



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

March 2007

**Full Collaborative Meeting will be held at the Kandiyohi County
Health and Human Services Building on
Wednesday, March 14th, 2007
PLEASE RSVP to Shawna (320)235-8938 or email
shawna.steffen@co.kandiyohi.mn.us**

PACT 4 NEWSLETTER

Alcohol and Drug Coalitions help to build “capacity” for Prevention

February was a busy month for the Alcohol and Drug Coalitions in Renville and Yellow Medicine Counties. The Coalition Coordinators, Renee Brandt (Yellow Medicine) and Alicia Spencer (Renville), and members from each coalition, Stacey Timms (Yellow Medicine) and Sarah Reznechek (Renville), were able to attend the CADCA National Leadership Forum (Community Anti-Drug Coalitions of America) in Washington, D.C. Conference sessions delved into a variety of hot topics, such as branding and marketing techniques, over-the-counter cough medicine abuse prevention, advocacy strategies and fundraising. Conference participants not only gained insights and encouragement, they also learned about the latest research and practices in the substance abuse field, plus heard examples of successful community-led approaches. Highlights reported from the four who attended include a presentation titled “Coalition Communication – Can You Hear Me Now?”, a session about abuse of over-the-counter cough medicine; a town hall meeting that included Minnesota Congressman Jim Ramstad, and the chance to network with other prevention specialists from across the country. The message each brought back is one of hope and excitement that prevention efforts can be successful in reducing alcohol and drug abuse. The Coalitions in Renville and Yellow Medicine counties will continue to benefit from knowledge gained at this conference over the next months to come.

Closer to home, Coalition members in each county participated in two days of a 6-day training event, communities mobilizing for change on alcohol (CMCA). The goal of this training series is to involve a wide cross section of community members to better understand the alcohol and drug issues youth are facing in their county and develop strategies to make real changes in their communities. Included in this process is having group make 100 contacts with other residents in their county. Information gathered from this process will be used in the next 2-day planning meeting. CMCA training has been shown to be effective in many communities across the country to help make real and lasting community changes to reduce alcohol use and abuse by adolescents. If you would like more information from the CADCA Leadership Forum or on the CMCA training taking place in Renville or Yellow Medicine County, contact Alicia (320-523-3845) in Olivia or contact Renee (320-669-1460) in Clarkfield.

Community Anti-Drug Coalitions of America

Building Drug-Free Communities

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 (Chair)
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, Renville 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.lcom

Becky Romosz, Parent
(KC Resident), 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, 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

The National Institute on Drug Abuse (NIDA) lists several principles for prevention in working with children and their families. The number one principle they identify is:

"Prevention programs should enhance protective factors and reverse or reduce risk factors."

This refers to reducing risk factors such as deviant behaviors and increasing protective factors such as parental support. NIDA points out that, "the potential impact of specific risk and protective factors changes with age. For example, risk factors within the family have greater impact on a younger child, while association with drug-abusing peers may be a more significant risk factor for an adolescent. Early intervention with risk factors (e.g., aggressive behavior and poor self-control) often has a greater impact than later intervention by changing a child's life path (trajectory) away from problems and toward positive behaviors."

As I consider the programs sponsored by or in conjunction with PACT 4, I am impressed with the number of preventive measures that actually meet the goal of enhancing protective factors and reducing risk factors.

Programs that enhance protective factors include Incredible Years training for parents, preschool tuition, OLWEUS anti-bullying programs and Second Step Violence Prevention, Steps to Respect, Project Northland and Strengthening Families Programs—all available through the SHARE grant.

The chemical health grants of Renville and Yellow Medicine Counties are taking an even more focused approach to preventing use of alcohol, tobacco and other drugs. See the cover article about some of their coalition building goals and trainings. In addition to the coalition activities, coordinators assist with the action of implementing evidence-based Project Northland, Class Action and Towards No Drug Abuse school programs for middle and high schools in the two counties.

PRIDE 4, which is in a no-cost extension year, is working with youth in their later teens to mid twenties to combat the sometimes negative influences of peers and mental health needs. On a one-to-one level, this program "coaches" participants with a more goal-oriented approach to moving through this often difficult stage of development.

According to SAMHSA, "Adolescents differ from adults both physiologically and emotionally as they make the transition from child to adult and, thus.... providers must address the issues that play significant roles in an adolescent's life, such as cognitive, emotional, physical, social, and moral development, and family and peer environment." This is exactly what PRIDE 4 aims to achieve.

Prevention of Alcohol, Tobacco and other drug use is one of those issues that PACT 4 has been focusing on but for which we have had to cut back in some areas. Funding for the four-county meth committee was pulled for 2007 due to financial cutbacks from LCTS; but we have a very good connection with programs available to schools through the SHARE grant and implementation of the State DHS chemical health grants in Renville and Yellow Medicine Counties. These programs are moving forward with some real momentum.

Thanks to all of you that have made these programs possible and have worked to reduce risk and enhance protective factors for our kids!

Full Collaborative Minutes

The February Full Collaborative meeting was attended by approximately 80 people, who heard a presentation about the Incredible Years programs running in each of our four counties. We hope to bring Incredible Years trainers out this year to do a Train the Trainer series. More information will be available once details are worked out.

There was a follow-up discussion on the exercise done at the January Full Collaborative meeting on Discretionary Grants. The information received from the exercise will be used to develop more of a focus for those applying and guidelines for approval. This may entail changing the application form as it exists. More information will be released at a future collaborative meeting.

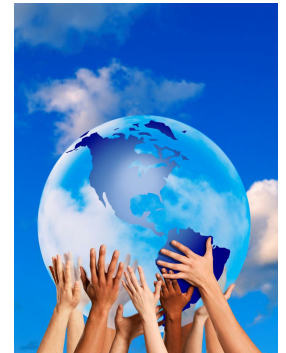
Committee reports were given for the following sub-committees: Early Childhood, Community Education/Training, Mentors, School-Age, Wraparound, Evaluation, Parent Advisory, Restorative Justice, Meth Advisory, SHARE Coordinating Council & Liaisons/Advisors, Chemical Health Coalitions-Renville & Yellow Medicine counties, and Executive Board.*

Jay Kieft was introduced as the new Director of Kandiyohi County Family Services.

Dates for community orientations and reviews for the LCTS General and OST (Out of School Time) grants were given. They are:

- Kandiyohi County: Orientation Feb. 26 and Mar. 06 – Review Mar. 26
- Meeker County: Orientation Feb. 21 – Review Mar. 6
- Renville County: Orientation Feb. 27 – Review Mar. 12
- Yellow Medicine County: Orientation Feb. 26 and Review Mar. 20

*If you would like copies of the minutes from this Collaborative meeting or any of these sub-committees, contact Shawna at the PACT 4 office.



If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

~Anne Bradstreet

Focus Group Meeting ~ Chemical Health Division of DHS

When: Wednesday, March 14, 2007

Where: Kandiyohi Health and Human Services Building, Community Room

Time: 2:30pm to 4:30pm

The Chemical Health Division of the Minnesota Department of Human Services is hosting a series of focus groups and information gathering sessions to solicit input from stakeholders related to Population Specific Proposals (RFP's). Current plans including issuing RFP's in August 2007 targeting:

- 1) Chronic CD and Homelessness;
- 2) Criminal Justice/Drug Courts;
- 3) Population Specific

The Population Specific Request is intended to address the needs of underserved groups in your community. The input you provide us will be used to assist DHS Chemical Health Division to draft the RFP to address the Region's needs in these three areas. Your perspective and input into this process will be greatly appreciated.

For more information, contact Ruthie Dallas
Prevention/Treatment Consultant
Chemical Health Division
Minnesota Department of Human Services
651-431-2465



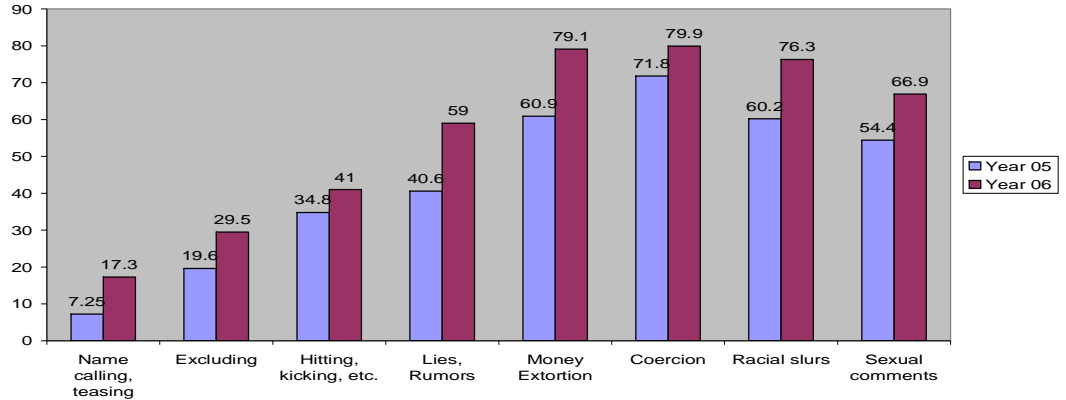
Evaluation Update Ed Downey, Evaluator

In the Evaluation Update column in the January PACT 4 Bulletin, Sarah Wennerberg provided data from the three pilot school districts, ACGC, BOLD, and YME, which are in the second year of implementing the Olweus Bullying Prevention program. The students in grades 3 and above were given a survey in November 2005, the program was started in early 2006, and the survey was repeated in November 2006. The student data shows that the program is appearing to have an impact. A 14 percent reduction in the number of students who reported experiencing bullying is a great start.

At the same time that the students took the Olweus Survey, classroom teachers and some paraprofessional staff in the pilot schools also were asked to complete a teacher version of the anti-bullying survey. How well does the teacher data support the data reported by students? The following charts give a clear indication.

These charts are not reporting the amount of bullying that has occurred. They are showing the percent of teachers who report not witnessing bullying by students or not having students complain that they had been bullied. In these charts the longer bars are better.

Chart 1
Percent of school staff who claim that they have not witnessed the various types of bullying in the past two months.

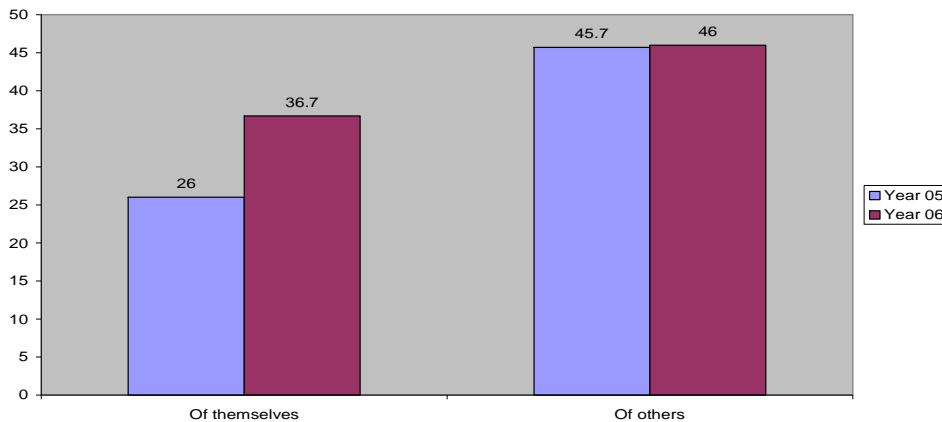


As we can readily see in Chart 1, more school staff

reported not witnessing bullying by students in the Fall of 2006 than in the same time period for 2005. We can see that progress was made in all types of bullying. But we also have to keep in mind that there is still a lot of room for improvement. Although there are ten percent fewer staff who reported not witnessing name calling and teasing by students, 82 percent did report observing this behavior in the last two months.

In the second chart we see the percent of school staff who claimed that students have not reported bullying to them. The chart covers all grades and would look very different if split into elementary and secondary, since younger children are more likely to report problem behaviors to their teacher. What we do see is a ten percentage point reduction related to students reporting bullying toward themselves but only a slight change in the number related to students reporting that others were bullied.

Chart 2
Percent of teachers who claim that students have not reported bullying to them in the last two months.



From this data we can see that the anti-bullying effort in the pilot schools is having an impact. It is interesting to note that the size of the group of staff involved in this survey is almost the same for both years - 138 staff for 2005 and 139 staff for 2006. While most of the same staff were involved both years, many were reporting on a different set of students.

Those of us who have been involved with educating students for any length of time are very much aware that as groups of students change from year to year the overall temperament of one group can be very different from the group before or after it. We really do need data from several years to verify the impact of a program such as the Olweus project. Nevertheless this first year follow-up data appears very promising.

Musings from the Board: Kandiyohi County Collaborates on Chemical Dependency Programming, Deb West Board Member

In keeping with the theme for the PACT 4 Bulletin this month, I would like to highlight how Kandiyohi County Community Corrections and Kandiyohi County Family Services work collaboratively in the area of chemical dependency programming. Approximately 20 years ago the Kandiyohi County Alcohol and Drug Abuse Assessment Team was formed as a result of State of Minnesota Rule 25 mandates for treatment placements and funding. Community Corrections “borrowed” a chemical dependency social worker from Family Services to work in our office for offenders who were court-ordered to complete a chemical use evaluation. Family services continued to work with county clients with chemical use issues. The Assessment Team was formed to primarily work together to decide appropriate treatment placements

and funding of these placements as the funding portion remained with Family Services.

Today, the Team continues to meet weekly and completes over 400 assessments each year. Community Corrections employs two full-time Rule 25 Alcohol & Drug Assessors. Two Probation Officers also complete assessments as needed. One is Spanish speaking. Kandiyohi County Community Corrections is very unique in the state of Minnesota in the sense that assessors for court-ordered evaluations are located with the probation officers in the same office space, making it conducive to good communication and planning. Our partnership with Family Services has been very positive in terms of getting help for people with alcohol and drug issues in a consistent and collaborative manner.



Hope doesn't come from calculating whether the good news is winning out over the bad. It's simply a choice to take action.

A message of thanks.

As I have now formally taken on the position of Director at PACT 4, I have been overwhelmed with notes of congratulations (and in one case condolences!) If you were at the Full Collaborative meeting for February, you witnessed a barbershop quartet serenade me and a wonderful reception after the meeting. I must say I am most appreciative for all these observations of recognition and support. As a member of the collaborative, you know it takes many people and numerous agencies working together to move the agenda forward for children and families. Your outpouring of good wishes is evidence of the kind of momentum I have come to see as true collaboration. I am honored to be considered worthy of leading such an organization. Debb Sheehan

Family Needs

One of my clients is moving into an apartment and could use a small used kitchen set or even a card table and chairs. He also could use a couple of floor lamps. There is also a need for some pots and pans. If you have any of these items, you can contact Mary Lee at Yellow-Medicine County Family Services at 320-564-2211 or maryl@co.yellow-medicine.mn.us.

I am working with a family who is in need of a weight set and/or a telescope. These will be for a 13 year old boy. He is currently in placement, but will be returning by the end of March. Any leads on these items would be greatly appreciated! Contact Jon Marchand at Greater MN Family Services.

I have a client in need of dressers. If anyone is able to donate, please let me know. Contact Michelle Thomas, Willmar Public Schools 231-8300 ext. 7223.

Yellow Medicine County Family Services Center has a client that is in need of numerous items and is wondering if anyone has any resources or items available.

- Kitchen Items: pans, plates, cups, bowls and silverware
- Bathroom Items: rugs, towels and wash cloths
- Dining Room: chairs
- Bedroom: dresser, bed and bedding for twin beds
- Living Room: couch

If you are able to help this client, please contact Stephanie Olson, Yellow Medicine County Family Services Center, at 320-564-2211. Thanks in advance for any possible help!





March 2007

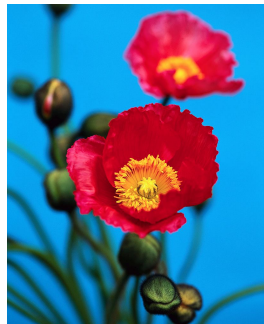


Mon	Tue	Wed	Thu	Fri
			1	2
5	6 8:00am - 4:30pm MC LCTS Community Reviews (MC Courthouse-Community Room) 11:30am - 2:00pm Executive Board (2055) 5:00pm - 7:00pm PRIDE 4 Youth Council (2045) 6:00pm - 7:00pm PRIDE 4 Support Group (2057)	7	8	9
12 4:30pm - 9:00pm RC LCTS Community Review (Pizza Ranch, Olivia) 6:00pm - 8:00pm Parent Advisory Meeting (YMCA)	13 12:00pm - 1:00pm Restorative Justice - YMC Committee (Jimmy's Pizza)	14 9:00am - 11:30am SHARE Advisors /Liaisons 10:00am - 12:00pm Early Childhood Comm. (2055) 10:30am - 12:00pm Community Ed/Training & Tech Asst (MPR) 10:30am - 12:00pm Mentors Committee (2045) 10:30am - 12:00pm School Age Committee (1010) 10:30am - 12:00pm Wraparound Committee (2075) 12:00pm - 2:30pm Full Collaborative (MPR) KCHHSB	15	16 9:00am - 11:30 Wraparound Training Refresher (2057)
19	20 6:00pm - 8:00pm PRIDE 4 Youth Council (1010 & 2057)	21	22 9:30am - 12:00pm Wraparound Combo 101 Refresher Training in Yellow Medicine County Family Services	23
26 10:00am - 12:00pm Evaluation Committee (1010) 3:30pm - 5:30pm KC LCTS Community Reviews 6:30pm - 8:45pm Social Security for Transition Age Youth (MPR)	27	28 9:00am -11:00 4 County Meth Advisory Group (MPR)	29	30

April 2007

Mon	Tue	Wed	Thu	Fri
2	3 5:00pm - 7:00pm PRIDE-4 Youth Council (2045) 6:00pm - 7:00pm PRIDE-4 Youth Group (2057)	4	5 YMC CMCA Training (Kilowatt Community Center; Granite Falls) 3:30pm - 4:30pm CEO Board Meeting (KEC) 4:30pm - 5:30pm Annual Meeting Social Hour (KEC) 5:30pm - 6:30pm Annual Meeting - Dinner (KEC) 6:30pm - 8:00pm Annual Meeting (KEC)	6 YMC CMCA Training (Kilowatt Community Center; Granite Falls)
9 6:00pm - 8:00pm Parent Advisory Mtg (YMCA)	10 12:00pm - 1:00pm Restorative Justice - YMC Committee (Jimmy's Pizza)	11 Renville County CMCA Training (Max's in Olivia)	12 Renville County CMCA Training (Max's in Olivia) 12:00pm - 1:00pm KC RJ Advisory Comm (Blue Heron)	13
16	17 5:00pm - 7:00pm PRIDE-4 Youth Council (1010 & 2057)	18	19	20
23	24	25	26	27

30



“In the course of history many more people have died for their drink and their dope than have died for their religion or their country.”

-Aldous Huxley, In Drugs



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

PACT 4 Families Collaborative
2200 23rd Street 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 e-mail to cynthia_c@co.kandiyohi.mn.us



Workshops and Retreats

Social Security for Transition Age Youth

A Social Security representative will speak about programs for transition-age youth. Among the topics: the difference between Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI), what the “Ticket” program involves and what “PASS” means for young adults. This workshop is a collaborative effort of PACER and PACT 4.

*Monday, March 26, 6:30pm - 8:30pm KCHHS Bld
Lower Level Multi Purpose Room*

Save the Date

Just a reminder that the annual PACT 4 parent retreat is scheduled for May 18th and 19th at “The Village” at St Andrew’s, near Sibley State Park. The theme this year is “Inter-Generational—Making Memories”. The retreat is FREE to parents in the PACT 4 Counties. More details to follow.

Hope for Recovery Workshops - NAMI

Hope for Recovery is a free, one-day, interactive workshop that offers families and individuals information, hope and practical strategies for dealing with the complexities of mental illness.

Participants learn:

- Specific information about mental illnesses such as depression, anxiety disorders, bipolar disorder and schizophrenia;
- Information on treatments, including mediations and psychotherapies;
- strategies to use when people don’t believe they are ill; what to do in a crisis situation;
- about recovery;
- and about the mental health system and local resources.

Registration for the workshop is requested call Shelley at 651-645-2948. **Litchfield, Meeker County Family Services Bld, 9 am to 3 pm. March 31st Saturday. Also in Pipestone on April 14th at the Calumet Inn 9-3pm.**