



# Community Connections for Youth

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After the first two issues, (May and August, 2003) this newsletter will be sent only to subscribers. To subscribe to Community Connections for Youth go to the TAP online newsletter sign up page: <http://cecf1.unh.edu/tapconnections/index.cfm>

**Community Connections for Youth** is a University of New Hampshire Cooperative Extension Teen Assessment Project (TAP) effort to provide a forum for the exchange of ideas, information and research and to foster a network of mutual support among NH grassroots youth development groups and prevention initiatives. **Deadline for submission to the next newsletter is July 1.**

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**"Helping You Put Knowledge and Research To Work"**

## Welcome to Our First Volume of Community Connections for Youth

Welcome to the first issue of Community Connections for Youth. In the past decade of conducting the Teen Assessment Project (TAP) with communities across the state, we have used the ecological model of youth development. Recognizing the importance of youth, family and community in the positive development of youth, we believe enhanced community cohesiveness, teamwork and collaboration between individuals, organizations and agencies on behalf of youth, creates the synergy required to respond effectively to the issues like those identified during the TAP process.

Communities have similar needs and challenges. It is our hope this newsletter addresses this commonality and becomes a helpful forum for the exchange of ideas, information and research. We hope you will also want to participate in this process with us, both as teachers and as learners, as readers and as contributors. Please share this newsletter with others.

## Dover Coalition for Youth: Building a Strong Coalition Takes Time

Dover has been working on healthy youth development and building community collaboratives since 1992, but according to their own goals for systemic change, the movers and shakers in Dover say they still have a long way to go.

Dover used federal grant money in 1992 to mount a campaign to deal with young people's tobacco usage. An anti-tobacco campaign, *Youth To Youth* (Y2Y) and the Dover Coalition for Smoke-Free Youth evolved. In preparation for the TAP survey administered in 1999, the Smoke-Free Coalition and the Safe and Drug Free Schools groups combined and expanded to include Dover Hospital's Family Research Center, Healthy Universal Beginnings (HUB), parents, students, teachers, agencies serving youth and families, the Chamber of Commerce, and pro-active businesses like WOKQ. According to Charlotte Cross of UNH Cooperative Extension, and TAP project director, "Bringing all of these groups together into one cohesive unit to work through the TAP process allowed for a stronger single group to emerge that was concerned about all aspects of positive youth development. The new group was named the Dover Coalition for Youth (DCFY)."

## DCFY Willing to Help

The DCFY is willing to talk to you about tools they used to build their coalition and support healthy youth development.

### Ask Them About ...

- ❑ Building a strong youth group like Y2Y
- ❑ The Y2Y sticker campaigns against alcohol and other drugs
- ❑ How they changed the law regarding sales of rolling papers to youth
- ❑ Annual t-shirt exchange (bring in t-shirts that feature alcohol use or smoking, and receive a new, "clean" t-shirt)
- ❑ The Dover HUB (Healthy Universal Beginnings) workshop series
- ❑ Health curriculum in the schools
- ❑ The Safe and Drug-Free Schools Grant
- ❑ The Drug-Free Communities Grant
- ❑ Parent education forums
- ❑ Radio campaigns
- ❑ Coalition building
- ❑ Underage tobacco prevention efforts

### Dover Sticker Campaign Sample



DCFY can be reached at:  
[K.mortonclark@ci.dover.nh.us](mailto:K.mortonclark@ci.dover.nh.us)

If you would like to suggest a coalition to feature in future issues of the Community Connections for Youth newsletter, please contact us at [TAP@unh.edu](mailto:TAP@unh.edu).

### *Dover Coalition for Youth continued*

DCFY experienced a few disruptive, internal membership challenges but recovered. They then obtained a five-year renewable Drug Free Communities grant and refocused efforts on underage drinking and other substance abuse issues and on rebuilding the coalition. According to Karyn Morton-Clark, DCFY's full-time director, "The community response has been enthusiastic," and after a kick-off meeting where DCFY provided the Dover community with a review of mission, goals and accomplishments, and a skit by Y2Y, "the phone is ringing all the time."

Jean Briggs of Dover's Woodman Park School also thinks Dover "has a good start" observing "teen drinking, and pregnancy are both down in Dover." An early TAP survey team member, Briggs writes Dover's Safe and Drug Free Schools grants. "The Cooperative Extension people were great, although I guess everyone knows the difficulties we ran into. We thought to write good grants you needed to have good data, but I think we were naive. You also have to gauge your community. People get passionate about these kinds of issues. If you have dissenters, get them involved early and work with them."

Dover PD Capt. Dana Mitchell, head of the Dover Community Outreach Bureau, sponsoring organization of DCFY, said, "We've done some good things and have a good solid base but we're really still in our infancy." Mitchell is also the active mentor of Y2Y, a national youth organization that has been a powerful agent for change in Dover. Mitchell's face lights up as he talks about Y2Y, admittedly his favorite project. "The youth element is the standard we hold up to the adults as an example. Our biggest success has been in organizing youth. We have figured that out, we are good at that."

Youth to Youth is undisputedly a high energy group. While working hard on home projects, sticker campaigns and participating with DCFY, this year Y2Y has already presented at a workshop at a CADCA conference in Washington, D.C. In April they were at PRIDE in Pittsburgh, PA, and in November they are going to San Francisco to the National Tobacco Conference. They also speak to groups throughout New Hampshire. Mitchell says, "The attraction is the kids, not me, their level of articulation, command and their ability to lead."

So, what is Dover's secret? According to Mitchell, building a community coalition takes a long time and a broad base of support. Mitchell advises, "You have to learn to speak with one voice, the more consistent the message is, the better . . . it's like selling Chevys . . . or getting people to wear seatbelts . . . it's all the message."

## Community Connections

**Need help? Just ask for it!**  
**Want to help? Just tell us.**

**Dover:** Robert Bryant, Program Director at Second Growth spoke at a teen parent forum on teen depression and suicide for the Dover Coalition for Youth. Go to the web site for more information at [www.secondgrowth.org](http://www.secondgrowth.org)

**Lin-Wood:** The Lin-Wood/Newfound/Pemi-Baker Community Coalition hosted a family awareness night with Dr. Andrew Connery, licensed psychotherapist and school psychologist participating. The coalition also sponsors many prevention activities with ADAPT (Adolescent Drug and Alcohol Prevention Tools, Inc). For more information about ADAPT, contact Sean O'Brien at [sobrien@lin-wood.k12.nh.us](mailto:sobrien@lin-wood.k12.nh.us).

**Merrimack:** As a result of conducting the TAP survey, the community recognized and acknowledged the need to increase parent-teen communication. It subsequently incorporated communications workshops into its Project Safe Guard program and has achieved positive results. For more information contact Warren Berry: (603) 424-6221 (Mastricola Middle School).

**Plymouth and Lin-Wood:** A second TAP survey was recently completed. Contact Lisa Mure ([lmure@wholevillage.net](mailto:lmure@wholevillage.net)) for information on how the coalition is using this information to continue community educational efforts and plan new initiatives.

**Raymond:** The Raymond Coalition for Youth shared its TAP data in the fall of 2002 in a school assembly featuring Tym Rourke from the NH Teen Institute. ([www.nhteeninstitute.org](http://www.nhteeninstitute.org)) This effort resulted in a revival of a Peer Outreach program and the start-up of a Peer Mediation group. For more information contact Kelly Lehman at the RCFY [klehman@townofraymond.com](mailto:klehman@townofraymond.com)

### Help Other Communities

Please share your youth development strategies and program initiatives that worked. We will feature them in the next issue.  
[TAP@unh.edu](mailto:TAP@unh.edu).

## In Your Neighborhood

**Hello from Adolescent Health** The TAP process is a wonderful way to understand what is happening in your community and to develop a response tailor-made and truly community-based. The Adolescent Health Program of the NH Bureau of Maternal and Child Health shares your interest and passion when it comes to understanding youth and developing ways to create living environments that best help them transition to healthy adulthood. We are working with the Adolescence Resource Center at UNH on a planning process that will produce a great resource for understanding the current health of NH's youth as well as recommendations, strategies and tools for promoting positive youth development. Ben Wood, Bureau of Maternal and Child Health - [bwood@dhhs.state.nh.us](mailto:bwood@dhhs.state.nh.us)

**Adolescent Health Institute** Many of you attended this very successful institute last June. There will be no Adolescent Health Institute this year. The planners are hoping to repeat the event in 2004.

**Kids Count NH 2003 Data Book Event** Release of the data book Wednesday, May 28, 7:30-9:45 AM at the Holiday Inn, Concord. [www.childrenh.org](http://www.childrenh.org) for more information.

### Meeting the Needs of Children, Youth and Families in a Media

**Age** A statewide workshop for professionals and volunteers who work with children, youth and families on media violence, influences, tobacco advertising, body image and gender identity and much more!  
Friday, May 30, 8:30 AM - 4 PM, UNH, Durham.

For information contact Karen Blass at [karen.blass@unh.edu](mailto:karen.blass@unh.edu)

**What Youth Fear & How We Can Protect Them** Learn what families, schools, and communities can do to protect adolescents from emotional harm. May 21, 6:30-8:30 PM. Speaker: Dr. James Garbarino, Co-Director of Family Life Development Center at Cornell University. For more information contact the Appalachian Mountain Teen Project at (603) 569-5510.

**The Adolescence Resource Center - UNH** The Adolescence Resource Center at UNH fosters alliances that benefit youth and provide research capacity, education, and state-of-the-art information that support the health and well-being of adolescents in NH. A variety of departments and programs across campus are working with the Center through the new Center Associates program. In addition to educational and training programs for those in the state working with adolescents and their families, the Center will develop other methods of dissemination information including a website and "white papers" on critical topics such as mental health issues, substance abuse and violence. The Center also will provide research-based information about positive youth development and recommend best practices for helping youth thrive and make a successful transition to adulthood. For more information contact Gretchen Bean at [gretchen.bean@unh.edu](mailto:gretchen.bean@unh.edu)

## Funding Notes

### JUNE

- June 30, 2003: **Endowment for Health Planning, Convening and Technical Assistance Initiatives Deadline.** [www.endowmentforhealth.org](http://www.endowmentforhealth.org)

### JULY

- July 1, 2003: **Ben and Jerry Foundation.** Funds not-for-profit, grassroots organizations which facilitate progressive social change by addressing the underlying conditions of societal and environmental problems. [www.benjerry.com](http://www.benjerry.com)

### SEPTEMBER

- September 1, 2003: **New Hampshire Charitable Foundation.** Strategic Focus Grant. [www.nhcf.org](http://www.nhcf.org)

### OCTOBER

- October 1, 2003: **Best Buy.** Program development, project support, and curriculum development. [www.bestbuy.com](http://www.bestbuy.com)

### ON-GOING

- **Fleet Bank:** Field of youth development. [www.fleet.com](http://www.fleet.com).
- **Home Depot:** Focus on at-risk youth. [www.homedepot.com](http://www.homedepot.com)
- **Walgreens:** Priorities are health and human services, education, civic and community and arts and culture. [www.walgreens.com](http://www.walgreens.com)
- **Plustime NH:** Wealth of funding opportunities with web links to other sources. [www.plustime.org](http://www.plustime.org)
- **The Foundation Center:** Largest directory of private giving. [www.foundationcenter.org](http://www.foundationcenter.org)
- **National Network of Grantmakers:** Represents 400 foundations. Resource directory available at: [www.nng.org](http://www.nng.org)

Please send [TAP@unh.edu](mailto:TAP@unh.edu) any deadlines and information for grants that could benefit the Connections community.

## Data Bytes

**Release of 2000-2001 TAP Multi-Community Report** On December 9, the rollout of the 2000-2001 TAP Multi-Community Report began with a mini-conference highlighting selected report findings, TAP data and UNH faculty research. New in this report is a multivariate data analysis that affirms the importance of each level of the ecological model in influencing teen behavior, specifically substance use. Youth, family, school and community are factors demonstrably related to levels of substance use with the family factor proving to be the strongest. Within the family factor, teen perception of parental consequences was most strongly related to level of substance use. See the full report at <http://ceinfo.unh.edu>, click on 4-H Youth Development, then on TAP.

**Adolescent Abuse of Cough and Cold Remedies** A recent article in the Boston Globe alerted the public to a new trend of adolescent abuse of over-the-counter cough and cold medications containing dextromethorphan (DXM). A call to Lin Courtemanche, RN, CSPI, Managing Director of the NH Poison Control Center revealed that this is a concern in NH as well. In 2001 there were 25 calls regarding intentional abuse of DXM, in 2002 there were 51 such calls. Overdose symptoms of DXM substances such as Robitussin and Coricidin include tachycardia, seizures, coma and death. Underground websites advise students to look for products such as Coricidin HBP that contain DXM, but not guaifenesin, which cause nausea and vomiting. Normal dosage of these products is 15-20 mg, abusers take as much as 300 mg. For more information check out the Indiana Prevention Resource Center at: [www.drugs.indiana.edu](http://www.drugs.indiana.edu). Web sites that youth could be accessing include: [www.erowid.org](http://www.erowid.org).

**2002 Monitoring the Future Results Released** Recent results from the Monitoring the Future survey document that "Teen smoking has declined sharply in 2002, more than offsetting large increases in the early 1990s." The study's principal investigator, Lloyd Johnston, speculated that potential explanations for this result were increasing prices of cigarettes, more anti-smoking ads, and increased perception by youth of the risks of smoking. In particular the study detailed the increasing teen preference to date non-smokers suggesting that smoking is not viewed as 'cool' as in the past. Further information about the Monitoring the Future study can be obtained at [www.monitoringthefuture.org](http://www.monitoringthefuture.org).

## Web-Net Features

**CADCA: [www.cadca.org](http://www.cadca.org)** CADCA's mission is to build and strengthen the capacity of community coalitions to create safe, healthy and drug-free communities. The organization supports its members with technical assistance and training, public policy, media strategies and marketing programs, conferences and special events. Web resources include funding news, information and links, publications for technical assistance, self-help tools, training and conference news, links to federal, national and non-profit resources and the ability to sign up for CADCA E-News.

**CYFERNet: [www.cyfernet.org](http://www.cyfernet.org)** The Children, Youth and Families Education and Resource Network. CYFERnet's Web site brings together the best, children, youth and family resources of all the public land-grant universities in the country. CYFERNet is a great resource for communities and community coalitions to share information with one another, and gather resources listed by seasoned coalitions. This interactive web site has a section geared toward children with 4-H online activities such as Cyber Camps and virtual 4-H clubs. One can also find information on the latest funding opportunities, or research resources for program evaluation.

**National Network for Health: [www.nnh.org](http://www.nnh.org)** "Working together to promote healthy and safe individuals, families and communities." In partnership with Cooperative Extension, CYFAR, CYFERNet and Healthy People - Healthy Communities - this site provides links, news, information on health, aging, drugs and alcohol, and access to an electronic newsletter.

Please let us know about any hotline or Web resource you think would benefit the Connections community. Send your "shares" to [TAP@unh.edu](mailto:TAP@unh.edu).

## Community Classroom

"Building a coalition is not an easy task. It takes perseverance, compromise, patience and long-term commitment."

--CADCA *Strategizer*

It is important when beginning a coalition that the vision and purpose be shared. "It is this commonality that brings members together to focus on achieving a mission." (Collaboration Framework ... *Addressing Community Capacity*). Many groups form as a result of an action, or crisis in the community. "Regardless what the catalyst may be, it is critical to move from problem driven to vision driven, from muddled roles and responsibilities to defined relationships, and from activity driven to outcome focused."

The fundamental element to the success of coalitions is building relationships. All expectations should be clear - tasks, roles, duties and work plans identified to reach the desired outcome. For more information on building relationships, please visit the Cooperative Extension National Network for Collaboration web site at <http://crs.uvm.edu/ncco/>.

According to the Community Anti-Drug Coalitions of America (CADCA), all community coalitions experience the same basic phases: **Formation Stage:** In the beginning, coalitions need to recruit members, format organizational structure, conduct a needs assessment, and develop priorities outlined in the mission and vision statement of the coalition.

**Implementation Stage:** A time for the development and delivery of programs and strategies, and a chance to review policy.

**Maintenance Stage:** Continue and expand existing programs.

**Institutionalization Stage:** Refine programs, gather and research additional sources of funding, create "spin-off" programs.

CADCA's *Strategizer* publications contain valuable information on coalition building, evaluation methods, research, funding sources and tips, and addresses specific issues on youth violence, drinking, and other coalition issues. The CADCA *Strategizer* can be ordered online at [www.cadca.org](http://www.cadca.org).

**CADCA Words of Wisdom** "Leading a comprehensive coalition has been likened to conducting an orchestra. One must make sure that all are playing the same song--the song in which the community collectively decided it most wants to hear. As the coalition first works together, the music can be very hard on the ears! However, as trust and collaboration grow, the dissonance gives way to a harmonious symphony!" Then again, as Calvin Hill, Chair of the National Advisory Committee for Join Together, often says, "Coalitions are more like jazz improvisation -- you never know where it is going."

(*Strategizer* 21: Lessons on Coalition Building.)