



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

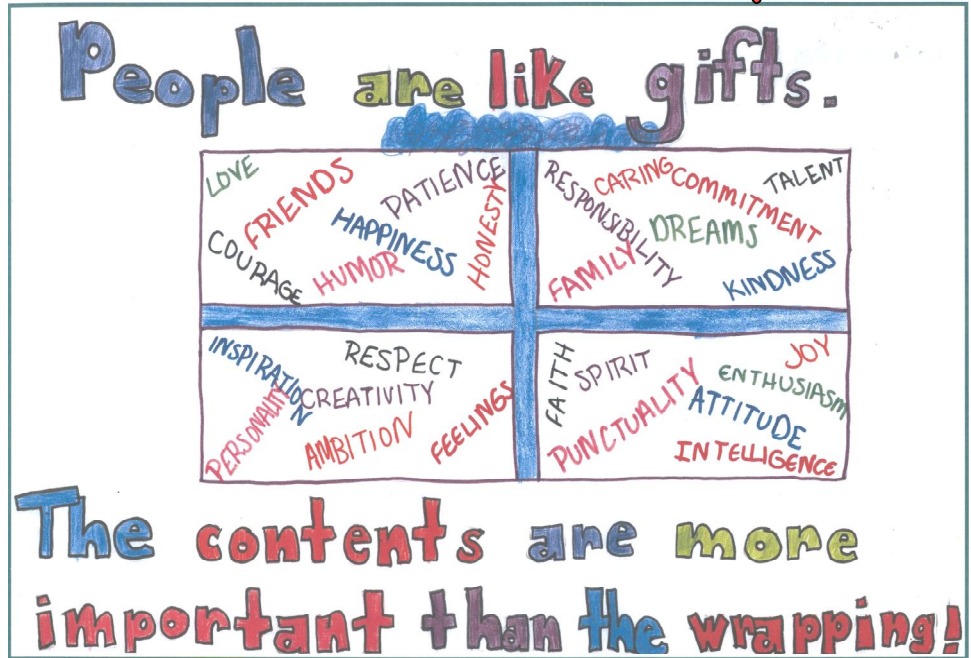
PACT 4 Bulletin

May 2004

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Children & Families Are Valued & Respected



--The Poster above was taken from the 2003/2004 PACT 4 Calendar--

FULL COLLABORATIVE MEETING NOTICE

The next Full Collaborative Meeting is:

**Wednesday, May 12th, 2004
12:00 to 2:00 p.m.
Renville County Office Building
Olivia, MN**

Committees will be meeting prior to the Full Collaborative meeting. If you plan to attend, please RSVP to Shawna by calling (320) 235-8938 or e-mail at shawna.steffen@co.kandiyohi.mn.us

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



Director's Corner *by Toni Braness, PACT 4 Director*

April has been a full, busy month. LCTS contracts have been mailed out. Thanks to all of you who participated; parents, partners, youth and community members. By donating your time to read and review you made a difference in the lives of kids and families.

April 23, 2004 was a TLC conference for the President's New Freedom Commission on Mental Health. There were three pilot sites across the nation; New York, Portland and the PACT 4 area. Thanks to all who attended. This report has already begun to change the way the Federal government allocates grants. The following charge/goal is the commission " The Commission...shall...recommend improvements to enable adults with serious mental illness and children with severe emotional disturbance to live, work, learn, and participate fully in their communities."

The Vision is a future in which:

- Everyone with mental illness will recover
- Mental illness can be prevented, cured or detected early
- Everyone of all ages with mental illness

have access to effective treatment and supports - essentials for living, working, learning, and participating fully in the community.

Services and Treatment:

- Are consumer and family centered, not focused primarily on the demands of bureaucracies.
- Provide real and meaningful choice of treatments and providers.

Transforming the Mental Health System: Recommendations With Implications for Children and Families.

- Develop an individualized plan of care for every adult with a serious mental illness and child with a serious emotional disturbance.
- Involve consumers and families fully in orienting the mental health system toward recovery.
- Align relevant Federal programs to improve access and accountability for mental health services.
- Create a comprehensive State Mental Health Plan.
- Protect and enhance the rights of people with mental illness.

- Improve access to quality care that is culturally competent.
- Promote the mental health of young children.
- Improve and expand school mental health programs.
- Screen for co-occurring mental and substance use disorders and link with integrated treatment strategies.
- Screen for mental disorders in primary health care across the life span and connect to treatment and supports.
- Improve and expand the workforce providing evidence based mental health services and supports.

As I'm finishing this article, I'm attending a conference for our SUCCEED grant. The Federal grants managers combined the Early Childhood with Safe Schools/Healthy Students grantees and Youth Violence Prevention Programs. We have been able to gain a lot of information on best practices to aid us in assisting our schools to band together to apply for these grants. More information on this conference will be coming out soon.

2004 Executive Board

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."

Loren Hacker, Canby School District
Serves through 04—1st Term
(507) 223-7226 / lhacker@canby.mntm.org

Mary Potter, Yellow Medicine Co. Family Services
Serves through 05—3rd term
(320) 564-2211 / maryp@co.yellow-medicine.mn.us

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

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

Tammy Thompson, Meeker County Probation
(Vice-Chair)

Serves through 05—1st term
(320) 693-5260 / tammy.thompson@co.meekeer.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 (Meeker Co. Resident),
Serves through 04—1st term
(320) 453-8153 / astenger@melitel.net

Eugene Bonyng, Woodland Centers
Serves through 04—1st term
(320) 235-4613 / wcenters@tds.net

Becky Romosz, Parent (Kandiyohi Co. Resident), (Chair)
Serves through 06—2nd term
(320) 235-2204 / becromosz@yahoo.com

Chief Elected Officials

Dick Larson, Kandiyohi County
Jane Remiger, Yellow Medicine County

Amy Wilde, Meeker County
Bob Fox, Renville County



EVALUATION REPORT

By Jen Hovland; Evaluation Specialist

The Important Role Mental Health Plays

A community survey was recently sent to 4,000 people in the PACT 4 service area as a follow up to an endeavor by Project SUCCEED to gauge community perceptions and understanding of Early Childhood Mental Health. The first of these two surveys was sent shortly after the project began three years ago, in 2001. There were 545 respondents to that survey. Over 750 people (19%) completed this most recent survey.

The first part of the survey includes nine questions measuring people’s thoughts about the mental health of children ages 0-6. Five of these questions were on both surveys, and three additional questions were added for the second survey. The results are listed on the right.

The similarity of the responses from both surveys is uncanny. The biggest change (although only an 8% difference) seems to be in the perception of the role that parenting plays in causing mental health issues. About 38% of respondents believed that mental health issues were caused by poor parenting in 2001, as opposed to about 30% in 2004. Although there will always be more outreach and education to be done regarding children’s mental health, it appears that the community as a whole is beginning to understand the important role mental health plays in the welfare of our children and families.

QUOTE

I must respect the opinions of others even if I disagree with them. -- Herbert Henry Lehman

Survey Questions	Response	2001	2004
1. The mental health of children begins in the first six years of life.	Strongly Agree / Agree	93.6%	93.4%
	Disagree/Strongly Disagree	3.0%	2.2%
	Don’t Know	2.6%	1.3%
2. Children from the ages 0-6 are having fewer mental health problems now than in the past 10 years.	Strongly Agree / Agree	8.7%	7.1%
	Disagree/Strongly Disagree	72.2%	73.1%
	Don’t Know	18.5%	18.6%
3. When children ages 0-6 have mental health concerns it is a result of poor parenting.	Strongly Agree / Agree	37.7%	29.5%
	Disagree/Strongly Disagree	43.8%	51.5%
	Don’t Know	16.9%	15.6%
4. Values and traditions affect how families deal with mental health concerns for children ages 0-6.	Strongly Agree / Agree	92.3%	91.0%
	Disagree/Strongly Disagree	3.8%	3.5%
	Don’t Know	2.9%	4.0%
5. The mental health concerns of children ages 0-6 are of crucial importance as to future learning and success.	Strongly Agree / Agree	96.5%	97.1%
	Disagree/Strongly Disagree	0.8%	0.8%
	Don’t Know	1.5%	0.9%
6. Children with mental health problems in early childhood are at higher risk for future substance abuse.	Strongly Agree / Agree		76.9%
	Disagree/Strongly Disagree		6.8%
	Don’t Know		14.3%
7. All children with mental health problems should be provided services regardless of age.	Strongly Agree / Agree		93.8%
	Disagree/Strongly Disagree		2.8%
	Don’t Know		2.1%
8. I have had personal contact with a child who appeared to have mental health problems during early childhood.	Strongly Agree / Agree		56.5%
	Disagree/Strongly Disagree		18.7%
	Don’t Know		20.3%
9. Children who have mental health problems in early childhood will generally outgrow them as they get older.	Strongly Agree / Agree		4.3%
	Disagree/Strongly Disagree		76.6%
	Don’t Know		17.6%

Early Warning Signs of Children's Mental Health Concerns

Numerous signs may point to a potential emotional health concern in a child or teenager. If your son or daughter is experiencing or has experienced any of the warning signs below, call your Doctor, Community Mental Health Center, Family Services or School Social Worker.

PAY ATTENTION IF YOUR CHILD OR A CHILD YOU KNOW:

IS TROUBLED BY FEELING:

- Really sad and hopeless without good reason, and the feelings don't go away.
- Very angry most of the time, cries a lot or overreacts to things.
- Worthless or guilty a lot.
- Anxious or worried a lot more than other young people.
- Grief for a prolonged time after a loss or death.
- Extremely fearful; has more unexplained fears or more fears than most children.
- Constantly concerned about physical problems or appearance.
- Frightened that his or her mind is controlled or is out of control.

EXPERIENCES BIG CHANGES, FOR EXAMPLE:

- Does much worse in school.
- Loses interest in things usually enjoyed.
- Has unexplained changes in sleeping or eating habits.
- Avoids friends or family and wants to be alone all the time.
- Daydreams too much and can't get things done.
- Feels life is too hard to handle and writes or talks about suicide.
- Hears voices that cannot be explained.

IS LIMITED BY:

- Poor concentration-can't make decisions.
- Inability to sit still or focus attention.
- Worries about being harmed, hurting others or about doing something "bad".
- The need to wash, clean things or perform certain routines dozens of times a day.
- Thoughts that race almost too fast to follow.
- Persistent nightmares.

BEHAVES IN WAYS THAT CAUSE PROBLEMS:

- Uses alcohol or other drugs.
- Eats large amounts of food and then forces vomiting, abuses laxatives or takes enemas to avoid weight gain.
- Continues to diet or exercise obsessively although bone-thin.
- Often hurts other people, destroys property or breaks the law.
- Does things that can be life threatening such as cutting or running into traffic.

Serving Kandiyohi, Meeker, Renville and Yellow-Medicine Counties.

Social Marketing & Training Report

By Danette Hendrickson, Social Marketing and Training Coordinator



May is Mental Health Month and you will see information reminding you about the importance of mental health for all ages. Valuing and respecting children and families is an integral part of all of the PACT 4 social marketing and training. I hope when we are reminded to check our own mental health during May, that we will be open to learning more about how to value and respect families and children.

A May is Mental Health Month committee has been meeting over the last couple months preparing displays to be located at county libraries, distributed by parish nurses in local churches, at Cashwise, Affiliated Community Medical Center and others. Thanks to Doris Cogelow, Cindy Fischer, Patty Butler, and Char Erickson for their help in this project.

Included in this newsletter is a list of Early Warning Signs of Children's Mental Health Concerns. Information such as the early warning signs, gives youth and families a tool to use when working to understand children's mental health concerns. Youth experience many changes growing up. The Early

Warning Signs are an opportunity to take a closer look at children's emotions and behaviors and to follow up with a mental health professional as needed. I encourage you to clip and save the early warning signs and share it with others who work with children or have children in their lives. As a friend of mine said

over the weekend, "I realized after I got out of high school that most of my friends were feeling the same way I was feeling, but we didn't talk about it." Let's support our youth's mental health today, giving them the tools they need for the future and recognizing when help is needed.

Beyond May is Mental Health Month planning, I have been working on a few other projects. The Training committee is working on a Teacher's and a Child Care Provider's Guide to Children's Mental Health, these will be available next fall. Yellow Medicine County Family Services will pilot an in-service training at Canby schools using the Teacher's guide. The Training committee is also working on a training to be held this summer on "Disabilities You Cannot See" for parents and professionals. More information will be forthcoming.

The Back to School Supplies committees are meeting in each county and working hard to get information out to families about the availability of school supplies. Please let me know if you need referral forms. All school Social Workers have gotten the referral forms as well.

There continues to be a number of conference calls offered throughout the months. This is very helpful information and I encourage you to participate on the calls. This is the opportunity to learn about what is happening around the nation with youth and families.

Pictures of the billboards that are up in the four counties are included in this article. During May it is a good time to give yourself a mental health check- here is a website for a depression screener. www.depression-screening.org. Help is available.



My Mental Health is Important!

www.pact4.org
PACT4 Families Collaborative



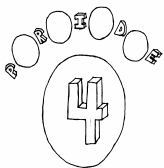
The Talking Piece Reflections of Restorative Justice

By: Sharon Hendrichs, Restorative Justice Coordinator

Peacemaking circles provide a process for bringing people together as equals to talk about very difficult issues and painful experiences in an atmosphere of respect and concern for everyone. Peacemaking circles create a space in which all people, regardless of their role, can reach out to one another as equals and recognize their mutual interdependence in the struggle to live in a good way and to help one another through the difficult spots in life.

Peacemaking circles are built on the tradition of talking circles, common among indigenous people of North America, in which a talking piece, passed from person to person consecutively around the circle, regulates the dialog. The person holding the talking piece has the undivided attention of everyone else in the circle and can speak without interruption. The use of the talking piece allows for full expression of emotions, deeper listening, thoughtful reflection, and an unrushed pace. Additionally, the talking piece creates space for people who find it difficult to speak in a group. Drawing on both traditional wisdom and contemporary knowledge, the circle process also incorporates elements of modern peacemaking and consensus building processes.

Participants are seated in a circle of chairs with no tables. Sometimes objects with meaning to the group are placed in the center as a focal point to remind participants of shared values and common ground. The physical format of the circle symbolizes shared leadership, equality, connection and inclusion. It also promotes focus, accountability and participation from all. Through the process of circle, communities including New London, Willmar, Canby and Granite Falls are holding young offenders accountable to their victims and community members by valuing and respecting each individual including children and families.



PRIDE-4 Project

(Persons Realizing Independence and Developing Empowerment)
by Mary Ryan, PRIDE-4 Coordinator

In thinking about this month's theme of valuing and respecting children and families, I am reminded of how different family dynamics can become when a son or daughter turns 18. At the age of 18, youth have the right to make their own decisions without parental consent or involvement – the age of majority mandate. This can often be difficult for parents who must shift their perception of their child as a dependent to one of an independent young adult. The family of a youth with a disability has an even stronger drive to protect, which is reinforced by the real risks that the vulnerable child will face as a young adult. Families of youth with emotional or behavioral difficulties can feel left out when they realize that they have no direct input into how professionals decide to advise, serve, treat, and educate the young person.

One of the major coordination goals of the PRIDE-4 Transition Coaches is to facilitate and sustain lifelong natural family and community-based supports. For the coaches, maximizing family and extended family supports while respecting a youth's growing independence increases the likelihood of a successful transition to adulthood. Emphasizing the young person's choices while respecting the role of the family in the young person's life achieves this goal. Although relationships can be strained and complex for all those involved with a transitioning youth, the young adult will, given time and maturity, come back to his/her family for their love and support.

For families of transitioning youth who are looking for support and information, Families Matter...Just Imagine has recently formed a parent/family support group for those who have transition age children. The contact for the group is PRIDE-4's Family Liaison, Star Bradburn, and she can be reached at 320-222-2454 for more information about the group, meeting times, and locations.

For more information about PRIDE-4, contact Mary Ryan, 320-231-7034.

Muestras De La Detección Temprana De Asuntos De La Sa- lud Mental De Niños.

Numerosos signos pueden señalar preocupaciones emocionales o del comportamiento potenciales de la salud de un niño o adolescente. Si su hijo o hija esta experimentando o tiene experiencias de cualquiera de las señales de avisos abajo, llame a PACT 4 hoy y nosotros podemos dirigirle a las mejores fuentes de la ayuda ahora mismo.

PON ATENCIÓN SI SU HIJO O UN NIÑO QUE CONOCE:

ES MOLESTADO POR SINTIENDO:

- Realmente triste y inútil sin buena razón, y los sentimientos no se van.
- Muy enojado al máximo del tiempo, llora mucho o exagera el papel.
- Sin valor o culpable muchísimo del tiempo.
- Ansioso o preocupado mucho mas que otros jóvenes.
- Pena prolongado por un tiempo después de una perdida o de una muerte.
- Extremadamente temeroso- tiene mas inexplicados temores o tiene mas temores de la mayoría de los niños.
- Constantemente preocupado sobre problemas físicos o de apariencia.
- Asustado que la mente de el o de ella es controlada o es fuera de control.

EXPERIENCIA CAMBIOS GRANDES, POR EJEMPLO:

- Ase mas peor en la escuela.
- Pierde interés en las cosas disfrutadas normalmente.
- Tiene cambios hábitos inexplicados de durmiendo o los de comiendo.
- Evita a amigos o a familia y desea estar solo todo el tiempo.
- Sueña despierto mucho y no puede acabar con cosas.
- Siente que la vida es demasiado dura para aguantar y escribe o habla de suicidio.
- Oye voces que no pueden ser explicadas.

ES LIMITADO POR:

- Concentración pobre; no puede hacer decisiones.
- Inhabilidad en sentarse quieto o enfocar atención.
- Se preocupa de que le hagan daño, haciendo le daño a otros, o de haciendo algo malo.
- La necesidad en lavando, limpiando cosas o hacer cierto rutinas docenas veces al día.
- Pensamientos que corren casi demasiado rápido para perseguir.
- Pesadillas persistente.

SE PORTA EN MANERAS QUE CAUSAN PROBLEMAS:

- Usa alcohol o otras drogas.
- Come cantidades grandes de comida y entonces fuerza vomitar, abusa de los laxantes o toma enemas para evitar aumento de peso.
- Continua la adietando o el ejercitando obsesivamente aunque demasiado delgado.
- Frecuentemente lastima a otra jente, destroza propiedad o quebrar la ley.
- Hace cosas que pueden ser un peligro mortal como cortandose o corriendo en frente de tráfico.

Sirviendo a Condados de Kandiyohi, Meeker, Renville y Yellow-Medicine

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

When thinking about this topic and what to write, I thought about all the families I have worked with over the years. Each child and family has been unique and had unique needs. Since no two are alike it is hard to come up with a cookie cutter way to provide services that respect these differences in each child and family.

When professionals develop a partnership with families, a strength-based plan can be developed. We respect children and families by empowering them to make decisions about their lives that reflect their values and have a personal goal attached. In thinking about the families I've worked with that have been a true success story, I am reminded that by respecting each other's differences we were able to develop a plan that is workable and attainable for them. I believe that by giving families support through wraparound and respecting their unique differences, that more children are able to remain home with their families.

*Jen Sullivan
Case Manager*

Meeker County

Once again, we have many new and exciting things going on in Meeker County. Currently Dave Schlack and Ed Cowley are residing on a task force targeting the idea of starting a "Sober School" in the Meeker County and surrounding areas. This school would help to supply a safe and supportive learning environment for high school students new to Chemical Dependency recovery. They are hoping to get this school idea launched by the fall school year of '05. This task force is trying to respect the child's sobriety concerns, all while helping them to succeed. If you would like to assist this committee with your talents, ideas, or support please call Ed Cowley at (320) 693-8009.

Speaking of school... the School Supply committee in Meeker County is now meeting for the '04-'05 school supply distribution. Look for the yellow donation buses and other fundraising opportunities around the Meeker County area. If you would like to volunteer your time to help, the next Committee meeting is scheduled for Tuesday, May 4th at 4:00 pm in room 150 at the Health and Human Services Building in Litchfield.

As the grass starts gets greener... and taller, you may be thinking it's about that time to get your lawn mower out. But what do you do if you don't own a lawn mower, or are physically unable to mow your lawn??? Who has the time??? LAWNS BY YOUTH (now in their

3rd year) is taking referrals for those who may need their lawn mowed. If interested please call Chad Harlander at Greater MN (320)214-9692 extension 118, or at home (320) 587-6208. The donation that you make will go back to kids in your community by supplying them with clothing, food, dental care, positive work experience, camp opportunities, and best of all... a sense that they have then given back to their community!

As another school year ends and summer plans start piling up, please remember to make it a safe and happy summer. Take the time to make those special memories with your kids while you still can.

*Tonya Skoog
Case Manager*

Kandiyohi County

My inspiration for this month's article comes from an unlikely source. I have been receiving e-mails lately from a friend from college who is doing fieldwork for her Master's in Cultural Anthropology in rural Mexico. She is part of a group of students who are living with families surrounding a local sugar mill which was taken over by the residents of the village and the employees of the mill. During the course of her conversations, the United States is referred to as "el otro lado", or "the other side". This statement generally indicates the way in which the U.S. is viewed across these cultural lines. The United States is a place where people only have as many children as they can support, where jobs are plentiful and the government/police is not corruptible or susceptible to bribes. We, as Americans, have our own perceptions of not only our country and these particular phenomena, but of our expectations of rural Mexico and their family and governmental structures as well.

It is not uncommon to base a great deal of our own beliefs upon what we have either been told or shown from within our own environment. In many cases, both families and agencies tend to view either the people they serve, the agency that supports them, or even the inter-agency perceptions of themselves compared to other service providers as "el otro lado". What we are dealing with is a twofold struggle of perceptions versus reality, and the need for understanding and expression of ideals in a context of change versus the very real threat that change poses to everyone. Changing one's opinion about a given "other" is a very daunting and challenging task, especially when many of our views about society, value, religion, family structure, child rearing, service providing and the like have been either generationally passed on or hierarchically established

as best or common practice. For instance, the concepts of value and respect may in definition carry a value-neutral connotation, but in practice they may carry entirely different meanings for different people. Where family respect may mean being left alone to deal with a dilemma within a family, it may mean mandated intervention for what has been established as a potential concern for safety from a protective services or corrections standpoint.

The point here is that we all bring our own voice and experience to whatever role we happen to be in. When working with families and children, there is no such thing as a value-free definition of such powerful words as "value", "respect", "tradition", "culture". Each family brings its own particular contribution to the greater culture of families, and every worker brings their own experience and value to the greater culture of agencies. The common need is to engage in and continue ongoing dialogue which will foster understanding and give everyone involved a stake in how our work with children and families evolves. Nobody is expecting complete and utter blind acceptance of each other's value orientation, but the baseline we need to establish is *acceptance* and a functional understanding of how each other operates. If we are to succeed as a community, we need to reach across "el otro lado" and genuinely attempt to understand how each other works.

On a completely unrelated topic, there are still several bikes available that I have been working on with some of the PRIDE-4 youth. The breakdown is as follows:

- ✍ 2 Boy's BMX bikes, both in need of some brake work.
- ✍ 1 Girl's BMX bike.
- ✍ 4 Men's bikes, three 10-speed, one equipped with a baby seat.
- ✍ 1 Woman's bike, retro Schwinn single speed.
- ✍ 3 parts or repairables; all women's, one kids.

If you know of anyone who is in need of a bicycle for this coming spring/summer, please call Diane Onell at the PACT 4 Families Collaborative office at (320) 231-7030 or toll free at 1-800-960-7228.

*Jon Marchand
PRIDE-4 Transition Coach*

What's Going On... /
Continued on page 8

FAMILY FORUM

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

Children and families are valued and respected is the core of the work that we do. Why would we come to our jobs every morning if we did not believe this? It would seem that everyone who is involved in the field of children's mental health, whether they are a Case Manager, Parent, Liaison, Teacher or Therapist, must believe in this, or they would have chosen a different field. After all, none of us are getting rich in this field and we certainly do not do this work because of all of the benefits. So why, why do we keep showing up? I believe we show up at our jobs for many reasons and I include being a parent of a child as a job. I believe we keep showing up, because of course we love our children, and we truly believe that children and families are what make a true difference.

If we do not value our children, what do we value? What could ever be more important than the well-being of a child and

the family that child is in? Money? Status? We all sometimes stray from our belief in the value of children and families, as raising children is very hard work and when you add the additional stressors of mental health issues, things get in the way. Sometimes we need a little support or help to get us back on the right path, but does that change our hope and belief in children and families? No, it just shows what truly difficult work we are all doing.

Children and families come in all sizes, shapes and colors. These different sizes, shapes and colors can make our work very difficult and frustrating as what works for one child or one family totally does not work for another. This makes for very interesting work and perhaps that is a reason we come back to work. Can we say our jobs are boring? Can we learn from the different perspectives that diversity brings us? Maybe we are not rich by monetary standards, but in what other job,

be it as a Case Manager, Parent, Liaison, Teacher, Therapist, can we be so rich in what we can learn about different sizes, shapes and colors? Perhaps we can even look at this as a benefit of this truly difficult work.

Now Available On-Line!

All forms / applications are now available on our PACT 4 web site (*Flex, Discretionary, and Wrap-around*).

www.pact4.org

FAMILY LIAISON FEATURE

By Maria DeMontemayor Kandiyohi County Family Liaison
Families Matter...Just Imagine

Hi Everyone,
Spring is here!

First of all, what are families? Are they a group of people who are related to each other, especially parents and their children? Or two or more people who share goals and values, have long-term commitments to one another, and usually reside in the same dwelling place? What is value? If you value someone or something, you think that they are important and you appreciate them. What is respect? If you respect someone's wishes, rights, or customs, or if you show respect for them, you avoid doing things that they would dislike or regard as wrong. Those are the definitions of families, value and respect. I think it's very important that we value & respect children & families. This is why we are all

here, to help families and provide them with support and resources for their children. We need to value and respect them because if it wouldn't be for the fact that they have a child with mental health issues we wouldn't have a job. I don't know if all of you have manners because your parents taught them to you, or if it is a culture thing, but no matter who the person is you still have to value and respect them. Also, it is very important that we value and respect each other because we all come from a family that involves having one or two parents, a brother, or sister, aunt, uncles, cousins and so on. Or maybe our children have their own family. Each family is different. Whether we are a professional or not, we first came from a family. We are who we are and we have to value and respect each other and the families we work with.

My other thought is that we all have to make sure we understand that all families are different and are in different situations. That includes ourself, the way we do our work, the way we communicate with each other and so on. My point is that no matter who we are we all have a family that we work with or we have a family ourselves and we need to value each other and respect other.

I'm living with this quote: **Peace comes from being able to contribute the best that we have, and all that we are, toward creating a world that supports everyone. But it is also securing the space for others to contribute the best that they have and all that they are.**

What's Going On... /

Continued from page 6

Kandiyohi County

May is Mental Health Awareness Month!

The month of May has been designated Mental Health Awareness Month. It is an opportunity to deliver key messages about mental health to the public:

- *Mental health is fundamental to overall good health.
- *Mental health disorders are real conditions.
- *A wide range of treatments exists for most mental disorders.

Sending these messages in a variety of ways will hopefully educate people, and in the process reduce the stigma attached to mental health issues. As I, a Children's Mental Health Case Manager, think about Mental Health Awareness Month, I am reminded of how much I have learned from the parents and children I have worked with. I've learned much about specific disorders. I have learned that mental health is not a static thing; there will always be ups and downs, highs and lows...and we must celebrate the highs when they are there. I have learned that there is not one single factor causing a child to struggle or relapse; it is usually a combination of things and we might not always be able to figure it out! I have also learned that I will sometimes inadvertently say or do the wrong thing...but parents will forgive that if they feel you are working with them. I have learned that every child has something special to draw out, and it is worth the time to do so!

All these things have helped me value and respect the children and families I work with.

*Char Erickson
Case Manager*

An upcoming special event is coming to the Willmar Senior High on Monday, May 10th, 2004 from 6-7:30p.m. Corwin Kronenberg, a highly sought after expert and speaker on the areas of self-concept and discipline, is giving a presentation on "Getting Kids to Listen". His presentation will include topics such as:

- *Eliminating Communication Barriers
- *Giving Choices
- *Making Enforceable Statements
- *Separating the Child from the Behavior
- *Teaching Responsibility for the Behavior
- *Listening More and Talking Less

Corwin will share his program for improving communication with children and also give some practical techniques for parents and children. Please pre-register at Willmar Community Education and Recreation at 320-231-8490. All interested adults are welcome free of charge. Limited childcare may be available to those who cannot attend without it. Headstart will also be supplying translators for Spanish speaking families. Please call for more information.

*Sara Larson
School-Based Social Worker*

Websites to Check Out

www.pact4.org

PACT 4 Families Collaborative

Information you want to know about PACT 4 Families such as: program information, funding opportunities, programs currently funded, and site links to partners. *This site is currently under construction, but still accessible.*

www.samhsa.gov

Substance Abuse & Mental Health Services Administration

Information on substance abuse and/or mental health.

www.ffcmh.org

The Federation of Families

A source for training and education on children's mental health.

http://cecp.air.org/

The Center for Effective Collaboration & Practice

Success stories in special education from a number of effective programs. Also, related links to emotional and behavioral problems in such areas as education, families, mental health, juvenile justice, child welfare, early intervention school safety and legislation.

www.rtc.pdx.edu

Research & Training Center on Family Support & Children's Mental Health

Information on youth and young adult roles in planning, evaluating, and providing services in children's mental health.

www.familysupport.org

Prevent Child Abuse Minnesota

Information and resources on Family Support Network groups.

www.nmha.org

National Mental Health Association

The country's oldest and largest nonprofit organization addressing all aspects of mental health.

www.mhcsn.net

Mental Health Consumer Survivor Network of Minnesota (CSN).

Support network for persons involved with mental health concerns.

www.mhselfhelp.org

National Mental Health/Consumers' Self-Help Clearinghouse.

Technical assistance center serving the mental health consumer.

www.save.org

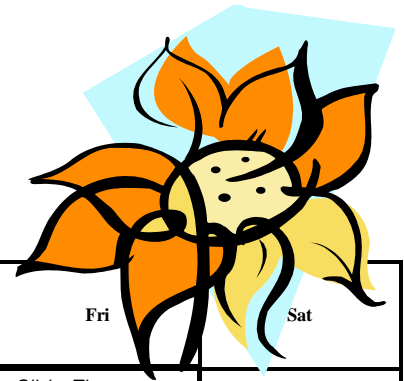
Suicide Awareness Voices of Education









A source for information about suicide prevention and eliminations of stigma for those touched by suicide.

CALENDAR OF EVENTS

May 2004

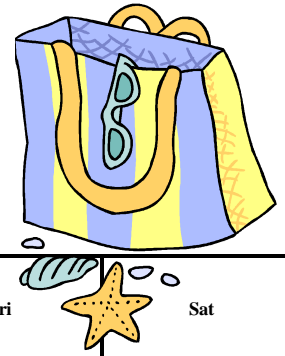
Mental Health Awareness Month


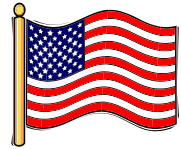







Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<p>** The Full Collaborative meeting will be on Wednesday, May 12th, from 12:00 noon to 2:00, in rooms 116/117 at the RCOB in Olivia. The Mentor's Committee will meet from 10:30 to 12:00, room 313, the Early Childhood Committee will meet from 10:00 to 12:00, room 116. The Training Committee will meet from 10:30 to 12:00, in room 117. All are prior to the Full Collaborative meeting. Call Shawna to RSVP.</p> <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>						
2	3	4 Executive Board 11:30-2:00; Room 2055 KCHHSB Personnel Committee; 10:30 to 11:30; Room 2055 KCHHSB	5 Cinco De Mayo 	6 Conference Call Youth and Social Marketing, 4PM  One Day-Two Opportunities Session (see page 6)	7	8
<p>← Children's Mental Health Week →</p>						
9 Mother's Day 	10 Corwin Kronenburg Willmar (see page 4 for details)	11	12 Full Collaborative Meeting (see above for details)	13 Brain Conference Planning Committee; 10:30 to 12PM; Room 2055 KCHHSB	14	15
16	17	18	19  Conference Call Vanguard Communications 2PM Conference Call Family Run Organizations, 4PM 	20 Conference Call Learning From State About Youth With Special Needs, 1PM   Conference Call Medicaid and SCHIP, 4PM	21 Project SUCCEED Core Staff Meeting, 10:00-12:00; ITV (Interactive Television) Room 1090 KCHHSB	22
23	24 Community Evaluation Team Meeting, 10:00-1:00; Multi Purpose Room KCHHSB	25	26	27	28	29
30	31  Memorial Day PACT 4 Office Closed					

CALENDAR OF EVENTS

June 2004



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Executive Board; 11:30 to 2PM; Room 2055 KCHHSB	2 PACT 4 All Staff Meeting 8:30 to 10:30AM Multi Purpose Room KCHHSB	3 Early Childhood Conference Call 4PM Part 1 	4	5
6	7	8	9 Full Collaborative Meeting <i>(see below for details)</i>	10	11	12
13	14 Flag Day 	15	16 Family Run Organization Conference Call 4PM 	17 Early Childhood Conference Call 4PM Part 2 	18	19
20 Father's Day 	21 1st Day Of Summer 	22 Wraparound Initiative Grantee Meeting; San Francisco, CA	23	24	25	26
27	28	29 SUCCEED Public Health Director's Meeting; 12 to 2PM; Blue Heron Willmar	30 Children and Trauma Conference Call 12PM 			

** The Full Collaborative meeting will be on Wednesday, June 9th, from 12:00 noon to 2:00, in Granite Falls. The Mentor's Committee will meet from 10:30 to 12:00, and the Early Childhood Committee will meet from 10:00 to 12:00. All are prior to the Full Collaborative meeting. Call Shawna to RSVP.

*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,

The February Full Collaborative Meeting in Willmar had 87 in attendance.

The next Full Collaborative Meeting is scheduled for...

Wednesday, May 12th, 2004
12:00 to 2:00 p.m.
RCOB
Olivia, MN

If you plan to attend, please RSVP to Shawna by calling (320) 235-8938 or e-mail at shawna.steffen@co.kandiyohi.mn.us

Ostergaard Consultation – New Community Classes

Bob Ostergaard spoke on two new workshops he was putting on: “Learning to Step Together” and one for couples in the Latino community on making relationships better. Both will be held in this building, and begin in May.

LCTS and Grant Updates

After this meeting, a mandatory meeting for all 2004/05 LCTS grantees will be held. Contracts are at MCIT Insurance being reviewed and approved. Hope to have final approval this week, so contracts can be sent out.

The SUCCEED grant that was scheduled to be done on September 30, 2004 has carryover dollars that will enable it to continue through March of 2005. The Coordinator position will also remain, but at half-time. There will be training available this summer that the CORE staff have been through that will be offered to partners.

Committee Re-structuring

PACT 4’s By-Laws state that each year, committees will be reviewed by the Board. After reviewing survey information and feedback received, on April 7th the Board adopted the following committee structure (4 broad committees):

- *Governance (*included Chief Elected Officials and Executive Board*)
- *Service Delivery
- *Community Ed/Training & Technical Assistance
- *Evaluation

The following sub committees will exist under the Service Delivery Committee:

- *Circle Sentencing/Restorative Justice
- *Wraparound
- *Early Childhood
- *Transition
- *School-Age
- *Mentors

The following sub committee will exist under the Evaluation Committee: Committee on Marketing/Outcome Dissemination

LCTS ad-hoc committees will continue, and will be determined by counties.

For the first year, committees do not have budgets, but may access funding through a process such as the Discretionary Fund application. The first task for all committees would be to produce a Needs Assessment and do some strategic planning. Committees will advise regarding specific grants and projects PACT 4 funds or administers. New committees will start on 7/1/04, with the remainder of April, May and June being transition months where PACT 4 staff can meet with existing committees, offer explanations, answer questions, etc.

COMMITTEE REPORTS

Executive Board - Had a presentation from the PRIDE-4 Coordinator: Mary Ryan. Discussed next round of LCTS money. Reviewed personnel policies and issues. Lifted the PACT 4 staff pay freeze. Passed recommendation for upcoming budget. Discussed and made recommendations for new committee structure.

Early Childhood Committee - Chris O. Schmid attended and explained new committee structure. Will be electing co-chairs in July. Learned about the extension for Project SUCCEED. Discussed pre-school screenings using the PECFAS. There will be a meeting May 28th (possibly in Cosmos) from 9:30-11:30 specifically talking about the PECFAS. Next Early Childhood Committee meeting is on May 12th in Olivia at 10:00 am.

Mentor Committee -Shared project up-

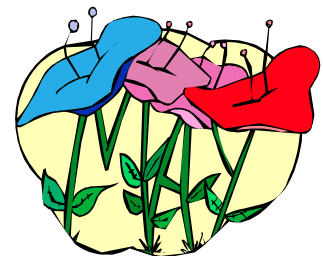
dates. Chris O. Schmid attended and explained new committee structure. Satisfaction surveys discussed. Next meeting is on May 12th in Olivia at 10:00 am.

Family & Children’s Mental Health - Did not meet. The training sub-committee met and discussed two possible training projects. Next meeting is on May 12th in Olivia at 10:30 am.

School Supplies Committees -County committees are meeting and sending out referral forms, and also discussing the transition to partners for next year.

Community Evaluation Team- Discussed data available and process for dissemination. Chris O. Schmid attended and explained new committee structure.

CEO Board - Received an update on grant and LCTS money. Reviewed By-Laws and made a couple of minor changes. Approved upcoming 2005 and 2006 budgets. After school dollars have been set aside: \$400,000 for the 2-year period. Grants will run on a calendar year cycle. Parameters have not been set yet. Will have to wait to see what the legislature does and what requirements schools will be charged with with the No Child Left Behind Law. More information should be available this fall.



Make Note

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

*KCHHSB = Kandiyohi County Health & Human Services Building in Willmar. Located off Hwy 71/23 just North of Willmar, next to the Willmar Regional Treatment Center.

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 Claudia at (320) 231-7030 or e-mail to claudia_t@co.kandiyohi.mn.us

A SWEET LESSON IN HUMANITY



YEARS AGO, A 10-YEAR-OLD BOY APPROACHED the counter of a soda shop and climbed on to a stool. “What does an ice cream sundae cost?” he asked the waitress.

“Fifty cents,” she answered.

The youngster reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had “bigger” customers to wait on.

“Well, how much would just *plain* ice cream be?” the boy asked.

The waitress responded with noticeable irritation in her voice, “Thirty-five cents.”

Again, the boy slowly counted his money. “May I have some plain ice cream in a dish please?” He gave the waitress the correct amount, and she brought him the ice cream.

Later, the waitress returned to clear the boy’s dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had enough money for the sundae, but sacrificed it so that he could leave her a tip.

The moral: Before passing judgment, first treat others with courtesy, dignity, and respect.

Adapted from A Lifetime Success
PAT WILLIAMS
Fleming H. Revell