



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

January 2008

Full Collaborative Meeting will be held Wednesday,  
January 9th at the Kandiyohi Co. Health & Human  
Services Building in Willmar; 12:00pm to 2:00pm  
**PLEASE RSVP** to Shawna (320)235-8938 or email  
[shawna.steffen@co.kandiyohi.mn.us](mailto:shawna.steffen@co.kandiyohi.mn.us)

# PACT 4 NEWSLETTER

## PACT 4 Executive Board Elections

The following three-year term positions were filled at the December 12th

Full Collaborative Meeting:

**School Administrator : Loren Hacker, Superintendent; Canby Public Schools**

**Mental Health Administrator: George Dubie, Director; Greater MN Family Services**

**Parent: Arliss Stenger, Parent; Meeker County**

Congratulations and thanks for your commitment!

*Debb Sheehan*



# Mental Illness Affects 1 in 5 Adolescents



[www.pact4.org](http://www.pact4.org)



## 2008 Executive Board

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

Deb West, KC Probation  
Serves through 2008 - 1st Term  
(320)231-6218 /  
d\_west@co.kandiyohi.mn.us

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

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

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

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

Arliss Stenger, Parent (Meeker Co)  
(Vice-Chair)  
Serves through 2010 - 3rd Term  
(320)453-8153/ a.stenger246@yahoo.com

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

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

## Topics that will weigh on our hearts and minds in 2008.

Though it is always risky to predict the future, I have a feeling that most of the issues we'll be thinking about in 2008 are already discernible. The primary reason for this is that so many of the concerns that have impacted our communities in the past tend to linger, while solutions seem to elude us. In a strengths-based approach, my predictions for the coming year include:

### ■ Most of our youth will be healthy, strong and happy.

Studies summarized by the U.S. Department of Health and Human Services show that at least one in five children and adolescents have a mental health disorder. At least one in 10, or about 6 million people, has a serious emotional disturbance. This means that four out of five children will be mentally healthy, they will provide the backbone of our society with their visions of the future and their strong will to make this world a wonderful place for our grandchildren. These healthy youth will also provide friendship and support to their friends and cohorts that are seriously hurting due to some form of mental illness.

### ■ Parents and professionals will support each other in meeting the needs of youth that exhibit risky behaviors.

The Institute of Medicine National Research Council notes that alcohol use among youth is strongly correlated with violence, risky sexual behavior, poor academic performance and other harmful behaviors. Still, I see people from all backgrounds in our four counties coming together to target and respond to the needs of young people that are not yet making healthy choices. We will see adults working with these youth and their younger counterparts in prevention and intervention activities that will impact them for the rest of their lives.

### ■ Community partners will work together to fill the gaps of mental health treatment.

According to the Substance Abuse and Mental Health Services Administration, (SAMHSA) an estimated two-thirds of all young people with mental health problems are not getting the help they need. These mental health problems can lead to school failure, alcohol or other drug abuse, family discord, violence, or even suicide. Our communities have already recognized these concerns and are looking at the best ways to meet the needs of children, youth and families struggling with inadequate resources and treatment that is available on a limited basis. In 2008, these gaps will begin to close as we see school districts working with mental health providers and teachers communicating with social workers in a way that begins to complete the service delivery circle.

In conclusion... I predict a year filled with growth for our organizations and those of us who work for them. I envisage a PACT 4 community where people go out of their way to see the needs among our children and families looking past the bureaucracies and focusing on the goal—a truly happy and healthy year for our students, our clients, and our coworkers.

Debb Sheehan — debb\_s@co.kandiyohi.mn.us



## New Website Now Online

Check out the new design and logo at [www.pact4.org](http://www.pact4.org).

The new website design is user-friendly and accessible. Get updates on grants, download forms, find employee contact information, read this newsletter, get meeting minutes, and more all from one convenient location. We appreciate your patience while the website continues to be updated.

Contact Russ Lammers, [russell\\_1@co.kandiyohi.mn.us](mailto:russell_1@co.kandiyohi.mn.us) for more information. Thanks for visiting [pact4.org](http://pact4.org).

# Evaluation Update

I thought we might start the New Year with a few isolated but interesting facts.

## Did you know?

- Over the last three years, 9081 students from the PACT 4 partner schools have answered 267 questions on the SHARE surveys resulting in 813,913 answers.
- While Minnesota is known as the “Land of 10,000 lakes,” 14 other states have a higher percentage of total area covered by water.
- Survey data from the three PACT 4 school districts that piloted the Olweus program shows a 16.8% reduction in the number of students who claimed to have been bullied in the last two months when comparing 2005 data to 2007 data.
- The name of our state comes from a Dakota Indian word, “Minisota”, which means “sky tinted waters”.
- The PACT 4 Learning Center grant will provide almost \$2,000,000 over the next three years to provide out-of-school time enrichment services to at-risk students.
- In the mid to late 1800’s you could buy an acre of land in Minnesota for a buck and a quarter.
- In the PACT 4 Family Needs survey conducted in 2007 one third of parents were concerned about too much TV viewing by their children.
- Two hundred and one lakes in Minnesota have been named “Mud.”
- Out of 3,408 students who completed the 2007 SHARE survey, the number who claimed to have not consumed alcohol during the last 30 days increased by 3.3 percentage points
- The median household income in Minnesota in 2004 exceeded the national average by \$7000.
- Sarah Wennerberg, our Evaluation Specialist, is on maternity leave for the first three months of 2008 following the birth of her beautiful son. Any PACT 4 evaluation concerns or questions can be directed to Dr. Ed Downey, 320-235-8931 or [ed\\_d@co.kandiyohi.mn.us](mailto:ed_d@co.kandiyohi.mn.us).

## 21st Century Update

### Engaging KIDS: 21<sup>st</sup> Century Grant Meets the Minnesota Planetarium Society’s Exploradome

We teach our students everyday about our wonderful planet earth and everything on it in science, history, math, English and more. When the MN Planetarium Society brought the Exploradome to ACGC and EV/W, we saw first hand, as we “flew” out to space, that we are just a small blip on the map of the many galaxies, and what a miracle our planet is to be so different than all those out there (that we know about).

Joel Halvorson, who was previously a math teacher in Minnesota until he became involved with the Exploradome programming, spent two days taking our 21<sup>st</sup> Century learning grant schools on an exploration like no other. We started at home base earth, as we lay on our backs looking up at the Exploradome ceiling. We flew to the space station (Can anyone name it?) and then out to view the magnetic field of the Earth, which is not just a round bubble around our planet. It has angles and curves at different lengths. Did you know that? Then he “flew” everyone to a neighboring planet chosen by the group, where we circled it and inspected moons, landscapes, and more. If that wasn’t enough, we zoomed out to see the eye-catching brilliance of the Milky Way from a distance, knowing we had already entered another galaxy. Then he kept pulling us further out to space so that everyone could see many galaxies, and many developing or newly discovered planets, too many to count! Pretty soon it all seemed so unreal that we were so far out. In truth, we wouldn’t ever be able to really travel the same distance in a spaceship within our lifetime! Everyday all these things surround us and our Earth. Just as everyone started to seem like their eyes couldn’t get any larger and we couldn’t hold anymore information, he launched everyone back to Earth in about 10 seconds. Amazing!

From the smallest student to the teachers who teach about our atmosphere and beyond, everyone learned something new from this great opportunity. A high school student felt it “Totally kicked-but!” and that is high praise! When she was further asked what was something new she learned that made her go WOW she said, “ I didn’t realize that the universe never stops, it just keeps going, and it felt like we were actually out there!”. The Exploradome engaged all of our minds, in such a moving visual experience, that it has left a lasting imprint on the learning soul. Even the students who are not interested at all during the regular school day couldn’t wait to see it, participate, and grow from it.

In the evening, Joel and the MN Planetarium extended the opportunity to our communities to visit the dome. Immediately, kids lined up who didn’t have a chance during the day to visit the dome, and they were very excited to be able to learn! Well over 120 adults and kids loved it, and would have spent more time in it if they could have! All the classrooms would have liked more time as well, to ask more, see more, and try to figure out a way to comprehend all there is in the great un-known.

As the days at ACGC and EV/W wound to an end, the Exploradome packed up to travel back home, but the journey it brought us all on was very meaningful. Our kids ARE the technology age...they know no other way, so taking the textbooks and putting it into a form of technology, and then making it so real...well, it translates into full-throttle learning! We hope the future of learning can be enhanced with more technology and can take our students to a new frontier!

By Nichole Bergmann, ACGC’s local coordinator, and Denise DeJuliannie, EVW’s local coordinator



# November Full Collaborative Highlights\*

**Celebrating Excellence Award**—Char Erickson, the Wraparound Coordinator for PACT 4, was recognized for the work that she has done using the principles of wraparound. Char was nominated for the award by two co-workers, Kenny Turck and Diane Helgeson.

**School-Based PACT 4 Staff – Overview and Presentation**—PACT 4 social workers based in schools gave an overview of their responsibilities and activities. The PACT 4 employed, school-located social work and counselor program was begun in 1996, and was one of the first programs run by PACT 4. PACT 4 currently employs 17 school-based social workers, located in four counties. During the 2006/2007 school year, they served 2,297 students on an individual or group basis. Also during that school year, there were 27,752 contacts made on an individual or group basis.

PACT 4 conducted a teacher survey, asking “In your view, what is the greatest benefit to having a PACT 4 school-based staff person in your school?” The following were some of the responses received:

- Available to assist us with touchy issues
- Flexible schedule – willing and able to work with families and other agencies for students’ benefit
- Having the support, materials, references and resources they provide
- Having a trained resource dedicated to the well-being of students
- Students have a direct connection to someone that can assist them with issues spilling into school from home and community
- Provide proactive care, not reactive
- Having them immediately available to consult with, to refer students to, and to contact other appropriate people that need to be involved, such as county social services, nursing, etc.
- The link between the school, parent, and child when it comes to needs that can’t be taken care of in the regular classroom

A second survey question asked, “Please share any other observations you may have that would help us in evaluating the benefit of the PACT 4 school-based staff program.” The following are some answers:

- Does a wonderful job of making children feel they matter and is always ready to listen
- Always available, great personal skills, is reliable, confidential and should continue at district
- Provides a positive role model; provides family with a neutral party when school issues come up
- Door is always open for staff or students

Another survey question asked, “Please share any suggestions you would have for improving the PACT 4 school-based staff program.”

- Number – increase them
- Clone them!
- Funding so schools keep counselors
- Just keep seeing it as a need for schools – it’s vital to the well-being of children and their families

## Committee Reports

Executive Board – Board highlights included: an audit report, evaluation outsourcing, web-cast training at the brain conference, staff insurance changes, new logo design, website revision, committees, initial feedback of the Committee Response Form, and 2008 budget projections.

Early Childhood Committee – highlights included: possible funding sources for books given out at early childhood screening and at new baby births, reflective consultation as part of the SHARE grant, Incredible Years classes, and committee mission statement.

Mentors Committee – the committee’s topic for the meeting was expectations of parents – what we as mentor coordinators expect from parents.

Adolescent Services Committee – highlights included: the varying needs in different schools, how to connect with parents and kids in an approachable fashion, and facilitating the process for parents who don’t know how to access or approach school personnel.

Elementary/Middle School-Age Committee – the committee will focus this year on school connectedness.

Wraparound Committee – highlights included: a completed mission statement, a DVD for training purposes, and volunteer teams.

## Grant Reports

Restorative Justice/Circle Sentencing – Kenny Turck reported that he has resigned effective December 21<sup>st</sup>.

SHARE – Advisors and Liaisons highlights included: sharing current events and sustainability; Coordinating Council will meet after today’s Full Collaborative.

Chemical Health Coalitions – Renville/Yellow Medicine Counties – Alicia Spencer announced her resignation. Each county is working on a big social marketing campaign for next year.

# January 2008

Mon	Tue	Wed	Thu	Fri
	<b>1</b> New Year's Day <i>Office closed</i>	<b>2</b>	<b>3</b> ■ 9 AM Poverty Conference Planning Committee Northern Grounds	<b>4</b>
<b>7</b>	<b>8</b> ■ Executive Board Mtg; 11:30-2:00; #2055	<b>9</b> ■ Committee Meetings; see below ■ Full Collaborative; 12:00-2:00 pm; KCHHSB; MPR ■ SHARE Coordinating Council; 2:00pm; #2057	<b>10</b>	<b>11</b> ■ Wraparound 101 Training; 9:00-2:30; KCHHSB-#2055
<b>14</b> ■ Parent Advisory Committee Mtg; 6-8pm; YMCA	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b> Martin Luther King Jr. Holiday <i>Office closed</i>	<b>22</b>	<b>23</b> ■ ATOD Networking Comm; 9:00-11:00 am; #2055	<b>24</b>	<b>25</b>
<b>28</b> ■ 21st Century Grant Site Coord Mtg; 1:00-3:00; #2055	<b>29</b> ■ 21st Century Advisory Comm Mtg; 8:30-10:30am; #2055	<b>30</b>	<b>31</b>	

KCHHSB = Kandiyohi County Health & Human Services Building

9:00 am—SHARE Advisors & Liaisons, #2045

10:00 am—Early Childhood Committee, #2055

10:30 am—Adolescent Services Committee, MPR

10:30 am—Mentors Committee, MPR

10:30 am—Elementary/School Age Committee, #1010

10:30 am—Wraparound Committee, #2075

2:00 pm—SHARE Coordinating Council; #2057

*\*All meetings are held at the Kandiyohi County Health and Human Services Building unless otherwise noted.*

*(MPR = Multi Purpose Room)*

Registration for the 2007-08 Lessons from the Field series is now available at [www.cmh.umn.edu](http://www.cmh.umn.edu). The Center for Excellence in Children's Health, in conjunction with co-sponsors and Greater Minnesota host site partners around Minnesota, is once again making the Lessons from the Field series available at the University of Minnesota and via ITV/video stream at over 35 host sites around the state. Please visit our website for a list of locations.

# February 2008

Mon	Tue	Wed	Thu	Fri
				1
4	5 ■ Executive Board meeting; 11:30-2:00 pm; #2055	6 ■ Staff meeting; Office closed until noon ■ SHARE Coordinating Council; 11:30 am; Blue Heron	7	8
11 ■ Parent Advisory Committee meeting; 6:00-8:00 pm; YMCA in Willmar	12	13 ■ Committee Meetings-Max's, Olivia ■ Full Collaborative; 12:00-2:00 pm; Max's,	14	15
18 ■ President's Day—Office Closed	19	20	21	22
25	26	27	28	29

## Family Needs and Donations

### Needs

- I have a family that needs a **crib and mattress**. They are expecting their 5th child in Feb. This family recently moved to our Renville County. If you can help, please contact me at the number listed. Thanks, Patty Sanger, RCHS, 320-523-2202.
- I have several youth that are homeless and we are getting them housing. We are in need of any donations of **furniture** or other **household items**. Thank you. Corie Haverly, LSS youth programs. [chaverly@lssmn.org](mailto:chaverly@lssmn.org)
- I am working with a family who is in need of a **washing machine**. If anyone has one to donate, please let me know. Thanks, Connie Rosen, [Kandiyohi County Family Services](http://www.kandiyohi.org) [connie\\_r@co.kandiyohi.mn.us](mailto:connie_r@co.kandiyohi.mn.us) 320/231-7848
- I am working with a mom who has 2 girls that are in need of a bunk bed. Please contact me at 320.235.0962 or [megand@willmarshelter.com](mailto:megand@willmarshelter.com) Thanks Megan Davis, Shelter House

### Donations

- The Minnesota Dental Association is pleased to coordinate a special event called "Give Kids a Smile." On Friday, Feb. 1, and Saturday, Feb. 2, more than 2,000 Minnesota dental professionals will provide free care to low-income children in need. The dental care will be available in community-based clinics and private dental practices in more than 200 locations throughout the state. We need your help in letting families know about this free service. Several types of promotional materials are available online at: [http://www.mndental.org/public\\_home/about\\_us/give\\_kids\\_a\\_smile/](http://www.mndental.org/public_home/about_us/give_kids_a_smile/) under the section "Spread the Word." You can select from colorful fliers in English and Spanish, or simple black and white take-home sheets (easy to photocopy!) that explain the program in six languages. To learn more about this program, please contact the Minnesota Dental Association at (612) 767-8400 or visit [mndental.org](http://mndental.org).

## PACT 4 Budget Update

[“A wise man should have money in his head, but not in his heart.”](#)

**Jonathan Swift (1667 - 1745)**

The Chief Elected Officials met December 12 and officially approved the budget for 2008. The trend is not a favorable one for starting new initiatives as the LCTS funding is slated to see additional cuts in the coming year. 2008 will see a budget that continues to eat away at our reserves, but maintains funding of county LCTS grants that were approved last year for a two-year period.

One of the major changes in 2008 includes an increase from 50% to 75% in the amount that schools with PACT 4 social workers/counselors will contribute, beginning July 1, 2008. Partners may recall when PACT 4 first began hiring social worker/counselor positions, the plan was for schools to assume an increasing amount of the cost and that after four years, PACT 4 would no longer subsidize these positions. Because LCTS dollars were plentiful for several years, that schedule was put on hold and PACT 4 continued to cover the cost of these school staff much longer than originally scheduled.

It's important to remember that schools are not the only entities that are impacted by the reduction in LCTS funds. LCTS dollars allocated for grants to partner agencies during the 2007-09 funding cycle were greatly reduced from prior years and many fewer grants were awarded. Money for discretionary grants has also been reduced (see related notice below.) Since 2006 the PACT 4 supervisory staff has been reduced from five to three and one full-time office support position was recently eliminated. With the 2008 budget, county social service support has also been eliminated from the budget. While we are doing everything we can to limit expenditures, with the current commitments to schools, public health, and the '07-'09 LCTS grantees, by July of 2009 we will have spent down our fund balance to a bare minimum.

Although this financial situation was expected, it is very hard to see the reality of the cuts that are required. With the beginning of the new year, we will be working not only to identify areas we can further carve away, but also looking to all possible sources of revenue to keep the collaborative strong and sustaining.



*Debb Sheehan*  
debb\_s@co.kandiyohi.mn.us

### Discretionary Grants

The budget package approved by the CEO board in December included some changes in discretionary grant allocations. During 2007 we tightened up the eligibility criteria for discretionary grants resulting in a reduction in approved dollars under this category. We also noted that smaller organizations typically did not apply for the larger county LCTS grants and yet still have programs that are impacting children and families. Based on expenditures for last year and the shrinking funds overall, some changes were made to the discretionary and discretionary plus grant allocations.

	2007 budget	2007 approved	2008 budget
Discretionary Grants	\$ 125,000	\$ 34,159	<b>\$ 50,000</b>
Discretionary Plus Grants	\$ 50,000	\$ 50,000	<b>\$ 70,000</b>
Flex Funds	\$ 20,000	\$ 1,700	<b>\$ 5,000</b>
<b>TOTAL</b>	<b>\$ 195,000</b>	<b>\$ 85,859</b>	<b>\$ 125,000</b>

Discretionary grants are mini grants up to \$1,500 while discretionary plus grants are for amounts up to \$3,000. These grants are flexible to allow for creativity and vision in meeting the needs of children and families and are available to all Collaborative members. Funding is requested through a brief application process, available through the PACT 4 office or website, and is accepted any-time during the year.

Discretionary grants are typically meant to provide funding for new, unique or one-time programs or services. The project must be focused on a clearly defined target population of children, youth and/or family members who are at risk, impacted by mental health issues, or needy. Members are asked to not request LCTS discretionary funds when other monies are available to fund a project or when the activity is something the agency would normally be expected to do.

As you can see, there are still sufficient funds in each of these categories available for 2008 so do not hesitate to apply for funding that fits the guidelines. Guidelines and applications for flex funds and discretionary grants are available at our website at [www.pact4.org](http://www.pact4.org).

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

**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.**

**We're on the Web!  
[www.pact4.org](http://www.pact4.org)**

*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.*

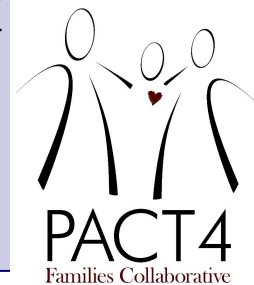
### **PACT 4 Participation in Partner Meetings**

At PACT 4 we would love to be kept in the loop with your agency's planning and organizational meetings. However, given our limited number of management staff we will not be able to commit to being ongoing members on your advisory or steering committees. If you are planning a program or project and would like our input, feel free to contact Rick, Ed or Debb about joining one or more of your meetings where we may be able to offer specific input or where your planning groups could contribute to us so we can assist other collaborative partners. We really want to be a part of any planning related to children's mental health and family services in our four counties, but hope to participate at a level that best optimizes our resources and yours!

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Rick Loseth [rick\\_l@co.kandiyohi.mn.us](mailto:rick_l@co.kandiyohi.mn.us) (320) 231-7079

Ed Downey [ed\\_d@co.kandiyohi.mn.us](mailto:ed_d@co.kandiyohi.mn.us) (320) 235-8931



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**RETURN SERVICE REQUESTED**