stability. I think we have a great thing going involving quality, caring people and my hope would be we continue to be cutting edge in providing the services that our people need.

Karen Norell
YME High School Principal

Voting for the Executive Board positions will take place at November's Full Collaborative meeting at the Renville County Office Building in Olivia. Please be sure to attend to participate in elections. Your vote counts!
To RSVP, call Shawna at (320) 231-7030 extension 2961.

October Full Collaborative Highlights

Introduction to Motivational Interviewing—Jonathan Lofgren — Jonathan is a Motivational Interviewing (MI) instructor and holds an MS in Community Counseling, Psychology and Human Services and is a Licensed Alcohol and Drug Counselor. Jonathan has two decades training in substance abuse, mental health service, and research and program development. He has worked with African American Family Services and as a therapist in both mental and chemical health fields. He came out to Willmar this summer to train the PACT 4 Guía staff on Motivational Interviewing, and today gave a brief overview of the process. Motivational interviewing is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. For more information on motivational interviewing, check out the website: www.motivationalinterview.org.

Committee Reports:

Executive Board – the Board discussed and approved a cost of living adjustment (COLA) for PACT 4 staff and the unfreezing of the salary adjustment steps at a 50% level. The insurance rate rose 8.1%, therefore agency contributions for VEBA will be reduced and staff members and the agency will split the cost of the increased health insurance rate. Organizationally, this helps balance the COLA. At the end of the meeting, a discussion was held with McLeod County to review a proposal for formally joining PACT 4. Everything seems to be on track to move forward, and we could potentially look at an official join date of January 1, 2011. As far as a name change, PACT 4 has a good “brand name” throughout the state and at the federal level, and we don’t want to lose that name recognition, so what may be done is change the number 4 to For.

Adolescent Services – the committee continued their discussion of mental health resources for youth and also talked about lining up speakers for future meetings.

Early Childhood – the committee continued and reviewed the 2011 goals discussion. The majority of the meeting featured an update of the birth to five grant. An Incredible Years training will be sponsored by Countryside Public Health to train more trainers. In December, instead of the regular committee meeting, there will be a DC-03 (Diagnostic Classification Birth-Three) overview.

Elementary/Middle School-Age – the committee is in a transition phase, and wondering where to focus energies next; members continued discussion about a survey to send out to partners.

Wraparound – the committee finalized the Agency/Systems Support Survey and it will be conducted at December’s collaborative meeting. This survey gauges how and if Wraparound is being used by partners.

Parent Advisory Committee – the guardianship training sponsored by the committee was well-attended – almost 30 people came, and most of those were not PAC members. The hope is to use scholarship dollars for future trainings.

PACT 4 Grant Reports:

Birth to Five Mental Health—(see page 3)

21st Century Community Learning Center—Ian Graue is the new PACT 4 21st Century grant coordinator and was unable to attend today’s meeting. In his place, Pat Jacobson, the Title 1 teacher and 21st Century grant coordinator at ECHO Charter School, spoke about her school’s 21st Century experience. She stated that the grant “has been wonderful” for their school. One of the great things about the grant is that it can be fit to each district and population. School connectedness is a huge part of the grant, and Echo’s leadership groups have helped kids in all classes and throughout the school. School staff are excited about the continued funding for the next two years. Pat stated, “It’s part of our culture now, and a very fulfilling thing to work with.”

Wraparound Orientation

PACT 4 Families Collaborative



An Introduction to the Process and Philosophy of Wraparound

Wraparound is a strength-based team process used to help families who face complex needs and situations.

Goals of Orientation:

- ✚ Provide an overview of the philosophy and practice model of Wraparound
- ✚ Provide tools for starting the process
- ✚ Experience a Wraparound team meeting
- ✚ Hear a parent’s “Wraparound Success Story”

DATE: Friday, December 3, 2010

TIME: 9:00 AM – Noon

PLACE: Room 2057, Health and Human Services Building
2200 23rd Street NE
Willmar, MN 56201



FOR: Potential facilitators, team members, and anyone interested in knowing about Wraparound

PRESENTERS: Rick Loseth, LICSW, Clinical Supervisor, PACT 4 Families
Char Erickson, Wraparound Coordinator, PACT 4 Families

GUEST PRESENTER: PARENT SHARING HER WRAPAROUND STORY

To register, contact Shawna Steffen
(320) 231-7030 Ext. 2961

There is no cost to the training
CEU’s are available

<h2>November</h2>				
Mon	Tue	Wed	Thu	Fri
1 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland	2 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	3	4	5
8 ■ Parent Advisory Mtg; 5:30-7:30; YMCA (RSVP)	9 ■ 21st CCLC Advisory Mtg; 8:30-10:30; #2035 ■ Executive Board Mtg; 1:00-3:00; #2057 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	10 ■ CEO Board Mtg; 9:30-11:30; The Master's Coffee Shop; Olivia ■ PACT 4 Comm. and Full Collaborative meetings-RCOB in Olivia; Early Childhood meets at 10:00 & all others at 10:30; check website for details on committee times (RSVP) ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	11 VETERAN'S DAY- PACT 4 OFFICE CLOSED 	12
15 ■ 21st CCLC Coordinators Mtg; 9:00-11:00; #2057 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	16 Brain Conference ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr 	17 ■ KC Comm. Circles Volunteer Mtg; 11:30-1:00; #1010	18	19
22	23 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	24 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	25 THANKSGIVING HOLIDAY OBSERVED PACT 4 OFFICE CLOSED	26
29	30			

<h2>December</h2>				
Mon	Tue	Wed	Thu	Fri
		1 ■ Office Staff Mtg; 1:30-2:30; #2057 OFFICE CLOSED DURING MEETING	2	3 ■ Wraparound Orientation; 9:00-Noon; #2057
6 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	7 ■ Executive Board Mtg; 11:30-2:00; #2055 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	8 ■ PACT 4 Comm. and Full Collaborative meetings-Willmar; Early Childhood meets at 9:00 at the WEAC & all others at 10:30 at the KCHHSB; check website for details on committee times (RSVP) ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	9 ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	10
13 ■ Parent Advisory Mtg; 5:30-7:30; YMCA (RSVP)	14 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	15 ■ KC Comm. Circles Volunteer Mtg; 11:30-1:00; #1010	16	17
20 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	21 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	22 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	23 ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	24 ■ Christmas Eve; PACT 4 OFFICE CLOSED
27	28 ■ Bridge Builders Brown Bag Lunch Mtg; 11:30-1:30; MPR ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	29	30	31

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.

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.

2010 Executive Board

Arliss Stenger, Parent-Meeker Co. (Vice Chair)
Serves through 2010—3rd Term
(320) 453-8153 / arliss_stenger@yahoo.com

Debi Brandt, Heartland Comm. Action Agency
Serves through 2012—2nd Term
(320) 235-0850 / debib@heartlandcaa.org

Gerald Brustuen, Renville Co. Human Svcs.
Serves through 2012—3rd Term
(320) 523-2202 / jerry_b@co.renville.mn.us

Jill Bruns, Renville Co. Public Health
Serves through 2011—3rd Term
(320) 523-3723 / jill_bruns@co.renville.mn.us

Tammy Thompson, Meeker Co. Corrections
Serves through 2011—1st Term
(320) 693-5260 / tammy.thompson@co.meeker.mn.us

Debb Sheehan, Director (non-voting)
(320) 231-7030 ext. 2965 / debb_s@co.kandiyohi.mn.us

Becky Romosz, Parent-Kandiyohi Co.
Serves through 2012—3rd Term
(320) 235-2204 / ellen_romosz@ymail.com

George Dubie, Greater MN Family Svcs. (Chair)
Serves through 2010—1st Term
(320) 214-9692 / gdubie@greaterminnesota.org

Greg Schmidt, MACCRAY School Dst.
Serves through 2011—1st Term
(320) 847-2154 / schmidt@maccray.k12.mn.us

Loren Hacker, Canby School Dst.
Serves through 2010—3rd Term
(507) 223-7226 / lhacker@canby.mntm.org

Val Mersch, Fiscal Agent (non-voting)
val_m@co.renville.mn.us

Chief Elected Officials

Dick Larson, Kandiyohi County; (320) 235-5805
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Jane Remiger, Yellow Medicine County;
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jane.remiger@co.yellow-medicine.mn.us

Amy Wilde, Meeker County; (320) 275-3684
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Bob Fox, Renville County; (507) 557-8265
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PACT 4 Families Collaborative
2200 23rd Ste NE Ste 2030
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RETURN SERVICE REQUESTED