

**PACT 4  
FAMILIES  
COLLABORATIVE**

THE NEXT FULL  
COLLABORATIVE  
MEETING IS:

**June 9**

Peter's on Lake Ripley, Litchfield

11:45 am to 1:45 pm

Cost: \$6.00

RSVP requested:

320-231-7030 ext. 2961 or

Email:

shawna.steffen@

co.kandiyohi.mn.us

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# PACT 4 NEWSLETTER

JUNE 2010

## Summer Break—Invigorating or Boring?

During which months do more teens try marijuana for the first time?

- A. January & February      B. April and May  
C. June & July                D. September & October

The answer is C—June and July. There is a 40% increase in the number of youth who try marijuana for the first time during these two months compared to the rest of the year. <sup>1</sup> Each day in June and July, an average of 6,300 youth try marijuana for the first time. <sup>2</sup> Think of it like this—that's 700 baseball teams.



### Why the Increase During the Summer Months?

There likely are several reasons:

- **Boredom.** Many kids say they started smoking marijuana because they were bored. <sup>3</sup>
- **Friends who use drugs.** Children are more likely to experiment with drugs if their friends do. <sup>4</sup> During summer, kids have more free time to hang out with friends and make new ones.
- **Too much unsupervised time.** Having lots of time without adult supervision puts kids at risk for drug use. <sup>5</sup>

### What Can Parents Do?

Monitor your teen's time. This may be more of a challenge during the summer months than it is during the school year, but it is critical to keeping your child healthy. Even when you can't be home to monitor your child, there are steps you can take to keep an eye on him. It's time to get creative when it comes to keeping track of your kids.

- **Team up.** Is there a responsible adult in your neighborhood who is home during the day who can help monitor your child? Network with other adults in your community to help build a "safety net" for your child.
- **Technology is your friend.** Many teens are plugged into the latest gizmos and gadgets, so use that technology to monitor your child.
- **Get to know your teen's friends.** They can be an important factor in your child's decisions about alcohol, tobacco, and other illegal drugs.
- **Plan regular "check-in" times, but don't rely solely on them.** For example, you might tell your teenage son to call you when he wakes up and again right after lunch.
- **Find supervised activities in your community that your teen enjoys.** Youth who are involved in constructive, supervised activities during non-school hours are less likely to use drugs.

"Kids may equate summer with freedom, but for parents, it's when they need to be even more involved in their



teens' lives. As soon as they pack up their locker for the year and step out of school, kids are much more likely to try marijuana," said John P. Walters, director of the Office of National Drug Control Policy.

<sup>1</sup> Office of National Drug Control Policy, June 4, 2004 . Summer Time Is the High Time for New Teen Marijuana Use, last referenced 5/5/2005. <sup>2</sup> Ibid. <sup>3</sup> Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention. Keeping Youth Drug Free, last referenced 5/5/2005. (An updated print version of this publication was released in 2004.) <sup>4</sup> Ibid. <sup>5</sup> Ibid. <sup>6</sup> Office of National Drug Control Policy, June 4, 2004 . Summer Time Is the High Time for New Teen Marijuana Use, last referenced 5/5/2005.

## Director's Corner

### "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."*

**RUSS LINDEN** writes, "Collaboration is about co-labor, about joint effort and ownership. The end result is not mine or yours, it is ours." Collaboration occurs when people from different organizations produce something together through joint effort, resources, and decision making, and share ownership of the final product or service.<sup>1</sup> Nowhere is this more evident than the many projects being implemented at PACT 4.

We just completed a site visit from the principal planner and grant supervisor at the Minnesota Department of Human Services/ Alcohol and Drug Addiction Division (DHS/ADAD) for our Guía grant. One of the primary strengths she noted relative to our project is the high level of collaboration from partners all around—strengthening the outcomes for participants. She appreciated the fact that the schools are instrumental in identifying participants, providing office space and supporting the goals of the project; that Lutheran Social Services offers housing support, transition services, and complementary programming; that West Central Integration Collaborative is integral in the important cultural components, translation expertise, and social initiatives. In



addition CD treatment providers are accessible and provide high-level training to our staff; social service staff participate in Wraparound teams and offer critical services; volunteers are involved in Talking Circles and in cross-county steering committees; and nonprofits and church staff open their doors for client assessments, group instruction, and space for non-substance related social activities. This kind of connection and collaboration is truly remarkable, and reminds me once again how fortunate we are to be a collaborative in so much more than just name.

Kamensky and Burlin talk about collaboration as more than a concept, but a kind of networking that allows greater leveraging to achieve not just local, but national goals. They say that collaboration requires a different set of skills than those used in "traditional government," that the future success of government increasingly depends on leaders' ability to collaborate by creating networks and partnerships.<sup>2</sup>

Perhaps this little jewel we have in west central Minnesota that we call PACT 4 is something more than just a group of inspired partners coming together to maximize outcomes. Maybe it is an unintentional pilot for a larger form of collaboration that will lead to forward movement for decades to come. And why not? It has been said that the past is the best predictor of the future so let's continue to lead the way. People are noticing, and the results speak for themselves.

*Debb Sheehan, Director*

*(320) 231-7030 ext..2965; debb\_s@co.kandiyohi.mn.us;*

<sup>1</sup>Kamensky, J. M., & Burlin, T. J. (2004). Collaboration: using networks and partnerships. <sup>2</sup>Lanham, Maryland: Rowman & Littlefield Publishers, Inc. *ibid.*

**Would you like to receive this newsletter in full color via email? Please contact Shawna at (320) 231-7030 ext. 2961 or [shawna.steffen@co.kandiyohi.mn.us](mailto:shawna.steffen@co.kandiyohi.mn.us) to request your PACT 4 newsletter be delivered via email.**

## Guía Update—Talking Circles

**TALKING CIRCLES** are a Native American practice used by a group to discuss a topic in an equal and non-confrontational manner. The Guía program is currently implementing Talking Circles on the first and third Wednesday of each month from 5:30-7:00pm.

The format of the Guía circles differs a bit from traditional circles since the 45 minutes prior to circle is dedicated to either a presenter or an activity. The mission of these activities is to enrich the lives of the youth through promoting ideas such as self-care, education, decision-making, and leadership. After the activities/speaker, 45 minutes is devoted to coming together to create a safe space to discuss specific events or topics covered by the presenter. The discussion can be used to support youth, sharpen their skills, and develop positive relationship with other youth and adults.

The first circle was held on March 3rd and it was committed to coming up with circle guidelines and expectations. The guidelines that were established and will be used for all future circles are as follows: confidentially, respect/honesty/trust, courage to be real, reliability, proactive, patient, and friendly. To date, the program has held six Talking Circles under the guidelines above, with an average of 20 youth in attendance. The topics of the circles have ranged from Officer Dorn from the Willmar Police Department speaking with the youth about drinking and driving, to teambuilding exercises with Rick Loseth from PACT 4 Families Collaborative. **The Guía program Talking Circle is seeking more volunteers who are willing to be part of this important process.** If you would like more information about becoming a volunteer please contact me.



*Gwenn Garcia, Grant Coordinator*

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### How to Make Summer Reading Effective

Summer's always been a great time to kick back with a book. But a strong body of research shows that, without practice, students lose reading skills over the summer months and children from low-income families lose the most. With the prevalence of television, computers and other electronic distractions, how can parents, educators and librarians encourage kids to immerse their minds and imaginations in books over the summer months?

James Kim, assistant professor of education at Harvard University, looked at different approaches to summer reading and found that voluntary summer reading programs can work—but they work best when adults and teachers get involved by helping students to choose appropriate books and employ simple techniques to improve skill and understanding.

Providing books with no guidance may not help much at all. But when children get help choosing skill-appropriate books and read those books over the summer break, both independently and with guidance from family members, reading achievement scores can improve significantly.

#### The ABCs of Improved Reading

**A**ccess to books. It's critical that kids have access to a wide variety of books over the summer months, but we know that access alone doesn't make a strong impact.

**B**ooks that match readers' ability levels and interests. For young people's reading skills to improve, they need to read books that align with their own reading levels. Reading books that are too easy or too hard won't help!

**C**omprehension, as monitored and guided by an adult, teacher or parent. The most important piece to making summer reading effective is the help of an adult who can ask questions and guide kids to better understand what they are reading.



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.

## 21st Century Community Learning Center—ACGC School

**AT ACGC**, we have been busy winding down as the end of the school year is quickly closing in. The great thing about this is we are getting geared up for summer programming!

Ever since Earth Day, our 21st Century kids have been very excited about anything relating to our planet. They spent a day “giving back” by cleaning up the community, made globes out of recycled newspaper, and have learned a great deal about planting. With all of this enthusiasm, we decided we will plant a butterfly garden at our school in Grove City. The students could not be more excited! We are currently picking out plants and grasses that will go in our garden, and will be making butterfly houses, stepping stones, and feeders for our garden once we begin our summer programming.

We will also spend our summer finding out more about our wonderful state of Minnesota. We have trips to different cities and sites, but our overnight trip will be to Duluth! We plan to visit the different area attractions, take in a few nature hikes, and stay in the college dorms! Students and staff alike are all set to have a very memorable summer.

*Monica Zieske, Site Coordinator*



## Yellow Medicine Co. Chemical Health

**PARENTS: MANY** of you are preparing for the rush of celebrations, year-end activities, and graduation parties. The Chemical Health Coalition wants to take this opportunity to remind you that as a parent, you have an important role in keeping your graduate and his/her friends safe during this time of celebration.

Some good news from the recent Most of Us<sup>®</sup> Youth Survey shows:

- **65.6% of YME students would rather NOT drink alcohol when hanging out with friends.**
- **72.5% of YME students have NEVER ridden in a car or other vehicle driven by someone who drank alcohol before or while driving.**

While we are pleased that most of our students hold this value of safety, we are also concerned for those who do not. Research and practical experience indicates that informed parents and

students make better choices. **Maybe that’s why 9 out of 10 YME students report that their parents do NOT allow them or their friends to drink alcohol in their home.**

The Yellow Medicine Sheriff’s Department would also like to remind you that in Minnesota, it is a Gross Misdemeanor to provide alcohol to your child’s underage friends. We need to get the word out about the fact that most of our parents are preventing underage alcohol use. Let’s work toward making that all of our parents.

Toward that end, here is good news from our recent survey:

- **Most YME students (74%) feel parents should communicate the importance of not using alcohol and other drugs.**
- **Most YME students (72.4%) feel parents set clear rules and expectations about avoiding harmful behavior.**

Remember, as parents, you play an important role in preventing underage alcohol use. Teens say one of the top reasons for not drinking is because they are worried about what their parents will think. Talk to your teens; they are listening to you.

Let’s work towards providing a safe and healthy environment for all of our graduating seniors as we celebrate their many accomplishments and they prepare to launch the next chapter of their lives.

*Ann Orren, Grant Coordinator  
(320) 669-1460; annorren@frontiernet.net*



## Birth to Five Mental Health Grant—Transitioning into Year Two

The Birth to Five Mental Health Grant has seen many accomplishments in its first year. These include reaching out to childcare providers on social-emotional milestones, creating common language and screening among early childhood professionals in schools and clinics, and enhancing our four counties' response to families calling about their young child's development and behavior. Through the grant, we have also connected over 40 young children with social-emotional delays and concerns to mental health professionals at Lutheran Social Service and Woodland Centers.

Currently, we are making plans to share children's social-emotional development with Willmar's Somali community through the assistance of Kandiyohi Public Health and Willmar Public Schools. As part of the grant, PACT 4 is participating in a Somali pilot of the Ages & Stages Questionnaire-Social Emotional (ASQ:SE). The ASQ:SE is the preferred screening tool for all early childhood professionals and is routinely used during preschool screening and public health's Follow Along Program. Grant funds helped secure an electronic version of the screening tool with automatic scoring, which also eliminates the need for Somali interpreters. Families are able to complete the series of questions independently by listening to the Somali audio and reading the translation. So far, the audio version has received very positive feedback. We intend to make it available to Somali families at Jefferson Learning Center.

Looking forward, the grant is identifying additional training opportunities for childcare providers as well as early childhood

school staff and professionals. We have received requests for techniques and strategies to assist young children with social-emotional delays, and further training on mental health for the birth to five population. A survey this summer will gather specific interests and needs to look at training options for this next year.

In all, the grant has made a significant impact in its first year and will be working toward identifying best practices and sustaining key mental health services. Good mental health is crucial to a young child's ability to learn, explore and interact with others.

*Linda Mathiasen, Grant Coordinator  
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## Restorative Justice/Circle Sentencing

**LAST JUNE** Circle Sentencing was the recipient of a two-year \$60,000.00 grant from the Otto Bremer Foundation. We are now coming to the end of year one. It has been wonderful to be able to continue our restorative justice efforts in Kandiyohi County. Without this funding we would not have been able to touch the lives of so many diverse youth.

This past funding year we were privileged to offer Circles to youth with chemical dependency issues, youth from dysfunctional homes, a homeless youth, and even youth with great support systems. Their crimes are also as varied. We have had youth referred to the program due to burglary, graffiti, and use of controlled substances. The age range of participants is from thirteen to nineteen.

The ethnic background of Circle participants reflects the diversity of our area. Circles are about representing community. It is the philosophy of this program that crime affects all people in the community, therefore all people need to be involved in the solutions. When offenses are committed, it is first and foremost about the relationship between people. The early intervention and ongoing support that Circle provides is helping to reduce the need for out-of-home placement and reduce the time that judges spend on difficult cases. The Circle process supports families in working together and strengthening relationships. It assists schools in providing the support needed for some youth to achieve academic goals. It helps children with mental health needs and provides assistance to probation officers and judges in determining appropriate sentences for youth in the system, based on ideas that will keep them out of the system. Because of these multiple benefits we are privileged to have been granted funding and hope that our program will continue to be seen as a valuable asset in the community.

*Tricia Buggs, Coordinator  
(320) 231-7030 ext. 2975; tricia\_b@co.kandiyohi.mn.us*

## May Full Collaborative Highlights

**Woodland Centers School Linked Mental Health Grant**—Kim Hanson, Unit Director of Youth Services, is also the supervisor for the grant. This is a three-year grant that began July 1, 2009. Children and youth, ages birth to 21, are eligible for grant services. A Diagnostic Assessment is used to develop the Individual Treatment Plan (ITP); and children must meet the designation of having an Emotional Disturbance (ED) or a Serious Emotional Disturbance (SED). But, they are not required to have an Individualized Education Plan (IEP). Services provided are: diagnostic assessments, individual or family therapy, individual or family skills training, group psychotherapy, and group skills training. Through this grant, Woodland Centers has served 395 unduplicated kids through December 2009, with an estimated 170 of them new clients to their agency. School districts served are: Litchfield, ACGC, Willmar, NL-S, MACCRAY, BOLD, RCW, YME, Montevideo, and LQP Valley. Survey data received from school personnel all reflected good to excellent ratings in all categories.

### Committee Reports:

**Executive Board** – discussed the LCTS random moment process going electronic as of October 1, 2010. Debb Sheehan informed board members that the number of grants available for PACT 4 to apply for seem to be decreasing, but we're always "on the lookout" for new ones. A new member was approved: The James House, based in Willmar.

**Adolescent Services** – Debi Brandt from Heartland Community Action Agency attended to inform the committee about all the programs Heartland offers or is involved in; committee also discussed future agenda items.

**Early Childhood** – committee received an update of the birth to five grant, and spent time discussing the grant and its activities; also discussed other goals for the committee with lots of ideas being generated.

**Elementary/Middle School-Age** – completed the Services and Resources Analysis form. Committee reviewed six-month follow up survey results from those that attended the school connectedness conference—a survey was sent out to determine if those who attended have used the tips and tools that they learned that day, and found that quite a few of them were.

**Wraparound** – discussed having members from the faith-based community possibly attend committee meetings, as some Wraparound teams have more faith-based members attending team meetings.

**Parent Advisory** – committee members signed thank you notes for collaborative members who have contributed to the scholarship fund for parents. Discussion has begun about holding a parent event either in the fall or next spring. Becky Romosz talked about legislative news regarding PCA programs and possible cuts to children's mental health. Also, there will soon be a statewide mental health LAC (Local Advisory Council) website, developed and maintained by a 17-year old consumer, to be launched at the end of the month.

### Grant Reports:

**Guía**—Gwenn Garcia, grant coordinator, gave an update of the grant, which deals with chemical health intervention services for Hispanic / Latino Youth. The second year of the grant will wrap up on June 30th, 2010 and positive changes are being seen with the youth that are involved. In year two, the program has received 32 referrals; 51 youth and their families receive services. Overwhelmingly, Kandiyohi County makes up the majority of the referrals, but about one-fourth are received from Renville County. Services provided by the program are: one-on-one coaching, "Creating Lasting Family Connections" curriculum, goal setting, Talking Circles, and Wraparound teams.

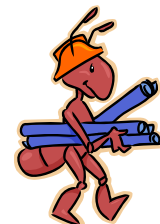
**Yellow Medicine Co. ATOD**—Ann Orren, grant coordinator was unable to be present today due to illness, so Rick Loseth, grant supervisor, reported in her absence. The grant continues to work on the MOST of Us® positive social norms campaign, promoting chemical-free activities for youth. The county will continue to do compliance checks and beverage server training.

Save the date!

**TUESDAY, NOVEMBER 16TH, 2010**

**9th Annual Community Conference on the Brain  
Featuring keynote speaker:**

**Dr. Nancy Minshew, M.D.**



<b>June</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
	<b>1</b> ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>8</b> ■ Executive Board Mtg; 11:30-2:00; #2055 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>9</b> ■ PACT 4 Comm. and Full Collaborative meetings-Litchfield; Early Childhood meets at 10:00 and all others at 10:30; (Awards Comm. at 1:30); check website for details on committee times (RSVP) ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>10</b> ■ KC Community Circles Steering Comm; 12:00; The Oaks at Eagle Creek (Willmar) ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>11</b>
<b>14</b> ■ 21st CCLC Quality Matters Trng; 8:30-3:30; MPR ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>15</b> ■ 21st CCLC Advisory Comm; 8:30-10:30; #2045 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	<b>16</b> ■ KC Comm. Circles Volunteer Mtg; 11:45-1:00; #1010 ■ Guía Steering Comm. Mtg; 12:00-1:30; The Oaks at Eagle Creek (Willmar)	<b>17</b>	<b>18</b> ■ 21st CCLC NPASS-2 Trng; 9:00-Noon; MPR
<b>21</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>22</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>23</b> ■ PACT 4 Coordinators Mtg; 10:00-Noon; #1010 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>24</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</b>		

<b>July</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
			<b>1</b>	<b>2</b>
<b>5</b>  Independence Day recognized-Office closed	<b>6</b> ■ Executive Board Mtg; 11:30-2:00; #2055 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	<b>7</b> ■ Office Staff Mtg; 1:30-2:30; #2057; <b>OFFICE CLOSED DURING MEETING</b>	<b>8</b> ■ KC Community Circles Steering Comm; 12:00; The Oaks at Eagle Creek (Willmar) ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>9</b>
<b>12</b> ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>13</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>14</b> ■ PACT 4 Comm. and Full Collaborative meetings-Willmar; Early Childhood meets at 10:00 and all others at 10:30; (Awards Comm. at 1:30); check website for details on committee times (RSVP) ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>15</b>	<b>16</b>
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<b>26</b>	<b>27</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>28</b> ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	<b>29</b>	<b>30</b>

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.

## 2010 Executive Board

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

Debi Brandt, Heartland Comm. Action Agency  
Serves through 2012—2nd Term  
(320) 235-0850 / debib@heartlandcaa.org

Gerald Brustuen, Renville Co. Human Svcs.  
Serves through 2012—3rd Term  
(320) 523-2202 / jerry\_b@co.renville.mn.us

Jill Bruns, Renville Co. Public Health  
Serves through 2011—3rd Term  
(320) 523-3723 / jill\_bruns@co.renville.mn.us

Tammy Thompson, Meeker Co. Corrections  
Serves through 2011—1st Term  
(320) 693-5260 / tammy.thompson@co.meeker.mn.us

Debb Sheehan, Director (non-voting)  
(320) 231-7030 ext. 2965 / debb\_s@co.kandiyohi.mn.us

Becky Romosz, Parent-Kandiyohi Co.  
Serves through 2012—3rd Term  
(320) 235-2204 / ellen\_romosz@ymail.com

George Dubie, Greater MN Family Svcs. (Chair)  
Serves through 2010—1st Term  
(320) 214-9692 / gdubie@greaterminnesota.org

Greg Schmidt, MACCRAY School Dst.  
Serves through 2011—1st Term  
(320) 847-2154 / schmidt@maccray.k12.mn.us

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

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

## Chief Elected Officials

Dick Larson, Kandiyohi County; (320) 235-5805  
7grand@charter.net

Jane Remiger, Yellow Medicine County;  
(507) 768-3626  
jane.remiger@co.yellow-medicine.mn.us

Amy Wilde, Meeker County; (320) 275-3684  
amy@wildestudios.com

Bob Fox, Renville County; (507) 557-8265  
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PACT 4 Families Collaborative  
2200 23rd Ste NE Ste 2030  
Willmar, MN 56201

RETURN SERVICE REQUESTED