

PACT 4 BULLETIN



SERVING THE COUNTIES OF KANDIYOHI,
MEEKER, RENVILLE AND YELLOW-MEDICINE

Full Collaborative Meeting will be held at the Kandiyohi
County Health and Human Services Building on

Wednesday, January 10th, 2007

PLEASE RSVP to Shawna (320)235-8938 or email
shawna.steffen@co.kandiyohi.mn.us

SAMHSA and Ad Council Unveil National Mental Health Anti-Stigma Campaign

The Substance Abuse and Mental Health Services Administration (SAMHSA), in partnership with the Ad Council, recently launched a national awareness public service advertising (PSA) campaign designed to decrease the negative attitudes that surround mental illness and encourage young adults to support their friends who are living with mental health problems.

In conjunction with the SAMHSA anti-stigma campaign, PRIDE 4 is sponsoring a variety of anti-stigma ads on billboards and radio. The PRIDE 4 youth group wants to target other youth in the ads so we are using radio and billboards to attract attention of teens that spend a fair amount of time in their cars and listen to local radio stations. Keep your eyes and ears tuned to these ads that focus on the power of friendship to make a difference in the lives of youth with mental illness.

Mental Illness: What a Difference A Friend Makes



2007 Executive Board

Loren Hacker, Canby School District
Serves through 2007-2nd Term
(507)223-7226 /lhacker@canby.mn.us

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

Carmen Clementson, KC Family Services
Serves through 2008 - 2nd Term
(320)231-6232/
carmen_c@co.kandiyohi.mn.us

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

Deb West, KC Probation
Serves through 2008 - 2nd Term
(320)231-6218 /
d_west@co.kandiyohi.mn.us

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

Arliss Stenger, Parent (MC Resident),
(Vice-Chair)
Serves through 2007 - 2nd Term
(320)453-8153/ astenger@meltel.net

Eugene Bonyng, Woodland Centers
Serves through 2007 - 2nd Term
(320)235-4613 /
ceo@woodlandcenters.com

Becky Romosz, Parent (KC Resident),
(Chair) Serves through 2009 - 2nd Term
(320)235-2204 / becromosz@yahoo.com

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

Debb Sheehan, Interim 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, Renneville County

Stig - ma—a mark of disgrace or infamy; a stain or reproach, as on one's reputation; a mental or physical mark that is characteristic of a defect or disease (Dictionary.com.) Recently, SAMHSA (Substance Abuse and Mental Health Services Administration), an arm of the US Department of Health and Human Services, launched a major anti-stigma campaign. According to their research:

- Only about one-quarter of young adults between the ages of 18-24 believe that a person with mental illness can eventually recover.
- Only 42 percent of Americans believe that a person with mental illness can be as successful at work as others.
- Only a little more than one-half (54%) of young adults who know someone with a mental illness believe that treatment can help people with mental illnesses lead normal lives.
- Despite the fact that an overwhelming majority of Americans believe that people with mental illnesses are not to blame for their conditions (85%), only about one in four (26%) agree that people are generally caring and sympathetic toward individuals with mental illnesses.

Much of the work we do with youth and even children is critically impacted by the affects of stigma. Whether we are hoping to prevent problems down the line with prevention or early intervention strategies implementing programs that work with youth to become fully functioning adults, or working after-the-fact with juvenile offenders-- so many of the positive expectations we have for these youngsters can be undone by the impact of people who act out of ignorance or blame.

This issue of PACT 4's *Bulletin* highlights some of the issues around stigma. MACMH's poster contest is one of those charming opportunities for children to design messages in words and illustrations to fight stigma at very early ages, making children instrumental in the effort to raise public awareness about and reduce the stigma that surrounds mental illness.

An Executive Board Member, Becky Romosz, talks about how collaboration makes a difference in the lives of young people diagnosed with mental health needs and our cover story highlights SAMHSA's national campaign to fight stigma. At a more local level, our PRIDE 4 program, which is funded through SAMHSA, is finding ways to fight stigma as outlined in the article on youth initiatives.

Our sincere desire is that through our work as a collaborative we can have a huge impact on stigma in the lives of children and families in our four counties and to work so that the experiences of these youngsters never have to be compromised due to having a mental health need.

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."

Evaluation Updates Sarah Wennerberg, Evaluation Specialist

During the 2005-06 school year ACGC, BOLD, and YME districts piloted the Olweus Bullying Prevention Program. Now that one year has passed, I would like to share with you some early findings. The data presented is from survey responses collected each fall. In 2005, there were 1,592 students that completed the survey; 1,276 students in 2006.

Victims

From 2005 to 2006 there is a 14.0% decrease among students who claimed to have been bullied in the last two months. **Chart 1** shows that the most common type of bullying offenses reported by students last year (white bars) were being called mean names or teased in a hurtful way (47.3%) and having false rumors or lies spread about them (37.3%). Although the same categories are predominant this year (black bars), there has been a 10.0% decline in name calling and hurtful teasing (37.3%) and a 6.5% decline in lies and false rumors spread around campus (30.8%).

Offenders

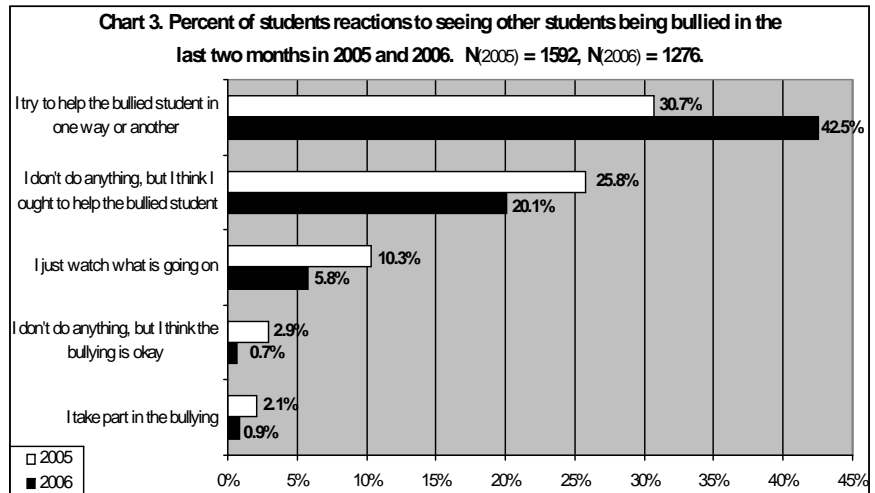
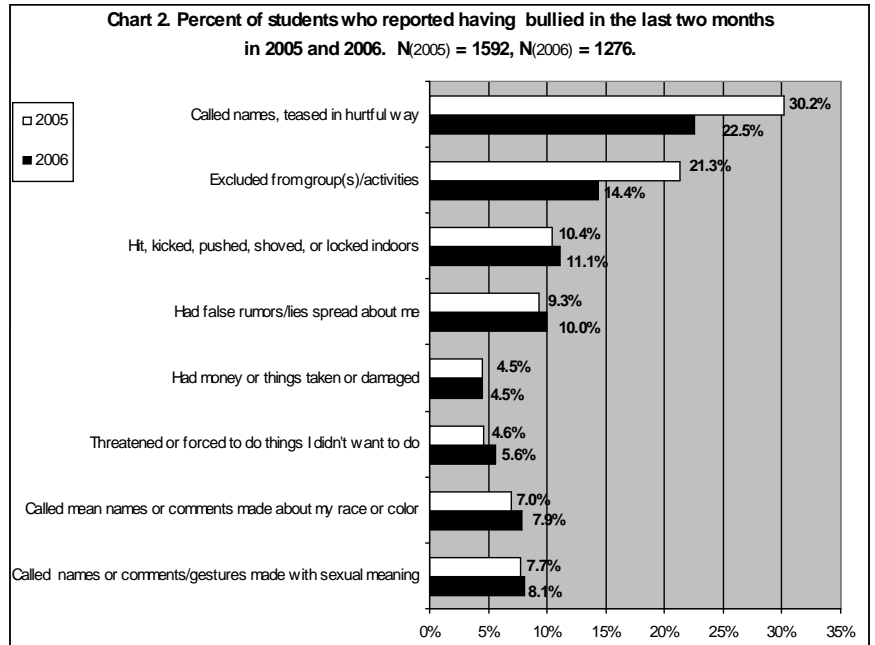
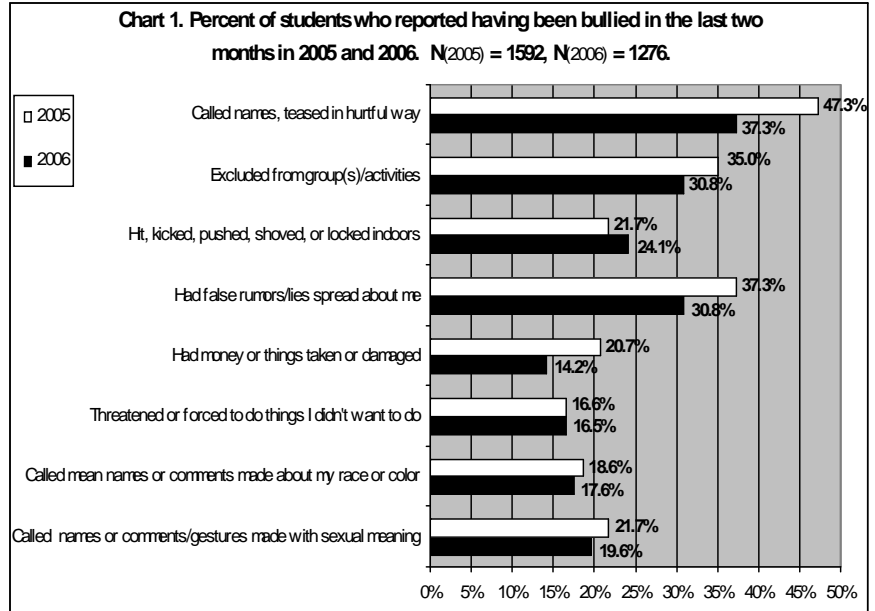
There is a 14.4% decrease among students who reported participating in bullying activities. **Chart 2** shows the most common types of bullying that students took part in last year were name calling and hurtful teasing (30.2%) and excluding other students from groups of friends or activities (21.3%). Although they are still the most common forms of bullying reported, there has been a 7.7% and 6.9% drop in offenses respectively.

Student reaction

Students are recognizing and becoming more sensitive to bullying. **Chart 3** shows a 12% increase in students who said they try to help others if they are being bullied. Reactions that are passive or unkind have declined. Students are learning that bullying is not okay.

These reported changes have occurred in just one year.

Five additional districts are implementing the Olweus program this year as part of the SHARE project. Preliminary survey results for these districts are similar to initial findings in the pilot programs. Next year, we hope to see the same progress across all of the Olweus schools. Stay tuned.



Begin with the End in Mind

Rick Loseth, Clinical Supervisor/Grants Mgr

Last month Char Erickson and I completed a two part wraparound training for STARS - the one-year old system of care project serving Sherburne, Stearns, Benton, and Wright counties (Chris Schmid, former PACT 4 Supervisor, is their project director). We called the training "Begin with the End in Mind" - a phrase that Stephen Covey uses in his "7 Habits of Highly Successful People".

Current research on effective teamwork to address the mental health needs of children continues that reinforces the importance of key practices and behaviors.

1. Effective wrap teams need to work from an established value base. The ten wraparound values need to be understood and serve as the basis for decision-making and practice. 2. Another condition of effective teams is to use meeting structure, techniques, and procedures that support high-quality planning. This includes having an agreed-upon mission or long-term goal, observable measures of progress, and linking activities to both the short and long-range goals.

Both of these factors that influence effective teams are familiar. They can be the answers to the question, "what makes teams effective?". For me, what is most valuable is that these variables were formally identified through research practices and be discussed and applied in more thoughtful ways (there are other identified variables as well). I think there is much we can learn from taking a look at how to do our work more effectively. There is a definite challenge to this - it too takes time and energy.

With 2007 now upon us, looking not only at what we want to accomplish, but how we want to accomplish it in the most effective way continues to be of great importance. 2007 is looking to have more than the usual share of "fiscal" challenges for all of us in PACT 4 - "Begin with the End in Mind" seems to have even greater significance as we begin the new year. Using our resources in the most effective and efficient way can be one strategy to meet this challenge. You will be hearing more about effective practices when you participate in wraparound refresher or skills trainings.

Common Behaviors of Adult Learners Training

January 12, 2007

8:30 AM — noon

Presenter: Connie Spartz

Kandiyohi County Health and Human Services Building

Room 2057

Limited to 25 participants

Cost :\$20

Register by calling Shawna

1-800-960-7228

320-231-7030

Join us for an informal gathering

THE NEW

West Central MN Brain Injury Support Group

January 29, 2007 ~ February 26, 2007 ~

March 26, 2007 ~ April 30, 2007

WEST CENTRAL INDUSTRIES JOB LINK
300 22ND ST SW, WILLMAR, MN 6:30pm

For more information call Alisa Savelkoul (320)235-5310 or Laura Albert (320)235-8786

Family Needs

There is a family in need of a table and chairs (4-6 chairs). If you are able to help out, please contact Sara Jacobson at 214-6689 ext. #6603.

We have a family in need of a double bed and an electric dryer. If anyone has these items for sale or giveaway, they could call or email Kris Holm at 564-4081 ext. 242

or kholm@yme.k12.mn.us.

We have a family in need of some beds - This family needs four single beds w/ mattresses-two bunk beds would also be fine, I'm sure. This family also is in need of four or five dressers. Any help is appreciated. Please contact Amy LaBatte at 564-6316.

We are currently working with a young man who will be aging out of care and moving into an independent living situation. He is looking for items to help him set up a home. Any assistance would be greatly appreciated! Please contact Heather Hubel-Coleman at Yellow Medicine County Family Services Center, 320-564-2211.



Musings From the Board: Partnership and Partner Collaboration

Becky Romosz, PACT Executive Board Member

FACT: At any given time, one in every five young people is suffering from a mental health problem. Two-thirds are not getting the help they need.

This is a sobering statistic. Mental health problems are evident in our young people who are diagnosed at younger ages more than ever before. When the above statistics are increased to include family members, the impact mental health problems have on our society is phenomenal.

In our PACT 4 region, we have a unique development. We have a collaborative of many partners, parents, kids, young adults, PACT 4 staff, plus others, involved in a movement to improve the mental health services where needed, maintain the ideas that are working, and make parent-driven and youth-guided improvements to our children's mental health system.

As is noticed often at our Full Collaborative meetings, we have a large number of organizations that are concerned about kids. Grant money and LCTS dollars fund many projects that help kids and their parents.

It is truly through partnership and collaboration that the needs of our kids can be met. The saying, "it takes a village to raise a child," speaks volumes for Collaboration and partnerships.

Thanks to all you partners in PACT 4. You have made changes in the system of care and are continuing to have an impact on kids, families and communities.

December Full Collaborative Highlights

A plaque of appreciation was presented to Mary Potter for her years of service on the PACT 4 Executive Board. Many thanks to Mary!!

Elections for three open Board positions were held. The positions open were a Social Services representative, a Parent of an SED-diagnosed child, and a Member-at-Large. Elected were: Jerry Brustuen, Renville County Human Services (Social Services position); Debi Brandt, Heartland Community Action Agency (Member-at-Large position); and Becky Romosz (Parent position). Congratulations to them.

An update on Woodland Center's Family Liaisons program was given. These Liaisons are funded through a PACT 4 contract. Referrals are made through Kim Hanson. Three Liaisons – Gracie Nieto, Kathie Fransen, and Polly Peters – serve our four counties. A parent support group will be started in January as part of their duties.

Debb Sheehan, PACT 4 Interim Director, gave an overview of the Budget Revisions and the cuts that were made. The Chief Elected Officials met today and gave their approval on this budget for 2007.

The working PACT 4 committees gave updates of their most recent meetings.

(Note: for complete meeting minutes, please contact Shawna Steffen at PACT 4.)

CALENDAR OF EVENTS


JANUARY 2007

Mon	Tue	Wed	Thu	Fri
1 New Year's Day - OFFICE CLOSED	2 11:30am - 2:00pm Executive Board (2055) 5:00pm - 6:00pm PRIDE-4 Youth Council (2045) 6:00pm - 7:00pm PRIDE-4 Support Group (2055)	3	4	5
8 6:00pm - 8:00pm Parent Advisory Meet- ing (YMCA)	9 12:00pm - 1:00pm Restorative Justice - YMC Committee (Jimmy's Pizza)	10 10:00am - 12:00pm Early Childhood Comm (2055) 10:00am - 10:30am Comm Ed/Trng & Tech Asst (MPR) 10:30am - 12:00pm Mentors Comm (2045) 10:30am - 12:00pm School Age Comm (1010) 10:30am - 12:00pm Wrap- around Comm (2075) 12:00pm - 2:00pm Full Collaborative Mtg (MPR)	11 12:00pm - 12:30pm Restorative Justice - KC Committee (Blue Heron)	12 8:00am - 12:00pm Adult Learner's Class w/ Connie Spartz (2057)
15 Martin Luther King Jr OFFICE CLOSED	16 5:00pm - 7:00pm PRIDE-4 Youth Council (2055)	17	18	19
22 10:00am - 12:00pm Evaluation Committee (1010)	23 8:00am - 4:00pm Chil- dren's Mental Health Poster Contest Judging (MPR)	24	25	26
29	30	31		

The Bulletin will now be mailed out via email. Please notify the PACT 4 Office to request a paper copy. You may contact Cynthia at 320-231-7030 or email her at cynthia_c@co.kandiyohi.mn.us

CALENDAR OF EVENTS

FEBRUARY 2007

Mon	Tue	Wed	Thu	Fri
			1	2
5	6 11:30am - 2:00pm Executive Board (2055) 5:00pm - 7:00pm PRIDE-4 Youth Council (2045) 6:00pm - 7:00pm PRIDE-4 Support Group (2055)	7	8	9
12 6:00pm - 8:00pm Parent Advisory Mtg (YMCA)	13 12:00pm - 1:00pm Restorative Justice YMC Committee (Jimmy's Pizza)	14 10:00am - 12:00pm Early Childhood Comm (Olivia) 10:30am - 12:00pm Comm Ed/Training Comm (Olivia) 10:30am - 12:00pm Mentor Committee (Olivia) 10:30am - 12:00pm School Age Comm (Olivia) 10:30am - 12:00pm Wrap- around Comm (Olivia) 12:00pm - 2:00pm Full Collaborative (Max's in Olivia)	15	16
19 President's Day OFFICE CLOSED	20 5:00pm - 7:00pm PRIDE-4 Youth Council (1010)	21	22	23
26	27	28		

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SERVING THE COUNTIES OF
KANDIYOHI, MEEKER, RENVILLE
AND YELLOW-MEDICINE

2200 23rd St NE, Suite 2030
Willmar, MN 56201

Return Service Requested

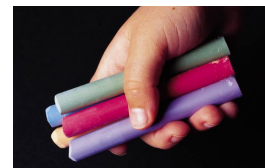
We're on the Web!
www.pact4.org

If you have any questions regarding the content of this newsletter or would like to be included on the mailing list, please contact Cynthia at (320)231-7030 or email to cynthia_c@co.kandiyohi.mn.us

The Minnesota Association for Children's Mental Health (MACMH) has scheduled its annual poster contest. PACT 4 will collect all posters and host its own contest on **January 23, 2007**, prior to the annual MACMH contest. Download poster information and release forms from the MACMH website (www.macmh.org). PACT 4 release forms are available from PACT 4 school-based staff.

PACT 4 Contest Details

- There will be a total of 16 winners—each participating school will have winning entries
- Judging will take place on January 23 in the Multi-Purpose room of the KCHHSB
- A \$5 gift certificate will be awarded to each winning entry
- Copies of the winning entries will be made for the school, student, and PACT 4 office



Timeline

- November, 2006 Begin MACMH curriculum and designing posters with students
- January 19, 2007 Posters (with PACT 4 and MACMH release forms taped to the back) are due in the PACT 4 office
- January 23 PACT 4 contest, 10am to 1pm
- January 24 All posters sent to MACMH for statewide contest
- January 31 PACT 4 contest winners announced. Poster copies and gift certificates distributed to school-based staff for student recognition

Send inquiries and posters to: Danette Hendrickson, Social Marketing and Training Coordinator, PACT 4 Families, (320) 231-7078/danette_h@co.kandiyohi.mn.us