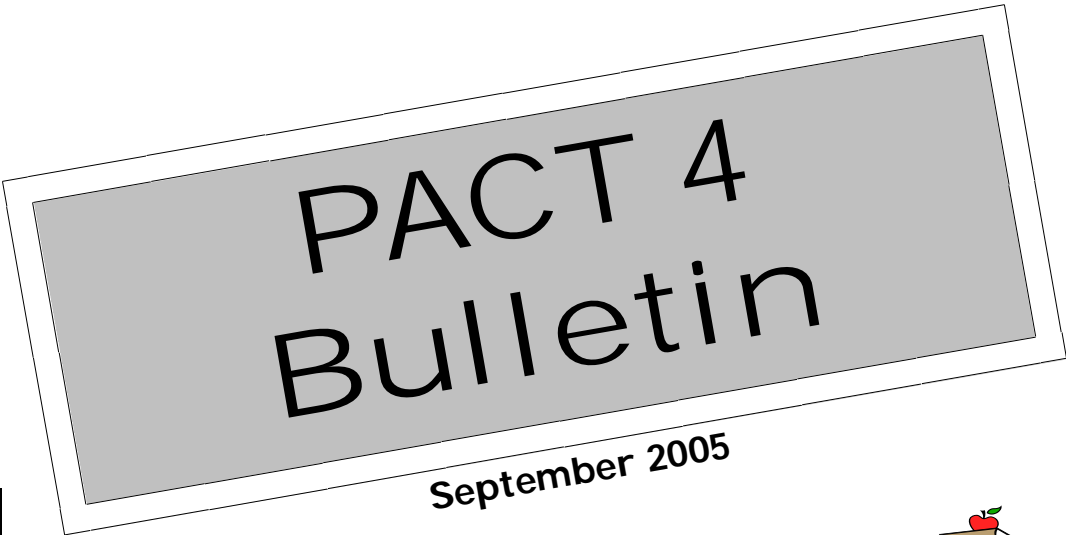




*Putting All Communities
Together in Kandiyohi,
Meeker, Renville &
Yellow Medicine Counties*



Back To School



Inside This Issue

Wraparound Initiative	
Info & Executive Board	2
Brain Builders Update	2
What's Going On...	3
Notes from Rick	4
Family Forum	4
Social Marketing & Training Report	5
We Can't Afford to Leave	
Brain Disorders Untreated	5
What's Going On Cont....	6
Olweus Bullying Update	6
Evaluation Report	7
Celebrate Art & Coffee!	7
PRIDE 4 Project	8
Youth Matter Workshops	8
Events Calendar	
September	9
Events Calendar	
October	10
FYI	11

School bells are ringing, loud and clear;
 Vacation's over, school is here.
 We hunt for our pencils and our books,
 And say goodbye to fields and brooks,
 To carefree days of sunny hours,
 To birds and butterflies and flowers.
 But we are glad school has begun,
 For work is always mixed with fun.
 When autumn comes and the weather is cool,
 Nothing can take the place of school.



By Winifred C. Marshall

FULL COLLABORATIVE MEETING NOTICE

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

**Wednesday September 14th, 2005
12:00 to 2:00 p.m.
Willmar, MN**



(see page 11 or the Calendar of Events on pages 9 & 10 for committee dates and announcements)

2005 Executive Board

Loren Hacker, Canby School District
Serves through 07—2nd Term
(507) 223-7226 / lhacker@canby.mntm.org

Mary Potter, YMC Family Services
Serves through 06—3rd term
(320) 564-2211 / maryp@co.yellow-medicine.mn.us

Carmen Clementson, KC Family Services
Serves through 05—1st term
(320) 231-6232 / carmen_s@co.kandiyohi.mn.us

Jill Bruns, RC Public Health
Serves through 05—1st term
(320) 523-2570 / jill_bruns@co.renville.mn.us

Tammy Thompson, MC Probation
Serves through 05—1st term
(320) 693-5260 / tammy.thompson@co.meeker.mn.us

Gerald Brustuen, Renville County Human Services
Serves through 06— 2nd term
(320) 523-2202 / jerry_b@co.renville.mn.us

Arliss Stenger, Parent (MC Resident), (Vice - Chair)
Serves through 07—2nd term
(320) 453-8153 / astenger@meitel.net

Eugene Bonyng, Woodland Centers
Serves through 07—2nd term
(320) 235-4613 / wcenters@tds.net

Becky Romosz, Parent (KC Resident), (Chair)
Serves through 06—2nd term
(320) 235-2204 / becmos@yaho.com

Sheila Ellingboe, Fiscal Agent (non-voting)
(320) 231-6232 / sheila_e@co.kandiyohi.mn.us

Toni Braness, Collaborative Director (non-voting)

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.”



Wraparound Initiative Info...

By Janae Langhoff, LGSW; Wraparound Initiative Project Director

The Wraparound Initiative Grant provided by the Substance Abuse and Mental Health Service Administration (SAMSHA) officially ended on August 31, 2005. We will have a no-cost extension which will allow us to use carry over dollars for a one year period beginning September 1, 2005. The specific amount of these dollars are unknown, however, we anticipate that dollars will see a decrease by approximately 70%. Since 1999 when we received the grant, our federal and state government has seen leadership changes, budget crisis and deficits and now our nation is at war. These changes ultimately effected resources for children and families in many ways. Sustainability has been addressed throughout the life of the Wraparound Initiative. Our partners will not return to “life before the initiative”. Family involvement, training and education, culture and diversity, and outcomes measures will always be present in work done by our partners (refer to the Evaluation section on page 7). It was a pleasure to be a part of a panel with my focus being “Collaboration” at the summer regional meeting in Indianapolis. The message addressed the on-going commitment from our partners to collaboration and continuing the mission of our System of Care.



Brain Builders: Minds Under Construction-2005 Update

PACT 4 Families is pleased to announce that Dr. David Walsh will be the keynote speaker for the 4th Annual Community Conference on the Brain. The conference will be held on Tuesday, November 15th 2005 at the Willmar Senior High School. Registration information will be available mid-September.

Dr. Walsh is the president and founder of the National Institute on Media and the Family based in Minneapolis, MN. Psychologist, educator, author and parent of three Dr. Walsh has emerged as one of the world’s leading authorities on parenting, family life and the impact of media on children and teens. He has written eight books including the national best seller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen* (Free Press, 2004).



David Walsh, Ph.D. is a highly sought after international speaker. His presentations focus on brain development, adolescence, the impact of media on children and the factors that influence school performance, literacy, and violence prevention. His presentations are down to earth, understandable, engaging, and laced with warmth and humor.

Dr. Walsh is a frequent guest on national radio and television. He has appeared on such programs as CBS 60 Minutes, NBC Dateline, CBS Early Show, News Hour with Jim Lehrer, Good Morning America, Today Show, the Jane Pauley Show and National Public Radio’s All Things Considered. His work has been covered in major newspapers such as the New York Times, Wall Street Journal, Washington Post, Los Angeles Times, Time Magazine, Reader’s Digest, and others. He has been featured in three nationally broadcast specials on PBS.

Dr. Walsh received his Ph.D. in psychology from the University of Minnesota. He is currently on the faculty there and is also a consultant to the World Health Organization. He has been the recipient of many awards including the 1999 “Friend of the Family Award” presented by the Council on Family Relations. He and his wife Monica have three grown children, Dan, Brian, and Erin.



WHAT'S GOING ON...

What's Going On... is a column in the PACT 4 Bulletin to keep everyone up-to-date on what's going on in each county.

Renville County

Greetings from BOLD Schools:

All summer I have been busy doing day trips with the kids from BOLD. Some of the trips we took were day trips to the Science Museum, the Twins Game, Como Zoo, Vikings Training Camp, and Sibley State Park. All of the kids and staff had a great time on the trips. I also helped out with week long camps in Willmar and RCW. The rest of my summer I spent time developing classroom presentation material, group materials, and home visiting many children. Needless to say it has been a busy summer for me. Now it is time to switch gears and start thinking about school again. We have a new bullying program that we will be starting this year, called Olweus Bullying Program. We are one of the three sites to be selected by PACT 4 as a pilot for this program. We are looking forward to this school year and what new experiences it has in store for me. Good luck to all school staff and kids who are returning to school and have a great year.

Tom Kroes
BOLD School Social Worker

Kandiyohi County

Hello,

It seems to be on the minds of many people that another school year is about to begin. With that in mind I thought it would be beneficial to include the following in my newsletter article.

Back To School Tips

Tips for a great 1st day of school and rest of the school year....for parents to review and talk to their child about.

- Get enough sleep (start bedtime routines a week or two prior school starting).
- Eat a healthy breakfast.
- Start talking about school early in a casual relaxed way.
- Try to have your child meet their teacher prior to the first day of school, if unable to make it to open house or if that may be too overwhelming for your child schedule a time.
- Let your child wear favorite, comfortable clothes on the first day of school rather than a new, uncomfortable outfit.
- Encourage children to try their best.
- Develop good work habits such as writing down assignments and turning in your homework on time.
- If your child doesn't understand, encourage them to ask the teacher.
- Communicate with your child's teacher.

Books to ease anxiety.

- "Wemberly Worried" by Kevin Henkes (for kindergarten children)
 - "Spot goes to School" by Eric Hill (for kindergarten children)
 - "The Awful Aardvardks go to School" by Reeve Lindbergh and Tracey Campbell Pearson (for ages 5-8)
 - "Summer Stinks" by Marty Kelly (for children 7-10)
- ***For more resources contact your local library

How to Spot School Jitters.

- Child shows excessive distress when parent discusses school.
 - Worries about bad things happening to relatives or caregivers when they are away at school.
 - Shows a fear of being alone.
 - Have nightmares about separation.
 - Complains of nausea, stomachaches or headaches.
- Source: Dr. Lawrence Balter, CBS News

******If you think your child is excessively nervous contact your child's teacher or the school social worker for assistance to ease the situation.**

Cheryl Bosch
School Social Worker

Greetings everyone!!! This summer has flown by so fast its hard to believe that I am gearing up for school to start! The majority of my summer was spent working with an early childhood educator and 20 children who are entering kindergarten in the Willmar district this fall. This camp, called Partners in Promoting School Success (PPSS) was a five-week program based out of Washington Learning Center and was geared toward helping children become familiar with what it would be like in kindergarten. Our day was split into two sessions, with about 10 children in the morning and 10 in the afternoon. Each day was structured as close as possible to what a typical kindergarten day would look like. I was responsible for conducting a 20 min social skill lesson in which I talked about feeling recognition, sharing and also talked a lot about fear of going on to kindergarten. The last week of our camp looked a little different than the rest of them. Teachers from Kennedy, Lincoln and Jefferson elementary schools were gracious enough to allow us to host our camp in their classrooms! This allowed the children to get used to their new school! PPSS also hosted a family night, in which the children and their families could eat ice-cream and talk with each other and a parent

coordinator who answered questions and eased fears for parents. I learned that there is no better teacher than experience and a lot of these families had that experience needed to help each other out! Overall, PPSS was a lot of work, but a huge success!

Liz Kruger
School Based Social Worker

Meeker County

It's hard to believe the fall season is right around the corner. The summer has been a busy one for the entire PRIDE-4 program! The youth have been very busy planning and carrying out activities for the summer months. There has been high attendance at the Youth Council meetings lately, averaging ten-twelve youth, which is great!

Some of the activities that the PRIDE-4 youth have been involved in this summer include a "graduation" party of high school seniors and for past PRIDE-4 members that have "graduated" from the program, Science Museum, Walker Art Museum, Como Zoo, and cleaning up their part of the highway for their recently contracted spot of "Highway Clean-Up".

The latest activity some of the youth have been involved in was the "Tomorrow's Leaders Today" Conference held at the University of Minnesota-Duluth, August 3-5. Ten youth attended the conference along with four transition coaches. There were keynote speakers, breakout sessions, and fun activities going on all day and well into the night for youth to learn how to become the best leaders possible. We even got to go on a cruise on Lake Superior for a few hours to socialize and enjoy the sites. Each of the youth participants said that they really enjoyed the conference!

Summer is almost over and getting back into the groove of school and a more normal routine will soon be here. The summer was fun, but I don't think I'll be too sad to get back into a more normal and laid back routine (inside and outside of work)! The next big project for the youth is the Brain Conference that is taking place on November 15. The youth are working on an art piece to display at the conference and some of the youth will be involved in a panel discussion as well. Youth Council is hard at work figuring out the details of the project. Have a wonderful fall, everyone!

Karena Rau
PRIDE-4 Coach

Continued on Page 6



Notes from Rick

by Rick Loseth Clinical Supervisor/Grants Manager

I have been updating materials to use for a teacher in-service on Children's Mental Health and came across an article in a publication from Columbia University, "Emotional & Behavioral Disorders in Youth". This newsletter is devoted to updating the mental health profession on Evidence-Based Assessments and Interventions. The article I am referring to is: "Language Matters: Communication with Parents and Teachers about Mental Health Care for Youth". Mental health disorders come with additional barriers to treatment-stigma, cultural misunderstandings, and misperceptions of the disorder itself. The authors looked at current research and utilized a series of focus groups involving more than 150 parents, teachers, youth and other stakeholders to gain a better understanding of the use to terms and language related to mental health disorders. Current estimates indicated that only 30% of children with mental or emotional disorders receive help. Three main barriers have been identified that contribute: 1) lack of providers, funding and transportation; 2) inaccurate perceptions of mental health; and 3) negative perceptions of services. The authors see language as a vehicle to help overcome these barriers and help get children the services they need. They used the focus groups to look at the barriers and how language could be shifted to better help kids get to the services they need. This discussion led to refining a list of indicators to help parents, teachers and other adults better recognize and communicate their concerns regarding possible mental health concerns in children.

The final list of indicators:

- 1) Extreme sadness and/or emotional withdrawal lasting two weeks or more.
- 2) Trying to seriously harm or kill oneself, or making plans to do so.
- 3) Sudden overwhelming fear for no apparent reason, sometimes accompanied by racing heart and shortness of breath.
- 4) Starting frequent fights, using a weapon and/or wanting to seriously hurt others.
- 5) Using laxatives or vomiting to make oneself lose weight.
- 6) Extreme preoccupation with body image, exercising and losing weight that endangers one's health.
- 7) Extreme worries or fears that interfere with friendships, school work or play activities.
- 8) Persistent, severe inattention or hyperactivity that puts the child at risk for physical injury or school failure.
- 9) Repeated use of illegal drugs

If you look at each of these nine, they will be familiar - if you look further at the wording, you will see they used different wording than we might be accustomed to using to describe the same set of behaviors or concerns. I would encourage you to think about how you communicate your concerns to kids, to parents, and to one another when it comes to mental health. Language does matter - it can help to reduce stigma, provide a real sense of hope and encouragement, and can lead to helping a child get the help that can make a real difference in their life.



FAMILY FORUM

by Patty Butler, Executive Director - Families Matter...Just Imagine

Here at the Families Matter Just Imagine office, one person started reciting a recently popular movie saying one day, a rather silly saying at that, and now all of us are saying that rather silly saying. I will give you a hint to this silly saying; here is one of them; "You have to love me", so you can just imagine how much fun we are having with this. It struck me this morning while I was trying desperately to come up with something to put down for this article, that this silly saying is something we are using at Families Matter Just Imagine to get through a rather stressful time in our existence. We use it to laugh at things, because we substitute just about everything you can imagine and it makes us laugh. Well, the end of summer and going back to school can be a very stressful time for most families and kids, but for kids who have mental health issues, it can be a time of greater stress, so we at Families Matter Just Imagine say "You have to love me" and Have a Great School Year.



Social Marketing & Training Report



By Danette Hendrickson, Social Marketing and Training Coordinator

The PACT 4 monthly Bulletin will have a new feature next month. Recipients of the Local Collaborative Time Study (LCTS) Grants are being asked to write a short synopsis of their grant to help PACT 4 partners learn about each other through the Bulletin. The purpose of this is to learn from the ‘best of the best’ to share within our communities. After school or “Out of School time” grants and other projects, funded through LCTS, will also be included in the LCTS section of future Bulletins. Throughout a two year time span each grant will have the opportunity to share how they are impacting kids and families in our schools and communities. I hope you will take the time to learn about the exciting opportunities that are available through Local Collaborative Time Study Dollars. Early Intervention and prevention is working in our communities and helping kids and families succeed.

We Cannot Afford to Leave Brain Disorders Untreated



Dear Colleague,

We members of Congress have health care plans that fully cover diseases of the brain. Most of our constituents are not so lucky. Most private sector plans provide full coverage of some brain disorders (such as Parkinson’s disease, stroke) but have limits on coverage for many others (such as schizophrenia, depression, bipolar disorder, or alcoholism).

This shortsighted approach to health coverage costs families, business, and society:

- * *Lost productivity.* Behavioral brain disorders account for more than one in five lost days of productive live through disability and premature death, exceeding heart disease, cancer, and all others. (WHO) Businesses lose an estimated \$31 billion annually in lost productivity from depression alone. This figure does not include health care or disability costs.
- * *Suicide.* There are nearly two suicides for every homicide in the U.S. More than 25kids and young adults take their own lives daily, making it the third-leading cause of death for people from age 10 to 34.
- * *Preventable Crime.* In 2003, 68% of women and 67% of men tested positive at the time of their arrests for crack, powder cocaine, heroin, marijuana, or methamphetamines.
- * *Broken families.* In 2001, 12,700 children with serious brain disorders from 19 states were taken from their parents and put in state custody as a condition of accessing needed care; the national total would be much higher.
- * *Lost opportunities.* Only 40% of students in special education for behavioral disorders graduate.
- * *Cost shifting.* Public spending for mental health has increased from 57% of all mental health spending in 1991 to 63% in 2001; public substance abuse spending increased from 62% to 76% during that period.

H.R. 1402 eliminates the archaic disparities in health coverage for mental illnesses and addiction to help mitigate these enormous costs. A new HHS study of Federal Employee Health Benefit Program, which instituted full inclusion of these brain disorders in 2001, has concluded that “the parity policy was implemented as intended with little or no significant adverse impact on access, spending or quality, while providing users of MH/SA (mental health/substance abuse) care improved financial protection in most instances.”

Representatives Patrick Kennedy (D-RI), Jim Ramstad (R-MN), John Sullivan (R-OK) and Grace Napolitano (D-CA) sent the following letter to their colleagues seeking support for H.R. 1042, the Paul Wellstone Mental Health Equitable Treatment Act.

**What's Going on
Continued.....**

As the summer is coming to an end and parents and students are preparing to go back to school, I am thinking back to some very busy summer months here in Meeker County. We were able to hold four weeks of Mini Summer Camps this year in all four districts in the county thanks to our wonderful new PACT 4 social workers hired last year. Michelle Braness and Carrie Silbernick are officially not rookies anymore, as they have experienced everything from bad weather to putting leeches on the fishing hooks. After nine years of doing it (wow, time flies when you are having fun), I look forward to sharing the responsibilities with these fun, hard working young ladies. My hat goes out to them as well as to Misty Langseth in ACGC and Shannon Andresen from Greater Minnesota who also stepped up and made the camp experience a fun filled one for staff, parents and not least the kids. Although as our new staff realize by now, camps take up most of our summer months there has been some time to do other things. We just finished our Kindergarten Readiness class here at Lake Ripley School and had a fun time with some of the incoming kindergarteners practicing the skills that are needed for Kindergarten. The School Supply Committee has been very busy getting donations and preparing for the school supply distribution. Many citizens as well as businesses have been very generous with their donations, so Thank You to everyone who contributed in any way! It is very much appreciated. Thanks to all the donations, the students can show up at Open House and first day of school proudly showing off their new backpacks, folders etc. I wish everyone a great start of the new school year!

Anine Picard
School Social Worker

**Wraparound
Refresher Course:**



Thursday October 6th,
from 9:00-11:00 AM

Please register with
Shawna Steffen at
(320)235-8938 or email
shawna.steffen@co.kandiyohi.mn.us

**Kindergarten Is
a Special Place**



Kindergarten is a special
place, See the big smile on
my face! Games to play
and songs to sing, We
learn about everything!
Pencils, papers, books we
read So much to learn, so
much to do, We must
listen to you-know-who!
Our class is a busy bunch,
Look-it's almost time
For lunch!
We know all the ABC's
Right down to the XYZ's
Reading, writing,
spelling too,
We even know
two plus two!
We learn together all year,
First grade will soon
Be here!
There's time for work,
time for play, Learning
new things every day!
Kindergarten is special
place, see the big smile
On my face!

-Barbara Gruber and Sue Gruber



OLWEUS Bullying Training Update

In the spring of 2005, the Executive Board and the Chief Elected Officials Board set aside LCTS dollars to help train schools to address the topic of "bullying". A group of school staff met, reviewed materials and curriculum, and chose the Olweus Bullying Prevention Curriculum to pilot in three of the PACT 4 member districts. The three districts that agreed to pilot the program were ACGC, BOLD and YME.

The training began at the end of August, with two days of training for each of the three districts. The training involved school staff from each building in the district, and other key staff that made up a coordinating committee. The training covered 1) the dynamics of bullying, 2) the components of the Olweus program, 3) time for staff to plan how they would implement the program in each of their respective buildings and districts. The coordinating committee will follow up the training and share with the entire districts staff. Each district had over 20 staff participating on the coordinating committee and attending the Olweus Bullying Prevention two-day training. The trainers for the events were from the Duluth area, both certified in the Olweus model.

The Olweus model began in Norway, and has been implemented in several states across the USA, including Minnesota. It is an "evidence based" program, meaning that it has shown positive results through a formalized study process. PACT 4 purchased the training materials paid for the training and will pay for a coordinator for one year at each district. The Olweus Bullying Prevention educates about bullying at four levels: Community wide, School wide, Classroom and Individual.

Bullying is not a new problem that said, comparatively little has been known about the incidence of bullying, whether it is increasing or decreasing; whether it is more common in urban as opposed to rural areas, in large as opposed to small schools, between boys rather than girls; whether potential victims and aggressors can be identified, and most important of all whether anything can be done about it. All of these issues and others were addressed at the training and will be taught through the coordinating committees at YME, BOLD and ACGC over the next year.



EVALUATION REPORT

By Ed Downey, Evaluator

As you read this article, we will have completed the official data collection for the National Outcome Study, a longitudinal study of our children's mental health system of care by collecting data from children with mental health issues and their families for a period of 36 months. It has been a six year journey and we have learned many things along the way. We have made plans for continuing our evaluation of the PACT 4 System of Care and will be sharing information about those changes next month. For this month I would like to highlight some of the data we have collected since the beginning.

- * 201 children between the ages of 5 and 17.45 years have been enrolled in the longitudinal outcome study since October 2000.
- * 30 children were ineligible for enrollment because they had a sibling already enrolled. (We are planning on allowing sibling participation in the future).
- * 77 families have completed thirty six months of data collection.
- * The average age at enrollment was 11.4 years and the gender balance was 69.1% male and 31.9% female.
- * 53.2% of the enrolled children were in the custody of two biological parents or one biological parent and a step parent. 30.3% were in the custody of biological mom only. 5.5% with biological dad only.
- * 76.8% of enrollees had received outpatient mental health services prior to enrollment.
- * 40% of enrollee's families lived at or below the poverty level.
- * According to parent or caregiver reports 16.5% of enrolled children were physically abused, 12.6% were sexually abused, and 9.5% had attempted suicide prior to enrollment.
- * 60.7% of enrollees came from a home where a family member had a history of mental illness and 61.8% came from home with substance abuse issues.
- * The three most common categories of diagnoses for enrollees were 1) Mood disorders and depression, 2) ADHD, 3) Oppositional Defiant Disorders.
- * After 36 months in the study (N=56) the overall strength quotient, as measured by the Behavioral and Emotional Rating Scale, improved or remained stable for 73.2% of participants and deteriorated for 26.8%.
- * After 36months in the study (N=35) the child total competence, as measured by the Child Behavior Checklist list, improved or remained stable for 100% of participants.
- * From intake to 36 months (N=41) the percent of children receiving a "Marked" or "Severe" rating for impairment on the Child and Adolescent Functional Assessment Scale (CAFAS) decreased from 51.2% to 24.4%.



CELEBRATE ART! CELEBRATE COFFEE!

September 16th and 17th 2005

Celebrate Art! Celebrate Coffee!, an all-day street festival, in it's eighth year on the downtown Willmar streets, takes place 10:00-4:00 Saturday, Sept 17th. A train load of festival fun is preceded by Monroe Crossing, a quintet playing Bluegrass and Gospel Music in concert at the WEAC building Friday, September 16th at 7:30 pm. Check the newspapers or www.celebrateartcelebratecoffee.com for the full details of the festival.

The Saturday variety-packed downtown "tent festival" has something for everyone as artists demonstrate their genres in Artist's Tents and sell their original art to the tunes of multicultural live entertainment from the Outdoor Stage, 10:00 to 4:00. Children are busy in the Children's Activity Tent which provides a chance to be creative while having fun.

And what could be more fun than creating things to keep, and doing that in an outdoor tent? From 10:00 to 4:00 Saturday, the Children's Activity Tent, with new projects this year, will be full of crafts for kids. Added to the easel painting are Siesta Flowers, which are large Mexican-style flowers made of crepe paper, and mosaic Garden Stepping Stones the kids can paint after they press beads, little stones and colored glass into their handprint in wet plaster of Paris when the decorated plaster dries. They will have the opportunity to make Freestyle Wood Sculptures using hammers, wood pieces, paint, nails, an experience not all kids would normally have access to. They can paint and decorate scarves, incorporating different cultures, and a community mural will be made by the kids and kept for display. Certainly not a day for children to miss.

The Willmar Arts Council thanks PACT 4 Families Collaborative for once again providing Celebrate Art! Celebrate Coffee! with a grant to fund these hands-on activities in the Children's Tent.

For more information contact; Willmar Area Arts Council at (320)231-8506 or www.celebrateartscelebratecoffee.com

PRIDE-4 Project



By Mary Ryan, PRIDE-4 Coordinator

Twice a year the five partner sites of SAMSHA's Partnership for Youth Transition (PYT) along with several federal partners meet to exchange ideas and information. The 6th Cross-Site Forum was held August 10-12, 2005 in Washington, DC and was attended by Amy Haugen, Transition Coach and Youth Coordinator, and Mary Ryan, PRIDE 4 Coordinator.

At this forum each of the sites did a short presentation on the data has been collected at the individual sites and there was a federal presentation on aggregate data from all five sites. The following information is from the PRIDE 4 presentation.

The current number of youth enrolled in PRIDE 4 is 44 with an average age of 19. One-third of the participants are female and two-thirds male with the greatest share of referrals coming from community agencies, parents, and self-referrals. 50% of the young adults have a diagnosis of depression followed by bipolar disorder, Asperger's Syndrome, and other diagnosis.

45% of the youth live with their parents, 35% percent live on their own, and others live with relatives, in group homes, or with friends. 50% have finished high school, 17% are in, have attended, or have finished college, 17% have dropped out of high school, 12% are in high school, and 4% are earning or have earned their GED. 52% of the young adults are not working, 38% work full-time, and 10% work full-time.

Seventeen participants have exited the PRIDE 4 program and exit reviews have shown that **100%** of the youth felt they were valued and treated with respect by all involved parties. 93% of the time the transition planning process and the resultant transition plan focused on the youth's strengths.

The youth reported that 71% of the time the individuals providing services and supports to the youth demonstrated unconditional commitment to the youth's success, and that an additional 14% demonstrated unconditional commitment to the youth's success some of the time. The culture of the agencies and individuals providing services and supports was not a barrier to addressing the needs of the youth and their family 64% of the time. The agency/provider culture was a barrier some of the time for the remaining 36% of the exiting youth.

Currently, PRIDE 4, in conjunction with the PYT Technical Assistance Center at the University of South Florida, is conducting a case study of the project. Extensive data collection on 10-12 PRIDE 4 participants is being gathered through document/file reviews and interviews with youth, transition coaches, and youth-identified informal key players. The case

study data will be analyzed by the Technical Assistance Center and an action plan will be drafted to address the project's challenges and to celebrate and draw on the strengths of PRIDE 4. This information will also be used to explore sustainability options. The action plan will be developed with the full participation of the PRIDE 4 project stakeholders.

As we near the end of the second year of implementation, it is awesome to review the data and to see the progress made by PRIDE 4 participants. Our federal partners, including SAMSHA, are very pleased with the model we have developed for assisting rural youth with mental health concerns to make the transition to adulthood. Thank you to all our youth, families, and partners that have been key in project development and implementation.

For more information about PRIDE 4, contact Mary Ryan, PRIDE 4 Coordinator at (320)231-7034 or mary_r@co.kandiyohi.mn.us.

Youth Work Matters Workshop Series: Building Relationships, Quality Programs and Youth

This program is for:

- *Youth workers from all fields
- *Educators
- *Supervisors
- *Community Members
- *Adult volunteers
- *Seasonal staff
- *Classroom paraprofessionals

Sponsored locally by PACT 4 Families Service Collaborative and the Center for 4-H Youth Development.

- Build greater understanding of current youth development concepts.
- Obtain practical strategies for integrating a youth development approach into your current program practices.
- Develop a youth development perspective in you personal practice.
- Increase greater sense of purpose in your daily work with youth.

Intentional Programming September 13, 9:00 a.m. - 12 noon Willmar, City Auditorium

- *Quality after-school programs are intentional about what they seek to accomplish.
- *Create a larger understanding of your purpose as a youth worker.
- *Consider programmatic changes to meet key youth needs.
- *Leave with a vision for how you want youth to grow as a result of your work.

Working with Youth As Partners

September 21, 9:00 a.m. - 12 noon Willmar City Auditorium

- *What do youth say about working with adults as partners?
- *Debate appropriate roles for youth in programs and organizations.
- *Consider ways to build expanded involvement in your program.

The Youth Development Workshops

Putting Youth Back in Sports September 29, 9:00 a.m.-12 noon Willmar City Auditorium

- *Youth sports and the developmental agenda
- *Understanding what youth want from sports
- *Balancing cooperation and competition
- *Task-oriented motivation
- *The Athletic Square: Parents/Coaches/Community/Youth

- *Hands-on, interactive sessions
- *Opportunities for reflection on your work
- *Networking with others who care about youth
- *Sessions facilitated by youth workers
- *Reference materials and resources

University of Minnesota Extension Service Regional Center—St. Cloud Midtown Office Complex 3400 1st St N Suite 400 St Cloud, MN 56303-4000 Phone: 320-203-6105 Fax: 320-203-6110 vogel1007@umn.edu www.youthworkinstitute.org

Free in the PACT 4 Service area! (Kandiyohi, Meeker, Renville & Yellow Medicine County)





September 2005



Mon	Tue	Wed	Thu	Fri
			1	2 Blood Drive; KCHHSB-MPR 9:00-3:00pm
5 Labor Day Office Closed	6 Executive Board 11:30-2:00; Room 2055	7	8 Restorative Justice Kandiyohi Committee; 12:00 noon Blue Heron Willmar	9
12 Service Delivery Committee; 1:00pm	13 Intentional Programming Workshop; 9:00-12:00pm Willmar City Auditorium Restorative Justice YM County Committee; 12:00 noon - Jimmy's Pizza Granite Falls	14 Full Collaborative KCHHSB Willmar Grant writing Seminar- Southwest Minnesota Foundation; 2:00-4:00pm Renville Community Center	15 Bridge Builders Meeting; 11:30 am Blue Heron Willmar	16 Celebrate Art! Celebrate Coffee! Festival 7:30pm Concert by Monroe Crossing
19	20	21 Working with Youth as Partners; 9:00-12:00pm Willmar City Auditorium Brain Conference Planning Committee; 1:30pm	22	23
26 Evaluation Committee 10:30-12:00; Room 2055	27	28	29 Putting Youth Back in Sports; 9:00-12:00pm Willmar City Auditorium 	30

*KCHHSB = The Kandiyohi County Health and Human Services Building is located just North of Willmar on Hwy's 71 & 23 next to the Willmar Regional Treatment Center.

*RCOB = Renville County Office Building. The RCOB is located off Hwy 212 on DePue Ave in Olivia.


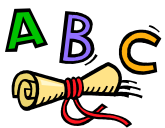

**COMMITTEES = Early Childhood 10:00 room 2057, Community Ed/T&TA 10:30 MPR, Mentors 10:30 room 1010, School Age 10:30 room 2055, and Wraparound Committee 10:30 MPR



CALENDAR OF EVENTS

October 2005



Mon	Tue	Wed	Thu	Fri
3	4 Executive Board; 11:30-2:00pm Room 2055	5	6 Wraparound Refresher Course; 9:00-11:00am KCHHSB	7
10 Columbus Day 	11 Restorative Justice YM County, Committee; 12:00 noon Jimmy's Pizza Granite Falls	12 Full Collaborative (Litchfield Farmer's Daughter) "Follow the Dollars...A Guided Tour through the State's Budget; 10:00-12:00 pm Redwood County Public Health Building Meth Commissioner's/Directors Mtg Following Full Collaborative Mtg	13 Restorative Justice Kandiyohi County Committee; 12 noon Blue Heron Willmar	14
17	18	19	20 No School - MEA Break →	21 
24	25	26 Dr. Rick Lee (Woodlands); Juvenile Sex Offender Updates KCHHSB; 1:00-3:00 pm MPR	27	28
31 Halloween 	<p>*KCHHSB = The Kandiyohi County Health and Human Services Building is located just North of Willmar on Hwy's 71 & 23 next to the Willmar Regional Treatment Center.</p> <p>*RCOB = Renville County Office Building. The RCOB is located off Hwy 212 on DePue Ave in Olivia.</p> <p>**COMMITTEES = Early Childhood Committee 10:00, Community Ed/T&TA 10:30, Mentors 10:30, School Age 10:30 and Wraparound Committee 10:30 - All at the Farmer's Daughter in Litchfield</p>			



Trick or Treat and Happy Fall to All!!



Minnesota Organization on Fetal Alcohol Syndrome



What is FASD?

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible life-long implications.

The term FASD is not intended for use as a clinical diagnosis.

What is MOFAS?

The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) is the first state affiliate of the National Organization on Fetal Alcohol Syndrome (NOFAS).

As a nonprofit organization, MOFAS was founded by former First Lady, Susan Carlson. It has a board of directors whose membership includes concerned community and business people, individuals diagnosed with one of the disorders, social workers, medical doctors, therapists, people involved in adoption, as well as parents and other family members of affected individuals.

The mission of MOFAS is to eliminate birth defects caused by alcohol consumption during pregnancy and to improve the quality of life for those individuals and families affected. MOFAS works collaboratively within the communities to provide resources and support for families living with FASD. We strive to build partnerships and improve services for individuals and families.

MOFAS PROJECTS

SOS: Seeds of Success

SOS supports families by providing three types of services. Resource Specialists are available to guide the family in seeking appropriate services and accessing FASD knowledgeable providers. Parent Advocacy Workshops and the Family Seminar Series inform parents about the FASD disability, with emphasis on how it will impact both the child with FASD and the family over the years. Parents are

taught advocacy skills and have the opportunity to join the Family to Family network provided.

FASD Center for Excellence

This national center through the Center for Substance Abuse Prevention tracks prevention and intervention programs across the country. MOFAS provides consultation and technical assistance nationwide on programs and services related to FASD.

FASD Statewide Initiative

During the spring of 2004, the Minnesota legislature appropriated a transfer of funds from the Commissioner of Health to a statewide organization that focuses solely on prevention of and intervention with FASD. In September 2004 a sole source contract was signed between MOFAS and the MDH (Minnesota Department of Health). The scope of work includes prevention and intervention services and programs, including, but not limited to, community grants, professional education, public awareness, and diagnosis.

FAS Consortium

This research study was conducted in Minnesota, Montana, North Dakota and South Dakota to determine women's risk behaviors during pregnancy, the number of children diagnosed with FASD and intensive case management for women at-risk of using alcohol during their child-bearing years. Results of the study can be found at www.mofas.org.

MOFAS PRODUCTS

Parent Advocacy Workbook (PAW)

This resource workbook begins by providing information about understanding and accepting the child's FASD disability. Day-to-day challenges with practical, common sense solutions are offered. Accurate, straightforward information on special education services, rights and responsibilities is offered. *\$10.65 tax included*

Tools for Success, Working with Youth with FASD in the Juvenile Justice System

This comprehensive guide contains information on the extent of the problem of

FASD, background and history of FASD, effective and appropriate intervention strategies for youth with FASD, and resources and referrals. The resource guide contains seven chapters, which highlight legal issues, disposition options and transition services. Also included is a suggested reading list for each chapter. This resource is designed for all correctional professionals including advocates, attorneys, social workers, and social and human service providers who interface with children and families affected with FASD. *\$53.25 tax included*

FASD Training

MOFAS provides a wide array of training opportunities and materials for parents and professionals who are interested in information on birth defects caused by alcohol consumption during pregnancy and improving the quality of life for those individuals and families affected. Please contact MOFAS for training topics. *Price Varies*

There was no **Full Collaborative Meeting** in August. However, there were two committees that met.

Wraparound Committee - Meeting Summary:

Discussed resource network and the work being done by Bob Ryan and area nonprofits. Elected co-chairs: Char Erickson and Kim Hanson. Also discussed wrap-around and the need for volunteer facilitators.

Next Meeting: September 14th at 10:30

Service Delivery Committee - Meeting Summary:

Received meeting minutes summaries for committee reps that were in attendance today. Also discussed activities of the Meth advisory committee, and if that committee would also fall under the oversight of this committee.

Heard an update of the resource network Bob Ryan is working on with local nonprofits.

Next Meeting: September 12th at 1:00 pm.



Imagination



“One of the most obvious facts about grown-ups to a child is that they have forgotten what it is like to be a child.”

Randall Jarrell

**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

