



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

# PACT 4 Bulletin

October 2004

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## Brain Builders: Minds Under Construction

PACT 4 Families Collaborative  
Presents:



## 3rd Annual Community Conference On the Brain

Tuesday, Nov. 16, 2004  
3:00 pm to 8:30 pm  
Willmar Senior  
High School

*"If you would like a brochure or registration form sent or faxed to you, please contact Shawna at PACT 4 320-231-7030 or 800-960-PACT."  
\*See page 5 for a list of some presenters.*

## FULL COLLABORATIVE MEETING NOTICE

*The next Full Collaborative Meeting is:*

**Wednesday, October 13th, 2004  
12:00 to 2:00 p.m.  
Farmer's Daughter  
Litchfield, MN**

Committees will be meeting according to their schedules. If you plan to attend or want more information on committees' meeting times, please RSVP to Shawna by calling (320) 235-8938 or e-mail at [shawna.steffen@co.kandiyohi.mm.us](mailto:shawna.steffen@co.kandiyohi.mm.us)

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



## 2004 Executive Board

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

Mary Potter, YMC Family Services  
Serves through 05—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\_b@co.renville.mn.us

Tammy Thompson, MC Probation (Vice-Chair)  
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),  
Serves through 04—1st term  
(320) 453-8153 / astenger@metel.net

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

Becky Romosz, Parent (KC Resident), (Chair)  
Serves through 06—2nd term  
(320) 235-2204 / becro-mosz@yahoo.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.”*

# Director’s Corner

by Toni Braness, PACT 4 Director

Important dates to mark on your calendar: The Full Collaborative Meeting is Wednesday, October 13th at the Farmer’s Daughter in Litchfield. Committee meetings are being held before and after the Full Collaborative at various locations-check the schedule. On November 4th we will have our Annual Meeting and it will be held at the Blue Heron. Invitations will be coming soon with more details. Speaker to be announced, still waiting confirmation. Social hour is from 5:00-6:00 pm. Dinner and program from 6:00-8:00 pm (?); plan to attend.

After School Grants are due October 8th. Any member interested in Before School, After School and Summer Programs needs to apply to this pot of dollars. \$400,000 has been allocated for 2 years with priorities to grade 5-8. Contact Rick Loseth at 231-7079 for more information. Applications are available on our web site [www.pact4.org](http://www.pact4.org).

LCTS contracts for 2004 have been extended through June 30th, 2004. (You will be contacted individually early during the first quarter of 2005 to determine how many dollars you will need.)

LCTS 2005-2007 will begin July 1st, 2005 and run through June 30th, 2007. Applications and more specifics will be available at the Full Collaborative Meeting.

Any day we should be hearing about the Safe School Healthy Students Grant. This was just one example of agency trust at its best. All school districts, police, social service agencies and many others sat together to plan this grant for all kids and schools.

Over the past 6 years all of us have worked hard to decrease the stigma attached to mental health and mental illness. While the level of awareness has been raised, education provided and stigma reduced in our communities—there is a challenge. Over the past 2 months I and many of you have fielded multiple calls from both professionals and parents acknowledging they need more help with students. We’ve expanded some already with additional social workers and mental health practitioners in the school and additional mental health counselors. Unfortunately it is not reaching the needs that are coming forward.

As we plan for the future we need to look at early intervention for all ages including assuring services for our littlest ones. It is heartening to me to see so many agencies, schools and staff working together. We seldom reinvent the wheel because people are talking to one another and utilizing tried and true (best practices) as people move forward with services and support.

The Chief Elected Officials Board meets the afternoon of November 4th and will finalize the LCTS dollars for 2005-2007. More importantly they and we will spend time looking at priorities and vision for the future. Vision includes best practices and meeting the needs of each individual community.

Coming up soon will be the Executive Board Elections. These three positions for three year terms are up this year and will be voted on in December:

1. The School position filled this past year by Loren Hacker, Superintendent of Canby.
2. The family position also filled this year by Arliss Stenger from Eden Valley/Watkins.
3. The mental health position held by Dr. Eugene Bonyng these past three years.

If you are interested in serving please contact Toni @ (320)231-7031. Hope to see you all in Litchfield in October.



# Wraparound Initiative

By Janae Langhoff, LGSW;  
Wraparound Initiative Project Director

The Wraparound Initiative is now entering its sixth and final year of funding through the Substance Abuse and Mental Health Service Administration (SAMHSA). This is an important time to revisit what we, as a Collaborative, had hoped to accomplish with this grant and what work needs to be our focus and/or priority in the last year of funding. The grant was awarded to PACT 4 to assist our collaborative in developing a community that is one of a System of Care, whose values and principals were initially articulated by Stroul and Friedman (Stroul, B., & Friedman, R. (1986). *A System of Care for Children and Youth with Severe Emotional Disturbance* (Rev.ed.) Washington, DC: Georgetown University Child Development Center, National Technical Assistance Center for Children's Mental Health). These core values of system of care philosophy state that services should be community based, child centered and family focused and culturally and linguistically competent. The guiding principals are:

- Comprehensive, incorporating a broad array of services and supports,
- Individualized,
- Provided in the least restrictive, appropriate setting,
- Coordinated both at the system and service delivery levels,
- Involve families and youth as full partners, and
- Emphasize early identification and intervention.

It is very easy to look at the system of care philosophy and core values and say, "of course we are doing this". We need to look within ourselves and ask if we truly believe in system of care? When the grant dollars are gone, are we going to continue to practice the system of care philosophy and core values? Are we willing to take this a step further and not only "involve" families and youth but encourage and educate ourselves and practice family and youth driven services? We have come a long way in the past five years in developing our system of care. This final year of funding is going to be challenging and exciting as we set priorities while at the same time we celebrate our accomplishments in our work in the development of our system of care.

## PACT 4 Families Collaborative 2004 Annual Meeting

Thursday, November 4th, 2004

Blue Heron, Willmar, MN

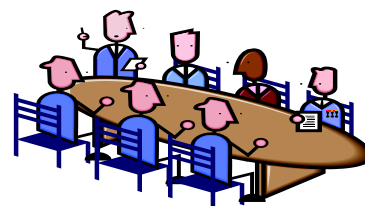
5:00-6:00; Social Hour

6:00-8:00; Dinner & Program

Cost: \$7.00



Invitations will be going out  
Within the next week





# EVALUATION REPORT

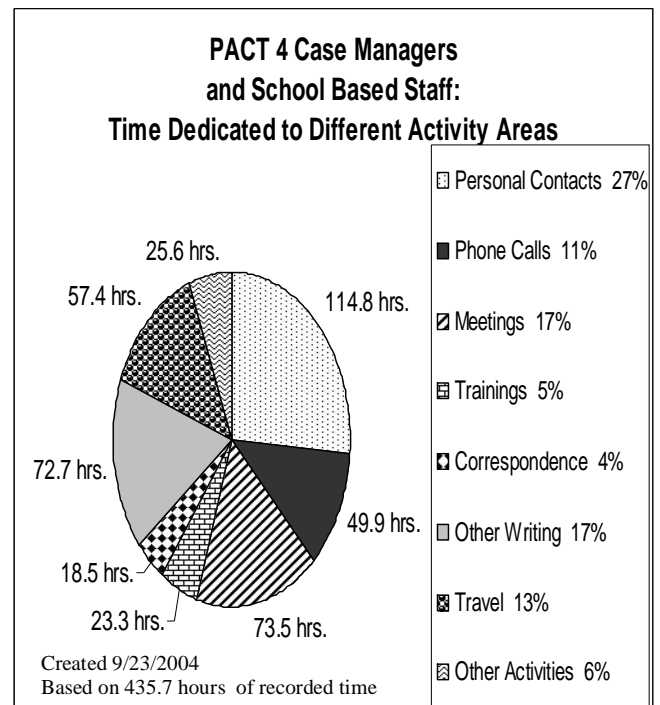
By Jen Hovland; Evaluation Specialist

Over one year ago, PACT 4 staff began an internal evaluation project called Time On Task. This project is similar to some of the record keeping done by County Social Services staff, which details contacts and efforts made on behalf of clients. Each PACT 4 staff person is assigned two days each week to record their activities, with and for whom those activities are done, the purpose of each activity, the project associated with that particular activity, and the outcome and location of recorded activity. A set of codes and definitions was created for each category, and staff have two different options for how to record their daily tasks.

It has taken a good part of this year to work the kinks out of this system. The evaluation staff create new codes when needed, and we are at a point now where we are able to create and distribute reports based on the data received. We anticipate minor adjustments to the reports as we've created them, once staff and partners have seen what is available and communicate to the evaluation team any questions they have or information they would like to see reported.

We believe this information could be useful in a variety of ways. First, it will give us valuable information about the amount of time spent with and on behalf of the clients we serve and where that work is being done—in schools, agencies, homes, or the community. We will be able to discern whether the majority of contacts made were for the purposes of support, case management, data collection, information sharing or problems solving, youth activities, etc. It will also give us some idea of the amount of time spent on different projects, especially by those staff whose work encompasses multiple programs.

**The chart here illustrates the work done and reported by PACT 4 case managers and school based staff during the month of August.** This particular cross-section (keeping in mind that their activities are recorded only two days per week) shows that 27% percent of the **435.7 hours** reported was dedicated to personal contacts. These contacts may have been with clients, family members, other service providers, fellow staff, supervisors, etc. It is not surprising that a bulk of their time was dedicated to personal contacts, phone calls, and meetings. It will be interesting to compare this data with that which we receive in September, after school has started. We can assume that the hours spent on personal contacts will increase, especially for the school based staff.



## Chris' *By Chris Oldakowski Schmid, Supervisor*

**o** The Early Risers Project is moving into its third and final year. Early Risers is an evidence-based program developed at the University of Minnesota, as a prevention program for young children and their families. PACT 4 Families currently has a grant from the Department of Human Services Chemical Health Division to run the program in 3 communities; Willmar (2 sites), Buffalo Lake- Hector, and Yellow Medicine East schools.

**r** The program follows 15 students (per site) and their families over a 3-year period. PACT 4 started with 2<sup>nd</sup> graders who are this year in 4<sup>th</sup> grade. The program elements are home visiting, homework help if needed, group education, social skills building, classroom education, before or after school activities, truancy prevention activities, and a 4 week summer camp that combines education and social skills activities.

**n** Early Risers will be presenting information at the next Full Collaborative meeting in Litchfield.

**Now  
Available On  
Line!**

**All Forms/  
applications are now  
available on our  
PACT 4 web site**

(Flex, Discretionary,  
LCTS After School and  
Wraparound).

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



# Notes from Rick

by Rick Loseth Clinical Supervisor/Grants Manager

I recently read the article “Evidence-Based Practice in Child and Adolescent Mental Health: Its Meaning, Application and Limitations”, by Dr. Kimberly Hoagwood. The article provides an update on a number of current “evidence-based practices” or EBP relating to children’s mental health. The use of this term has grown over the last few years, and has become popular in discussion at all levels of policy discussion. Dr. Hoagwood describes the term “ as useful shorthand to refer to a body of scientific knowledge about clinical treatments, preventive programs, or service practices. In general, the term is used to refer to more research-based practices with randomized trial designs from less rigorous or well-tested practices”. The hope from the expanded use of EBP is to help the service delivery system become more effective in the response and treatment of children’s mental health. PACT 4 and partners are involved in “evidence-based practice” in a number of ways – Project SUCCEED has trained a group of Core Staff in a number of models identified as “evidence-based practice”; Early Risers is part of a study to further validate a “promising practice” into an “evidence-based practice”; and the Safe Schools/Healthy Communities grant application included a number of EBP as programs to be implemented if funded. Virtually all the new grant possibilities ask which EBP the applicant is planning to use.

While significantly more research is being done to better understand “what works”, the challenge continues to be moving a research based practice into a “real world” setting. Four years ago, PACT 4 staff were invited to a meeting in Washington D.C. to discuss this very challenge, particularly in our rural setting. The Federal Government is supporting the better understanding and application of EBP through a doubling of research studies on child and adolescent mental health at the National Institute of Mental Health (NIMH) and a tripling of funds for research on these issues. There needs to be more work on implementation of a model into real world setting. The efforts so far have been very positive in helping families find resources that are effective in helping their children, and service providers develop programs on more established, successful practices. The impact of EBP on the system of care has the potential for increasing not only the effectiveness of treatments, but also increasing the trust in resources to respond to mental health issues that are based on the needs of the child and family.

*The complete article can be found in Volume 4, No. 1, Winter 2003-2004 of the “Report on Emotional & Behavioral Disorders in Youth”, Columbia University.*

## Brain Conference Faculty & Topics

\*Psychiatry of the Future: Now the amazing world of Brain Imaging, its uses in psychiatry and what it’s teaching us about ourselves. Dr. William Sheehan, MD Psychiatrist, Rice Institute for Continuing Education

\*Dr. Steven Thurber, PhD Child Psychologist, Woodland Centers

\*Our Two Brains and Personality, George Dubie, MS, LP., Greater MN Family Services

\*Brain Injury Basics, Anne Schuler, Brain Injury Association of MN

\*Understanding the Process of Pain, Kert Reedstrom, Director, Western Mental Health Center

\*From the Brain to the Mind: How Early Experience Impacts the Capacity for Communication, Regulation and Relationship, Scott Harman, MSW, St. David’s Child Development & Family Services, Minnetonka, MN and the Harris Center for Infant and Toddler Development, University of Minnesota

\*Addiction and the Brain, A presentation on the short and long term effects of substances including alcohol, methamphetamine, opiates, marijuana on youth. Both psychological and psychological effects will be discussed. Janet Kennedy, MS and Jane Skyora, Bradley Center and Cardinal Recover Center, Willmar, MN

\*Lead Poisoning in the Brain, Coyleen Johnson, Minnesota Dept. of Human Services

\*Sensory Integration, Amy Danielson, Consultant

\*Kids on Drugs, Carnie Alex, Pharm D., Rice Memorial Hospital Pharmacy, Clinical Pharmacy Coordinator

\*Brain 101, Randy Curtiss, Ridgewater College Biology Instructor

\*Building the Reading Brain, Connie Spartz, Educational Consultant

\*Asperger’s Disorder: the Diagnosis of the 2000’s, Blending Perspectives: A Physician’s, a parent’s, and a patient’s view, Dr. William Sheehan, Psychiatrist and Dee Alleckson, parent.

\*How to Build a Better Brain: The Competing Role of Media: Dr. Hilary Stecklein, MD, Physician and President, Reading RX.org



**Every effort is being made to offer topics for understanding the varying stages of brain development in children.**

# 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.

## Meeker County

Wow, we are beginning another school year! It is nice to see all the excited faces on children, parents and teachers, yet with this excitement also come some fears. Parents have to put trust in their child's teacher to teach them everything they need to know at their grade level. Teachers are putting trust in the parents that they will support them at home by assisting with homework and reading to the child. This whole process takes time and many times parents are apprehensive to trust schools because of prior experiences we may be unaware of at the schools. Some ways Jefferson and Lincoln schools in Willmar have tried supporting this process are an evening school picnic in September, weekly parent letters, assignment journals, before school conferences and scheduling conferences in October to begin those conversations early on in the year with families. Trust takes time to build yet we all need to remember to meet people where they are at and build from there.

*Cheryl Bosch, LSW  
School Social Worker*

As the Meeker County Community School Supply committee is counting numbers and organizing statistics and lists for next year, Meeker County is getting ready to take on another community project: a winter clothing drive. Like the school supplies, Meeker County has put together a great community group to handle this task, and meetings and planning sessions are well under way. Because many of the same community people are on both committees, there has been some discussion as to how we can best meet the needs of our Meeker County families. One of the concerns has been how we can ensure trust and comfort and how families can feel comfortable utilizing this resource and not feel blamed and shamed. As professionals we often take it for granted that families will accept our help and appreciate it, but we don't always stop and think about how difficult it is to accept help. This is also very true in a school setting. We expect parents to trust everyone from the bus driver to the lunch

room staff and to accept our rules and expectations, and we expect students to fit into our routines. It is easy to forget that families all come from a different background and that all children and families can't always be fit into the same world.

*This unknown author expresses Thinking Different by:*

*Here's to the crazy ones.*

*The misfits.*

*The rebels.*

*The troublemakers.*

*The round pegs in the square holes.*

*The ones who see things differently.*

*They're not fond of rules.*

*And they have no respect for the status quo.*

*You can praise them, disagree with them, quote them,*

*Disbelieve them, glorify or vilify them.*

*About the only thing you can't do is ignore them.*

*Because they change things.*

*They invent. They imagine. They heal.*

*They explore. They create. They inspire.*

*They push the human race forward.*

*Maybe they have to be crazy.*

*How else can you stare at an empty canvas and see a work of art?*

*Or sit in silence and hear a song that's never been written?*

*Or gaze at a red planet and see a laboratory on wheels?*

*We make tools for these kinds of people.*

*While some see them as the crazy ones,*

*We see genius.*

*Because the people who are crazy enough to think they can change the world, are the ones who do.*

*Anine Picard, LSW  
School Social Worker*

## Renville County

Greetings from BOLD Schools. I am Tom Kroes and I am new to PACT 4. I am working as a Mental Health Practitioner in the BOLD School District with grades 5-8. For the past 9 years I have been working as a Child Guide in the Willmar Public School system until a month ago when I joined PACT 4. I am married and I have a 2 year old son who keeps me quite busy. I am busy meeting

the staff, children, parents, and community members. The change has been much easier thanks to some of the PACT 4 and BOLD staff. I am excited about this opportunity and the challenges that it will bring.

*Tom Kroes  
Mental Health Practitioner*

## Yellow-Medicine County

Trust is one of the things that make living a healthy life possible. It could even be argued that trust is one of the defining qualities that make us human. Consider the world we live in, and how trust affects us. Would things like a promise, an agreement, or an oath be possible if we didn't trust others? Without trust, words like family, friends, and loved ones would lose their meaning as well. Trust can go both ways also. What if others did not trust us? Would we ever be taken seriously? Would others respect our opinions, ideas, or listen to our words if they did not trust us? A person who cannot be trusted has little value. Trust really is valuable, but it is not concrete or material as gold or riches may be. Rather, trust is a different kind of currency, and it is not something that always comes easy. Moreover, trust is not something that everyone automatically gets. It can take a lifetime to gain someone's trust, yet it can also take a few seconds and one bad choice to shatter that trust. Trust does not come quick, and there are no shortcuts. True trust, which is valued, honest, and unbiased, must be earned. Trust is something that should never be taken for granted. What would happen if we did not trust anyone?? We would have only ourselves to rely on. Any problems or difficulties in our lives, we would have to face ourselves. Would we be able to make it on our own? Could we graduate high school if we did not trust our teachers? Would we get a job and receive a paycheck if we did not trust our employer? Could we have a meaningful relationship with anyone if we did not trust them? Not Likely! Trust is very important, and it is one of the things that make life worth living.

*Damien Woelfel  
Pride 4 Job Coach*



# FAMILY FORUM

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

**TRUST!!!!!!!!!!!!!!** I find this is an interesting concept to write about this month. Trust can and does mean so many things to myself and to different people. I am going to try and approach this issue from many areas. First of all, from an agency standpoint. Do you trust the agencies you are working with? Do you trust them in the fact that they are probably doing the best they can in the circumstances they are in? OR, do you listen and spread gossip and rumors about the agencies you work with, when perhaps you do not know the whole story or maybe you really do not know anything, but think you do. Is that trusting the agency and the people who work in that agency to provide what is helpful to our kids and families? If we do that to each other what are we doing to kids and families? I don't know that answer. Each one of us has to answer that question both from an agency and personal standpoint. I do know that gossip and rumors will only hurt relationships for all involved and it

isn't system of care.

I recently was involved in a training in Nashville and one of the principles of collaboration was that we must always go back to why are we (personally) in this work? Are we here to help kids and families, are we here to gain power, or are we here to achieve our own agenda? Each person has to answer that question individually. No one is perfect, we all get caught up in power and what we think is best, but it is when we are able to step back and TRUST that others are also here to help kids and families, then we begin to truly form trusting relationships. Yes, we all have different views about the best way to support children and families, we all come from our varied backgrounds, we all carry our own baggage, our own values, but there comes a time, I hope, when we have to trust that we are still all in this together. No one is all right and no one is all wrong. We are all passionate about our

issues, but we also have to trust that passion comes from a good place or why would we be here doing as I have said many times before is truly difficult work.

Now from a truly personal standpoint, **TRUST** is something that must be earned and always guarded. I know for myself, once you lose my trust, you may never get it back. That is an issue I need to work on, but I know this, and I try to work on it.

Do you have issues of personal trust you need to work on?

So in closing, **TRUST** is critical to the work that we set out to do, it is hard to **TRUST**, for some of us harder than others, but it is something that we need to daily try and develop our skills, whether that is on an agency or personal level, or if you are like me, both levels.

## FAMILY LIAISON FEATURE

Trust is a huge issue to write about. I'm not sure where to start. In order to collaborate fully with other organizations, it is important to have a level of trust with those organizations. We must strive to compliment each others' services without duplicating, not step on toes or cross boundaries, develop, implement and evaluate services which meet families' needs, all of this and family driven too! That's a big pill to swallow, and often we don't even get a glass of water to wash it down!

Developing trust does not happen overnight either. We must prove ourselves to families, organizations and co-workers that we are reliable instead of undependable, honest instead of deceitful, forthcoming rather than secretive.

How do we do this?

12 Simple Rules for Building Trust:

1. Show up..on time..all the time..and Bring Food!
2. Do what you say you are going to do and when you say you are going to do it.
3. Be up front with information, be real, get honest.
4. Include everyone on the team and let everyone take their turn.
5. Return phone calls and emails....for phone tag is FUN!!
6. Keep private information private
7. Smile and be nice!!! Give praise!!!

8. Work together to get families' needs met.
9. Work together to get "money" to get families' needs met.
10. Ask others for input (it makes them feel good).
11. If someone gossips, stick your fingers in your ears and sing "LA LA LA LA LA".
12. Listen to families and each other. Listen, listen, and when your all done.....listen again!

Respectfully submitted with a smile  
by:

Angela Ahlbrecht





# AND THAT'S A WRAP!



by Diane Onell Wraparound and Resource  
Development Coordinator



Recently I had the opportunity to attend a wraparound training with Dr. John VanDenBerg in Des Moines, Iowa. Counties in the Des Moines area are just beginning to promote the wraparound process. **They are doing now what we have been working on for several years.** Even though our world of wraparound here in Minnesota continues to expand, it was good to be reminded of the beginning stages and the pioneers who have made progress possible in our state.

Another subject covered at the training was how to orientate parents and other team members to the wraparound process. Dr. VanDenBerg has provided us with a new video and also a new parent handbook which will help get teams off to a good start! Let me know if either or both of these might be helpful.

Celebrate!!! Just a reminder that the "Celebrating Excellence" award is a way to recognize individuals for their outstanding work using the wraparound process. Forms are available at PACT 4. Nominations can be submitted by anyone to Diane Onell, Wraparound Coordinator.

COMING SOON!!! Wraparound Skills Training (No previous experience necessary). If you have not been trained in the wraparound process...here is your opportunity. This training will be held at the Kandiyohi County Health and Human Services Building. Training will include 3 half days of "classroom" with follow-up "field" support available as you begin your first team. We are offering the same classes twice. Is morning or afternoon better for you? The dates are as follows:

First day of skills training: (Same training both days)

Oct. 5<sup>th</sup> (Tuesday) 1:00 pm.- 4:00 pm.

Oct. 8<sup>th</sup> (Friday) 9:00 am. – Noon

Second day of skills training: (Same training both days)

Oct. 12<sup>th</sup> (Tuesday) 1:00 pm. – 4:00 pm.

Oct. 15<sup>th</sup> (Friday) 9:00 am – Noon

Third day of skills training: (Same training both days)

Oct. 19<sup>th</sup> (Tuesday) 1:00 pm. –4:00 pm.

Oct. 22<sup>nd</sup> (Friday) 9:00 am. – Noon

Must attend all 3 days of skills training to earn your certificate of attendance.

**Please register by calling Shawna at (320)235-8938 or better yet...shawna.steffen@co.kandiyohi.mn.us**

*Just a thought about trust...*

*A mistake easily made by team facilitators is to put themselves in a position to make final decisions. A team may look to the facilitator for direction, opinion and expertise but dependence on any one team member can undermine the trust factor on a team! What if you as a facilitator make the wrong choice for the family? Here is a reminder list of the true facilitators role on the team! listening, attention to feelings, recognition, paraphrasing, reviewing, building consensus, encouragement of participation, conflict resolution, facilitate wrap steps, advance preparation, monitor wraparound values, and the transfer of leadership.*

## What's Going On....

Continued from page 6

### **Yellow Medicine County**

"Waci-n-yan" - (Trust)

I had to put forth an extreme amount of thought and feeling regarding this specific word, or value. In all honesty, it was difficult yet powerful, because of our environments, teachings and beliefs. This word is so small, but the variables, connections, and interpretations can be very consuming. We were all bestowed gifts such as character, reliance, and integrity. But as common men and women we habitually manipulate these based on circumstances and convenience. Trust-having a belief and acceptance without doubt. Understanding that it takes the first step to reach the last.

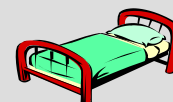
*Darwin Strong*

## FAMILY NEEDS

Family Needs is a section which features area families in need. If you are able to donate any of the listed items, please do so by contacting the referring agent or the Collaborative office:

A request has come from Kandiyohi County to assist families. We are in need of twin size beds. If you can donate these please contact Diane at (320)235-8907.



**\*\*Please share this information with others you think may be able to donate or help.\*\***





## CALENDAR OF EVENTS



# October 2004

| Sun  | Mon  | Tue  | Wed   | Thu  | Fri   | Sat |
|--|--|--|---|--|---|-----|
| <p>**The Full Collaborative meeting will be Wednesday, October 13th, from 12:00-2:00 in Litchfield. The Early Childhood will meet in the Social Services Building from 10:00-12:00, School Age 11:00-12:00, Mentor Committee 10:30-12:00, Service Delivery 11:00-12:00, Community Ed/T&amp;TA 10:00-12:00 and Wraparound following Full Collaborative all at the Farmer's Daughter.</p> <p>*KCHHSB = The Kandiyohi County Health and Human Services Building is located just North of Willmar on Hwy's 71 &amp; 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>1<br/>PECFAS Training;<br/>(Part 2) 8:15—12:00<br/>Room 2057</p> <p><b>Mid Year LCTS<br/>Group Applications<br/>due to PACT 4</b></p>                | 2   |
| 3  | 4  | <p>5<br/>Executive Board;<br/>11:30-2:00<br/>Room 2055<br/>Wraparound Skills<br/>Training-Part 1<br/>1:00-4:00<br/>Room 2045</p> | 6   | <p>7<br/>Yellow Medicine<br/>County LCTS Group<br/>Meeting;<br/>Training Room<br/>1:30-3:00<br/>Law Enforcement<br/>Center Granite Falls</p>   | <p>8<br/>Wraparound Skills<br/>Training-Part 1<br/>9:00-12:00<br/>Room 2055<br/>(duplicate of 10/05)</p>  | 9   |
| 10   | 11   | <p>12<br/>Wraparound Skills<br/>Training-Part 2<br/>1:00-4:00<br/>Room 2055</p>  | <p>13<br/><b>*Full Collaborative<br/>12:00-2:00 Farmer's<br/>Daughter, Litchfield</b></p> <p>See Above for Committee<br/>Meetings Information</p> | 14   | <p>15<br/>SUCCEED Core Team<br/>Meeting;<br/>10:30-12:00<br/>Renville County<br/>Wraparound Skills<br/>Training-Part 2<br/>9:00-12:00<br/>Room 2055</p> | 16  |
| 17   | 18   | <p>19<br/>Wraparound Skills<br/>Training Part-3<br/>1:00-4:00<br/>Room 2055</p>  | 20  | <p>21<br/>Greater MN Family<br/>Services-8th Annual<br/>Training Event:<br/>"Drugships" and "The<br/>Art Kid Whispering"<br/>Redwood Falls</p> | <p>22<br/>Wraparound Skills<br/>Training Part-3<br/>9:00-12:00<br/>Room 2055<br/>(duplicate of 10/19)</p>   | 23  |
| 24   | <p>25<br/>Evaluation Committee<br/>10:00-11:30<br/>Room 2057<br/>Data Dissemination<br/>12:15-1:30<br/>Room 2057</p> | 26   | 27  | 28   | 29  | 30  |
| <p>31<br/>Happy Halloween</p>   |                                 |  |   |  |   |     |

CALENDAR OF EVENTS



# November 2004

| Sun | Mon  | Tue  | Wed | Thu   | Fri   | Sat |
|-----|--|--|-----|---|---|-----|
|     | 1  | 2<br>Executive Board<br>11:30-2:00<br>Room 2055                                  | 3   | 4<br>Executive/CEO Board<br>Meeting ;<br>3:00<br>Blue Heron<br>PACT 4 Annual<br>Meeting;<br>5:00 pm<br>Blue Heron   | 5   | 6   |
| 7   | 8  | 9  | 10  | 11<br><b>Veteran's Day<br/>Pact 4<br/>Office Closed</b><br>                         | 12  | 13  |
| 14  | 15   | 16<br>Brain Conference;<br>3:00-8:30 pm<br>Willmar Senior<br>High School         | 17  | 18  | 19<br>SUCCEED Core Staff;<br>Meeker County<br>10:30-12:00 | 20  |
| 21  | 22<br>Evaluation Committee;<br>10:00-11:30<br>Room 2057<br>Data Dissemination<br>Committee;<br>12:15-1:30<br>Room 2057 | 23   | 24  | 25<br><b>Happy Thanksgiving<br/>Holiday Observed<br/>Pact 4 Office Closed</b><br> | 26  | 27  |
| 28  | 29   | 30<br>SUCCEED/Public<br>Health Directors<br>Meeting;<br>Blue Heron<br>12:00-2:00 |     |   |   |     |

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The September Full Collaborative Meeting in Willmar had 100 in attendance.

*The next  
Full Collaborative Meeting  
is scheduled for...*

**Wednesday, October 13, 2004  
12:00 to 2:00 p.m.**

**Farmer's Daughter in Litchfield, 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](mailto:shawna.steffen@co.kandiyohi.mn.us)**

#### LCTS Updates

The Executive Board has voted and approved extending the current LCTS grant cycle to June 30th, 2005, rather than ending on March 31, 2005. An Amendment will be sent out to existing grantees with an amended dollar amount on them. The next grant cycle will run from July 1st, 2005 to June 30th, 2007.

#### 4.5 Greater MN Family Services Annual Training Event

Greater MN Family Services is holding their Annual Training on October 21 at the Redwood Community Center. The guest speaker is Dr. Jamie Chambers out of Sioux Falls. In the morning he will talk about "Drug Ships: How Kids Build Relationships with Chemicals" and in the afternoon, "Developing the Art of Kid Whispering". Brochures were made available, with a note that through a Discretionary Grant, those in our 4-county area would only pay a \$25 registration fee.

#### 4.6 School Social Worker Conference

Tammie Knick from GFW spoke on a fall conference on November 3rd and 4th for school social workers that will be held at Jackpot Junction; The topic is: "Sugar and Spice, NOT Everything Nice". Brochures will be available next month.

#### After School Grants Update

RFPs, (Request for Proposal) instructions, and applications are all available after the meeting today and on PACT 4's website. Applications are due October 8th to PACT 4's office.

#### Evaluation Presentation

The National Outcome Study was the focus today of an Evaluation Presentation by Jen Hovland. Forty-seven families have graduated from the study, which means that they have completed up to 17 different evaluation

tools every 6 months for 36 months.

#### COMMITTEE REPORTS

*Early Childhood Committee*— A Needs Assessment was worked on; discussed the Project Succeed extension, activities and sustainability; the progress of the Joy in the Journey Spanish translation; preschool screening; sharing of staff for preschool screening. The next meeting will be in the Meeker County Family Services building in the ECFE room at 10:00 a.m. on Oct 13th, before the Full Collaborative.

*Training and Technical Assistance Committee* - Will transition into the Community Education/Training and Technical Assistance Committee. Discussed the in-service that was piloted at Canby School and conducted by Emily Adams and Wendell Veurink. They discussed resources in that area for children's mental health, child protection vs. children's mental health reports, strategies for teachers to use. Loren Hacker gave kudos to Emily and Wendell for this presentation, and urged other school districts to contact PACT 4 to have this done at their schools. Committee also worked on goals and visions for the future. The next meeting will be on October 13th before the Full Collaborative.

*School Supplies Committee* - Served more than 1500 kids in the four counties this year. Next month will have final numbers.

*Mentors Committee* - Set future meeting schedule. Will always be on the same day as the Full Collaborative meeting, at 10:30. Discussed the State Mentor Conference, and creating a brochure explaining what mentoring is and isn't. Next meeting will be on October 13th before the Full Collaborative.

*Community Evaluation Team* - Set upcoming meetings and piggybacking the Data Dissemination Committee after the end of the Evaluation Committee meetings. Will continue to meet on the 4th Monday of every month from 10:00-11:30 for the Evaluation Committee; 12:00-1:30 for the Data Dissemination Committee. Discussed the planned Outcome Study Graduation celebration, which was cancelled due to low registration. Reviewed the National Outcome Data from ORC MACRO. Eric Bruns was out on a Wrap-around Fidelity Index site visit and spoke for the majority of the meeting. Next meeting is September 27th.

*Executive Board* - Amounts were set for the 2005/2007 LCTS Cycle. This pool of money does not include school social worker positions, Universal Contacts, and after school projects. RFP's and applications will be out in November. Also received updates on

Families Matter, grants, and personnel changes and additions.

*Families Matter.....Just Imagine* - Currently running support groups in all four counties; the youth program is on hold right now; partnering with MACMH to have parent support groups in the area; 11 people have signed up for basic Spanish class. Will be an Asperger's support group on Sept. 16th from 6:30-8:00 pm for parents at the Families Matter office.

#### Other

Today was the first day of the new committee structure. The Wraparound Committee has set their meetings for 2:00 pm after the Full Collaborative meetings end. The School Age Committee will meet at 11:00 before the Full Collaborative meetings.

\*3rd Annual Community Conference on the Brain, November 16th, 2004 at the Willmar Senior High School. Brochures will be available soon from the printers and we will get them out as soon as possible.

\*Annual meeting will be on November 4th.  
\*Next Full Collaborative meeting is on October 13th at the Farmer's Daughter in Litchfield.



#### Make Note

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# How to Develop a More Trusting and Honest Relationship



Raising Teenagers in today's world can be trying. Well-meaning parents who may have had positive relationships with their young children are suddenly confronted with a teenager who questions their authority, disobeys household rules and verbally changes them. Parents need to successfully navigate the troubled years of adolescence.

“Parents—If they want to maintain a healthy relationship with their teens—must reassess their personal values, question their own unresolved childhood issues with new intensity,” says Jeffrey P. Kaplan, Ph.D, co-author of Finding the Path: A Novel for Parents of Teenagers.

*Finding the Path* is the story of a single mother and her rebellious teenage son. By using the concepts of love-based parenting, a more trusting and honest relationship results. In the text are reference numbers that are linked to explanatory endnotes. As you learn more about how the characters in the novel find solutions, you learn love-based parenting strategies that you can apply to your own situation.

At the center of love-based parenting is acceptance. In it, the challenges teens bring to your life are not seen as threats to your role as a parent but as invitations to better yourself emotionally and spiritually. Kaplan reminds us that, “Treating a sometimes difficult teen with love and compassion now will make a significant contribution to your adult relationship later.

For more information visit <http://teenagerstoday.com>.

Basic principles and practices for adults who care about youth.

RETURN SERVICE REQUESTED

We're on the Web!  
[www.pact4.org](http://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](mailto:cynthia_c@co.kandiyohi.mn.us)