

PACT 4 FAMILIES  
COLLABORATIVE

THE NEXT FULL  
COLLABORATIVE  
MEETING WILL  
BE:

Wednesday, June 10

Peter's on the Lake in  
Litchfield, MN

11:45 to 1:45 pm

Cost: \$5.00

RSVP requested:

(320) 235-8938 or

Email:

shawna.steffen@  
co.kandiyohi.mn.us

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# PACT 4 NEWSLETTER

JUNE 2009

## SAMHSA: Community-Based Mental Health Programs Improve Youth Performance and Save Millions in School Costs—New Data Reveal Lower Dropout Rates and Improved Social and Emotional Well-Being for Youth in System of Care Programs

SAMHSA: Community-Based Mental Health Programs Improve Youth Performance and Save Millions in School Costs—New Data Reveal Lower Dropout Rates and Improved Social and Emotional Well-Being for Youth in System of Care Programs

Systems of care — coordinated networks of community-based mental health services and supports for children and youth with serious mental health challenges —are able to dramatically improve the academic, behavioral and emotional performance of participating youth, according to a new report by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The report, Working Together to Help Youth Thrive in Schools and Communities, measured performance outcomes of system of care programs and found that these improvements occurred among many young people within 12 months of their enrollment in these programs. For example, on average, 15 percent of youth (ages 14-18) nationally fail to reach the next grade level, but among youth who receive comprehensive services through system of care programs, only 8 percent had to repeat a grade.

School systems, which had children participating in a systems of care program, saved \$4.5 million that is attributed to more students being promoted to the

next grade level. The savings is the amount that would have otherwise been spent in having the programs' students repeat a grade.

*Debb Sheehan, Director*



## PACT 4 Office Summer Hours

PACT 4 Families Collaborative  
summer office hours:  
Monday - Thursday 8:00am -  
4:00pm; Friday 8:00am - 12:00pm



"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."

"We could learn a  
 lot from crayons.  
 Some are sharp,  
 some are pretty,  
 some are dull, some  
 have weird names,  
 and all are different  
 colors. But, they all  
 fit nicely into the  
 same box." -  
 Unknown

## Director's Corner

### Cultural Competency at PACT 4

As an organization, PACT 4 has long been committed to supporting the highest quality services to an increasingly diverse population. We understand that cultural competency is critical to building a strong base for children and families in our four counties, recruiting and developing talent, and increasing equity in mental health services. Yet it is challenging to translate our commitment into a comprehensive plan to meet the standards concerning Culturally and Linguistically Appropriate Services (CLAS), issued by the federal Office of Minority Health and the Joint Commission.

Partnering with the West Central Integration Collaborative on our Guía grant, PACT 4 has been doing some introspection related to the issues of cultural competence. Led by Becky Marquez, our staff recently took an assessment called the Intercul-

tural Development Inventory (IDI). The outcome of this assessment is a group profile of our organization, the results of which will assist us in developing our CLAS implementation plan. I was not surprised that we have some things to work on, but found it fascinating that the field of diversity has developed in a manner that gives us input on how to become not only tolerant, but to learn to avoid projection of our cultural experiences on others.

As we develop our plan, we hope to meet the challenges to:

- Develop an infrastructure for inclusion and cultural and linguistic competency
- Provide culturally and linguistically appropriate services
- Recruit and retain diverse staff
- Create an organizational climate of inclusion
- Develop better Language Services (interpreters,

program materials, signage, etc.)

- Increase outreach to diverse populations
- Expand community collaborations and minority partners
- Reduce mental health disparities

Our goal is to develop a strategic plan, with short- and long-term actions. The strategic plan will provide us with a roadmap for improving our performance on best and emerging practices in the area of culturally and linguistically appropriate services.

A culturally competent organization should experience less cross-cultural miscommunication, assess behavior more accurately, and ultimately provide more effective services and interventions. I invite you to participate with us in the process and hope that you see PACT 4 emerging as a leader in response to and respect of our increasingly diverse constituency.

Debb Sheehan, Director  
 debb\_s@co.kandiyohi.mn.us

# Renville Co. Chemical Health Coalition

## RAPAD- Renville Alliance for the Prevention of Alcohol and Drugs

The TADA (Teens Against Drugs and Alcohol) Renville County West (RCW) youth group held their second annual Town Hall meeting on May 12th, addressing underage alcohol use and access. Speakers Brian Kringen, MN Department of Public Safety, and Wendell Veurink, Greater MN Family Services, shared their insight into what parents need to know about social host laws and how to talk to their teens about alcohol and drugs. Town Hall meetings are designed to alert and empower the community, generate interest in the coalition's work, and are part of an effort to increase understanding and awareness of underage drinking and its consequences. Underage drinking is a critical health and safety issue, and it is important to involve representatives from the entire community, including parents, youth, education, substance abuse prevention, other health entities, justice/law enforcement, highway safety, alcohol control, local government, and business. Town Hall meetings give local communities opportunities to come together to learn more about the new research on underage drinking and its impact on individuals and the community, and to discuss how

their community can implement the recommendations to prevent underage alcohol use.

Part of the evening included the TADA youth group performing a skit that they created, which depicted a minor who was able to purchase alcohol at a local establishment. In the skit, the friends of the minor buyer are concerned and want to make a change in the way teens are sometimes able to purchase alcohol. Responsible Beverage Server Training could be a solution. If servers were required to attend Responsible Beverage Server Training, the chances that a minor would be allowed to buy alcohol could be reduced drastically. The TADA youth group plans to make presentations to the RCW

school board, city councils, and to the Renville County Board to request that all establishments that sell or serve alcohol be required to have their servers attend Responsible Server Training in an effort to reduce alcohol sales to underage youth. This is an excellent example of how youth can become community problem-solvers and effectively address underage alcohol-related issues in their communities.

*Annie Tepfer, Coordinator*  
[annie\\_t@co.renville.mn.us](mailto:annie_t@co.renville.mn.us)



*TADA youth who performed the skit.*

# Evaluation

## Anti-Bullying Culture

The Olweus program is a SHARE-funded anti-bullying program that is intended to establish anti-violence cultures in our school districts through activities, outreach, and lessons. Since 2005, eleven of the fourteen SHARE districts have implemented Olweus in their school buildings. I would like to share with you some comparative results from the annual fall surveys related to the question, "How often have you been bullied in the last two months?"

Depending on the year, the number of students who completed the survey ranged from 1,592 to 5,865. Three districts piloted the Olweus program in 2005, five districts were added to make up a second tier in 2006, and three more districts became the third tier in 2007.

The chart illustrates the year-to-year trends of students who reported they had not been bullied in the last two months, comparing the results of all combined districts to the three pilot districts. The asterisk (\*) indicates statistically significant change in progress, either improvement or decline. Taller bars are better.

- In the first set of bars representing all eleven

districts, there was significant improvement between 2005 and 2006 in the percent of students who reported having not been bullied. Between 2006 and 2007, the rate leveled off and then significantly dropped between 2007 and 2008. However, there was overall significant improvement in the rate from 65.8% of students having not been bullied in 2005 to 68.4% in 2008.

- Pilot districts showed a significant improvement from 65.8% of students having not been bullied in the last two months in 2005 to 81.6% in 2006 and leveled off at 81.0% by 2008.

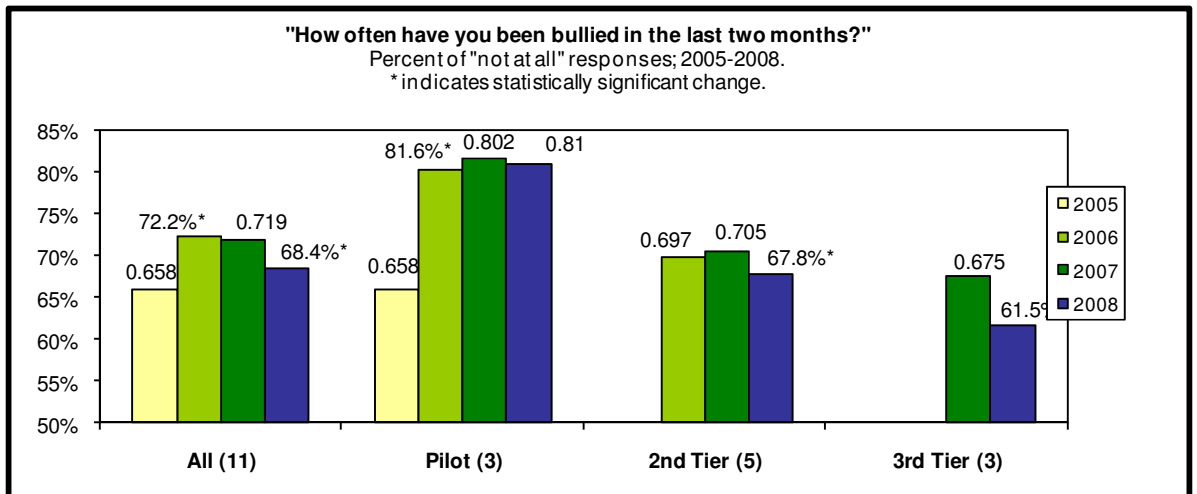
The rates of the pilot districts showed improvement within one year followed by maintenance of high rates. The pilot districts made up the only tier to show significant improvement in the first year of programming compared to the other two tiers. In fact, there was significant decline in the other two tiers that contributes to the much lower rates illustrated in the set of bars representing all eleven districts. The pilot districts also leveled off in 2008 at much higher rates than the subsequent tiers (81% com-

pared to 68% and 62% for tiers two and three respectively), suggesting that the amount of effort put into programming in the first two to three years contributed to the anti-bullying culture established in the pilot districts.

Since Olweus promotes cultural and organizational change, maintenance and sustainability of an anti-bullying culture should be and can be carried out even when the SHARE grant has ended. Although we often associate cultural competency with ethnic/racial competence, we can also attribute Olweus fidelity to cultural competency. Even though it may take a few years to establish that culture, it is something worth striving for.

Sarah Wennerberg;  
Evaluation Specialist

sarah\_w@co.kandiyohi.mn.us



# 21st Century Community Learning Center

Cedar Mountain Elementary School in Franklin and Cedar Mountain High School in Morgan have been thrilled to continue their 21st Century After-School Programs during this school year. We have kids in grades 3 through 9 who come to class after school on Tuesdays and Thursdays to take part in a variety of activities.

Our high school students have had an exciting year in which they have made musical instruments, piñatas (which were then judged by high school staff), and completed book-club activities. In March, the students organized a family night. Students made appetizers for their families and then competed against them in a variety of board games. The students even designed their own invitations for the event.

## ~Cedar Mountain District~

In our elementary, students have participated in a wide variety of activities. They spent December making their own blankets and much of February learning about and building simple machines. Sandwiched in between those activities, the kids got to go bowling in Redwood Falls. For more than a few kids, this was their first time bowling. Students continue to work diligently with Study Island, where they have a number of staff members always willing to help them out. Recently, the elementary students were invited to take part in a lyceum presented by the University of Minnesota's "Physics Force." The kids had a great time seeing a number of different demonstrations that taught them about scientific concepts. One big event on our radar is an upcoming

trip to Washington D.C. that 25 kids from both buildings and 8 staff members will be embarking on. Everyone is very excited to see the sights of our nation's capital and visit the Smithsonian Museum.

Jeremy Robinson; jrobinson@cms.mntm.org



## "Physics Force" Visits Area Districts

The ECHO Charter School After-School Program's focus on science was capped off in grand fashion on May 14 when "Physics Force" visited our school. During an afternoon assembly, the entire school was treated to highly entertaining education about the laws of physics. Students from kindergarten to high school were taught the basic laws of physics in amazing, and sometimes very noisy, demonstrations.

## ~ECHO Charter School~

The visit extended into the evening when kindergarten through grade 6 students returned with their parents and grandparents. They were treated to the opportunity to work together in hands-on scientific exploration focused on the physics of light. It was a great chance for kids to see their parents as partners in

their education while having fun together. This was a day of "ooohs" and "aaahs" at our school which we would not have had without our partners at PACT 4.

Pat Jacobsen, ECHO Charter School



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.

## Full Collaborative Highlights-May

A demonstration of the Creating Lasting Families Connections curriculum being used by the Guía grant was given. Program goals are to: 1) increase community engagement through implementing a successful family recruitment strategy, empowering participants to successfully implement the program and its evaluation; 2) improve participating parents' knowledge and attitudes regarding drug issues, and improve their family management skills; 3) increase the knowledge and use of community services, including treatment and rehabilitation services, among participating families when needed; 4) improve the communication and refusal skills of participating youth; and 5) delay onset and reduce frequency of alcohol and drug use among participating youth. The training is modular in design and runs for fifteen weeks. Several of the modules are designed to allow the participants to create the topics and the depth and detail of their discussion. Modules also use role-play. All materials and the role-play are in both English and Spanish. There are currently eight to twelve families and their youth involved in the sessions.

### **Committee Reports:**

*Executive Board* – George Dubie, Board Chair, stated that fiscally PACT 4 is very strong even though there have been great changes to the yearly budget. “There seems to be a myth out there that the Collaborative is going down and is going to fold,” said Dubie. The Board has labored hard and designed a budget to keep the core infrastructure going to coordinate services and look for grants to help the four counties we serve. “The restructuring that has been done has secured PACT 4 for many years to come,” stated Dubie. At May’s meeting, a personnel update was given, and it was noted that the final position for the Guía grant has been filled. This person will be working in Meeker County and in Willmar.

*Adolescent Services* – an electronic version of the crisis card will be sent to all school administrators by Loren Hacker, Canby Superintendent. Committee continues its work on resource lists for the website and will be inviting someone from the Resource Center to the next meeting, on June 10th.

*Early Childhood* – learned that the Birth to Five grant from DHS is for a different amount than what was originally believed. Instead of receiving \$320,000 each year, \$340,000 has been awarded over a two-year term. The grant will increase the capacity of mental health providers to provide services to that population. Woodland Centers and Lutheran Social Service are the primary partners involved in this grant, but Child Care Resource and Referral, early childhood staff, and public health staff will also partner on it.

*Elementary/Middle School-Age* – discussed the School Connectedness conference on August 18th and how to get the word out on a broad scale. Connectedness highlights that have been sent to school staff and put in the PACT 4 newsletter will discontinue for the summer. Timeline for distribution for the connectedness DVD was created. The hope is to get them out to school principals before the end of the school year.

*Mentors* – four people attended the National Kinships Conference that was recently held in Litchfield. Kinship is a national rural network of mentor programs. None of the current mentor programs in the four counties received funding through the LCTS process. Waiting on results of one federal grant and looking at a Department of Justice RFP for mentoring.

*Wraparound* – reviewed meeting satisfaction surveys. Approved a survey for youth involved in teams and will start sending them out soon. Committee is looking for more members, especially agency representatives.

*Parent Advisory* – looking at ways to partner with the newly formed Resource Center program. A training scholarship committee was formed to create criteria for parents to apply for a scholarship to attend trainings.

### **Grant Reports:**

*Restorative Justice* – still going well. Tricia Buggs, coordinator, has now seen the process from start to end with a youth who recently graduated. At the end of the celebration circle, he and his father said that they would like to continue as volunteers. The number of current volunteers is about 30. Still looking for funding; should hear from Otto Bremer and United Way by the end of the month.

*SHARE* – is winding down with a little over five months left. Janice Madden, coordinator, is busy making sure that goals are being met, encouraging sustainability and ensuring that the programs are utilizing funding as best they can. The Coordinating Council will meet on May 27th. There has been low usage of the Strengthening Families program, so those funds will be going towards preschool scholarships for the schools that didn't get LCTS funding for it. Advisors and Liaisons are winding up activities for this year and trying to maintain programs next year. One school is examining how to keep their liaison next year without the SHARE funding. The grant also paid for three people to attend a national train-the-trainer Bridges out of Poverty training, so we have our own local trainers.

*21st Century CLC* – programs are winding down their academic year. Most of the 15 sites will be finished by the end of next week. Summer programming will follow. RCW will be taking a field trip to Jeffers, MN to coordinate with a hieroglyphics program they ran. Two other big excursions are planned with extra funds from year one. A group from Cedar Mountain School will be flying to Washington, D.C. and a group from ECHO Charter School will be traveling on a Great Mississippi River Road Trip. Two programs will be going to Wolf Ridge near Duluth. On June 10th there will be training for 21st Century staff: MN DNR Project Learning Tree/Project WET training. This academic enrichment training covers ways to get kids outdoors and interested in the environment.

*Guía* – is getting ready for summer programming and looking for local activities and resources to keep the youth involved and engaged.

*Chemical Health Coalitions* – there was a youth leadership academy held in May in Brainerd. Youth, parents, and coordinators from all the Minnesota coalitions came together. They learned about leadership qualities and teamwork, about all the different projects that initiatives across the state are running and activities that are being done in communities. There will be another one held in the fall. Both grants are working on MOST of Us® promotional items that will be ordered and distributed. There will be two beverage server trainings in Yellow Medicine County. Youth will participate in community parades and county fairs.

For the most up-to-date list of events, check the PACT 4 website at [www.pact4.org](http://www.pact4.org)

<b>JUNE</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>1</b> ■ WILLMAR RJ CIRCLE #2; 5:30-7:00; LAKELAND	<b>2</b> ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>3</b>	<b>4</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>5</b>
<b>8</b> ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>9</b> ■ 21st CCLC Advisory Comm Mtg; 8:30-10:30; #2045 ■ NEW LONDON RJ CIRCLE; 5:30-7:00; PEACE LUTHERAN CHURCH	<b>10</b> ■ PACT 4 comm. and Full Collaborative meetings-Peter's on the Lake in Litchfield; check website for details on committee times ■ 21st CCLC MN DNR Project Learning Tree/Project WET trng; 9:00-4:00; MPR ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr	<b>11</b> ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>12</b>
<b>15</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>16</b> ■ Brain Conf Planning Comm; 10:30-12:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>17</b> ■ Restorative Justice Volunteers mtg; 12:00; #2057	<b>18</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>19</b>
<b>22</b>	<b>23</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>24</b> ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr	<b>25</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>26</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> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>3</b> PACT 4 OFFICE CLOSED-INDEPENDENCE DAY HOLIDAY
<b>6</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>7</b> ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>8</b> ■ PACT 4 comm. and Full Collaborative meetings-KCHHSB; check website for details on committee times ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr	<b>9</b> ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>10</b>
<b>13</b> ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>14</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>15</b> ■ Restorative Justice Volunteers mtg; 12:00	<b>16</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>17</b> ■ MN Juvenile Justice Advisory Council; 9:00-12:00; MPR
<b>20</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>21</b> ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>22</b> ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr	<b>23</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>24</b>
<b>27</b>	<b>28</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>29</b>	<b>30</b>	<b>31</b>

All Willmar meetings are held at the Kandiyohi County Health and Human Services Building unless otherwise noted.

## 2009 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 2009—1st Term  
(320) 235-0850 / debib@heartlandcaa.org

Gerald Brustuen, Renville Co. Human Svcs.  
Serves through 2009—2nd 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) 231-7036 / debb\_s@co.kandiyohi.mn.us

Becky Romosz, Parent-Kandiyohi Co.  
Serves through 2009—2nd Term  
(320) 235-2204 / becromosz@yahoo.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 / schmidtg@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  
bklfox@means.net

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.

If you would like to receive this newsletter electronically, please contact  
shawna.steffen@co.kandiyohi.mn.us

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  
2200 23rd Ste NE Ste 2030  
Willmar, MN 56201

RETURN SERVICE REQUESTED