



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

March 2008

The next Full Collaborative Meeting will be held  
Wednesday, March 12th at Kandiyohi County Health and  
Human Services Building in Willmar; 12:00pm to 2:00pm  
**PLEASE RSVP** to Shawna (320)235-8938 or email  
shawna.steffen@co.kandiyohi.mn.us

# PACT 4 NEWSLETTER

*PACT 4 was formed on the principles of Wraparound. Wraparound is a team-based activity that helps groups of people involved in a family's life work together toward a common goal. In this newsletter, and past and future newsletters, there are articles that revisit these principles and real life examples of local people that demonstrate why Wraparound is a best practice.*

## STRENGTH-BASED

**The Wraparound process and plan identify and build on child, family and team strengths. Teams focus on strengths not to ignore problems, but to build meaningful solutions.**

One of the core values of Wraparound is that it is a *strength-based* process.

What does being strength-based mean?

- ?? It means that families are treated with respect, despite issues and conflicts.
- ?? It means that solutions will be built around the family's strengths, and therefore the chances of success are increased.
- ?? It means that we look at families (and others) with the outlook: "What do they have to offer?"
- ?? It helps families see that there is HOPE ahead!

What doesn't this mean?

- ?? It does not mean that problems or safety concerns are ignored.
- ?? It does not mean that we enable families.
- ?? It does not mean that everyone is supposed to agree and there are no conflicts.



Carol (not her real name) is a parent of two young boys, one with mental health needs. During a family crisis, the Wraparound team convened. Carol was almost despondent. The team took a moment to help her see what had kept her resilient in the past. After hearing a list of strengths that she did not even know she possessed, the parent was able to see that yes, she had survived a lot in life, and yes, she would somehow get through this. The team encouraged her to use those strengths again. A follow-up call revealed that she felt energized with hope to move forward.

Another family had a son, Benji (again, not his real name). He was a junior high school student who was on a downward spiral – truant, oppositional, and on the fringe of gang activity. A number of interventions were being used to try to get him on the right path, including starting a Wraparound team. He started hanging out at a teen center in his community, and a couple who volunteered there saw that he had some musical talent. They began attending Wraparound meetings. They connected him with a youth band, and Benji found his niche. He loved it. Pretty soon he was playing at events in the community, and performing at school and church functions. But the significant thing about this story is that somewhere along the line, *Benji started going back to school and joined the school band.* Eventually his truancy case was dismissed, with the judge commending him for his progress.

These are true stories of creating solutions based on strengths. It is a purposeful thing, and it is an ongoing process. Carol and Benji still had "life issues" to deal with, but having hope made a huge difference. It always does.

Char Erickson, Wraparound Coordinator

char\_e@co.kandiyohi.mn.us

## 2008 Executive Board

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

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

Carmen Clementson, KC Family Services  
Serves through 2008 - 2nd Term  
(320)231-7811  
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Deb West, KC Community Corrections  
Serves through 2008 - 1st Term  
(320)231-6218 /  
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Debi Brandt, Heartland CAA Agency  
Serves through 2009-1st Term  
(320)235-0850 /  
debib@heartlandcaa.org

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

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

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

Loren Hacker, Canby School District  
Serves through 2010-3rd Term  
(507)223-7226 /lhacker@canby.mntm.org

Val Mersch, Fiscal Agent  
(non-voting)  
val\_m@co.renville.mn.us

Debb Sheehan, Director  
(non-voting) (320)231-7036 /  
debb\_s@co.kandiyohi.mn.us

### Chief Elected Officials

Dick Larson, Kandiyohi County  
Amy Wilde, Meeker County  
Jane Remiger, Yellow-Medicine County  
Bob Fox, Renville County

### PACT 4 Families Mission

*“As a collaborative we will work together to reduce duplication and provide a family-driven continuum of quality, innovative, and cost-effective services for children and their families. These services will be culturally sensitive and strength-based.”*



# Director's Corner

**Schools—Safety Risk or Safe Haven?** When the shooting occurred at Columbine High in the spring of 1999, people throughout the U.S. wondered how such an awful tragedy could occur in a school. We thought it was a one-time incidence that would never be repeated. However, from 1999 to 2006, 116 students were killed in 109 school-associated incidents and these cases are increasing each year.

Nothing seems of greater concern than the possibility of a shooting at school, when it comes to the safety of children. However, despite these headlining events, schools remain a very safe place for children. According to a study on school-associated homicides in the United States, Hall et.al. note that, “the number of children and youth homicides that are school-related makes up less than one percent of the total number of child and youth homicides in the United States.”

Never-the-less, we cannot stand by and watch these tragic events occur without wondering how we can assure our schools are as safe as possible. The Center for Disease Control and Prevention (CDC) notes the following prevention strategies to limit the possibility of violence in school:

- ?? Encouraging efforts to reduce crowding, increase supervision, and institute plans/policies to handle disputes during transition times that may reduce the likelihood of potential conflicts and injuries.
- ?? Taking threats seriously. Students need to know who to go to when they have learned of a threat to anyone at the school, while parents, educators, and mentors should be encouraged to take an active role in helping children and teens.
- ?? Taking talk of suicide seriously. Nearly 50 percent of the school-associated homicide perpetrators gave some type of warning signal prior to the event.
- ?? Promoting prevention programs that are designed to help teachers and other school staff recognize and respond to incidences of bullying between students.
- ?? Before the start of school, ensure that schools' emergency crisis plan is updated and that staff are trained on all elements of the plan.

The Safe Schools/Healthy Students Grant (SHARE) includes funding for just these kinds of prevention activities in the 14 PACT 4 participating schools. As we move through the third year of this grant, we know we can never be prepared for every possible action of a child in school. Still, we are thankful that we have had the opportunity to participate in such a worthy goal and to support the efforts of the schools in the PACT 4 counties as they strive to make their classrooms and hallways safe, healthy places for our children. For additional information go to the CDC and Department of Education collaborative “Indicators of School Crime and Safety” at: <http://nces.ed.gov/programs/crimeindicators/index.asp?ShowFileName=Introduction.asp>

Debb Sheehan

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PACT 4 Annual Meeting

April 1st

Blue Heron on the Green

Kathy Leedom,

Willmar Public Schools Superintendent, Keynote Speaker

More info on page 8

# 21st Century Update



“*Discovery Works*” the after school program at Buffalo Lake-Hector Schools is in full swing! Roughly 70 students in grades 3-9 have been attending “Academic Assistance” opportunities followed by “Enrichment” opportunities in math, reading, and science since the first week in October 2007.

The local science fair is approaching in March. Fifth graders have been receiving assistance in completing their science projects. Third and fourth graders have been learning and reviewing different forms of communication (emails, invitations, business letters, friendly letters, etc.) reflected in their personal lives.

In the high school, the sixth graders are diligently working to perfect their science fair projects. They will proudly display their work to be viewed by local community members. Seventh through ninth graders are utilizing “Study Island” on the internet to assist in preparation for spring MCA II and NWEA testing. In order to help maintain and improve participation in this web-based program, we have created a contest to see which grade can earn the most blue ribbons and receive a reward!!

On January 25, BL/H “*Discovery Works*,” Title I and Title III students and families were invited to the first of two Family Nights. Over 90 participants were treated to a spaghetti supper, free books, and a game of Bingo. Parents were invited to a question and answer session about the Title I and Title III programs, and were updated on the Olweus bullying prevention program that was implemented on both campuses last year.

*Jody A. Weis and Michelle Melberg,*  
*Buffalo Lake/Hector Public Schools Site Coordinators*

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



# Chemical Health Coalitions

## Yellow Medicine County

This month's activities included two members from the YM Coalition attending CADCA's (Community Anti-Drug Coalitions of America) 18<sup>th</sup> Annual conference in Washington D.C.

One of the best speakers at the conference was Dr. Drew Pinsky. He gave great insight into the anatomy of addiction and the fact that it is a disease of the brain. His speech was entertaining and educational.

A couple of the other sessions I attended were very interesting. Sherria Taylor, Executive Director for ACCEPT, an HIV/AIDS prevention education ministry, discussed program development, logic models, and practical solutions for challenges and barriers. She was very realistic and had great insight and gave practical advice. Dr. Darren Lubbers discussed the implementation and integration of a social norms campaign. This session was especially interesting because we (the chemical health grantees) conducted a survey that will be analyzed by Dr. Lubbers.

### Coalition Activities:

The YMC Chemical Health Coalition continues to meet monthly. Brian Kringen, Department of Public Safety, provided the first Responsible Beverage Server Training in the area. There were 14 in attendance. Three individuals completed "Train the Trainer," and will be holding trainings around the county in the future.

Both the YME and Canby youth groups are working on their presentations for the Town Hall Meetings that will be taking place in March. This is a large undertaking and the kids are very excited about starting conversations with the adults in the community regarding underage drinking.

Some of the other activities that are "in the works," include; ZAP (Zero Adult Provider), Sticker Shock, Compliance Checks, and the Social Norms Media Campaign.

This has been an exciting few months for me and I am looking forward to the great opportunities ahead for this community.

Anne Orren, YM Chemical Health Coordinator

annorren@frontiernet.net

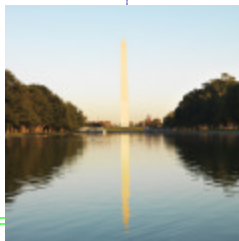
## Health Observance: Brain Awareness Week

March 10–16, 2008

Brain Awareness Week is an international effort organized by the Dana Alliance for Brain Initiatives to advance public awareness about the progress and benefits of brain research. The Dana Alliance is joined in the campaign by partners in the United States and around the world, including medical and research organizations; patient advocacy groups; the National Institutes of Health, and other government agencies; service groups; hospitals and universities; K-12 schools; and professional organizations.

For more information:

<http://www.healthfinder.gov/library/nho/>



## Renville County

### Town Hall Meeting

April 3rd

### Renville Community Center

7:00 PM — 8:00 PM

### Panel Discussion on

### Prevention of Underage Alcohol Use

### RAPAD - Renville County Chemical Health Coalition

Continuing ATOD prevention education took me to Washington, DC to attend CADCA's (Community Anti-Drug Coalitions of America) 18<sup>th</sup> National Leadership Forum. This forum is the nation's largest training event for community prevention leaders. An exciting five days of workshops, special events, and top-of-the-line speakers gave me several opportunities to network with other Minnesota Coalition Coordinators and meet tremendous leaders from all parts of the USA. A few personal highlights were sitting close to the main stage for the opening keynote, Dr. Drew Pinsky (remember *Loveline* with Dr. Drew on the radio). He is a board certified addiction specialist, father of triplet teenage sons, and is now partnering with VH1 for the reality series ***Celebrity Rehab with Dr. Drew***. I found his speech to be one of the most intelligent, compassionate and inspiring parts of the forum. Dr. Drew emanated his personal dedication to helping young people.

Another day that was equally impressive was the Capital Hill visit. Twelve coalition representatives from Minnesota headed to Capital Hill to educate our congressional delegation about our coalition and the effectiveness of substance abuse prevention and education. We made appointments with the offices of Amy Klobachar and Norm Coleman and were given individual time to speak about what our coalition is doing and why we need continued funding towards these goals. Exciting when you think we were right in our nation's Capitol, lobbying for continued ATOD funds.

The forum was tremendous and I only have one wish for next year....please let the weather be better. Washington had record lows for the week with one day featuring late openings for schools and government offices. I'm sure they thought those silly Minnesota people not only brought their funny accents with them but also the cold weather!

Annie Tepfer, Renville Co. Chemical Health Coordinator

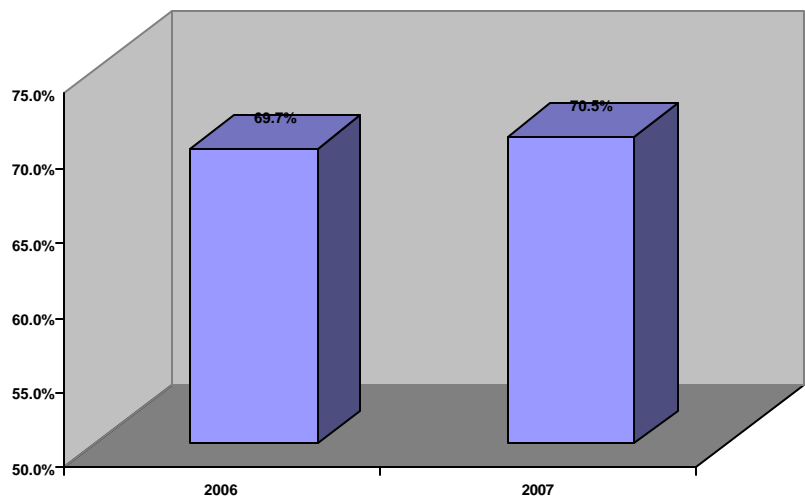
Annie\_t@co.renville.mn.us

If you attended the February Full Collaborative, you heard my presentation on data from the Olweus Bullying Prevention surveys. The data presented was from the three school districts that started using the Olweus program starting in the 2005-2006 school year. They conducted a baseline survey in the fall of 2005 with follow-up surveys in 2006 and 2007. In brief, the student data showed substantial improvement (less bullying) after one year of the program and continued improvement but at a lesser rate during the second year. Teacher data showed a similar pattern of improvement but also showed that teachers did not see themselves or their fellow teachers as intervening as regularly during the second year.

I made a brief comment toward the end of my presentation that the schools that began Olweus when the SHARE grant was implemented in the 2006-2007 school year (First Year SHARE Schools) showed a lower rate of bullying overall than the pilot schools on baseline surveys. In 2005, 45% of Pilot School students said they had been bullied in the last two months compared to 30% for students in the five districts that did their baseline survey in October 2006. I have no clear explanation for this 15 percentage point discrepancy. We are of course dealing with different schools, different communities, and a different number of respondents. I think some portion of the difference can be attributed to awareness. In the spring of 2006, we added questions about bullying to the SHARE student surveys. We do know that measuring a behavior is a form of intervention but not one that can explain the 15% points from this data.

Another puzzle pops up when we look at the data for the First Year SHARE Schools that did a baseline survey in fall of 2006 and a 2007 follow-up. The chart to the right, provides data that shows very little change, less than a percentage point, in the number who said they were not bullied in the last two months.

Question 5 How often have you been bullied in the last two months? Data shows those students who answered "I haven't been bullied"

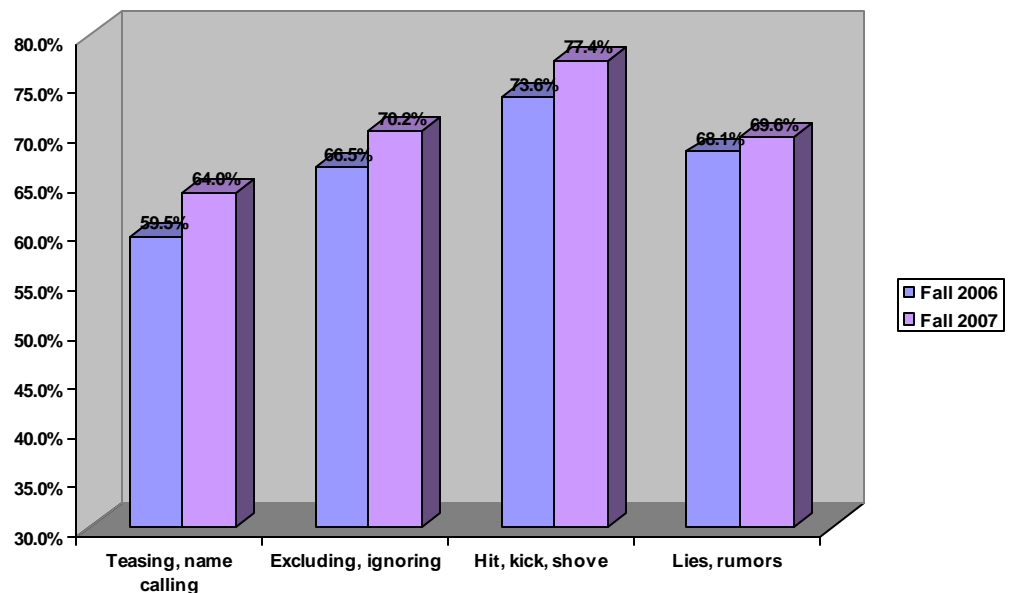


This would suggest that a year of implementing the Olweus program in the First Year SHARE Schools had little or no impact on student behavior. But when we look at bullying in terms of specific behaviors we get a different picture.

The next chart shows the number who claimed to have not been bullied in certain ways. This data shows gain in the range of 3 to 4 percentage points on all but the lies and rumors category.

Questions 7 through 10. Percent who claimed to have not been bullied in the last two month in the following categories.

**Obviously there is great room for continuing to implement the Olweus program since after a year of the program 23% to 36% of students still claim to have been bullied in one of these categories.**



Still there have been gains, and I hope those gains are sufficient encouragement for the schools to keep working at Olweus.

Ed Downey

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## January Full Collaborative Highlights

**Annual Meeting**—will be held at the Blue Heron on April 1st. Kathy Leedom, Willmar Schools Superintendent, will be the keynote speaker. (*Go to [www.pact4.org](http://www.pact4.org) for more information and a registration form.*)

**Olweus Data Presentation**—Dr. Ed Downey, PACT 4 Evaluator, presented data on the three schools that piloted the Olweus bullying prevention program. Those three schools were: ACGC, BOLD and YME. (*See page 5 for more information.*)

### Committee Reports:

**Executive Board:** discussed staff changes, approved bills, discussed the budget and potential grants available. PACT 4 was not awarded the special populations chemical health grant. Staff members are assisting Woodlands in applying for a school-based mental health grant and are providing support for other agencies as they apply for grants.

**Adolescent Services Committee:** working on creating a business-size card to be distributed to all kids in our 14 schools districts, which would have area agency contact numbers listed. Discussed printing posters about mental health to distribute to schools and Ridgewater College. Also discussed possible activities for May is Mental Health Month.

**Early Childhood Committee:** continued discussion on training. A meeting for planning, support and sharing for Incredible years trainers is planned for March. Discussed Week of the Young Child, which is April 15th through 19th.

**Elementary/Middle School Age Committee:** students present at the meeting helped brainstorm school connectedness ideas and gave good feedback. A brochure is still in development, as is discussion regarding having Dr. Bluhm come out for a workshop on the issue.

**Mentors Committee:** welcomed members from LAMP Kinship, which is a mentor program starting in Meeker County. They are in the process of hiring a coordinator. Recruitment ideas and tools were shared. A mission statement was finalized: “To enhance, expand, support and maintain mentoring in the PACT 4 area.”

**Wraparound Committee:** received an update on the promotional DVD being made. Discussed results of evaluation surveys being completed at the conclusion of team meetings, and what to do to best utilize those results.

**Parent Advisory Committee:** a brochure is still being developed and work continues on the parent retreat. Discussed the MACMH annual conference held in Duluth and the fact that there are no scholarships for parents available. Also discussed creating a recipe book as a fundraiser, using children’s favorite recipes and drawings.

### Grant Reports:

**Restorative Justice:** after a first round of interviews, a coordinator has not yet been hired. The position is posted as open until filled. The Advisory Committee meets tomorrow and will spend time firming up the referral process.

**SHARE:** surveys will be distributed to schools in March, with a return date of the end of May. The surveys were reduced this year by 12 questions. Kim Hanson from Woodlands was at the Coordinating Council to talk about the school-linked grant that they are applying for, and how to coordinate what that grant would do with what SHARE does.

**Chemical Health Coalitions:** both coordinators are in Washington, D.C. at a national conference. Polly Peters, a family liaison from Woodlands; and Brian Skogen, a school social worker from Canby, are also attending.

**21st Century Learning Center:** sites have been having visits from the grant coordinator, who has been seeing a lot of good things happening with this grant. Students involved in these programs are reported to be turning in homework on time, are more successful, and teachers are very happy with the results thus far.

**Other:** There will be another Bridges out of Poverty training in August. Day one is on August 15th and is a repeat of last year’s conference. Day two is August 26th and will involve applying the concepts learned from the first day. Jill Bruns spoke about attending the conference last year, and that it was one of the best she ever attended.

Amy Wilde gave an update on the Libré Academy, the sober school that operates in Litchfield. Transportation is still a big issue. She also spoke about four bills in the legislature regarding county-based purchasing. Amy can be contacted via Meeker County’s website, for further information.

PACT 4 did some office re-configuration and because of that, there are a couple of desk units and some overheads available. For more information, contact the PACT 4 office.

*For complete minutes of this or any Full Collaborative meeting, visit [www.pact4.org](http://www.pact4.org).*

# March 2008

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>3</b> : 21st Century Site Coordinator mtg; 1:00-3:00 pm; #2055	<b>4</b> : 21st Century Advisory Board mtg; 8:30-10:00am; #2055 : Personnel Committee mtg; 10:30-11:30 am; #2055 : Executive Board mtg; 11:30-2:00 pm; #2055	<b>5</b> : PACT 4 office staff mtg; <b>office closed</b> 8:30-10:00 am : SHARE Coordinating Council mtg; 11:30-1:00pm; Blue Heron, Willmar	<b>7</b>	<b>8</b>
<b>10</b> : Circle; 5:30 pm; Lakeland Ctr : Parent Advisory Comm; 6:00 pm; YMCA	<b>11</b>	<b>12</b> : Committee Meetings-KCHHSB : Full Collaborative; 12:00-2:00 pm; KCHHSB	<b>13</b> : Restorative Justice Advisory Comm mtg; 12:00-1:00pm; Blue Heron, Willmar	<b>14</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>24/31</b> : Circle: 5:30 pm; Lakeland Ctr (24th)	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

# April 2008

Mon	Tue	Wed	Thu	Fri
	<b>1</b> : Executive Board, CEO Board and Annual Meeting-see page 8	<b>2</b> : PACT 4 Staff mtg; <b>office closed</b> ; 8:30-1:00pm	<b>3</b> : Town Hall mtg; 7:00pm; Renville Community Center	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> : Restorative Justice Advisory Comm mtg; 12:00-1:00pm; Blue Heron, Willmar	<b>11</b>
<b>14</b> : Circle; 5:30 pm; Lakeland Ctr : Parent Advisory Comm; 6:00 pm; YMCA	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b> : 4 County ATOD Networking Committee mtg; 9:00-11:00am; #2055	<b>24</b>	<b>25</b>
<b>28</b> : Circle: 5:30 pm; Lakeland Ctr	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>

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

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

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

**PACT 4 Families  
Collaborative invites you to  
the 2008 Annual Meeting  
Banquet on April 1**

**We are honored to have  
Kathy Leedom,  
Willmar Public Schools  
Superintendent as our  
Featured Presenter**



*Blue Heron on the Green, Willmar*

*2:30-3:30 Executive Board meeting*

*3:30-5:00 Chief Elected Officials Board Meeting*

*5:00-6:00 Social Hour*

*6:00 Dinner*

**COST: \$15.00**

*Guest Speaker and program will follow the conclusion of the meal.*

*Please RSVP and send payment to:*

*Attn: Shawna, PACT 4 Families Collaborative  
2200 23rd St NE Ste 2030; Willmar, MN 56201*

PACT 4 Families Collaborative  
2200 23rd Street NE, Suite 2030  
Willmar, MN 56201

**RETURN SERVICE REQUESTED**