



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

February 2008

The next Full Collaborative Meeting will be held
Wednesday, February 13th at Max's Restaurant in Olivia;
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 upcoming newsletters there will be articles that revisit these principles and real life examples of local people, that demonstrate why wraparound is a best practice.

Wraparound Principle: FAMILY VOICE AND CHOICE

Definition: Intentional efforts are used to empower the parents and family, within whatever parameters are present, so that they "own the plan." When they own the plan, the chances of success are increased.

"Hearing My Story"

"Sometimes, I get bogged down with spinning my wheels in my line of work. Gladys' story is a ray of sunshine that says, 'This is what my job is all about.' "

The comment above was made by a participant in a recent Wraparound training, after hearing a parent, Gladys, share her story. Wraparound had been a useful tool during a trial home visit with her two children. Gladys shared that the support of the team helped her in the following ways:

?? While it was intimidating at first, she realized that this team of people wanted her to succeed and was truly worked toward her success WITH her.

?? Wraparound enabled her to form a good working relationship with the foster parents, who attended meetings and eventually became "informal supports" for her and her two children.

?? It was helpful to have weekly goals.

?? It was exciting to celebrate success when Gladys reunified with her children and her Child Protection case closed.

Hearing her story was a reminder that it is important to hear every parent's story! One of the philosophies of Wraparound is that it is parent-driven. Gladys' story is a good example of the parent-driven process when dealing with a Child Protection case plan.

During Wraparound meetings Gladys shared her feelings, struggles, and information about her background that contributed to who she is now. It gave the team a greater understanding of who she is, what she wants for herself and her children, and how to utilize her strengths to get there!

Thanks, Gladys, for reminding me to try to hear every parent's story. Everyone's story is different, and everyone's story is valuable.

Char Erickson, Wraparound Coordinator char_e@co.kandiyohi.mn.us

Name has been changed for the purposes of this article.



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
carmen_c@co.kandiyohi.mn.us

Deb West, KC Community Corrections
Serves through 2008 - 1st Term
(320)231-6218 /
d_west@co.kandiyohi.mn.us

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@greaterminnesota.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

Resilience—in-born or learned?

What words you would like to hear your students, clients or children use to describe you? Now, take a minute to list those words. The list we develop says a lot about our expectations for ourselves and the children in our lives. The hard part comes next: make a list of the actual words the child or adult uses. When we begin to compare the two lists we are not only giving ourselves feedback, we are empathizing with the children we work or live with. Experts tell us that empathy is the bedrock of emotional intelligence. And high emotional intelligence is what underscores resilience.

There has been much talk in recent years about the resilient child. We all know who he or she is—the one that can bounce back from adversity, and has a mindset that leads to health and happiness no matter what life throws his or her way. But is there anything we can do to increase the resilience of a child? Does each child come with a pre-patterned design that has a “set point” for being resilient? Most of us consider that one’s personality, obvious as young as the preschool years or even earlier, would be established and firm throughout adulthood. That stable pattern of behaving over time that we call personality may not be as invariable as we once thought.

Children who are resilient are able to make and learn from mistakes. If they are not resilient, they find others to blame. What can we do? Use mistakes as teachable moments, do not scold or belittle the child. You can not be resilient if you are afraid of making mistakes. Resilient people use their mistakes as opportunities to learn.

Be empathetic and never deny a child's problems. It is understanding the problems and working through them that builds resilience. Look for their strengths to build from. Dr. Robert Brooks calls these strengths a child's "islands of competence". You can't fix problems, unless you can see their strengths. Shift the focus, to seeing what is right with people.

?? Be empathetic

?? Look for strengths

?? Accept children for who they are, rather than who we want them to be

Dr. Brooks also notes that discipline comes from the word disciple, and that discipline is a teaching process. Children must learn about natural consequences and ownership. When a child makes a mistake, it is important for us to remain calm. Children learn from us, and they benefit from positive feedback and encouragement.

Think back over your life. If you could identify one thing that helped you to overcome adversity, what would you say? Most adults respond to this question with the response, “someone believed in me.” Need I say more?

Debb Sheehan — debb_s@co.kandiyohi.mn.us

Save the date

PACT 4 Annual Meeting

April—Date and Location TBD

Look for more information next month

21st Century Update



“ Know Your World” at RCW has gotten off to a great start! Approximately 45 students in grades 3-8 are attending. The after school program runs Tuesdays and Thursdays. The students start with a healthy snack, continue with homework and then split up into grade levels to work on the computer program, *Study Island*, and various activities. Students have engaged in health-related activities, such as: taking their blood pressures; heart rates; and learning about the bones through playing *Simon Says*.

During the month of January, mathematics was taught through measuring activities, bingo, community service activities and dice games using multiplication, addition, and subtraction. Finally, social skills were enhanced by learning about Scandinavian culture. The students made a Scandinavian craft and Lefsa. Students are also learning different board games. This month's games were backgammon and chess.

This spring, the Physics Force/PACES program will begin. We look forward to this awesome science adventure. Additional activities include storytelling, puppet plays, digital photography, kid's cuisine, and science experiments all planned for the school year.

Pam Hultquist, Renville County West



Funding for the PACT 4 Families Collaborative 21st 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.

Family Needs and Donations

If you have families in need or donations to share, please send an email to shawna.steffen@co.kandiyohi.mn.us to have your information posted to the listserv. Thanks.

Needs-

- ?? A family is in need of a twin size bed. Contact char_e@co.kandiyohi.mn.us
- ?? Appliances in good working condition, furniture, tables, dining room chairs, office chairs, lamps, pictures/prints, mirrors, carpet, linoleum, other flooring, tile, exterior doors, thresholds, 36" interior doors, building materials, combination windows, tub/shower surrounds, vanities, cupboards, hardware and plumbing supplies, electric water heaters, water softeners, kitchen sinks (especially stainless steel), light fixtures, tv's which work well. List is not inclusive. All items need to be in good to excellent condition and clean. Donation receipt available. Please call 214-7280 for more information or questions. We will accept donations through February 29th. Contact joline@habitatwcm.org.
- ?? A family needs all the furnishings for their home: furniture, kitchen table and chairs, living room recliners, dressers, chest of drawers etc. Contact Ilene Nelson at Meeker Co. Public Health at 320-693-5386.

Donations-

- ?? Three pairs of boys boots, size 3,4,5; some girls clothes, size 4,5; small oak bookcase; glass cabinet display case; a suitcase, large duffel bag, and 3 smaller duffel bags; Vikings blanket; Contact Laura Warne lwame@hsbofmn.com

Congratulations

*Laurie Bliss, parent from Canby.
Her article, The Road to Recovery,
was published in the
NAMI Beginnings
Winter 2008 Issue.*

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

– Frank Outlaw

Chemical Health Coalition Updates

The Renville and Yellow Medicine Chemical Health Coalitions each had follow up meetings in their counties as part of the Communities Mobilizing for Change on Alcohol (CMCA) training series. CMCA is an "evidence-based" model that helps communities understand alcohol-related issues in their communities and develop a plan to address them. As part of the December meeting, each coalition developed "their story" to help communicate their message. The articles below give a good picture of what has taken place so far and what is to come! *Rick Loseth, LICSW rick_l@co.kandiyohi.mn.us*

**START TALKING
BEFORE THEY
START DRINKING**

THE RAPAD STORY

Renville Alliance for Prevention of Alcohol and Drug Abuse

1. Renville County citizens have been concerned and have worked together for many years toward greater public awareness and education concerning alcohol, tobacco and other drug prevention.
2. A chemical health prevention grant through PACT 4 Families Collaborative and the MN Dept. of Human Services Chemical Health Division gave us the opportunity to form a community-based coalition in August of 2006 named RAPAD (Renville Alliance for Prevention of Alcohol and Drug Abuse).
3. RAPAD'S members are from all sectors of Renville County including parents, youth, law enforcement, school teachers, social workers, mental health partners, county divisions, businesses, faith leaders and more.
4. It is the vision of RAPAD to positively influence attitudes, beliefs and knowledge about alcohol, tobacco and other drug use through environmental prevention which focuses on social norms, media messages, laws and policies, and underage access.

New data has been collected through a community assessment of Renville County which shows a high underage drinking rate. The following strategic and activity plans are being implemented based on the current local statistics:

- ? Social Norms Marketing Campaign
- ? Sticker Shock-"Don't Sell To Youth"
- ? Responsible Beverage Server Training
- ? Town Hall Meetings
- ? Youth Prevention Groups
- ? Teacher and student prevention education

Together we can make a significant difference in Renville County to:

- ? Reduce Youth Access to Alcohol
- ? Reduce Youth Drinking
- ? Reduce Social and Health Problems

Annie Tepfer, Coordinator
Chemical Health Coalition of Renville Medicine County
Olivia, MN; 320-523-3845 or 320-212-0484
annie_t@co.renville.mn.us

annie_t@co.renville.mn.us

The Yellow Medicine County Coalition Story

1. We are a group of concerned community members with deep roots who have been working for a healthier/better Yellow Medicine County for more than 20 years! Some of our members include; school staff and administration, law enforcement, family services, youth, and many more!

2. We are very concerned about underage drinking since new data has shown we have one of the highest underage drinking rates in the state. This, plus new research in the brain damage/health consequences of drinking and the fact that youth are drinking so much more aggressively, makes this an issue NOW!

3. We are a community-based coalition that is using an environmental approach to reduce underage drinking. We are looking at things like media advertising (how much more alcohol advertising youth see, what is the message of these ads, what is considered normal in our community), laws and policies, and especially access (how easy it is for youth to obtain alcohol).

Some specific projects include:

- ?? ZAP (Zero Adult Providers)
- ?? Responsible Beverage Server Training
- ?? Sticker Shock
- ?? Town Hall Meetings
- ?? Media, such as billboards and posters

4. We have done our research, including a community assessment. We have put together our action and strategic plan and are now implementing that plan.

5. Imagine a community without youth being killed in drunk driving crashes, without the violence and sexual activity that is associated with alcohol. Imagine a community with youth doing better in school and helping to build a better place to live.

6. We need your help: as a coalition member, as an ally, supporter, contributor, etc.

Ann Orren, Coordinator
Chemical Health Coalition of Yellow Medicine County
Clarkfield, MN; 320-669-1460 or 507-829-2241
annorren@frontiernet.net

Parental Concerns in PACT 4 Counties

Cautious Good News

In the summer of 2007, PACT 4 sent out a Family Needs Survey to parents in the PACT 4 Counties. There were 1346 surveys returned. We also did surveys in 2002, 1998 and 1994. The returns in previous years were at a much higher rate with 2544 surveys returned in 2002 and 2046 returns in 1998. The most recent survey was changed considerably from previous years and the new format may have discouraged participation. The most consistent aspect across all four surveys was a question asking parents to identify “the issues facing your children that concern you most.” They were asked to check off items from a list of problem areas such as: drug use, peer pressure, too much television, etc. The following table lists the items most commonly chosen and the percentage of respondents who chose the items. The items are listed in terms of those most frequently selected in 2007. Some items were not asked during all four surveys so the asterisks reflect missing data.

Most Frequently Checked Items	2007	2002	1998	1994
Expense of college or vo-tech	42%	38%	44%	44%
Peer pressure	41%	58%	59%	53%
Lack of places kids can go and have fun	36%	40%	43%	44%
Access to drugs	35%	*	*	*
Too much TV	34%	31%	29%	*
Access to alcohol	34%	*	*	*
Inappropriate internet content	32%	*	*	*
Violence in movies and TV	24%	38%	46%	53%
Too much video games	23%	19%	15%	*
Violence in school	21%	22%	27%	41%
Lack of money	21%	17%	19%	22%
Lack of activities to keep kids busy	20%	24%	21%	14%
Too Much Internet use	20%	14%	*	*
Drug use	16%	35%	44%	40%
Alcohol use	15%	26%	28%	38%
Violence in the community	14%	24%	39%	48%
Sexual concerns	13%	23%	27%	31%
Gangs	09%	16%	33%	29%
Music kids listen to	*	18%	15%	16%

From the table you can see that the level of concern during 2007 has decreased in numerous areas from five years ago and that the level of concern has decreased over all four surveys in issues related to violence, sexual behavior, lack of places to have fun, and chemical consumption. And while there is less concern by parents about their children using alcohol and drugs, over one third of them were concerned about the availability of these substances. The data also shows that parents are becoming more concerned about excessive use of electronic media.

December Full Collaborative Highlights

National Children's Study Overview Katie Dreiling and Stacey Trushenski spoke about the National Children's Study, conducted by the U.S. Department of Health and Human Services. It is a highly ambitious, unprecedented effort to learn about and improve the health of children.

Executive Board Elections: After elections were held, George Dubie was elected to the mental health position, Loren Hacker was re-elected to the school position, and Arliss Stenger was re-elected to the parent position.

Chief Elected Officials Report / PACT 4 2008 Budget Overview: The Chief Elected Officials Board met today and approved the 2008 budget. Discussed were LCTS cuts, future targeted children's mental health case management cuts, current grants, and former grants were reviewed. An overview of the 2008 budget was given. It looks like LCTS revenue will drop an additional seven percent. This is above the current 75% cut we're realizing with the federal IV-E changes. This means that basically our total LCTS revenue will be about 10% of what we received two years ago. Optimistically, we're hoping to earn \$300-\$400 thousand in 2008. LCTS income still depends heavily on all our participating schools and eligible participants continuing to do the time study. Despite the huge cuts, the money still makes a big impact on our budget, as it's some of the most flexible income we have. Schools will begin paying 75% of their school social worker and counselor contracts, beginning July 1st, 2008.

School Nurses Presentation: Deb Schmitzerle and Nancy Van Hauen from Willmar School, and Cindy Skulstad from ECHO Charter School presented about their programs, funded by county LCTS grants. Schools do not have funds to provide follow-up for health/vision/ immunization referrals, and the grants provide money for these follow-ups.

Committee and Grant Reports

- a. Executive Board – reviewed information for the CEO Board meeting, discussed salary scale adjustment and personnel policies for staff members, reviewed staff changes and updates. PACT 4 will have spent all LCTS reserves by June of 2009. Discussed the school social worker positions, and voted to allow schools to either hire the staff person and request reimbursement, or continue to have PACT 4 hold the contract and keep the staff member as an agency employee.
- b. Early Childhood Committee – finalized a Mission Statement: To enhance early childhood mental health services in the four counties. Discussed Scott Harmon coming out to do reflective dialog, and heard a presentation on DECA as a next step screening tool (after the ASQ-SE or PECFAS) for early childhood mental health.
- c. Mentors Committee – discussed funding woes and decided to work more closely with counties to look and apply for grants.
- d. Adolescent Services Committee – does not yet have the mission statement done; will work on it at the next meeting. Discussed the many professional services which are available in our communities, and the fact that there are still people who need them but don't take advantage of them – is it still a stigma issue? Discussed how to deal with awareness issues.
- e. Elementary/Middle School-Age Committee – finalized a Mission Statement: We will use community resources to support the healthy development of elementary and middle school youth by promoting prevention and early intervention practices. Discussed the GFW Relationship Density survey results and the possibility of having Dr. Robert Bluhm visit us next year, maybe in the fall, for a school-connectedness training.
- f. Wraparound Committee – Discussed developing a list of parents or teams that would be willing to open their team meetings to others that are new or interested in the process and the production of a DVD as a wraparound introductory tool to use for service providers.
- g. Parent Advisory Committee – is planning the annual parent retreat. The dates have been set for April 18th and 19th at the Green Lake Bible Camp. The theme is "Aloha Stress". The committee is looking for ideas for breakout sessions.
- h. SHARE – the Coordinating Council met in November. Contracts were distributed to all the school districts. Dr. Malone, GFW Superintendent, presented information on a leadership program that his staff attended at Mankato State. Sustainability was discussed and year four planning was begun.
- i. Chemical Health Coalitions – Renville/Yellow Medicine Counties – Both counties now have their new coordinators hired: Ann Orren in Yellow Medicine County, and Annie Tepfer in Renville County.
- j. 21st Century Learning Community Center – all sites have been kicking off activities. In November, ACGC and EV/W hosted the MN Planetarium's Exploradome.

January Full Collaborative Highlights

Pregnancy Education for Teens (PET) Program: Lynette Braun from Rice Hospital presented her program, funded by county LCTS grants. Classes are designed as preventative services to allow young women early interventions and education, to teach them about the physical and emotional changes during pregnancy, and to prepare for labor delivery.

Committee and Grant Reports

- a. Executive Board – Jill Bruns and Arliss Stenger were re-elected as chair and co-chair, respectively. Time was spent examining the finances of the agency, the positions that are open, the annual meeting in April, and lobbying efforts.
- b. Adolescent Services Committee – discussed how to get information going out to kids that are going through crisis, to help them connect with area agencies for help.
- c. Early Childhood Committee – discussed funding for the books given to parents after childbirth, and books given to kids after pre-school screening.
- d. Elementary/Middle School-Age Committee – considering postponing Dr. Bluhm until August of 2009, and created the first draft of a school-connectedness brochure.
- e. Mentors Committee – discussed the parent satisfaction survey and January being National Mentoring Month.
- f. Wraparound Committee – discussed the production status of the training DVD, which will begin filming on Monday.
- g. Restorative Justice/Circle Sentencing – the advisory committee for Kandiyohi County met twice in December. After serious examination and discussion, it was decided to move forward and hire a full-time coordinator, to get the program up and running vibrantly, again.
- g. SHARE – both the Coordinating Council and the Advisors/Liaisons will focus on three issues this year: determine priorities, the no-cost extension, and sustainability.
- h. Chemical Health Coalitions – Renville/Yellow Medicine Counties – both counties will be hosting a responsible beverage server training, will be doing a baseline survey, from which a social norms marketing campaign will be developed.
- i. 21st Century Learning Community Center – the grant coordinator has begun site visits, and she's finding wonderful results.

Visit www.pact4.org for a complete set of Full Collaborative minutes.

February 2008

Mon	Tue	Wed	Thu	Fri
				1
4	5 : Executive Board meeting; 11:30-2:00 pm; #2055	6 : Staff meeting; Office closed until 1:00 : SHARE Coordinating Council; 11:30 am; Blue Heron	7	8
11 : Parent Advisory Committee meeting; 6:00-8:00 pm; YMCA in Willmar : Circle: 6:00 pm; Lakeland Ctr	12	13 : Committee Meetings- Max's, Olivia : Full Collaborative; 12:00-2:00 pm; Max's, Olivia	14	15
18 : President's Day—Office Closed	19	20	21	22
25 : Circle: 6:00 pm; Lakeland Ctr	26	27	28	29

March 2008

Mon	Tue	Wed	Thu	Fri
				1
3	4: Executive Board meeting; 11:30-2:00 pm; #2055	5	7	8
10 : Circle: 6:00 pm; Lakeland Ctr : Parent Advisory Comm; 6:00 pm; YMCA	11	12: Committee Meetings-KCHHSB : Full Collaborative; 12:00-2:00 pm; KCHHSB	13	14
17	18	19	20	21
24/31 : Circle: 6:00 pm; Lakeland Ctr (24th)	25	26	27	28

SERVING THE COUNTIES
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RENVILLE AND YELLOW
MEDICINE

New Website Now Online

Check out the new website design at www.pact4.org.

The new design is user-friendly and accessible. Get updates on grants, download forms, find employee contact information, read this newsletter, get meeting minutes and more all from one convenient location. We appreciate your patience while the website continues to be updated.

Contact *Russ Lammers*, russell_l@co.kandiyohi.mn.us for more information. Thanks for visiting pact4.org.

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.

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.



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

RETURN SERVICE REQUESTED