

North Country Prevention Newsletter

Date: January 2009

North Country Prevention Newsletter

Welcome to another edition of the North Country Prevention Newsletter. This is a monthly electronic communication to and for the North Country Prevention Coalitions including the Juvenile Justice Project, Northern Grafton County Coalition and Task Force, Coos County Coalition, North Country Prevention Network, Woodsville Area Stakeholders and the Coos County Family Support Project, community partners, program participants, the community and interested stakeholders and is a project of North Country Health Consortium's Community Substance Abuse Prevention Program.

We invite items for the newsletter from our readers that relate to prevention, youth and parent programs, new developments, training and opportunities. The deadline for submissions to this monthly newsletter is the 26th of each month. Send items to vherres@nchcnh.org.

To remove your name from this email list hit reply and type "remove from list" in the subject box.



New CSAP staff at NCHC from left, Drew Brown and Diana Gibbs.

[Mini-Grants for Youth Coming to the North County](#)



The North Country Health Consortium's Substance Abuse Prevention Network of Coalitions has funding to launch an initiative that will support youth groups throughout the region to engage in environmental strategies to prevent and reduce alcohol, tobacco and prescription drug abuse among youth and adults.

The NCHC Substance Abuse Prevention Network will provide mini-grants of up to \$1,000 to 20 groups of young people in the 5th through 12th grades in the coming year. Technical assistance will be provided to youth groups to help them complete their applications and their projects successfully. Three events are planned to bring youth groups together over the course of their projects: 1) an initial training on environmental prevention strategies and an orientation to the proposal guidelines (scheduled for January 30th via teleconference to multiple schools); 2) a mid-project networking event with a youth

[Welcome to 2009!](#)

[New Staff at North Country Health Consortium's Community Substance Abuse Program](#)

North Country Health Consortium's Community Substance Abuse Prevention Program has two new staff members. Diana Gibbs is the new Coordinator for Alcohol, Tobacco and Other Drugs and will be working primarily in the Youth Leadership Project and the Tobacco Program and Drew Brown, who has been the Information Tech at NCHC, will be working part time on special projects. To reach the new staff, for Diana email her at dgibbs@nchcnh.org and for Drew email him at dbrown@nchcnh.org. Both can also be reached by phone at 837-2519.

leadership development component; and, 3) a final networking and appreciation event that will showcase the completed projects.

A mini-grant application packet will be made available on-line and by mail. 'Save the Date' cards announcing the January 30th training will go out to a broad variety of organizations and community groups before the end of the year. These will include information about how to access the application packet and how to get more information. Application packets will include:

- A descriptive narrative about the overall project that includes the purpose and goals, and a brief introduction to environmental strategies,
- A list of activities from which to choose,
- A timeline for project activities,
- A guidance checklist,
- Simple agreements to be signed by the group sponsoring the activity and by the youth participants,
- A basic budget template,
- An invitation to the training meeting for more information on submitting an application, and
- Contact information for technical assistance.

The mini-grant application will require the following elements:

- Signed agreement by the sponsoring organization or group agreeing to report back on project outcomes and spending,
- Photo / data collection releases with a minimum of five youth,
- A budget for the project not to exceed \$1,000,
- Choice of one proposed strategy from the list provided, and
- A 1 to 3 page narrative describing: 1) how the group will conduct the activity, 2) how the group will document their activity, and 3) what other community partners are involved or might be needed.

Projects are expected to begin in mid-March and conclude by the end of the school year.

Valerie Rella Elected to the Coos County Coalition Executive Committee.

Valerie Rella, Student Assistance professional in the Colebrook Schools and Certified Prevention Specialist, has been elected to the Coos County Coalition Executive Committee. Members of the Executive Committee provide a wide representation of the Coalition's communities as well as covering

the continuum of services from prevention to intervention to treatment.

Charlie Cotton who is the area coordinator for Northern Human Services in both Berlin and Colebrook has stepped down as a member of the Executive Committee after serving 4 years. Charlie has been an active member of the Coalition from its beginning in 1999 when the Coalition received a State Incentive Grant from the NH Drug and Alcohol Office (NH DADAPR). Many thanks to Charlie for his long service to the Coalition's important work.

Members of the Executive Committee who attended the December 18th full membership breakfast meeting at UNH Cooperative Extension in Lancaster received certificates for their many years of service. Other members of the Executive Committee are Larry Barker, Youth Development Educator at UNH Cooperative Extension for Coos County; Lori Foster, Area Director with Familystrength; Donna Cummings, Coordinator of the RESPONSE Program (Addressing Domestic and Sexual Violence) at Coos County Family Health Services; Bob Thompson, Coordinator of the North Country Substance Abuse Prevention Network, one of the 10 community coalitions funded through the State Incentive Program – Strategic Planning Framework; Chief John Gardiner with the Lancaster Police Department and His Honor James Michalik, who works in the three Family Courts in Coos County.

The Coos County Coalition Executive Committee, a seven member board that provides guidance and makes recommendations to the full membership, meets on alternative months. Guests are welcome to attend. Please RSVP Valerie Herres if you plan on attending at vherres@nchcnh.org or 837-2519



Presentation of 'Certificates of Appreciation' to members of the Coos County Coalition Executive Committee. From left to right, Valerie Herres, Lori Foster, Charlie Cotton, Larry Barker, Chief John Gardiner and Diana Gibbs.

Strategic Planning Framework – State Incentive Program (SPF-SIG) Completes North Country Prevention Network Strategic Plan

Nicole LaPointe, SPF-SIG North Country Evaluator and Bob Thompson, Coordinator of the North Country Prevention Network have completed the Strategic Plan for the next year. Some of the initiatives will be the youth mini-grants, reducing access to alcohol, and social norms campaigns. The SPF-SIG is a network of all the Substance Abuse Prevention Coalitions in the North Country and the Strategic Plan has been planned to coordinate with member Coalition on activities.



Finishing up last minute details and burning the midnight oil on the SPF-SIG Strategic Plan from left to right are Bob Thompson, Network Coordinator and Nicole LaPointe, Network Evaluator.

Juvenile Justice Project/Tobacco Prevention and Control Committee

The Juvenile Justice Project and Tobacco Prevention and Control Committees held a joint meeting on Monday, December 15th at the Berlin Correctional Facility for a meeting to discuss programs and projects. The group reviewed the Youth Leadership Project and asked members for ideas and contacts for North Country youth groups.

The Great American Spit Out (scheduled for February) which targets prevention of the use of chew tobacco was also discussed.

Denise Michaud from the Department of Corrections also gave a presentation on a new parenting program, called “Families in Connection Center,” which focuses on providing support and guidance to corrections inmates and their families. Denise pointed out that there are currently 1.8 million Americans in prison of which 55% of the men and 65% of the women are parents. About 2.3 million children have incarcerated parents. Unfortunately the children are the forgotten victims.

The impact on a child who has an incarcerated parent depends on many factors. These are:

- The age of the child;
- If the child saw the arrest;
- If the child witnessed the crime;
- The strength of the parent-child bond;
- The community stigma against the crime, incarcerated parent and the family;
- The family’s resources;
- Whether the child was exposed to trauma;
- And what the child was told about the situation and crime.

The Families in Connection Center started in Laconia in 2004 in partnership with the Division of Children, Youth and Families (DCYF) and the Berlin project started in October 2008. The mission of the Center is to “strengthen the connection between an incarcerated parent and their families.” If this occurs, everyone benefits including society since recidivism is less likely.

The Center also accepts future parents. The parenting class is 18 hours long. Along with the classes, there is a father support group, a life skills seminar, a virtual-video visitation system and books on tape. Visits last 30 minutes with one visit per child per week. Evaluation of the program is on-going. However results so far indicate that for participants:

- 71% of the fathers who lived with their child prior to incarceration had increased knowledge;
- The parent was more likely to pay child support;
- The parent was less likely to return to prison;
- They had increased parent skills;
- The child and inmate developed a healthier relationship that can break intergenerational cycles of criminality.

The Juvenile Justice Project began over 2 years ago in order to address the high rates of youth in Coos County that were court involved at ages younger than the rest of the state. The Project worked together on a needs assessment to understand what resources were available and where there were gaps in services.

Currently the Coos County Juvenile Justice Project is a committee of the Coos County Coalition and is working on collaboration between organizations and programs that recruit adult mentors for youth, support of court diversion efforts in the region, exploring establishing a pilot teen court, and finding additional resources to prevent juvenile delinquency and support already identified youth at risk for court involvement.

The project meets monthly at the locations of various members. The next JJP meeting is scheduled for Monday, January 26th from 8:30 to 10:00 am at Northern Human Services in Berlin. For more information on the Coos County Juvenile Justice Project or programs contact Valerie Herres at vherres@nchcnh.org or call her at North Country Health Consortium at 837-2519.

Lisa Remick from the DEA and Chief John Gardiner Present Information on NH Drug Trends at December 18th Coos County Coalition Meeting



Members of the Coalition listen to Lisa Remick from the Drug Enforcement Agency at the December 18th Coos County Coalition Meeting. From left to right are Sue Buteau, Tara MacKillop, Lisa Remick, Becky Wallace, Charlie Cotton, Lori Foster and Diana Gibbs.

Full membership meetings take place at UNH Cooperative Extension in Lancaster. The breakfast meeting runs from 8:00 to 9:30 am.

Future full Coalition meetings will be on Thursdays, from 8 to 9:30 on the following dates:

- February 19
- April 16
- June 18
- August 20
- October 15
- December 17

Coos Families Connected

The next meeting of Coos Families Connected is scheduled for Thursday, January 15th in Groveton at Northern Human Services starting at 7:00 pm. Coos Families Connected is an advisory board for the Coos County Family Court and is currently working on an internet resource guide and for resources for Family Court involved families. Contact Valerie Herres at vherres@nchcnh.org for more information.

Littleton Area Substance Abuse Prevention Coalition Meeting January 20th

North Country Health Consortium's Community Substance Abuse Prevention (CSAP) Network is currently working to implement a number of different Substance Abuse Prevention related activities in the Littleton area. Over the next several months, we will be working to increase our efforts to involve youth in getting out the prevention message in the Littleton/Bethlehem/Franconia area. One of the ways we are proposing to do this is through Youth Leadership Projects. Mini-Grants of up to \$1,000 will be awarded to Youth Groups that propose to implement environmental strategies in their communities that are directed at reducing underage drinking, tobacco use, or prescription drug use. There will be a Bidder's Conference scheduled along with trainings and Technical Assistance made available for groups who have interest.

Many of you are already working in Prevention with youth, and there are other efforts taking place in the area that are designed to protect youth in communities from high risk behaviors. The prevention efforts proposed by the CSAP Network are designed to complement or strengthen efforts currently in place. We have been receiving input from some key stakeholders in the Littleton area that a regular meeting with a Substance Abuse Prevention specific agenda would be helpful, as these Youth Leadership Projects funded by Mini-Grants are just one example of opportunities coming up that can benefit the Northeast Area of Grafton County.

We have scheduled a meeting in Littleton on Tuesday January 20 from noon – 1:30 PM at the Gregg Public Safety Academy, Granite State College, 646 Union St. in Littleton, and we would like to invite you, as community member with an interest in these efforts. **I would appreciate you getting back to me with any thoughts you may have and confirming your attendance by January 8th.** Lunch will be provided. For more information contact Bob Thompson at bthompson@nchcnh.org or 837-2519.



Tobacco Prevention and Control Program:

Through With Chew Week:

North Country Health Consortium's Tobacco Coalitions (Coos County Coalition and the Northern Grafton County Coalition – Littleton Area Substance Abuse Prevention Coalition) are gearing up for the February "Great American Spit Out" or "Through with Chew". Unfortunately, many users of chew have the misconception that its use doesn't have the same impact on health as smoking tobacco.

The Coalitions will be contacting dental offices with information for patients who may use chew and working with local pizza parlors to alert young customers who may be using chew, or have friends that do, of the risks. The date of the GASO is

February 19th and Through With Chew is February 15th to 21st.

Project Monitor SafeHomes Pledges:

The North Country Substance Abuse Coalition now have printed Pledge cards that you can use at your events and to spread the word. **Project Monitor SafeHomes Pledges** is a positive step that parents and other caregivers can take in pledging not to provide alcohol to children in their home and to supervise parties closely. It is also a safe way for parents to connect with other parents and develop a system of working together to help their children. If you would like pledge cards for you or for an event contact Valerie Herres at vherres@nchcnh.org or call 837-2519.

A Project Monitor Display and materials are now available on loan for your event. Contact Valerie for more information.

Free Satellite and On-Line Training in Interesting Topics

The Distance Learning section of the Multijurisdictional Counterdrug Task Force Training Program offers more than a dozen telecasts and videos each year dealing with a variety of Counterdrug topics ranging from Raising Drug-Free Kids to Electronic Tattletales: Drug Evidence in Online Social Networking Groups. www.mctft.com/telecasts/upcoming_telecourses.shtml

Now Accepting Applications for Upcoming Community Leadership Initiative Retreats

New Futures Community Leadership Initiative (CLI) continues to build a network of advocates in New Hampshire to reduce underage alcohol problems and increase access to treatment - and we want you! Working in partnership with New Futures, these advocates act on public policies that impact these issues. Participation in CLI begins with a one-day leadership retreat designed to provide information and enhance advocacy skills.

February 5, 2009 Dover (Cocheco Country Club)

To learn more about these leadership opportunities, please contact [Linda King](mailto:Linda.King@new-futures.org) at 658-2770 or visit the New Futures website at www.new-futures.org.

Training Opportunities for Substance Abuse Prevention and Related Topics

Be sure to check out the New Hampshire Training Institute on Addictive Disorders website at <http://www.nhadaca.com/training.html> for information on upcoming offerings. It also includes news, resources, job listings, peer assistance and legislative updates related to training.

North Country Substance Abuse Prevention Coalitions

This news update is supported by funds from the NH Tobacco Prevention and Control Program and the Drug Free Communities Support Program.

Please send comments and news items to Valerie Herres at vherres@nchcnh.org.

If you would like to have your name removed from this newsletter send an email to vherres@nchcnh.org and type Remove from List in the email subject box.

If you have any comments on the content or would like to send information, news updates, important links and other information to be added to subsequent electronic updates send them to vherres@nchcnh.org.

It is a project of the North Country Health Consortium, a rural health network improving the health of North Country residents through innovative collaboration. Working together with businesses and other community organizations, the health and human service provider members of the Consortium are building a regional health care system to address the needs of Northern New Hampshire.

"North Country Health Consortium leads innovative
collaboration to improve the health status of the region."

The vision of the North Country Substance Abuse Prevention Coalition is:

"Working together to create healthier communities for our children."