

**PACT 4
FAMILIES
COLLABORATIVE**

THE NEXT FULL
COLLABORATIVE
MEETING IS:

October 13, 2010

Project Turnabout, Granite Falls

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

OCTOBER 2010

Culturally Competent Programs:



According to SAMHSA (Substance Abuse and Mental Health Services Administration) a culturally competent program is one that demonstrates sensitivity to and understanding of cultural differences in program design, implementation, and evaluation. Culturally competent programs:

- Acknowledge culture as a predominant force in shaping behaviors, values, and institutions
- Acknowledge and accept that cultural differences exist and have an impact on service delivery
- Believe that diversity within cultures is as important as diversity between cultures
- Respect the unique, culturally defined needs of various client populations
- Recognize that concepts such as "family" and "community" are different for various cultures and even for subgroups within cultures
- Understand that people from different racial and ethnic groups and other cultural subgroups are usually best served by persons who are a part of or in tune with their culture
- Recognize that cultural diversity enhances us all¹

¹U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, Center for Substance Abuse Prevention, Center for Substance Abuse Treatment, National Clearinghouse for Alcohol & Drug Information. (September 2004). *Technical Assistance Bulletin: Following specific guidelines will help you assess cultural competence in program design, application, and management.* Retrieved December 5, 2005, from <http://ncadi.samhsa.gov/govpubs/MS500/>

Have you ever considered running for the Executive Board of PACT 4?

Elections for board membership will be conducted at the NOVEMBER Full Collaborative meeting in Olivia. Open positions:

- Parent position -- need not be the parent of a child with SED
- School Administrator
- Mental Health Administrator

If you are interested in getting to know more about the workings of your collaborative and have an important role in decision making we need you! Please notify Jolene Borka of your interest: 302-231-7030 Extension 2966 or jolene_b@co.kandiyohi.mn.us

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."

Relying on Local Expertise and Resources for all Children and Families

RECENTLY, THE Minnesota Department of Human Services (DHS) issued a request for proposals to increase the availability of mental health services for children from cultural and ethnic minorities. Below are some excerpts from a letter I sent to the DHS grant coordinator, after we decided the parameters of the RFP were too restrictive for us to apply.

... I feel it is incumbent on me, as director of a children's mental health and family services collaborative, to give you some direct feedback about the implications of this RFP to providers and clients in rural Minnesota.

When the notice for this grant was published, we immediately began to meet with mental health providers, integration professionals and social service representatives in our four counties in west central Minnesota. These providers all expressed great interest in developing more of an infrastructure to meet the needs of their clients from diverse minorities. Together we began to develop a plan that would draw on people of a variety of backgrounds to assist in increasing the number of practitioners and ultimately the number of mental health professionals from cultural and ethnic minority communities. We hoped to essentially "grow" local expertise in working with children from these minorities that have mental health needs. Then, we sat in on the conference call for prospective grantees.

During the conference call it was clear that the grant has many exciting options, but almost none for those of us working with children in rural Minnesota. It is true that it is optimal to support minority practitioners to become professionals; and we would love to be able to do so. Our challenge is that there are very few minority people who are at this level educationally and experientially living outside the metropolitan area. In fact, among the four mental health providers in our area, there are none. Every one of our mental health organizations said that if minority practitioners or professionals were interested in working in our location, they would hire them without this type of grant. What we really need is a method to hire people at a lesser level of expertise and help them to develop the skills, interest and expertise to become a practitioner and support their professional development...

While this RFP ended up not being an option for PACT 4 and our partners serving children of cultural and ethnic minorities, the process was one of strength and purpose. Not only is it clear that there are many needs for intervention in our four counties with a population that is growing more diverse each year; it is equally apparent that our partners are looking for opportunities to be responsive to their needs in a culturally sensitive and supportive manner. Hopefully, DHS will consider the unique needs of rural Minnesota in future grants—in the meantime, we will continue to work together to assure that all children and families have options to meet their distinctive needs.

*Debb Sheehan, Director
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Dear Partner,

I regret to inform you that PACT 4 Families Collaborative has allocated all its funds for calendar year 2010 under the discretionary grant and flex fund categories. While many worthwhile projects and families were supported over the year our entire budget of \$40,000 has now been allocated. We will no longer be accepting applications for either discretionary or flex funds through December, and any received requests will be returned.

January 1, 2011 begins a new fiscal year, so requests for funding will be accepted after that date. Thank you for your patience and your commitment on behalf of at-risk children and families in our four counties. Sincerely, Debb Sheehan Director, PACT 4 Families Collaborative

Alcohol Tobacco and Other Drugs

Cultural Needs Assessment within the Latino/Hispanic Community in Renville County

The field of alcohol, tobacco, and other drugs (ATOD) has made strides in recognizing the importance of culture in the design and implementation of prevention services. The provision of culturally competent services for Latinos is a goal the RAPAD Coalition must strive to achieve.

In spring 2010, Wilder Research—with the help of the RAPAD coalition coordinator—assessed alcohol, tobacco and other drugs (ATOD) prevention needs within the Latino/Hispanic cultural community of Renville County. Two focus groups were conducted within the Latino/Hispanic community—one youth and one adult. The adult group was facilitated in Spanish, while the youth group was facilitated in English.

The RAPAD coordinator, with assistance from a Latino parent, recruited 17 youth and 12 parents to participate in the focus groups. Youth and adults were asked about perceptions of ATOD use, concerns regarding ATOD use among youth, ideas of engaging youth and parents in prevention efforts, thoughts on current ATOD prevention efforts, and suggestions for prevention programming.

Community Perceptions:

- Focus group participants felt ATOD use was unacceptable and harmful to one's body and health.
- Some Latino adults felt drinking alcohol and smoking cigarettes was normal in the community.

Concerns about ATOD use among youth and adults:

- Youth were concerned about ATOD use in their communities.
- Latino adults were less concerned about ATOD use because they felt their community was small.
- Youth expressed concerns about alcohol use among adults in their family.
- Youth also expressed concerns about youth use of alcohol and drugs.



Community strengths:

- Youth activities were seen as positive outlets for youth to stay ATOD-free.
- Adults felt good communication between parents and their children protects against ATOD use.

Current ATOD prevention efforts:

- Most focus-group youth were involved in an ATOD prevention youth group. They enjoyed being involved in ATOD prevention efforts and being around other ATOD-free youth.
- Adults from both communities were generally unaware of any current ATOD prevention efforts.

Suggestions for future ATOD prevention efforts:

- Making more youth activities available in the community.
- Having better communication with teachers to work with parents monitoring youth.
- Developing a teen center.
- Establishing youth support/therapy groups.
- Building a partnership between cultural community groups and the coalition to increase awareness of ATOD use in the community.

Recommendations:

- Designate youth advocates to promote the youth group and engage their peers.
- Provide information to parents about how to talk to their children about ATOD.
- Support and foster positive relationships and communication among parents, teachers, and other school staff.

Annie Tepfer, RAPAD Coordinator
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Renville County Receives Drug Free Communities Grant

The White House Office of National Drug Control Policy (ONDCP) directs the Drug Free Communities (DFC) Support Program in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA). This anti-drug program provides grants of up to \$125,000 to community coalitions that mobilize their communities to prevent youth alcohol, tobacco, illicit drug, and inhalant abuse. Community coalitions include youth, parents, media, law enforcement, school officials, faith-based organizations, fraternal organizations, state, local, and tribal government agencies, healthcare professionals, and other community representatives. The Drug Free Communities Support Program enables the coalitions to strengthen their coordination and prevention efforts, encourage citizen participation in substance abuse reduction efforts, and disseminate information about effective programs.

With the help of PACT 4 Families, Renville County applied for a DFC Grant and recently received notice of funding for five years beginning October 1, 2010. This is fabulous news for the communities in Renville County who have worked during the past four-plus years to develop an effective community coalition. The RAPAD coalition, initiated under a state-funded grant awarded to PACT 4, will have until June of 2011 working under both the existing state grant with its focus on alcohol and the new federal grant which covers all illicit drug use. After June, RAPAD will continue its efforts with help from the federal DFC funding.

Renee Brandt has been hired to work with the state prevention grant to complete the Most of Us initiative and other extensive efforts focused primarily on prevention of illegal alcohol use. Annie Tepfer will continue in her role as coordinator but will now be funded by the DFC grant and with expanded effort on the entire county.

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.



21st Century Community Learning Center

Eden Valley/Watkins School—Hands on Learning Expands our World! Program

Our programming expanded this past year with the addition of our elementary site serving grades 3-6. With this expansion we were able to touch the lives of over 60 youth! Thank you PACT 4 Families for making this possible in the Eden Valley-Watkins school district, where over 40 participants from grades 3-6 and over 20 participants from grades 7-10 were able to truly “Expand their World” through “Hands on Learning” activities during this past academic school year (2009-2010) and this summer.

The summer offered many wonderful and exciting opportunities where our youth began their journeys as Minnesota Voyagers. The first stop was a three-day trip to Duluth, MN. This trip was a celebration for our youth who attended 30 or more days of programming in the 2009-2010 school year.

Their first day consisted of visiting the North West Company Fur Post, Jay Cooke State Park, and the Duluth Zoo. On day two our youth voyaged to the Split Rock Lighthouse and toured both the William A. Irvin ship and the Train Depot. The final day had our youth journeying into the depths of the Sudan Underground Mines and taking in the views at the Mineview in the Sky visitor center.

Other excursions EV/W participants experienced throughout the summer months included a trip to the Mill City Museum in Minneapolis, Stearns County Museum and Munsinger Clemens Botanical Garden in St. Cloud, the Science Museum in St. Paul, Valleyfair in Shakopee, geocaching & swimming at Sibley State Park in New London, and the Chanhassen Dinner Theatre.

Through the help of resources such as Valleyfair's Physics curriculum and NPASS2 (National Partnership for After School Science to Scale) Balls and Tracks unit, our youth were able to put their physics skills to the test. Part of the curriculum involved youth researching different rides on the internet to determine their average speed and the gravitational potential energy. Equipped with this newfound knowledge, youth built a ball and track model to reflect the findings of their chosen ride.

During their fieldtrip to Valleyfair, the staff and youth were able to explore each of their rides first hand and compare their initial calculations. They also participated in a scavenger hunt of the park. Three times during the day all staff and youth came together to discuss their findings and to journal their experiences.

of reflection was in high gear with all youth and staff. Many of the youth shared they had no idea how rides actually worked and how important physics was in the creation and design of amusement rides.

Two of the life skills our youth were introduced to this summer were etiquette and making healthy food choices. The Chanhassen Dinner Theatre experience not only gave all participants the opportunity to put their etiquette skills to the test but they were able to see the fine art of acting in person. During the school year, both the secondary and elementary sites worked with a Reader's Theater curriculum to learn the art of expression, enhance literacy skills, and develop public speaking confidence. The experience was enriched by adding elements of makeup and costume, as well as a rehearsed performance of the Reader's Theater drama. Participants had a blast and reading was a hit!

The Chanhassen staff that encountered our group expressed how impressed they were with the behavior and manners our youth displayed during their visit. This was a great compliment to our EV/W participants and staff and is a reflection of our programming.

*Denise DeJuliannie
EV/W Site Coordinator*



On the bus ride home a time



Bridge Builders Brown Bag



Join us for the first "4 B's" Networking Lunch!

In these times of dwindling resources, we need to make the most of our collaborative resources! Bridge Builders is sponsoring the first **themed networking event**, where agencies and providers can collaborate, join forces, inform and learn from others, and exchange ideas over lunch.

DATE: Tuesday, October 19, 2010

TIME: 12 noon – 1:00 PM

LOCATION: Multi-Purpose Room

Kandiyohi County Health and Human Services Building

THEME: HOUSING AND ENERGY RESOURCES IN KANDIYOHI COUNTY

GUEST SPEAKER: Diane Maurice, Kandi Power Cooperative

"Helping Consumers Get the Most from Energy Resources: Tips for Saving Money and Communicating with Providers"

Those who work with housing and energy resources are encouraged to attend, but **EVERYONE** is welcome to come and learn about housing programs and energy resources in Kandiyohi County!

You may briefly share what your agency/organization offers, and also learn about other programs and resources currently available.

Bring brochures or other information; brief power point presentations are welcome (Projector is available)

Beverages will be provided

Please contact Christy Kurth at 235-2641 with any questions

Bridge Builders values the creation of caring communities by welcoming all, valuing all, supporting all and learning from all.

Bridge Builders is an ad hoc committee made of representatives from the following:

Willmar Area Food Shelf
Heartland Community Action
PACT 4 Families

United Way
Goodwill Easter Seals
The Link

CIRCLE
Habitat for Humanity

FREE PARENT TRAINING



Sponsored by

THE PACT 4 FAMILIES PARENT ADVISORY COMMITTEE

"GUARDIANSHIP: WHAT YOU NEED TO KNOW"

What is guardianship all about?

Who needs a guardian? Who can become one?

Guardian, Power of Attorney or Conservator ~ what's the difference?

Timelines: When should the process begin? How does the process work?

Monday, October 11, 2010

6:00 – 7:30 PM

Multi-Purpose Room

Kandiyohi County Health and Human Services Building

Presenter:

Greta Smolnisky, Attorney
Smolnisky & Kinney

Project Manager of PACT 4 Families Mental Health/Juvenile Justice Grant

All parents (and interested others) are welcome!

- ⬇ Bring your questions about guardianship
- ⬇ Learn about the PACT 4 Families Parent Advisory Committee (PAC)
- ⬇ Meet and network with other parents
- ⬇ Light refreshments will be provided

Reservations are helpful. To RSVP call Shawna, 231-7030 Ext. 2961

NOTE: Although this training is intended for parents, anyone who is interested is welcome!

The Parent Advisory Committee (PAC) is comprised of parents in the counties of PACT 4 Families Collaborative: Kandiyohi, Meeker, Renville, and Yellow Medicine. The PAC mission is to be the voice of parents in the four-county area, and to share that voice with PACT 4 partners.

Wraparound

"Wraparound is a small scale example of the larger picture of collaboration."

IF YOU WOULD like to get a small picture of what collaboration looks like, observe a Wraparound team in action. You will likely see representatives of a variety of agencies, family members, and their informal supports all sitting around the table, working towards a common goal. You would most likely observe a lot of brainstorming, networking and exchanging of ideas related to a common team mission.

You would also probably witness some differences of opinion. Hopefully, these differences would be a source of creativity rather than a source of conflict. Many teams represent a very diverse group of people.

Not long ago I was part of the Wraparound team that was experiencing some conflict related to "diversity." We stopped for a moment to reflect on the role of each person on that team. One by one, each person identified his or her role on that Wrap team. One person thought of himself as the historian, reminding the team of what had worked in the past. One individual saw herself primarily as a "silent support" for the mom. Mom's role was to advocate for her son. The role of the therapist was to provide clinical understanding of the youth's disability. The social worker saw himself as a broker of resources and services. Another team member felt it was her role to provide hope when the team was discouraged. The facilitator had the task of making sure everyone's voice was heard and ground rules were followed.

It turned out to be a fruitful exercise. Everyone had a purpose on the team, and while everyone's role was different, the team mission was the same. Recognizing that team members can view the same issue in a different way, based on their particular role, was enlightening to this group! It ultimately became a celebration of diversity and collaboration.

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

September Full Collaborative Highlights

Speed Networking—A structured, organized networking activity, modeled after the speed-dating concept, was used to gain as much information about each other in as short a time as possible. This activity took up the bulk of the meeting and many positive comments were given about how helpful it was.

Committee Reports:

Executive Board – the audit is complete and things are going well. The board will have a retreat tomorrow to discuss who PACT 4 is, what is impacting us, and what we will/should “look like” in the next five years. Debb reviewed the LCTS state claiming process and how she has been exploring how it all works. The social service directors in all four counties met and decided on a unified, more-friendly definition of “at risk of out-of-home placement” for the purpose of qualifying kids for the Time Study. We’re hoping it has a positive impact. Renville County has been awarded a five-year Drug Free Communities grant, which will begin October 1st, 2010. Yellow Medicine also applied for a grant but was not funded. We will assist them in applying again next year. One difference between the drug-free grant and the current grant is that the drug-free one will also target tobacco use.

Adolescent Services – talked about a future focus for the committee, which is: youth who need mental health resources and how to prevent stigma. At the next meeting members will bring resources and brochures.

Early Childhood – spent a lot of time talking about 2010/11 goals. The committee heard a Birth to Five grant update, and that the referral process from APMC doctors to public health contacts is working so well that they will expand the use of the ASQ-SE tool to the New London clinic, and then hopefully to other counties. The West Central Tribune recently carried an article about the grant as a front-page feature. The group discussed *The Way I Feel* book and the possibility of using grant funds to buy some to use as outreach/marketing tools. The meeting finished with a discussion about young children and their transition to an elementary school setting, and how to replicate what Mary Kay Sinner in Renville County is doing to address this transition.

Elementary/Middle School-Age – the committee would like to recruit more active partners and have more intentional recruitment at the schools.

Wraparound – working on a survey for partner agencies to determine how much Wraparound is being used and the awareness of it. Upcoming trainings include a December 3rd orientation training, and a January 21st skills training, with the focus on empowering youth to be involved in Wraparound and how to make teams as productive as possible.

Parent Advisory Committee – finalized plans for a parent training on October 11th on issues relating to guardianship—Greta Smolnisky will be presenting. The PAC is hoping to use the training as outreach or promotion of the committee. Information is in September’s newsletter and will also run in October.

Upcoming Trainings/Workshops:

1. Boundaries and Ethics Workshop, October 20th, call Shawna at PACT 4 register.
2. Greater Minnesota Family Services’ 14th annual training, featuring Mike McGrane and focusing on domestic abuse and the impact on the family, October 21st, registration information is on their website.
3. PACT 4’s 9th annual Brain Conference, November 16th, brochures will be available in October.



Did you know?



Autism is the result of alterations in how the brain processes information that alters how the mind sees the world.

Join us TUESDAY, NOVEMBER 16, 2010
PACT 4’s 9th Annual Community Conference on the Brain

Keynote Speaker: Nationally Acclaimed Expert on Autism, Nancy Minshew, M.D.

and numerous local experts providing insights and practical knowledge about living and working with people that have autism.

October				
Mon	Tue	Wed	Thu	Fri
				1
4 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	5 ■ Executive Board Mtg; 11:30-2:00; #2055 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	6	7	8
11 ■ 21st CCLC Coordinator Mtg' 9:00-11:00; #2057 ■ Parent Trng (see page 5)	12 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	13 ■ PACT 4 Comm. and Full Collaborative meetings-Granite Falls; Early Childhood meets at 10:00 & all others at 10:30; check website for details on committee times (RSVP) ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	14 ■ KC Community Circles Steering Comm; 12:00; The Oaks at Eagle Creek (Willmar) ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	15 ■ Special Populations Grantees Quarterly Mtg; #2057
18 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	19 ■ Bridge Builders Mtg (see page 5) ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	20 ■ PACT 4 Staff Mtg; 8:30-11:30; MPR OFFICE CLOSED DURING MEETING ■ Boundaries & Ethics Trng; 1-4; MPR	21	22
25	26 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	27 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	28 ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	29

November				
Mon	Tue	Wed	Thu	Fri
1 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland	2 ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr	3	4	5
8 ■ Parent Advisory Mtg; 5:30-7:30; YMCA (RSVP)	9 ■ 21st CCLC Advisory Mtg; 8:30-10:30; #2035 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	10 ■ Executive Board Mtg; 9:30-11:30; Master's-Olivia; ■ PACT 4 Comm. and Full Collaborative meetings-Olivia; Early Childhood meets at 10:00 & all others at 10:30; check website for details on committee times (RSVP) ■ CEO Board Mtg; RCOB-Olivia; Following FC mtg ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	11 VETERAN'S DAY-PACT 4 OFFICE CLOSED 	12
15 ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	16 Brain Conference ■ Willmar RJ Circle #4; 5:30-7:00; Lakeland Ctr 	17 ■ KC Comm. Circles Volunteer Mtg; 11:30-1:00; #1010	18	19
22	23 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	24 ■ Willmar Transition Circle; 5:30-7:30; Lakeland Ctr	25 THANKSGIVING HOLIDAY OBSERVED PACT 4 OFFICE CLOSED	26
29	30			

All Willmar meetings are held at the Kandiyohi County Health and Human Services Building (KCHHSB) unless otherwise noted. (MPR=Multi Purpose Room)

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
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Amy Wilde, Meeker County; (320) 275-3684
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RETURN SERVICE REQUESTED