



Community Connections for Youth

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Community Connections for Youth is a University of New Hampshire Cooperative Extension Community Youth Development 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. An online version of this newsletter can be found at: <http://cecf1.unh.edu/tapconnections/index.cfm>

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This newsletter was made possible through a grant from the NH Charitable Foundation.

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"Helping You Put Knowledge and Research To Work"

The Diversity of Coalitions

Just as no two communities are exactly alike, no two youth coalitions are identical. In this issue of the Community Connections for Youth, examples of a number of coalitions are profiled.

Community and School Together (CAST) The CAST coalition in Winchester has been in existence for about 10 years. It was formed when the school applicant for a Safe and Drug Free Schools grant needed an advisory board. The initial team of 3 people has blossomed into a group of 20-25 members who consistently attend the monthly meetings. Among those represented at the table are Big Brothers/Big Sisters, United Way, Kiwanis, Cooperative Extension, school personnel, medical personnel, and legislators. The group raised the issue of becoming a 501 (c) 3, but decided against pursuing it. Director Jan Gamache indicated that the group has been successful because no one has their own agenda and people are not asked to take on more responsibilities. The coalition has no subcommittees, rather people attend the meetings, report on their own work and collaborate with one another. Special community forums have been called around identified critical issues and actions have been taken. Karen Brook of Big Brothers/Big Sisters noted that she works with many small towns and sees the tremendous benefits of CAST to her organization and to the community. With the emerging issue of school budget cuts, the coalition came together to problem solve around the impending needs. CAST has provided support for the Winchester Learning Center, for the after-school programming, and for the evaluation of youth issues with the Teen Assessment Project to name only a few of the initiatives. For more information contact Jan Gamache at 239-4105.

Creating Positive Change (CPC) In November 2003 Creating Positive Change opened a Teen Center in a town building in Peterborough. To make this happen youth donated 600 volunteer hours to complete such renovations as: dismantling a one-ton chimney, sanding and refinishing hard wood floors, and building a fire safety deck. How did this all come about? The CPC coalition was originally funded through the State Incentive Grant. People came together to form a coalition whose mission was to focus "...resources to build community, strengthen families, encourage healthy behavior, and reduce the use of alcohol, tobacco and other drugs." Youth from school groups such as SADD (Students Against Destructive

Coalition Activities

Community and School Together -CAST

- ❑ Responsive Classroom training for elementary school teachers
<http://www.responsiveclassroom.org>
- ❑ Second Step Violence Prevention- Designated a Promising Program by the Promising Practices Network on children, families and communities
http://www.cfchildren.org/program_ss.shtml
- ❑ Life Skills Training (LST) -a highly recommended and researched school-based substance abuse prevention program
<http://www.lifeskillstraining.com>

Creating Positive Change- CPC

At the Teen Center....

- ❑ Topic Tuesdays: Community speakers and demonstrators visit the Teen Center to share info on topics of interest such as tai chi, yoga, healthy relationships.
- ❑ Movie Chats: Teens view movies related to particular interest and then discuss concerns.

Monadnock Network with Youth - MANY

- ❑ YouthFest: Annual celebration of awesomeness of youth with food, activities and live performances
- ❑ Youth website:
<http://www.itsaboutus.org> Originally conceived around safety issues, this website is rated the #1 Youth Website in NH for kids.

Interested in learning more about Teen Centers in NH? Join Joe Drake of Plustime NH and others involved in the effort of creating youth spaces. They meet the **2nd Thursday of each month** from 10-12 at the Concord Boys and Girls Club in Concord. Meetings include training and networking. For more info, contact Joe Drake at 798-5850 or jdrake@plustime.org.

Community Coalitions continued

Decisions) and Youth in Government joined to form a Youth Study Circle within the coalition. When it was proposed that a Teen Center was needed, this youth group worked with Plustime NH to create a survey of youth. The group surveyed their peers and made recommendations. According to director Michelle Ricco, one critical component in the success of CPC is its youth involvement that began in the Youth Study Circle and evolved into the Youth Advisory Council. Presently there are 6-7 youth on the Youth Advisory Council that meets monthly to assist in the development of the Teen Center. Youth act as consultants in the creation of policy and procedures as well as in the day to day issue management at the Center. Although the Youth Advisory Council is still in its infancy, plans are underway for youth leadership training. For more information contact Michelle Ricco at 924-4981.

Monadnock Action Network with Youth (MANY) The Monadnock Action Network founded in 1999 is a 501 (c) 3 organization with a focus on networking and supporting providers of services to youth. One goal for MANY is to "...increase collaboration and decrease duplication regarding substance abuse, youth and prevention." The networking meetings are one of the activities Denise Prescott, Director of MANY credits as significant in increasing the communication and awareness of existing prevention efforts. Carmelina Nims of Monadnock United Way agreed that MANY was effective in stimulating change around youth issues due to increased connection and collaboration of community organizations.

One example of such community effort is the annual YouthFest held each summer in Keene. The YouthFest "Celebrating youth and the awesome things they do!" features food, live performances and youth-friendly equipment such as a climbing wall, gyro, bungee and trampoline. It is this event that identifies MANY to the community. Another source of outreach is the youth website <http://www.itsaboutus.org>. A professional web designer created and continues to modify the website based on youth input through surveys and focus groups. Efforts are underway now to modify the website's FAQ due to changing issues for youth. Finally, MANY has been instrumental in supporting the need for reliable, science-based information such as the Teen Assessment Project or the Youth Risk Behavior Surveillance Survey. Through forums and newsletters MANY has shared this information, important for program planning and decision-making. For more information about MANY, contact Denise Prescott at 357-9879.

Community Connections

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

Berlin/Gorham: On January 5th The Hideout, a gathering place for high school-age youth in 6 communities, opened thanks to the Androscoggin Youth Initiative and its Youth Advisory Council. For more info, contact at Autumn Poulin of Big Brothers/Big Sisters of Northern NH at 752-7770.

Derry: Each May the Community Alliance for Teen Safety (CATS) holds a walk-a-thon focused on a different issue related to teen safety. This year's event held on May 8th highlighted the dangers of underage drinking. An estimated 75 people took part in the walk and then enjoyed pizza while viewing the posters and displays on the Dangers of Underage Drinking. For more info contact Sue Centner at info@catssafecommunities.org.

Dover: Recently Kevin Brown, a former Dover HS student involved in a DWI accident gave a multi-media presentation at Dover HS and St. Thomas Aquinas. For more information about this presentation, contact Karyn Morton-Clark at 516-3279 or k.mortonclark@ci.dover.nh.us.

Raymond: Thanks to funding from the NH Charitable Foundation, the Raymond Coalition for Youth is planning a Project Safeguard for the fall. This one day "prevention education" program for 7th grade students and their parents will feature sessions on topics of concern. For more info, contact either Kelly Lehman at 603.895.4735 x118/ klehman@townofraymondnh.com or Jon Kelly at 603.895.4747/ jkelly@raymondpd.com.

In Your Neighborhood

4th Annual Regional Prevention Summit: May 19th

Dr. Stephen Andrew will be presenting "What Works with Youth and Young Adults" at 9:00 am at the 4th Annual Regional Prevention Summit on Wednesday, **May 19th** at Plymouth State College. RSVPs to 536-9793.

Technical Assistance Day: May 19th

Empowering Communities, a project funded by the Endowment for Health and based at the NH Institute for Health Policy and Practice is offering a free one-hour appointment with a community health expert to talk about community health program questions and to provide info about additional resources. Check out the website for information on training, data and resources:

<http://www.ecnh.unh.edu>. To register for Technical Assistance Day on **May 19th** held at University of New Hampshire at Manchester, call 862.5292.

New Futures Community Leadership Partner: May 20th

Join others concerned about youth alcohol issues in their communities in a one-day leadership retreat "...designed to provide information, enhance skills, and empower citizens to make a difference." This one-day retreat will be held on **May 20, 2004** from 8:30-3:00 at the Society for the Protection of NH Forests in Concord, NH. For more information contact Linda King at (603) 431-1770. An application to participate in the Initiative can be found at the New Futures website: <http://www.new-futures.org>.

1st Annual Dartmouth Symposium -Substance Use: May 21st

The Dartmouth Center on Addiction, Recovery and Education (DCARE), founded in 2001, presents the First Annual Dartmouth Symposium on Substance Use with keynote speaker C. Everett Koop on May 21, 2004 from 8:00 am - 4:30 pm at the Collis Center in Hanover, NH. Online registration is available at <http://www.dartmouth.edu/~dcare/news.html>.

Logic Model Training: May 28th

On May 28th from 12-1 at the Franklin Regional Hospital Conference Room C there will be a presentation by Karen Horsch on the Logic Model. For more info, contact Holly DeBlois at 862-1128.

Prevention Professionals Working with the Media: June 8th

Kevin Collins, regional manager for Partnership for a Drug-Free America in New York will present a workshop about the media and how to use it to deliver messages. To register for this program to be held **June 8th** at the Thomas Fox Memorial Chapel in Concord, contact Dianne Pepin, Training Coordinator at 271-6101 or dpepin@dhhs.state.nh.us.

Funding Notes

JUNE

Fuller Foundation - For greater NH Seacoast communities a grant source for programs involving *Youth At Risk the Arts, and Wildlife*.

<http://www.fullerfoundation.org>

(June 15, January 15)

VHA Health Foundation - 6-8 grants for Creating Better Health Through Innovation. Must have healthcare partner.

<http://www.vhahealthfoundation.org>

(June 22).

JULY

Ben & Jerry Foundation - For programs that "...facilitate progressive social change by addressing the underlying conditions of societal and environmental problems".

<http://www.benjerry.com/foundation>

(Letters of interest submitted anytime. Full proposal deadlines: July 1, November 1, March 1).

Jessie B. Cox Foundation - First step is a concept paper. Focus on advocacy projects benefitting underserved children and youth.

<http://hemewaybarnes.com/selectsrv/jbcox/cox.html> (April 15, July 15, October 15, January 15)

AUGUST

Robert Wood Johnson Foundation - For work that "...increases understanding of public and private policy interventions to prevent, treat, and reduce the harm caused by alcohol and other drug abuse." Online applications only at

<http://www.saprp.org> (August 27).

ONGOING

Milagro Foundation - To "...support the well-being of children and youth through educational programs."

<http://www.milagrofoundation.org>.

Data Bytes

A new database detailing each state's alcohol policy is available online at <http://alcoholpolicy.niaaa.nih.gov/>.

A March 2003 NIDA research report on marijuana is available in powerpoint at <http://www.drugabuse.gov/researchers.html> with some slides on epidemiologic research.

A fact sheet entitled **Alcohol Use Among Adolescents and Adults -- - New Hampshire, 1991--2003** summarizes 3 surveys of alcohol use in the state. Find it online at:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5308a3.htm>.

The evaluation of the National Youth Anti-Drug Media Campaign (e.g. Parents: The Anti-Drug) by Westat and the Annenberg School for Communication can be found at:

<http://www.nida.nih.gov/PDF/DESPR/1203ExSummary.PDF>. The evaluation documented positive effects on 4 of 5 parental beliefs and behaviors including talking with children about drugs, doing fun activities with children and beliefs about monitoring of children. However, there was a lack of effect on parental monitoring behavior. Regarding youth effects, "There is little evidence of direct favorable Campaign effects on youth, either for the Marijuana Initiative period or for the Campaign as a whole."

From Holly DeBlois, Research Associate at NH Institute for Health Policy and Practice..."The HealthWRQS Project is a web-based consumer and community health empowerment reporting and query system that will provide information on health and health care in NH. The primary goal of the project in the next several months is to develop a Community Health Profile that will have flexibility to report on sub-state areas (e.g. county, groups of towns, hospital service area)." Contact Amy Costello at amy.costello@dhhs.state.nh.us for info.

Interested in improving the quality of youth development programs? Check out The Evaluation Exchange at <http://www.gse.harvard.edu/hfrp> for a free subscription to this quarterly examination of issues in program evaluation theory and practice.

Toolkits

Concerned about promoting community health and development? The Community Tool Box (<http://ctb.ku.edu>) has how-to information for 16 core competencies and links for training in specific skills.

Another website with resources for supporting community is the Community Building Resource Exchange <http://www.commbuild.org/index.html>.

Selected Panel Features:

NH Teen Institute:

<http://www.nhteeninstitute.org> At NH Teen Institute drug and alcohol abuse prevention is accomplished by building teen leadership. In-house and outreach programs are available for middle and high school. Contact Peter Swenson: 226-0111.

Peer Action Changing Tomorrow: PACT teaches youth aged 14-18 to become peer educators on topics such as healthy living, anatomy, sexuality, birth control, etc. In addition to PACT, the YWCA offers a Lifeskills course on values clarification, monthly Girls Night Out, community service for middle school youth in Girls Taking Control, an all female discussion group called Generations, and a Girls and Leadership Summer Program. For more information about these programs, contact Cat Allard at 625-5785.

Merrowvista Education Center:

http://www.ayf.com/prog_smcamp_descmv.asp The American Youth Foundation (AYF) mission "...aspiring to develop leadership skills, create communities based on respect for self, others and the world around us, build character, instill confidence and promote balanced living..." is supported in the Merrowvista programs geared for youth in grades 3 through 12. For more info contact Kathy Kiley at 539-6607.

Pittsfield Youth Workshop (PYW):

<http://www.metrocast.net/~pyw/> Founded in 1986, PYW is a 501 (c) 3 that has had annual contact with at least 450 youth who come to the Drop In Center or participate in adventure-based learning. PYW has a Youth Board consisting of 9-10 youth who have participated in leadership training. Two Youth Board representatives sit on the PYW Board. For more information, contact Heather Mike at 435-8272 or pyw@metrocast.net.

Community Classroom

On April 14th UNH Cooperative Extension and the Adolescence Resource Center co-sponsored the 'Creating Successful Programs for Adolescents' conference at the Community Campus in Portsmouth. Charlotte Cross, UNH Cooperative Extension 4-H Educator and Dr. Kristine Baber, Associate Professor of Family Studies at UNH planned the day with the Roth and Brooks-Gunn research review article "Youth Development Programs: Risk, Prevention and Policy" (Journal of Adolescent Health, 2003, 32: 170-182) in mind.

The day began with a tour of the New Heights Adventures for Teens program (<http://www.newheightsonline.org>) housed at the Community Campus. Available for youth are: gyms with adventure equipment, a greenhouse, fiberspace, and media discovery area. Susan Wyman, Intergenerational Coordinator spoke of the 3 programs connecting youth and others: In Good Company (middle school youth and seniors citizens), Golden Bonds (2x monthly meeting of 8th graders and elders in nursing homes), and Annie's Forum (1x week activity/discussion for girls aged 8-12 and adult women in the community). For more info contact Susan at smwyman@communitycampus.org.

Dr. Kristine Baber presented "Positive Youth Development Programs: Putting Theory and Research Into Practice" in which she shared the 5 Cs of positive youth development: Competence, Confidence, Connections, Character and Caring. A recommended resource given was The Youth Development Handbook: Coming of Age in American Communities (Hamilton & Hamilton, 2004). Look for a copy of Dr. Baber's powerpoint at <http://www.adolescence.unh.edu>.

In "The Importance of Relationships in Youth Programs: The Reciprocal Benefits for Youth and Staff", Dr. Jason Bocarro, Assistant Professor of Recreation Management and Policy emphasized research, suggesting youth remain in programs because of relationships not activities. For further information see <http://www.unh.edu/rmp/bocarro>.

The Adolescent Program Panel featured Peter Swenson from the NH Teen Institute, Cat Allard from YWCA regarding Peer Action Changing Tomorrow, Heather Kiley from Merrowvista Education Center, Michelle Ricco of Creating Positive Change (CPC), and Heather Mike of the Pittsfield Youth Workshop (PYM).

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http://cecf1.unh.edu/formbuilder/forms/form40_ccfyeval.htm Thank YOU!