



The next Full Collaborative Meeting will be held Wednesday, June 11th at Peter's on the Lake in Litchfield; 12:00 pm to 2:00 pm
PLEASE RSVP to Shawna (320)235-8938 or email
shawna.steffen@co.kandiyohi.mn.us

(Minutes of past meetings are available at www.pact4.org)

PACT 4 NEWSLETTER

PACT 4 was formed on the principles of Wraparound. In this newsletter, and past and future newsletters, there are articles that revisit these principles and real-life examples of local people to demonstrate why Wraparound is a best practice.

"Wraparound is a team-based activity that helps groups of people involved in a family's life work together towards a common goal."

The Wraparound Process User's Guide: A Handbook for Families

A product of the National Wraparound Initiative, 2006

TEAM-BASED

"The Wraparound team is chosen by the family, and includes a blend of formal and informal supports.

An effective team provides support and accountability."

When Patty, a young mother, learned that her eleven-year-old son had Asperger's Syndrome, a disability on the Autism Spectrum, she did not know where to turn. The thought of entering the whole treatment system was overwhelming. A special education teacher connected her with a Family Liaison, who approached Patty about forming a Wraparound team. Patty agreed to try it. The first team that came together consisted of Patty, the Family Liaison, the Special Ed teacher, and a facilitator. Their team mission: To connect the family with resources and supports related to Autism.

Several months later, the team grew to include a Children's Mental Health county case manager, an in-home provider, and her son. A psychiatrist and an Autism Specialist were contacted by phone for recommendations and suggestions. True to its mission, this team creatively networked to help Patty and her family find resources. One team member contacted a friend who also has a son with Asperger's Syndrome to be another support for Patty.

Teamwork at its best involves brainstorming, networking, goal setting, achieving consensus and/or acceptable compromise, support, and accountability. The goal in Wraparound is to utilize the team process most effectively. When there are barriers to overcome, facilitators may have to take the team back to ground rules and the common team mission. Because Wraparound teams are chosen by the family, the chances for successful interaction and teamwork increase.

Patty's team recently commended her for how far she and her family had come. Her response was simply, "Now I have people."



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

PACT 4 Families Collaborative Summer Office Schedule is as follows:

Beginning June 2nd

Monday - Thursday 8:00 am - 4:30 pm

Friday 8:00 am - 12:00 pm

2008 Executive Board

Arliss Stenger, Parent (Meeker Co)
(Vice-Chair)
Serves through 2010 - 3rd Term
(320)453-8153/ arliss_stenger@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 CA 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

Relationship Building

“Relationship” is an intriguing word. It represents a concept that is so elemental and yet so complex. Everything we do is within the context of a relationship. From birth to death, our connections to others establish the foundation for all that is important. According to Jeree Pawl, “Babies develop a sense of security through being noted, noticed, spoken to over distance, rescued, protected, appreciated, and tethered across space and out of mutual sight - in other words, by being held consistently in someone's mind.”¹ Relationships begin with our first caregivers.

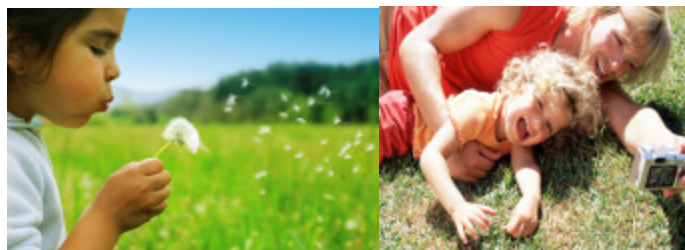
At the Full Collaborative meeting in May, PACT 4's Early Childhood Committee demonstrated an Incredible Years class. They stressed the importance of play in building a relationship with a young child and in creating a sound foundation for future relationships. The Incredible Years program reminds us that we can best impact a child by entering into and commenting on their play. Relationship was also a key element in a “May is Mental Health Month” presentation by Kandiyohi County Case Managers on May 20th. Each speaker emphasized the need for establishing a sense of trust if they are to help clients find resources and help them in the numerous issues they face.

Psychologists realize that treatment progress depends on developing a relationship continuum with their patients. Teachers recognize that relationship building is essential to learning. We are now learning that relationships also impact physical health. In a Yale University study of 194 heart attack patients, those who reported emotional support were three times more likely to still be alive six months after their attack than those with no support. And, in a study at Carnegie Mellon University, researchers dripped cold viruses into the noses of 276 volunteers, and quarantined them for five days. Subjects with a wide range of friends and acquaintances had one-fourth the chance of catching a cold compared to those with few friends. The positive and even preventive nature of affirming, personal relationships is quite astounding.

Whether we are delighting in being a new parent or working with children that have behavioral challenges, whether we are concerned about emotional development or building strong, healthy bodies, whether we work alone at a computer terminal or in the middle of a group of kids, we all need to look first at how we can best establish a connection with those around us. Positive relationships are a protective factor for young and old, rich and poor, famous and infamous. Ultimately the quality of our limited days on Earth depends on the connections we have made during that time.

Debb Sheehan
debb_s@co.kandiyohi.mn.us

¹ Pawl, J (Feb/Mar 1995). The Therapeutic Relationship as Human Connectedness: Being Held in Another's Mind. *Zero to Three Journal*



Chemical Health Coalitions

Here are some current and upcoming activities for the **Yellow Medicine** and **Renville County Chemical Health Coalitions**.

The ' Most of Us' Positive Community Norms Campaign

Consider these statistics:

- ??Most (54%) of the YME High School students don't use alcohol.
- ??88% of students have not driven a vehicle while drinking or after drinking alcohol.
- ??Most (74%) believe that their peers do drink and drive.

These are just examples of the messages that will be publicized through the ' Most of Us' Positive Community Norms campaign starting this fall.

The campaign's focus is to change the perceptions of the community regarding underage drinking. When we bridge the gap between the perceptions of our community and the reality, our attitudes and behaviors change. If the community believes that healthy behavior is the norm, we are more likely to engage in that behavior.

Locally, social norms marketing will examine the perceptions, opinions, and behaviors that inform daily choices and encourage people to make better, healthier decisions. One of the key elements of the campaign is individual conversations—within the family, within the school, and within the community—such as the town hall meetings that took place in April. Media and printed materials will also be developed.



The Coalitions also offer the following trainings and programs to Yellow Medicine and Renville Counties:

Walking the Talk

A training that assists parents and other adults in preparing to talk with their children about drugs and alcohol and setting clear guidelines regarding use.

Responsible Beverage Server Training

For those who work at establishments that serve alcohol to learn the laws about serving alcohol, about minors and underage drinking, and how to identify fake ID's.

Special Events Training

For those who will be serving alcohol at town celebrations and beer gardens. Participants learn how to set up a town event to reduce underage access.

Zero Adult Provider (ZAP)

Reduces underage access by identifying and charging illegal providers of alcohol. Stopping the flow of alcohol to youth is a crucial way to stop underage drinking.

Sticker Shock

School youth groups are planning to place stickers on cases of beer and bottles of alcohol at liquor stores to remind adults not to buy for minors. Stickers have been printed with the message of " DON'T BUY FOR US KIDS-IT'S AGAINST THE LAW'.

Project Northland Curriculum—6-8th grade

A school-based prevention program with goals to:

- ??Delay the age when young people begin drinking;
- ??Reduce alcohol use among young people who have already tried drinking; and
- ??Limit the number of alcohol-related problems of young people.

*Annie Tepfer, Coordinator Renville Co. Chemical Health Coalition
annie_t@co.renville.mn.us, (320)523-3845*

*Ann Orren, Coordinator Yellow Medicine Co. Chemical Health Coalition
annorren@frontiernet.net, (507)829-2241*

Help Squad Initiative

The Help Squad initiative is an effort to partner with the faith-based community to meet specific, individualized needs of families. It is being sponsored by the Bridge Builders Committee. Here is an update:



- ?? A church youth group in Spicer formed a "Happy Birthday" Help Squad. They have distributed several kits of cakes, party favors, and decorations to families who cannot otherwise afford to give their child(ren) a birthday party. The youth group raised money to provide a gift card for purchasing a birthday present. The youth pastor said it is amazing what this has done for the youth themselves.
- ?? A church group in Spicer has agreed to respond to emergency-type needs that arise. They recently collected items for a family in Granite Falls who lost everything in a house fire. A "Transportation Help Squad" delivered the items.
- ?? A "Transportation Help Squad" in Willmar delivers items as needed. They recently delivered a donated washer from Litchfield to Willmar to a mom who just regained custody of her four children, and is starting to rebuild her life.
- ?? A church in Willmar is currently in the process of forming a Help Squad, and is working with our Bridge Builders Committee to determine a mission.

Many social workers are encouraging families to express gratitude and look for ways that they can give back. We are trying to empower, not enable, and it is exciting to see various ways this is being carried out.

If you have questions or comments, or would like more information, please feel free to contact Char Erickson, Wraparound Coordinator, at PACT 4 Families Collaborative, 320.235.8907 or char_e@co.kandiyohi.mn.us.



21st Century Update

Physics Force visits RCW and Canby Districts

The University of Minnesota's *Physics Force* educated and entertained students, faculty and staff at RCW and Canby schools May 8 and 9, respectively. The daytime shows consisted of intriguing experiments that were explained with scientific principles. A hovercraft was used to explain objects in motion. A raw egg thrown into a sheet was used to explain why airbags are effective.

Students watched the performances with anticipation as a team of four physics/math teachers said, "We will now try the same experiment with bowling balls because quite frankly, they're more dangerous." They knew how to engage their audience and solicited eager student volunteers to assist with some of the demonstrations.

The show ended with a real bang when a fifty-five gallon drum imploded to show how the scientific principles of heating and cooling work. As students left the gym, they wanted to know when *Physics Force* will be returning.

Physics Force facilitated Parents and Children Experiencing Science (PACES) to 21st Century Community Learning Centers program families at RCW and Canby elementary schools as part of their evening activities. The PACES family night brought hands-on scientific learning and natural phenomenon demonstrations to parents and their children. Families investigated light rays, how they travel through space, how they bend, and what happens when they pass through objects.

Children and their parents were encouraged to make predictions and test their predictions, to be co-learners of science. One of the presenters encouraged families by saying, "Parents, let your children see you think." A participating father, whose third grade daughter enjoyed testing her dad's predictions, wondered aloud if he was on "Are You Smarter than a Third Grader." The PACES event was a fun night of family scientific learning.

Pam Hultquist, RCW 21st CCLC Site Coordinator, and David Leppke, Canby 21st CCLC Site Coordinator

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. For more information contact Sally Belgum-Blad, 320.231.7031 or sally_b@co.kandiyohi.mn.us



Students eagerly volunteer to assist with the *Physics Force* demonstrations.



A *Physics Force* team member demonstrates air pressure and molecular motion using a stool and rubber base.




A 55-gallon drum imploded after water vapor was sealed inside to cool.

Below is a copy of a pocket-sized mental health awareness card for students that provides contact information for community resources. These cards were developed by the **Adolescent Services Committee** of PACT 4 and distributed at schools. It is one example of reaching out to students to educate them on where to find help. PACT 4 also has other committees that meet monthly to further develop programs and the mission of PACT 4. If you are interested in serving on these committees, contact shawna.steffen@co.kandiyohi.mn.us, or check the calendar in this newsletter or the PACT 4 website for meeting times and locations. All individuals interested in making a contribution are encouraged to participate.

Be a Friend—Make a Difference



Scared?
Feeling anxious?
Are you stressed out?
Having harmful thoughts?
Wonder if you're pregnant?
Getting hurt at home or by someone else?



Call for help
Mental Health & CD Crisis -
Woodland Centers 320-231-9158 or 800-432-8781
Western Mental Health 800-658-2429
CD/Addictions -
Project Turnabout 320-564-0000 or 800-862-1453
Woodland Centers: 320-235-5700 or 800-432-8781
Pregnancy Concerns -
Kandiyohi Co. Public Health 320-231-7860
Meeker Co. Public Health 320-693-5370
Renville Co. Public Health 320-523-2570
Yellow Medicine Co. Public Health 320-564-3010
Physical/Sexual Abuse -
Shelter House 866-223-1111
Give this card to a friend in need

Evaluation Update

Every three years the Minnesota Student Survey (MSS) is administered to students in grades 6, 9, and 12. The survey gathers information from students about drug use and attitudes, as well as sexual behaviors, eating behaviors, physical activity, emotional well-being, injuries and violence. The survey has many uses for agencies planning for and working with youth. The most recent survey was completed in the spring of 2007 and data was provided to school districts and counties in December. PACT 4 uses MSS data in grant writing, and the evaluation team is currently compiling the 2007 data to use in future grant attempts. When the Spring 2008 SHARE Survey data is collected from all PACT 4 schools, we will attempt to relate SHARE data to the MSS data. This month I would like to provide some MSS data from questions that are new to the 2007 MSS. The specific questions I have chosen relate to inappropriate social behavior at school and while dating, and are not asked on the 6th grade version of the survey.

The number of students who selected: "Has a student touched, grabbed, or pinched you in a sexual way?" as something that has happened to them during the last 12 months on school property.

	9 th grade Males	9 th grade Females	12 th grade Males	12 th grade Females
Minnesota Data--	--20%--	--25%--	--24%--	--17%--
PACT 4 Schools--	--15%--	--20%--	--20%--	--11%--

The number of students who selected: "Has a student made unwanted sexual comments, jokes, gestures, or looks toward you?" as something that has happened to them during the last 12 months on school property.

	9 th grade Males	9 th grade Females	12 th grade Males	12 th grade Females
Minnesota Data--	--22%--	--36%--	--19%--	--26%--
PACT 4 Schools--	--20%--	--30%--	--17%--	--20%--

Those who answered at least once to: "During the last 30 days, how often has another student or group of students made fun of or teased you in a hurtful way, or excluded you from friends or activities?"

	9 th grade Males	9 th grade Females	12 th grade Males	12 th grade Females
Minnesota Data--	--38%--	--43%--	--26%--	--29%--
PACT 4 Schools--	--38%--	--43%--	--23%--	--29%--

Those who answered "yes" to: "Have you ever physically or sexually hurt someone you were going out with? (This might include shoving, slapping, hitting, or forcing them into sexual activities. This also includes *threatening* to do these things.)"

	9 th grade Males	9 th grade Females	12 th grade Males	12 th grade Females
Minnesota Data--	--3%--	--3%--	--3%--	--5%--
PACT 4 Schools--	--3%--	--3%--	--2%--	--4%--

Those who answered "yes" to: "Has someone you were going out with ever hit you, hurt you, threatened you, or made you feel afraid?"

	9 th grade Males	9 th grade Females	12 th grade Males	12 th grade Females
Minnesota Data--	5%	9%	7%	15%
PACT 4 Schools--	4%	9%	4%	15%

PACT 4 school data compares favorably to Minnesota data as a whole with all of the percentages being equal or less. It is important to keep in mind that this is aggregated data covering all of PACT 4 and if we looked at data from individual counties or school districts we would find data in categories that exceed the state data. Therefore it is important that individual counties and school districts look at their own data to identify concerns specific to their constituencies. It is also important to keep in mind that because MSS data is reported in percentages, it is easy to lose track of the actual numbers of youth being impacted. For example, 20% of 9th grade female respondents in the PACT 4 schools is 100 students and that is the number who claim to have been "touched, grabbed, or pinched in a sexual way" on school property in the last 12 months. Interestingly, the percentage of 12th grade males claiming that this same behavior has happened to them is also 20% (76 students), which is 9 percentage points higher than females in the same grade but twice the actual number of 38 female 12th grade respondents.

Dr. Ed Downey

ed_d@co.kandiyohi.mn.us

Full Collaborative—May Highlights

As noted in the last newsletter, PACT 4 has received a grant award for population-specific chemical health services. This grant will begin on July 1st, and includes 2.5 FTE new positions. This is the first time that PACT 4 has received a funding award for more than we requested.

The Early Childhood Committee had a presentation on the Incredible Years program, which included a mini-skits of what an actual class would be like. They're working on a flyer that would include county contact names and phone numbers.

Committee Reports:

Executive Board – reviewed budgets and spent time discussing the Parent Advisory Committee and a proposal for parent and youth support. Made a decision to continue the family liaison position currently being contracted through Woodland Centers. Talked about the school-based social worker positions that—beginning July 1st—will be funded 75% by the school districts. Four positions will be cut for the coming year: one at BOLD, two at Willmar, and one at YME. Discussed the LCTS payback issue in which the federal government decided after an audit that they had overpaid collaboratives. We will need to pay some money back, but it's not as much as originally anticipated.

Adolescent Services – discussed the Mental Health Awareness Needs Cards, which have finished being printed and are in the process of being distributed to all 6th through 12th grade students in all partner school districts. The next phase is making a poster from the card to hang up in places around the communities, placed that would be good visibility spots for teens.

Early Childhood – tweaked today's presentation and discussed how to continue the Incredible Years curriculum and training into the future, including how to finance it. The committee would like to put the Incredible Years service model in writing to use for grant writing in the future. For the Brain Conference, the committee is challenging all other committees to come up with two exhibitors each to have a staffed display, and wrote up a tip sheet to help secure them.

Elementary/Middle School-Age – the committee is still looking towards having Dr. Bluhm in 2009 for a school connectedness training. Will devise a social marketing campaign to build school connectedness with parents, teachers, and administrators, leading up to Dr. Bluhm's appearance.

Mentors – celebrated Lori Clasemann, who was named the Northern Division Volunteer of the Year. Continued to discuss sustainability. Discussed the interview process and what kind of questions to ask potential mentors and children. Members will bring samples next month.

Wraparound – a new brochure is done and will be available on the website and at PACT 4. The DVD is in the final editing stage and will hopefully be available soon. The committee discussed best ways to distribute it. Also looked at results of evaluation tools and surveys that are filled out after team meetings. Teams will begin to implement a progress tool.

Parent Advisory – had a successful garage sale fundraiser, and hope to participate again in the fall. Received and discussed information from the Executive Board on how to decrease costs. The committee is still doing a cookbook fundraiser and needs recipes. They can be sent to Julie Slaughter.

Grant Reports:

Restorative Justice – Tricia Buggs has been hired as the new coordinator. So far, she has recruited fourteen new volunteers. She has been meeting with community representatives to develop working relationships to build up the program once again.


SHARE – We're 2 ½ years into the grant, and are applying for a no-cost extension for year four. The hope is to keep similar programs in schools, but cut back on training dollars. The semi-annual report has been completed and submitted. The advisors and liaisons met this morning and shared notes and ideas. They're planning a retreat in August. A sub-committee has been meeting to work on ways to provide additional mental health services in schools for year four. The Coordinating Council meets following the Collaborative meeting today.

Chemical Health Coalitions – through the grants, response clickers were purchased to help with surveys, etc. They will be used in the classrooms with youth to get opinions on social marketing materials. Answers are chosen by pressing a button on the card-sized device, and responses are totally anonymous. This will help with the goal of bridging the gap between perceptions and actual use of alcohol, tobacco and other drugs. Both grants have sets of these clickers and they will be used to help build a social norms campaign. Renville County is working on a sticker shock campaign: area youth groups visit liquor stores, putting stickers on cases and bottles of alcohol, reminding buyers not to provide alcohol for youth. GFW has Tammie Knick teaching the Class Action and Project Northland curriculums and RCW has Sarah Reznecheck teaching the Towards No Drug Abuse curriculum. Yellow Medicine County has Canby kids are going to have a dunk tank fundraiser and are doing a sticker shock campaign as well.


21st Century Learning Center – Canby and RCW hosted the University of Minnesota Physics Force program. Each school involved in 21st Century programming will have access to this program sometime in the three years of the grant. Reports are that Study Island has helped improve MCA scores, and the kids reported that they seemed much easier this time, so the purchase seems to be proving to be a good investment. This is one concept that those who wrote the grant had hoped for, and is now being realized.

For the most up-to-date list of events, check the PACT 4 website at www.pact4.org

June 2008

Mon	Tue	Wed	Thu	Fri
2	3 : 21st Century Advisory Comm; 8:30-10:00am; #2055 : Executive Board; 11:30-2:00; #2055	4 : PACT 4 Staff mtg; office closed ; 8:30-10:00am	5	6
9 : Circle; 5:30 pm; Lakeland Ctr; Seminar 4 : Parent Advisory Comm; 6:00 pm; YMCA	10	11 : Committees & Full Collaborative; 10:00-2:00; Peter's on the Lake, Litchfield	12 : Restorative Justice Advisory Comm mtg; 12:00-1:00pm; Blue Heron, Willmar	13 
16	17 : 21st Century MN DNR Trng; 9:00-3:00; MPR	18 : Elementary/Middle School Age Committee; 9:30 –12pm; #2055	19	20
23 : Circle; 5:30 pm; Lakeland Ctr; Seminar 3	24	25	26	27
30 Happy Birthday to our Director-Debb Sheehan!				

July 2008

Mon	Tue	Wed	Thu	Fri
	1 : Executive Board; 11:30-2:00; #2055	2	3 	4 Independence Day Office Closed
7 : 21st Century Site Coord Mtg; 1:00-3:00pm; #2057	8	9 : Committees & Full Collaborative; 10:00-2:00; KCHHSB; Willmar	10	11
14 : Circle; 5:30 pm; Lakeland Ctr; Seminar 4 : Parent Advisory Comm; 6:00 pm; YMCA	15	16	17	18
21	22	23 : 4-County ATOD Networking Mtg; 9:00-11:00am; #2055	24	25
28 : Circle; 5:30 pm; Lakeland Ctr; Seminar 4	29	30	31	

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.



Summer Camp News

This will be the eighth year that the **Carl and Eloise Pohlad Family Foundation** has provided funding for kids to attend overnight summer camps. PACT 4 registered 26 kids who have never been to camp, to attend camp through these scholarships. Parents received information from school and agency staff who have also followed up with forms and signatures and are now preparing their kids for summer camp. Jill Meyer at the PACT 4 office oversees the implementation of this grant. If you work with a child who is going to camp, PLEASE CALL the PACT 4 office if plans change. There are kids on the waiting list to attend a camp this summer. In the past we have been able to make arrangements mid-summer to still attend. Thank you to all who have helped make this possible. Enjoy your summer!

Rick Loeth
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PACT 4 Families Collaborative
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RETURN SERVICE REQUESTED