



The next Full Collaborative Meeting will be held
Wednesday, November 12th at the
Kandiyohi County Health and Human Services Building, Willmar
12:00 pm to 2:00 pm

PLEASE RSVP to Shawna (320)235-8938 or email
shawna.steffen@co.kandiyohi.mn.us
(Minutes of past meetings are available at www.pact4.org)

PACT 4 NEWSLETTER

PACT 4 Executive Board Elections

The following positions will be voted on for three-year terms at the December 10th Full Collaborative Meeting:

- ? **Public Health representative**
- ? **Corrections representative**
- ? **Member-at-Large**

These three openings can be filled by management-level representatives from any of our four counties.

If you are interested in applying for one of these positions, please notify Debb Sheehan at the PACT 4 office.

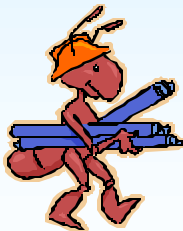
BRAIN BUILDERS: MINDS UNDER CONSTRUCTION

PACT 4 Families Collaborative Presents: The 7th Annual Community Conference on the Brain

Keynote address:
Alcohol and the Brain
by Ken Winters, Ph.D.

**Registrations are due
November 6th**

In the past, the conference
has met registration capacity.
Please make every effort to
register early.



Dr. Winters is the Director of the Center for Adolescent Substance Abuse Research, a Professor in the Department of Psychiatry at the University of Minnesota, and a Senior Scientist with the Treatment Research Institute, Philadelphia, PA. He received his B.A. from the University of Minnesota in 1977 and a Ph.D. in Psychology (Clinical) from the State University of New York at Stony Brook in 1982. Dr. Winters has published numerous research articles and has received several research grants from the National Institute of Health and various foundations. His primary research interests are the assessment and treatment of adolescent drug abuse.

2008 Executive Board

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

Becky Romosz, Parent (Kandiyohi Co)
Serves through 2009 - 2nd Term
(320)231-2204 /
becromosz@yahoo.com

Carmen Clementson, KC Family Services
Serves through 2008 - 2nd Term
(320)231-7811
carmen_c@co.kandiyohi.mn.us

Deb West, KC Community Corrections
Serves through 2008 - 1st Term
(320)231-6218 /
d_west@co.kandiyohi.mn.us

Debi Brandt, Heartland CA Agency
Serves through 2009-1st Term
(320)235-0850 /
debib@heartlandcaa.org

George Dubie, Greater MN Family Svcs.
Serves through 2010 - 1st Term
(320)235-3664/
gdubie@greatermnminnesota.org

Gerald Brustuen, RC Human Services
Serves through 2009 - 2nd Term
(320)523-2202 / jerry_b@co.renville.mn.us

Jill Bruns, RC Public Health (Chair)
Serves through 2008 - 2nd Term
(320)523-3723 /
jill_bruns@co.renville.mn.us

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

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

Debb Sheehan, Director
(non-voting) (320)231-7036 /
debb_s@co.kandiyohi.mn.us

Chief Elected Officials

Dick Larson, Kandiyohi County
Amy Wilde, Meeker County
Jane Remiger, Yellow-Medicine County
Bob Fox, Renville County

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

Trickle-Down Anxiety

With the nation's housing market in a slump, stock prices falling, food prices rising, and government bailouts of banks making the news each week, it's no surprise that many people are feeling anxious about the economy and their financial future. Three out of four adults feel stressed about money, and two out of three say the economy contributes significantly to their stress, according to the American Psychological Association.

But, as the economic squeeze is tightening on America's families, it's causing a ripple effect on some forgotten victims: kids, according to Linda Shrieves, who writes for the *Orlando Sentinel*. Children are worrying about whether their parents have enough money to buy groceries or about moving in with other family members because their parents can't pay their mortgages.

Meanwhile, jobs are being cut too. In Minnesota, the state's unemployment rate increased to 5.7% in August, 2008 compared to 4.2% a year ago. In the PACT 4 counties, we have seen an increase in unemployment of one percentage point or more for each of the four counties: Kandiyohi County has increased from 3.8% a year ago to 4.8% currently. Yellow Medicine was also at 3.8% unemployment a year ago, but now has risen to 5.6%, an increase of 1.8 percentage points. Renville County has increased one percent from 5.0% to 6.0%. And Meeker has the highest current rate of unemployment at 6.3% increasing from 5.0% a year ago.

Though families have weathered previous recessions, there's a difference today, says George Schulz, a psychologist who has been in practice for more than 25 years. "Not only are parents worried about their jobs, they're worried about their homes," Schulz said, "and that's a major change."

Some researchers estimate that 2 million children will be affected by the nation's foreclosure crisis. USA Today reported in July that millions of "young people have become the largely overlooked victims of a real estate crisis that's led to record foreclosures, sinking home prices and rising numbers of families straining to pay mortgage bills as adjustable-rate loans grow more costly and home equity shrinks."

Clinicians have seen an increase in the number of children exhibiting behavioral symptoms that seem to be associated with the financial strains that are impacting their families. Things like school phobia, ADHD, more anxiety and depression in children, seem to be connected to financial concerns kids may have picked up from their parents. Some younger children are clingy and suddenly afraid of someone breaking into their homes.

SAMHSA's *Caring for Every Child's Mental Health Campaign* offers some basic information for parents and other caregivers.

- ?? **Encourage children to ask questions.** Listen to what they say. Provide comfort and assurance that address their specific fears. It's okay to admit you can't answer all of their questions.
- ?? **Talk on their level.** Communicate with your children in a way they can understand. Don't get too technical or complicated.
- ?? **Find out what frightens them.** Encourage your children to talk about fears they may have.
- ?? **Focus on the positive.** Remind your child of the heroic actions taken by ordinary people who are in need.
- ?? **Pay attention.** Your children's play and drawings may give you a glimpse into their questions or concerns. Ask them to tell you what is going on in the game or the picture. It's an opportunity to clarify any misconceptions, answer questions, and give reassurance.

Anxiety is a normal reaction to life's stressors including the current financial events. It's your body's way of telling you to stay alert and work harder to protect your finances and your family's future. So listen to your own inner workings, but be mindful of how it may be impacting the children in your life.



Debb Sheehan

debb_s@co.kandiyohi.mn.us

Wraparound

PACT 4 was formed on the principles of Wraparound. In this newsletter, and past and future newsletters, there are articles that revisit these principles and provide real-life examples of local people to demonstrate why Wraparound is a best practice.

“Wraparound is a team-based activity that helps groups of people involved in the family’s life work towards a common goal.”

The Wraparound Process User’s Guide: A Handbook for Families

A Product of the National Wraparound Initiative, 2006

INDIVIDUALIZED:

“The goals, tasks and strategies are customized to fit the family’s strengths and needs.”

These simple, true scenarios are examples of individualized team strategies. Each situation is initiated by the parent’s desire or need. Collective brainstorming takes into consideration the unique factors involved with the individual families. The strategies are based on the strengths and desires of the family.

- ‡ A parent invited her therapist to join her Wraparound team so the team could better understand why a certain activity was hard for her. The therapist answered the mother’s questions (always taking her cue) at the Wraparound meeting, and helped the team design a workable plan.
- ‡ A mother felt overwhelmed about a task that was ahead of her, and asked the team for help. The team drew a “before and after” picture so the mom could envision what it would look like when that task was completed. Then several team members took an afternoon of one week to either help with the task, or be there for moral support.
- ‡ Another mom said she wanted to start reconnecting with a church, but was finding it hard to go after so many years. She asked the team for ideas. A family member offered to go with her. The mom turned to the facilitator and said, “Ask me next time how I liked it.”

*Char Erickson, Wraparound Coordinator
char_e@co.kandiyohi.mn.us*

The Guía Program

Chemical Health Intervention for Hispanic/Latino Youth—Working with one youth at a time to positively impact our communities.

PACT 4 Families Collaborative is pleased to launch the **Guía Program** for Hispanic/Latino youth ages 14 to 22 who are involved with alcohol or other drugs. Youth, community members, parents, educators, government professionals, and leaders in businesses and nonprofit organizations are invited to refer appropriate youth to this program.

The Guía Program is funded by a grant from the Minnesota Department of Human Services, Chemical Health Division to PACT 4 Families Collaborative which serves youth and their families in Kandiyohi, Meeker, Renville, and Yellow Medicine Counties,. The program is offered in collaboration with West Central Integration Collaborative.

A referral form, brochure, and contact information are found at www.pact4.org. Click on [Programs](#) then [Guía](#).



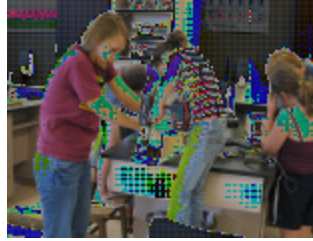


21st Century Community Learning Center Update

ACGC Students participating in the “Know Your World” summer activities.



Baking project



Building birdhouses



Foods of other countries

Summer Steps and Sights

Summer is full of possibilities for children, but this year the 21st Century Learning Grant summer program at Atwater-Cosmos-Grove City expanded those possibilities. Our students took thousands of *STEPS* through Minnesota and absorbed knowledge from the *SIGHTS*. It made our students realize what limitless things there are to explore and how fantastic it is to learn without the boundaries of their everyday school and neighborhoods.

Our journey began at our site learning about teamwork, cooking, language development and science. We built birdhouses, benches, feeders, and stepping stones. Then we ventured on to what Minnesota has to offer and discovered a whole new world in places reflective of America, Germany, Norway, Sweden, and the Mediterranean. Some of our favorite spots were the Runestone Museum, author Sinclair Lewis’ s Home, historic Palmer House Hotel, Harkin Store from the times of Laura Ingalls Wilder, Henry the Herman Statue, the Glockenspiel, the Kaiserhoff and its delicious German food, the art department of the Paramount Theater, Munsinger/Clemens Gardens, Café Renaissance and its delicious Mediterranean food, Linden Hill’ s historical mansions, our scavenger hunt about animals at the Little Falls Zoo, and the Charles Lindberg museum and his boyhood home. We visited four state parks to view birds, bugs, flowers, and plant life too.

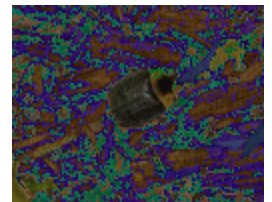
We found that summer does bring growth and vibrancy to all of earth, including students. By summer’s end, the kids began naming facts and forming questions about what they were *SEEING*. They even puzzled the adults with some of their questions. They did not need the adults to give them every piece of information. They wanted to gather and process on their own, *STEPPING* into complex learning in their own way.

The teachers of the ACGC 21st Century programs have a wish that these students will always want to *SEE* more and take as many *STEPS* as possible to continue learning. We hope they will spread the joy of knowledge to their peers and to their own children one day, really making this world a better place to know and live!

Nicole Bergman, Local Site Coordinator

ACGC 21st Century students ask: **How much do you know from your own Minnesota backyard?**

- ?? Do you know that Charles Lindberg flew without windows to help him see where he was going?
- ?? Do you know what *spaetzle* and *schnitzel* are? (hint: food)
- ?? Have you ever seen a bug like the one in the picture, and do you think you would even notice it as you walked by since it is naturally camouflaged?



Eden Valley/Watkins program participants created a 21st CCLC EV/W “Hands on Learning Expands Our World” float for their homecoming parade. The side banners were filled with pictorial descriptions of their past year’ s 21st CCLC activities. These photographs exemplify one of the many creative ways our local 21st CCLC sites are promoting their programs, engaging youth, showcasing their activities, and highlighting the 21st CCLC Cohort Three Grantee theme of “Know Your World.”

Denise DeJuliannie, Local Site Coordinator



Chemical Health Program Updates

Underage Alcohol and Drug Use

The issue of underage alcohol and drug use is being addressed at PACT 4. Partner agencies and parents, the state of Minnesota and the federal government have all identified this concern. The PACT 4 collaborating counties are working on this issue through coalitions focusing on Alcohol, Tobacco and other Drugs (ATOD) issues.

- ?? Meeker County's coalition has been in place for several years, and is funded through a federal Drug Free Communities grant.
- ?? The Kandiyohi County Coalition is new and without any formal funding, but is working toward securing funding for the future.
- ?? Two coalitions you have read about in past newsletters, the **RAPAD Coalition in Renville County** and the **Yellow Medicine County Coalition**, are in the third year of funding from the Minnesota Department of Human Services, Chemical Health Division, and PACT 4.

The Renville and Yellow Medicine coalitions are implementing a positive community norms campaign titled, "Most of Us", developed by Dr. Jeff Linkenbach and the University of Montana. The "Most of Us" campaign and other key activities continue to make the critical system changes required of these two chemical health prevention grants. Activities in Renville and Yellow Medicine Counties include:

1. Project Northland — a prevention curriculum for 6th, 7th and 8th grades in select schools;
2. Class Action — a curriculum for students in grades 9 – 12 in select schools.
3. Beverage Server Training — for those who serve alcohol, has taken place in both counties.
4. Walking the Talk — a training for parents on how to talk to their kids about alcohol use is available.

A key strategy in both counties has been the development of youth groups at Renville County West, Yellow Medicine East, and Canby districts, and the support of existing youth groups at Gibbon-Fairfax-Winthrop and BOLD. The youth have been active in identifying issues and participating in activities to raise awareness and positively influence their peers to avoid the use of alcohol and drugs.

These efforts are intended to change the community attitudes known as "Environmental Prevention Strategies" toward substance use. These evidence-based programs and activities will make a positive difference for the future.

*Rick Loseth, Clinical Supervisor
rick_l@co.kandiyohi.mn.us*

"Most of Us" - Renville County

A new campaign that highlights the differences between reality and perception about teen drinking is being launched in communities throughout Minnesota. We are very fortunate to be part of a statewide press release on the new "Most of Us" campaign being implemented in twelve independent school districts including RCW and YME. "Most kids overestimate the extent to which their peers are using alcohol," said Carol Falkowski, director of DHS, Chemical Health Division. "Once they know the facts—that their peers aren't all using alcohol—they cut their alcohol use because they want to be like the biggest share of the crowd."

Annie Tepfer, Renville County; Ann Orren, Yellow Medicine County; and coalition coordinators from Chisolm, South St. Paul, and Roseau counties presented at the Minnesota Alcohol, Tobacco, and Other Drugs (ATOD) Prevention Conference held October 1-2, at the St. Cloud Civic Center. The 34th annual conference featured keynote speaker Dr. Jeff Linkenbach, Montana State University, who set a positive tone with the "Science of the Positive" concept and approach to prevention. The presenters shared how the Minnesota Positive Community Norms Project is being implemented in communities statewide. Participants heard how, across the state, community perceptions of ATOD use are being corrected by the facts.

*Annie Tepfer, RAPAD Coordinator
Renville Co. Chemical Health Coalition
annie_t@co.renville.mn.us*

"Most of Us" - Yellow Medicine County

The Chemical Health Coalition of Yellow Medicine County has been busy this fall. It's exciting to tell the community and the youth that the majority of our kids are making healthy choices regarding alcohol use.

The "Most of Us" media campaign is really taking off and new products are being tested for the next round of messages. We are constantly looking to the youth to tell us where they get their information, what kind of information they believe, and what colors and designs they find engaging. They are the experts and we are looking to them to guide us in this process.

Kids are back in school and the youth groups are in full swing. The YAMS (Youth Against Misusing Substances) have several projects that they are coordinating this year, including: a bean bag tournament, Adopt a Highway, Kids Night Out and several other activities throughout the year. The YME youth group, STAAND (Students Taking Action on Alcohol –N- Drugs), will be doing radio ads with "Most of Us" messages, a Town Hall Meeting, school announcements, and chemical free activities for students.

*Ann Orren
Yellow Medicine County Chemical Health Coordinator
annorren@frontiernet.net*

Full Collaborative Highlights—October

Project Turnabout

Michael Schiks, Director of Project Turnabout, welcomed us to the facility and gave a background and current update on Project Turnabout and its programs. Project Turnabout was founded as a nonprofit organization in the early 1970s to help people with alcohol and drug use problems. In 1991, Project Turnabout developed the Vanguard program for compulsive gambling. Over the years they have continued to grow and evolve, never losing site of their mission -- to encourage and support healing through programs and services that are both effective and affordable.

Renville and Yellow Medicine County Chemical Health Coalitions

There are nine of these planning and implementation grants throughout the state. The grants will be utilizing social norms marketing in an attempt to reduce underage drinking. According to Ann Orren, Yellow Medicine County Coordinator, the social norms theory is that everyone thinks that others are doing more than they actually do. Our two grants will be utilizing the Montana model of social norms marketing. This model has seven steps:

- Step 1: Planning and Environmental Advocacy
- Step 2: Baseline Data/Survey
- Step 3: Message Development
- Step 4: Develop an Advertising and Marketing Plan
- Step 5: Stakeholder Testing
- Step 6: Implement the Campaign
- Step 7: Evaluation

For information about what this campaign or these steps entail, contact either of the two coordinators. Ann Orren is in Yellow Medicine County at 320-669-1460 and Annie Tepfer is in Renville County at 320-523-3845.

Committee Reports

Executive Board – Three Board members' terms are up at the end of December. Carmen Clementson from Kandiyohi County Family Services serves as an At-Large Member Representative, Deb West from Kandiyohi County Community Corrections serves as the Corrections Representative, and Jill Bruns from Renville County Public Health serves as the Public Health Representative. The At-Large position is open to anyone from our partner agencies who acts in a supervisory or administrative type position. Elections will be held in December at the Full Collaborative meeting. If interested in running or nominating someone, contact Debb Sheehan at PACT 4 at debb_s@co.kandiyohi.mn.us. The majority of the meeting was spent on sustainability and looking at budget options for the next year. A final budget recommendation will be brought to the Chief Elected Officials at their meeting in November, and results will be presented at the Full Collaborative meeting in December.

Adolescent Services Committee – talked about getting a PACT 4 link on schools' websites to help make kids aware of services that are available. Committee is compiling community youth resources through schools and agencies.

Early Childhood Committee – heard a presentation from Countryside Public Health representative, Mary Jungurith, on the mental health service needs in the rural area. Talked about a Bush Foundation Planning Grant. The grant's emphasis is how to improve the social and emotional health of children birth to age five – similar to Project SUCCEED.

Elementary/Middle School-Age Committee – packets to distribute to all teachers and paras at PACT 4 partner school districts are being assembled. Each has a self-stick notepad and pen with school connectedness messages. Once a month, a different message will be sent to teachers to help enhance simple things to do to reinforce school connectedness.

Mentors Committee – continued planning a joint program activity for all active mentor/mentee matches. Discussed marketing and advertising, getting the mentoring message out into the community more, and where to get the dollars to pay for that.

Wraparound Committee – discussed a handbook that Char Erickson has been working on that will be available to explain and outline Wraparound. They should be ready before the end of the year and the committee will review it at the next meeting.

Grant Reports


Restorative Justice/Circle Sentencing – a Spanish bilingual Circle started last week and there is one that will begin in the New London area. This will bring the total number of active Circles to four. There has also been a great increase in referrals recently.

SHARE – Janice Madden is now housed at the New London school. Her email is still the same as before, and the best contact number to use is her cell phone. The Coordinating Council met last month and heard survey results of last spring from Sarah Wennerberg. The next Coordinating Council meeting is in November after the Full Collaborative meeting.

21st Century Learning Community Center – Sally Belgum-Blad said that sites are running their programs. She highlighted Eden Valley-Watkins' program via a picture show that is on their website.

Guía – program staff are continuing to meet with partner representatives to introduce them to the Guía program. We have begun to get referrals. There is still one opening for a Coach/Liaison position.

November 2008

Mon	Tue	Wed	Thu	Fri
3 RJ Circle; 5:30-8:00; Lakeland Health Ctr	4 Executive Board; 11:30-2:00; Room 2055 Bi Lingual Circle; 4:00-6:00; Lakeland Ctr, Room 4	5	6	7
10 RJ Circle; 5:30-8:00; Lakeland Health Ctr Parent Advisory; 6:00-8:00; KC YMCA	11 Veteran's Day Holiday Office Closed	12 Chief Elected Officials; 10:30-12:00; #2055 SHARE Advisors/Liaisons; 9:00-11:30; West Central Industries Committee meetings and Full Collaborative Meeting; Willmar (see website for full list) SHARE Coord. Council; 2:00-4:00; #2057	13 Restorative Justice Advisory Mtg; Noon; The Oaks at Eagle Creek Brain Conference; Willmar Senior High School 	14
17 RJ Circle; 5:30-8:00; Lakeland Health Ctr 21st CCLC Trng: Managing Difficult Behaviors; 5:00-8:00; MPR	18 Guía Steering Comm; 12:00-1:30; The Oaks at Eagle Creek Bi Lingual Circle; 4:00-6:00; Lakeland Ctr, Room 4	19 Restorative Justice Volunteer Mtg; 11:45-1:00; #2075	20	21
24 RJ Circle; 5:30-8:00; Lakeland Health Ctr	25 New London Circle; 5:30-7:30; Peace Lutheran Church	26	27 Thanksgiving Day Holiday Office Closed	28 Thanksgiving Day Holiday Office Closed

December 2008

Mon	Tue	Wed	Thu	Fri
1 RJ Circle; 5:30-8:00; Lakeland Ctr, Room 4	2 21st CCLC Advisory Mtg; 8:30-10:00; #2055 Executive Board; 11:30-2:00; Room 2055 Bi Lingual Circle; 4:00-6:00; Lakeland Ctr, Room 4	3	4	5
8 RJ Circle; 5:30-8:00; Lakeland Ctr, Room 4 Parent Advisory; 6:00-8:00; KC YMCA	9 New London RJ Circle; 5:30-7:30; Peace Lutheran Church	10 Committee meetings and Full Collaborative Meeting; Willmar (see website for full list)	11 Restorative Justice Advisory Mtg; Noon; The Oaks at Eagle Creek	12
15 RJ Circle; 5:30-8:00; Lakeland Ctr, Room 4	16 Bi Lingual Circle; 4:00-6:00; Lakeland Ctr, Room 4	17 PACT 4 Staff Meeting; Office closed until 1:00 Restorative Justice Volunteer Mtg; 11:45-1:00; #2075	18	19
22 RJ Circle; 5:30-8:00; Lakeland Ctr, Room 4	23 New London RJ Circle; 5:30-7:30; Peace	24 Christmas Eve Office closed at noon	25 Christmas Day Office Closed	26
29	30	31		

**PACT 4 FAMILIES
COLLABORATIVE**

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.

Early in the morning,
As the sun peeks out,
Amongst the clouds,
The day has started,
I sit with morning cup.



The day is new,
The feeling is refreshed,
As we greet the day,
With enthusiasm,
To behold.

We capture the grace,
Of the early dawn,
The day brings relief,
From an overcast
Past.

I love the early morning,
Before life gets in the way,
I can sit in content solitude,
While enjoying the dawning sky,
The beauty rare.

Day has dawned,
With it an energy,
To live life to its fullest,
To contain the essence
of the sun.

Kathy Willing,
Renville County Parent

PACT 4 Families Collaborative
2200 23rd St NE Ste 2030
Willmar, MN 56201

RETURN SERVICE REQUESTED