

**PACT 4 FAMILIES  
COLLABORATIVE**

**THE NEXT FULL  
COLLABORATIVE  
MEETING IS:**

Wednesday, January 13

KCHHSB; Willmar

11:45 am to 1:45 pm

Cost: \$5.00

RSVP requested:

320-231-7030 or

Email:

shawna.steffen@  
co.kandiyohi.mn.us

# PACT 4 NEWSLETTER

JANUARY 2010

## Child and Youth Intervention Programs Social Return on Investment



Social return on investment is a powerful way of identifying what real costs are saved by making investments in children and families as opposed to the concept of paying for services. Other very tangible benefits are realized beyond the actual dollars and cents that may accrue as profit and these are the overwhelming advantages to such programming. Prevention programs build resiliency and protective factors in youth, families, and communities. Intervention activities decrease use of drugs and alcohol, lower the crime rates, keep people out of prison and lower youth pregnancy rates. Treatment programming leads to healing, developing coping skills and reduces the generational patterns of abuse and poverty.

The Social Return on Investment research rigorously determines costs of programs and their related financial benefit. As can be seen in this table of six program categories, prevention programs have the largest pay off because of the costs that need not be expended at all. Second, are programs that leverage dollars from other sources beyond the local taxpayer such as when federal funds are attained—as with grant funding.

**PACT 4 Families is built on the concept of collaboration – forming lasting partnerships to achieve greater outcomes and to provide a support base for those at risk. We support programs related to prevention, intervention and treatment for many reasons, most of all because we believe that kids and families are worth the investment.**

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<i>Type of Program</i>	<i>Conservative Direct Cost Benefits</i>
<b>Comprehensive intervention programming for at-risk youth<sup>1</sup></b>	<b>\$4.89 for every dollar of cost</b> <b>\$14.68 = Total benefits/State costs (leveraged with federal dollars)</b>
A targeted program to reduce recidivism of property crimes <sup>2</sup>	\$8.18 for every dollar of cost
After school programs <sup>3</sup>	\$3.19 of benefit for every dollar of program cost
Truancy reduction <sup>4</sup>	Preventing one day of truancy per year is associated with higher tax revenues collected by the government in the range of \$882 to \$1,764 per child based on higher lifetime earnings.
<b>Prevention programs related to child abuse and neglect (children 0-3).<sup>5</sup></b>	<b>\$34.00 of benefit for every dollar spent on prevention activities</b>
Evidence-based treatment of alcohol, drug, and mental health disorders (all ages—Washington State) <sup>6</sup>	\$3.77 in benefits per dollar of treatment cost

References for this article can be found on page 6.

## Director's Corner

### "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."

### Spirit and Science lead to a call for Action

Recently, I attended a training meeting at the Minnesota Department of Human Services related to two PACT 4 grants working with community coalitions in Yellow Medicine and Renville Counties around the issue of drug and alcohol prevention. The training was tied in to what is called the Science of the Positive™ and on reflection, I thought one of the paradigms they use can apply to many of the initiatives at PACT 4. According to their model, three elements are important to making change: spirit, science, and action. For the purposes of this article, I would like to highlight how each of these elements are being used as a part of the portfolio we are submitting to legislators on behalf of sustaining the efforts of Collaboratives.

**SPIRIT** is being reflected in both the mission of PACT 4 and through success stories we are gathering to illustrate the "qualitative" aspects of what we do. The success stories of our families are the intangibles that we can recognize, but cannot always put a number to. How do you measure the concept that a family has negotiated numerous hurdles by recognizing their strengths and receiving support from dedicated volunteers and committed professionals? In our mind, this is best recorded by the words of the families themselves. There are countless examples of people overcoming hardships that would have caused them life-long disability without one intervention or another. We hope to capture the spirit of these people and the interventions that made a difference by including their stories of triumph.

The **SCIENCE** in this paradigm is best related to our evaluation outcomes, or those things we can actually measure. The *Social Return on Investment* document highlighted on the cover of this newsletter represents one form of science. Other scientific documents may include outcomes of specific programs and significant findings from our SHARE survey. We believe it is compelling to know, for example, that 30.2% of students reported that in the past twelve months prior to the survey, they had been bullied electronically, that 5.1% of students carried a weapon to school during the past 30 days,

that 6.5% of those surveyed said that they were offered, sold or given alcohol at school during the school day, and that during the past twelve months 12.8% of respondents considered killing themselves. These are statistics that should make anyone want to make changes that lead to more positive outcomes for our youth.

**ACTION** in this model is tied to two different aspects—the programs/grants we are implementing and a request for action on behalf of the legislators to:

- Create an ongoing funding source to replace the lost LCTS federal funds. "Such dedicated funding will continue to support services as defined in the Collaboratives' seven target program areas: early childhood, school-based programs, children's mental health, intensive interventions for "at risk" children, juvenile corrections programs, service coordination and family support."
- Assure that the Minnesota Department of Human Services collects all available funding from federal LCTS (Local Collaborative Time Study) sources.
- Support rural counties by sustaining Collaborative infrastructures and initiatives that are designed to focus on prevention, reduce duplication and meet the diverse needs of the population spread over thousands of miles.

I invite each of you to join us in the **Spirit, Science,** and **Action** related to the mission of providing a family-driven continuum of quality, innovative, and cost-effective services for children and their families. PACT 4 is not in a position of competing for scarce funding resources, but working together with our partners to assure kids and families have the best chance for optimizing their strengths during these difficult times.

Debb Sheehan, Director  
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<sup>1</sup> 2009 SHARE Annual Survey Data administered to 7th, 9th and 11th graders in fourteen PACT 4 school districts.

<sup>2</sup> Legislative Committee Actions statement from the Legislative Position Statement by the Minnesota Association of County Social Service Administrators.

Would you like to receive this newsletter in full color via email? Please contact Shawna at (320) 235-8938 or shawna.steffen@co.kandiyohi.mn.us to request your PACT 4 newsletter be delivered via email.

# Renville Co. Chemical Health Grant Update

## Marketing to Youth

Despite the alcohol industry's claims that it does not advertise to underage youth, young people are consistently exposed to and affected by alcohol marketing. This exposure increases underage drinking, promotes brand awareness, and influences youth attitudes about drinking. Community efforts to limit alcohol advertising, especially in youth-oriented media and events, can foster an environment where youth can make choices free from alcohol industry manipulation.

**Problem:** The alcohol industry targets youth with marketing messages to develop loyal customers.

-The more alcohol ads young people see, the more they drink. Communities with more alcohol ads have higher levels of youth drinking. Each additional dollar spent per capita on advertising raises the number of drinks youth consume by three percent. (Snyder, L.B., Fleming, M.F., Slater, M., Sun, H., & Strizhakova, Y. (2006). *Effects of alcohol advertising exposure on drinking among youth. Archives of pediatrics & adolescent medicine, 160(1), 18-24.*)

**Solution:** Hold the alcohol industry accountable for irresponsible marketing practices; Strengthen and strictly enforce policies that prevent youth overexposure to alcohol ads.

-Efforts to reduce youth exposure to alcohol ads enjoy strong public support: 77% of adults favor banning alcohol sponsorship of youth-oriented events, 75% favor banning alcohol ads in youth-oriented media, and 71% favor banning alcohol on billboards where high levels of youth exposure are likely. (Richter, L., Vaughan, R.D., & Foster, S.E. (2004). *Public attitudes about underage drinking policies: results from a national survey. Journal of Public Health Policy, 25(1), 58-77.*)

### THINGS TO DO:

- Conduct a survey on alcohol billboards in your community. Determine the number and location. Put your findings on a city/county map. Are there more in certain areas? Why? Share your findings.
- Challenge alcohol sponsorship of youth-oriented events in your town/county. Make your views known at planning meetings.
- Create alcohol-free events. Help sponsor and promote those that already exist.
- Keep your antennae up. Read newspaper and magazines; watch TV and movies: be aware and informed of how many alcohol ads are out there.



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## Wraparound Update

### HIGH FIDELITY WRAPAROUND: A Picture of Collaboration

Since Wraparound was first introduced in our communities, there have always been two "tracks" or schools of thought. One track is that we should always be collaborating and using the values of Wraparound in our work with families ~ being strength-based, parent-driven and culturally sensitive. In that sense, we are always doing Wraparound; this is sometimes referred to as "informal Wraparound."

The other school of thought has to do with current research on Wraparound. When the *practice model* is used within the philosophical framework of Wraparound, research suggests positive outcomes for families. The practice model, "Four Phases of Wraparound," was developed by the National

Wraparound Initiative several years ago, and provides a step-by-step model for engaging and developing effective teams.\* Adhering closely to the practice model as well as the value system can be called "High Fidelity Wraparound."

Sometimes I am asked how many Wraparound teams are meeting in the PACT 4 communities. This is sometimes difficult to gauge, due to the use of informal Wraparound. However, in recent meetings with county social workers and supervisors, we did some figuring and discovered that there are approximately 55 *formal teams* meeting. That represents a lot of collaboration. In fact, I have realized that Wraparound is a perfect small-scale representation of the larger picture of collaboration. In a typical team meeting, the following people might be present: a parent, a family member, a child

protection worker, a Guardian ad Litem, a public health nurse, an employment specialist, a pastor, and an in-home worker. In this case, it means that a family, a social services agency, a Judicial District, public health, the Workforce Center, a mental health agency and a denomination of faith would all be sitting around a table, working towards a common goal on behalf of a family.

Wraparound truly embodies the spirit of partnership. Thanks to our Wrap teams for providing a great illustration of collaboration!

Char Erickson  
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\* *Phases and Activities of the Wraparound Process*, October 2004 (Walker, Bruns, VanDenBerg, Rast, Osher, Koroloff, Miles, Adams). A product of the National Wraparound Initiative.



# 21st Century Community Learning Center

## Off to a Good (But Busy) Start

The 21st Century Grant program at Cedar Mountain has been busy this fall. Students at the elementary site began the year with an autumnal study of apples and pumpkins. After filling their brains with information about apples and pumpkins, the group travelled to the Holmberg Orchard. From the look of pictures taken, they did a little “pickin’ and grinnin’” at the orchard.

The elementary students then expanded their study of food to include all the food groups. In November, they focused on nutrition and classification of food groups. These third, fourth, and fifth grade students pulled together to learn about kitchen safety, meal planning, and meal preparation. At the end of November, they took over the FACS (Family and Consumer Science—Home Ec. for those of us who are a little older) room at the high school to make their own meal. December has brought a whole new perspective to many students in the 21st Century Program. They have learned that December is more than Christmas to many people. This month’s theme for 21st Century includes learning about a few of the many celebrations, religious or otherwise, celebrated around the world during the month of December. Some of the activities students have participated in this month include: 1) Learning about Christmas and its origin as well as how to say “Merry Christmas” in languages from around the world; 2) Learning about Hanukkah and why it’s celebrated, as well as the meaning behind a dreidel (students also constructed these and played the game); 3) Learning about Kwanzaa and its meaning behind the seven days it’s celebrated, as well as doing a map activity and creating and playing a Mancala game.

The elementary program has one more update that relates back to a summer activity. During the summer, the students learned about how math is used in baseball. They learned how to take stats at the games

and calculate some of the basic stats that may be found in box scores. Also included in this activity was a writing assignment in which the students wrote letters to Twins baseball players. Just recently, three Cedar Mountain elementary students received personal letters and autographed pictures from Twins catcher Joe Maurer. Needless to say these young baseball fans were excited!

Students and staff at the high school site have been no less busy than the elementary at Cedar Mountain. With the new restructuring of the school, sixth grade is now located in the high school building. This has changed the look and feel of the 21st Century program as well. Integrating sixth, seventh, eighth, and ninth grade students has been a challenge, but the staff has excelled at bringing all of the students together through interactive games and activities.

One such activity happened in early December. The students began reading the novel “The Best Christmas Pageant Ever” by Barbara Robinson. Through discussions and vocabulary help, the students gained a new perspective on some of the social issues that are mentioned in the book. After finishing the novel, the students committed to spending an extra long time at school (on a Friday!) to prepare, share, and enjoy a meal together before travelling to Wabasso High School to view a live performance of the story.

After a busy start to the year, the winter break will be a welcome time to rejuvenate so that we are all ready to continue with an exciting and educational spring semester of programming.

Meggan Hoffmann,  
Cedar Mountain 21st CCLC Site Coordinator

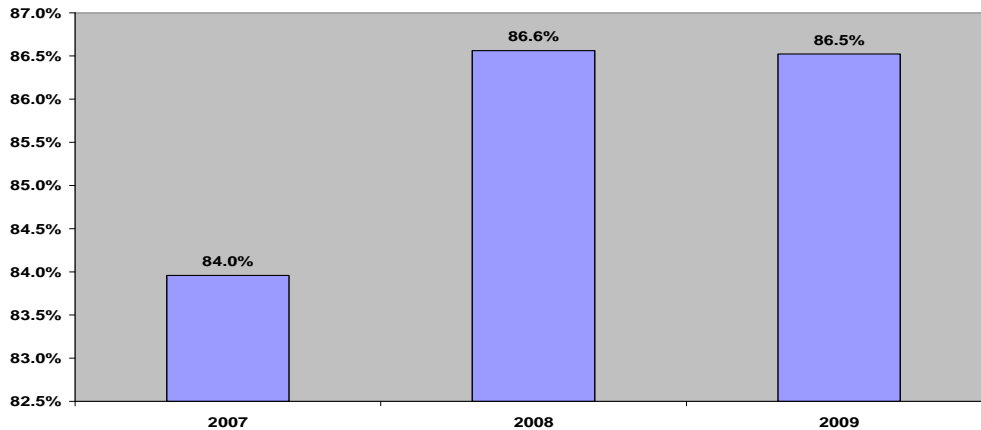
*Funding for the PACT 4 Families Collaborative 21<sup>st</sup> Century Community Learning Centers grant program is provided by the federal government through the No Child Left Behind Act and is administered by the Minnesota Department of Education.*



# Evaluation

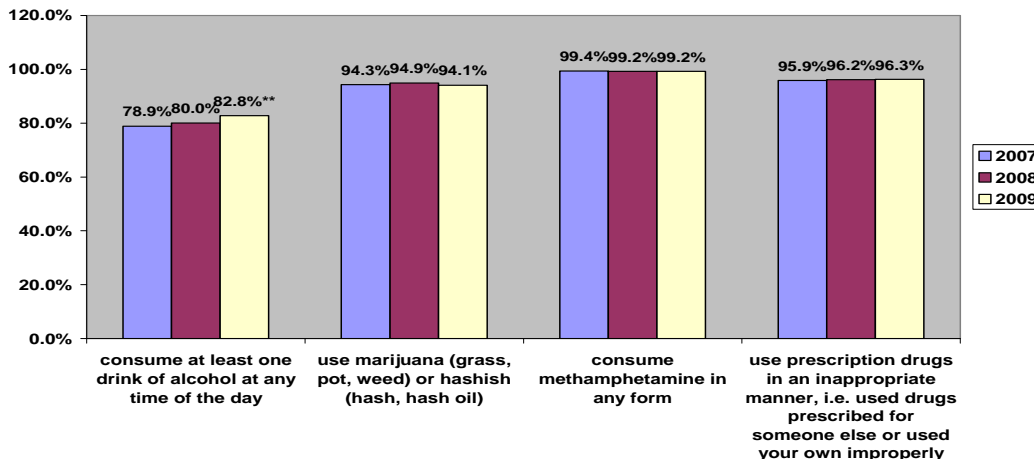
In November, I provided data from the SHARE survey comparing results of the last three surveys. The data presented in that article was concerned with bullying, threatening, and aggressive behavior. This month we look at drug consumption. The data presented here is combined data covering three grades of students, seven, nine, and eleven. Drug and alcohol usage increases significantly with age to the point where about half of all 12 graders reported alcohol consumption on the most recent Minnesota Student Survey. The first chart shows tobacco use. The data shows the percent of students who claimed to have *not* used any type of tobacco product in the last 30 days.

Answered "Not at all" when asked, "During the past 30 days, on how many days did you use some kind of tobacco product: cigarettes, cigars, pipe, chewing tobacco, snuff, etc. at any time of the day?"



The improvement between 2007 and 2008 is statistically significant suggesting that anti-tobacco efforts during that time period made a difference. We also see virtually no change for the 2008-2009 time period but at least the gain of the previous year was maintained. The next chart shows other types of illegal drug usage. The bars reflect the percent of students who claimed to have *not* used these substances in the last 30 days. As you can readily see, there was virtually no change (less than one percentage point) for marijuana, methamphetamines, and misused prescription drugs. The positive note here is that there is significant improvement on alcohol, the drug most frequently used of the four. The improvement from 2007 to 2008 and again from 2008 to 2009 was significant at the 95% level. When you compare 2007 to 2009 that significance reaches the 100% level, indicating that this improvement is very real.

Answered "0 days" when asked: "During the past 30 days, on how many days did you ( )?" \*\* Changes for alcohol from 2007 to 2008 and 2008 to 2009 are statistically significant at the 95% level. Significance between 2007 and 2009 reaches 100%.



While the SHARE project officially ended at the end of September 2009, the SHARE Survey will be continued across all the PACT 4 schools, thanks to the foresight of our school superintendents. They recognize that we have to continue in our efforts of encouraging youth to live in ways that maintain their safety and welfare. They recognize the dangers of drugs on brains that continue to develop through the age of 25. Hopefully when the next survey is completed in March of 2010, we will see continued improvements in the areas of tobacco and alcohol usage.

# Juvenile Justice/Mental Health Planning Grant



My name is Greta Smolnisky, and I am the Coordinator for PACT 4's Juvenile Justice / Mental Health planning grant.

In addition to my PACT 4 responsibilities I continue my work as an attorney in private practice. Originally from Litchfield, I came to Willmar ten years ago to provide legal services to local immigrant communities by means of a grant to Western Minnesota Legal Services by the Otto Bremer Foundation. After leaving Legal Services and until 2008, I was a part-time public defender within the Eighth Judicial District.

PACT 4's Juvenile Justice / Mental Health planning grant has as its goal the expansion/improvement of appropriate, comprehensive and accessible services for correction-involved youth ages 14-23 with mental health or both mental health/chemical dependency concerns who reside in Kandiyohi, Meeker, Renville, and Yellow Medicine Counties. During the past two months I have met with families and advocates, attorneys and judges, law enforcement and corrections, family services, and mental health and substance abuse treatment providers in the four counties to gather ideas for planning. We recently surveyed providers and stakeholders for this purpose as well. The first committee meetings in each of the counties will be held in January. Your participation on your county's planning committee is welcome!

***The ultimate goal of PACT 4's Juvenile Justice and Mental Health Collaboration Program is a seamless approach to working with these youth so that they see life's possibilities rather than barriers and are supported by a system that operates as a safety net – not an entrapment.***

## How can I participate?

The PACT 4 Juvenile Justice and Mental Health Collaboration Program seeks individuals to serve on planning committees in Kandiyohi, Meeker, Renville, and Yellow Medicine Counties.

The planning committees will:

- Formulate questions that need to be answered for planning
- Review the assessment and treatment tools currently in use
- Develop a statement of goals and objectives for the planning process
- Make recommendations to a steering committee for the four counties as to how to identify, enroll, and serve eligible program participants, and define steps and strategies to implement this plan.

For more information on the grant or to participate, please contact me at (320) 231-7030, or by e-mail to [greta\\_s@co.kandiyohi.mn.us](mailto:greta_s@co.kandiyohi.mn.us).

References for Page 1 article:

1. Anton Paul A., Wilder Research, and Temple Judy, University of Minnesota. (2007). Analyzing the social return on investment in youth intervention programs. The Youth Intervention Programs Association
2. Ibid.
3. Levine, Phillip B. and David Zimmerman. (2003) *Evaluating the Benefits and Costs of After-School Care*. The After School Corporation.
4. Ou, Suh-Ruu and Arthur J. Reynolds. (forthcoming). "Predictors of educational attainment in the Chicago Longitudinal Study", *School Psychology Review*.
5. Noor, I., Caldwell, R., and Strong, D. The Costs of Child Abuse vs. Child Abuse Prevention: A decade of Michigan's experience. Michigan Children's TrustFund. June 22, 2004.
6. Steve Aos, Jim Mayfield, Marna Miller, and Wei Yen. (2006). Evidence-based treatment of alcohol, drug, and mental health disorders: Potential benefits, costs, and fiscal impacts for Washington State. Olympia: Washington State Institute for Public Policy.

<h2>January</h2>				
Mon	Tue	Wed	Thu	Fri
<b>4</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>5</b> ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>6</b>	<b>7</b>	<b>8</b> ■ Wraparound Orientation; 8:00-1:00; #2055
<b>11</b> ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>12</b> ■ 21st CCLC Advisory Comm Mtg; 8:30-10:00; #2045 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>13</b> ■ PACT 4 Comm. and Full Collaborative meetings-KCHHSB; Early Childhood meets at 10:00 and all others at 10:30; check website for details on committee times ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>14</b> ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>15</b>
<b>18</b> <b>Martin Luther King Jr Day—office closed</b>	<b>19</b> ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>20</b> ■ PACT 4 All-Staff Retreat; <b>OFFICE CLOSED</b>	<b>21</b>	<b>22</b> ■ 21st CCLC Training—U of MN Extension/Youth Work Institute
<b>25</b>	<b>26</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>27</b> ■ 21st CCLC Site Coordinator Mtg; 9:00-12:00; #2045 ■ RJ Volunteer Mtg; 11:45-1:00; #2057 ■ Willmar RJ Transition Circle; 5:30-7:30; Lakeland Ctr	<b>28</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>29</b>

<h2>February</h2>				
Mon	Tue	Wed	Thu	Fri
<b>1</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>2</b> ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b> ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>9</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>10</b> ■ PACT 4 Comm. and Full Collaborative meetings-KCHHSB; Early Childhood meets at 10:00 and all others at 10:30; check website for details on committee times ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>11</b> ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>12</b>
<b>15</b> <b>President's Day—office closed</b>	<b>16</b> ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>17</b> ■ RJ Volunteer Mtg; 11:45-1:00; #2057	<b>18</b>	<b>19</b>
<b>22</b>	<b>23</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>24</b> ■ PACT 4 Coordinators Mtg; 10:00-12:00; #2045 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>25</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>26</b>

If you have any questions regarding the content of this newsletter or would like to be included on the mailing list, please call (320) 231-7030.

It is the policy of PACT 4 Families to provide equal employment opportunity for all, without discrimination on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, disability, sexual orientation, or age.

*Would you like to receive this newsletter in full color via email? Please contact Shawna at (320) 235-8938 or [shawna.steffen@co.kandiyohi.mn.us](mailto:shawna.steffen@co.kandiyohi.mn.us) to request your PACT 4 newsletter be delivered via email.*

## 2010 Executive Board

Arliss Stenger, Parent-Meeker Co. (Vice Chair)  
Serves through 2010—3rd Term  
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Debi Brandt, Heartland Comm. Action Agency  
Serves through 2012—2nd Term  
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Becky Romosz, Parent-Kandiyohi Co.  
Serves through 2012—3rd Term  
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George Dubie, Greater MN Family Svcs. (Chair)  
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Greg Schmidt, MACCRAY School Dst.  
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Loren Hacker, Canby School Dst.  
Serves through 2010—3rd Term  
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RETURN SERVICE REQUESTED