



Community Connections for Youth

In This Issue

- 1 - Changes for the Lin- Wood/Plymouth/ Newfound Community Coalition
- 2 - CADY, Inc. Initiatives
- 3 - Community Connections In Your Neighborhood
- 4 - Funding Notes Data Bytes
- 5 - Web-Net Features Community Classroom

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. An online version of this newsletter can be found at: <http://cecfl.unh.edu/tapconnections/index.cfm>

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“Helping You Put Knowledge and Research To Work”

Changes for the Lin-Wood/Plymouth/Newfound Community Coalition

In the fall of 2003 the Office of Juvenile Justice and Delinquency Prevention (OJJDP) awarded the Lin-Wood/Newfound/Pemi-Baker Community Coalition a \$100,000 grant renewable for up to 5 years. This award will be used to provide resources, some of which are: the director's salary, youth and adult training, media efforts and databook reprinting. In its "maturational transition towards independent non-profit status" the coalition has been renamed Communities for Alcohol- and Drug- Free Youth (CADY, Inc.).

One of the most important clues that a community coalition is working, according to Lisa Muré, Director of Communities for Alcohol- and Drug- Free Youth (CADY, Inc.) is that people in the community call upon you as a resource. That is the point that CADY, Inc. has reached. In the fall of 1999, the Lin-Wood/ Newfound/Pemi-Baker Community Coalition began with its first task to develop a proposal for the State Incentive Grant from the NH Division of Alcohol and Drug Abuse Prevention and Recovery (DADAPR). In the spring of 2000, the Coalition was awarded the monies allowing the hiring of a full-time coordinator, Lisa Muré, in June.

Program goals of CADY, Inc. are not unlike goals of other coalitions: "...to prevent underage alcohol, tobacco and other drug use and abuse; to increase awareness of students, parents, and communities about substance issues; to increase access to trained professional assistance for those confronting addictions or high risk of addiction; and to include students, parents and communities in addressing those substance abuse issues".

In the three years of its existence, the LNP Community Coalition has accomplished great things. Lisa Muré was most proud of Project Monitor, an underage party tip line for Plymouth, Lincoln-Woodstock, and Newfound. Set up in October of 2001, the Project Monitor hotline is available for anyone to call, anonymously if desired, to give information of parties involving underage drinking. The hope is that police will know about such plans before the parties occur and prevent them. Captain Steven Temperino of the Plymouth Police said that Project Monitor is a

CADY, Inc. Initiatives

- ❑ **Life Skills Training (LST)** - curriculum in elementary & middle school health and guidance classes in 70% of the schools (For more info: <http://www.lifeskillstraining.com/>)
- ❑ **Under 21/Project Impact and Tobacco Education and Awareness-** classes for court-involved youth in violation of school policy (For more info: <http://www.askpri.org>)
- ❑ **Community of Caring** - character education in Pemi-Baker School District (for more info: <http://www.communityofcaring.org>)
- ❑ Media campaigns focusing on ATOD prevention
- ❑ Collaborations with local health/prevention organizations
- ❑ Community forums and presentations on prevention and local ATOD statistics
- ❑ **Artlinks** -a program linking 25 students with local artists for 3 afternoons. Grants are available for this work. For more info: <http://www.state.nh.us/nharts/grantsandservices/grantdeadlines.html>
- ❑ **InStep/MidStep** - summer transition programming for 5th grade and 8th grade students. For more info contact Carole Heuser, Guidance Counselor at 744-5964 x 107.
- ❑ **Dare to Be You** - parenting classes (For more info: <http://www.coopext.colostate.edu/DTBY/curric.html>)
- ❑ **Leaders in Prevention (LIP)Training** Training done with high school students at NH Teen Institute (For more info <http://www.nhteeninstitute.org>)

Lin-Wood/Plymouth/Newfound Community Coalition continued

"step in the right direction" because it broadcasts to the community that police and others are focused on the problem of underage drinking and are devoting resources to dealing with the issue. By having such a program, people are alerted that underage drinking is dangerous, illegal and that a mechanism exists to curtail it.

Another significant accomplishment of the LNP Community Coalition is the existence of the Life Skills Training (LST) program in 3rd-8th grades in all 3 school districts. Life Skills Training is "a universal classroom program ...designed to address a wide range of risk and protective factors by teaching general personal and social skills in combination with drug resistance skills and normative education." More information can be obtained at <http://modelprograms.samhsa.gov>. In Plymouth, teachers have enhanced the program by adding hands-on activities.

The greatest accomplishment though, according to Lisa Muré, is that the coalition has brought people to the table, many different people who have talked about these hard issues on a regular basis. Critical to this discussion have been the data provided by the Teen Assessment Project.

Lisa's advice to other coalitions is to present information and resources to the students, the parents, the schools and the communities without preaching, without being forceful. In her view, the building of a coalition is similar to planting a seed and providing the necessary ingredients to nurture its growth. This takes time and the right balance of conditions. One strategy Lisa has used successfully is to present information to people where they already are, instead of calling them out to an evening event. Speaking to existing groups such as the Rotary builds connections

Given the state of funding for substance abuse and prevention in New Hampshire, it is difficult to plan for the future. But Lisa underscores the need for a guarantee of coalition multi-year funding and also for goal simplification to focus on 3 or 4 objectives that can be done well. Considering the amount that the LNP Community Coalition has already accomplished, this no doubt will happen too.

For more information on CADY, Inc. or the CADY, Inc. Initiatives, contact Lisa Muré at (603) 254-9227 or by email at lmure@verizon.net

Community Connections

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

Conway: In Conway, the Valley Outreach Committee, a prevention oriented, interagency committee serving the needs of youth and families in Northern Carroll County meets monthly to plan initiatives around teen and community issues. On March 4 Tim Duffy, consultant for the Search Institute opened a series of seven parenting workshops with 'Giving Your Kids What They Need to Succeed'. The motivation for this program comes from the results of the Teen Assessment Project survey, the need for strong collaboration among providers, and the need for more parental involvement around these issues. For more info on the series, contact Betsy Bungeroth at 447-2350.

Dover: Dover Coalition for Youth began an initiative around the issue of Teen Depression in December. Student presentations were done in each high school classroom. Students were made aware of local resources. This initiative is ongoing and will be a featured topic in an April Community Awareness Night. For more information contact Karyn Morton-Clark at 516-3279 or k.mortonclark@ci.dover.nh.us.

Raymond: The Raymond Coalition for Youth (RCFY) has become incorporated and is in the process of becoming a 501 (C) (3). A recent gift of \$10,000 from Hannaford's Store will be used by RCFY for coalition capacity building. For more info, contact either RCFY Co-Chairs: Celeste Clark at rcclark-4@comcast.net or Julie Hazell-Felch at jjfelch@lampreyhealth.org.

In Your Neighborhood

Stephen Andrew: What Works With Young People?: March 18th
This free workshop for teachers, youth workers and professionals is designed to provide practical tools for working with chemically dependent adolescents. Stephen Andrew, LCSW, LADC, CGP has a recovery-focused private practice in Portland, Maine and has been a substance abuse coordinator for a public school and an executive director of an adolescent substance abuse treatment and prevention center. Pines Community Center in Northfield, NH - 12:30-4:00 pm on **March 18th**. To RSVP contact ADAPT at 934-7399.

Parenting with Optimism: March 20th:

A free conference for parents will be held on March 20th from 8am to noon at the Plymouth Regional High School in Plymouth. Featured will be acclaimed speakers: Dr. Ron Taffel, author of *How To Stay Connected to Your Children and Teens in a Disconnected World* and Barbara Coloroso, author of *Parenting With Wit and Wisdom*. For more info call 536-1020 or 536-9793.

Become a New Futures Community Leadership Partner: April 1st

New Futures invites individuals concerned about youth alcohol issues in their communities to participate 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 **April 1, 2004** from 8:30-4:45 at the Atkinson Country Club in Atkinson, 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>.

Creating Successful Adolescent Community Programs: April 14th

This one day workshop to be held at the Community Campus in Portsmouth will examine the characteristics of adolescent youth development programs. Highlighted will be one exemplary program: New Heights. Teens from that program will share info with workshop participants. A nominal fee will cover lunch and materials. For more info contact Charlotte Cross at 862-2495 or charlotte.cross@unh.edu.

Coalition Building with Dr. Tom Wolff: May 4th

Join Dr. Tom Wolff, editor of *From the Ground Up! A Workbook on Coalition Building and Community Development* in a day-long **May 4th** workshop on creating community change sponsored by UNH Cooperative Extension. Cost is \$45 (includes lunch); location is UNH Cooperative Extension office in Goffstown. For more information contact Charlie French at 862-0316 or charlie.french@unh.edu.

Adolescence Resource Center now online

Visit <http://www.adolescence.unh.edu> for info on adolescent issues, news, research and community resources.

Funding Notes

APRIL

Institute of Youth Development-Compassionate Capital Fund. Letter of intent due April 1, 2004 with proposal due April 15th. Focus of grants is organizational capacity building.

<http://www.youthdevelopment.org/articles/pr050501.htm>

NH Charitable Foundation -

\$5,000 Project Grants.

<http://www.nhcf.org> (April/October)

Jessie B. Cox Foundation - First step is a concept paper. One focus is advocacy projects benefiting underserved children and youth.

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

NH Children's Trust Fund - Four initiatives: primary prevention, system building, program capacity, and new program incentives.

<http://www.nhctf.org> (April 30)

MAY

Best Buy - Program development, project support, and curriculum development.

<http://www.bestbuy.com> (May 1)

ONGOING

Agnes M. Lindsay Trust - "...for any charitable, educational or philanthropic purposes . . .the education of poor and deserving students from rural communities. Awards:\$1,000 +

<http://www.lindsaytrust.org>

Annie E. Casey Foundation - Focus on Making Connections Initiative " to improve the outcomes for families and children in tough or isolated neighborhoods.

<http://www.aecf.org>

Data Bytes

Check out <http://childtrendsatabank.org> for the latest data on adolescent issues such as: "The percentage of high school students who have ever had sexual intercourse dropped between 1990 and 2001 from 54 percent to 46 percent. Condom use among sexually active high school students increased between 1993 and 1999 from 53 percent to 58 percent, where it remained in 2001. The 2001 birth rate among teens 15-19 years old is the lowest rate ever reported in the United States."

Do teens listen to parents who smoke? Yes, a recent study entitled "*Does Parental Disapproval of Smoking Prevent Adolescents From Becoming Established Smokers?*" revealed the effect of parental disapproval of smoking was stronger than the effect of parental smoking. The research also indicated that parental disapproval of smoking can countereffect peer approval of smoking. A copy of this article can be obtained from james.d.sargent@hitchcock.org.

The Institute of Medicine of the National Research Council published '*Reducing Underage Drinking: A Collective Responsibility*' in September 2003. The report authors suggest that "Efforts to reduce underage drinking, therefore, need to focus on adults and must engage the society at large." In order to combat the social cost of drinking that "...has been estimated at \$53 billion including \$19 billion from traffic crashes and \$29 billion from violent crime." The authors detail 10 components of an overall strategy. One recommendation is that US Department of Health and Human Services and the US Department of Education fund only evidence-based education interventions. To read the report see <http://www.nap.edu/books/0309087295/html>.

The Center for Substance Abuse Research publishes a weekly fax that can be freely copied and distributed. The January 12, 2004 fax details the research indicating that marijuana and ecstasy use by high school seniors in the United States continue to decline. For more information check out <http://www.cesar.umd.edu>.

An exhaustive 3 year study on the abuse of prescription drugs was cut short by The National Center on Addiction and Substance Abuse (CASA) at Columbia University because of the urgency of the findings. Researchers found that prescription drugs such as Vicodin and Oxycontin were accessible without prescriptions to youth on the Internet. For more information see <http://www.casacolumbia.org>.

From Gail Kennedy, UNH Cooperative Extension, Family Development Educator...Monthly E-Bulletins from the Northeast Center for the Application of Prevention Technologies (Northeast CAPT) feature research and resources around the issue of substance use. To sign up for the bulletins go to <http://www.northeastcapt.org>.

Web-Net Features

Strengthening Families Program: For Parents and Youth 10-14:

For Materials and Research:

<http://www.extension.iastate.edu/sfp>. This page has info on program background, evaluation, budget, and training.

For Research and Evaluation info:

<http://www.projectfamily.isbr.iastate.edu>

Strengthening families Program I (SFP-I)

"involves elementary school aged children (6 to 12 years old) and their families in family skills training sessions. SFP uses family systems and cognitive-behavioral approaches to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems." For more info, see

<http://www.strengtheningfamiliesprogram.org>

For other model programs see...

SAMHSA Model Programs:

<http://modelprograms.samhsa.gov/>

Programs are defined as model if they have been "well-implemented and well-evaluated". In addition, at the SAMHSA site there are url links to 24 web resources related to parents, families, and youth. Potential funding sources with hyperlinks are also found at the SAMHSA site.

For info on program evaluation see the new online manual from the Rand Corporation:

"Getting to Outcomes 2004: Promoting Accountability through Methods and Tools for Planning, Implementation, and Evaluation" at <http://www.rand.org/publications/TR/TR101/TR101.pdf>

For more information on Strengthening Families contact:
Rick Alleva: rick.alleva@unh.edu
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Community Classroom

In its list of evidence-based Model Programs, the Substance Abuse and Mental Health Services Administration (SAMHSA) includes The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) This 7 session family-focused program is designed to "...improve parenting skills, build life skills in youth and strengthen family bonds". After a family dinner, children and parents meet separately for the first hour, then unite for the family skills training. Child care is provided. Incentives for continued participation are offered. And the results? SAMHSA documented that in one study 4 years after the SFP 10-14 participating youth had lower rates of substance use and conduct problems.

In New Hampshire many communities have implemented The Strengthening Families Program (SFP 10-14). Susan Swanwick of Child and Family Services spearheaded a SFP 10-14 in Raymond. With the assistance of many, including Rick Alleva from UNH Cooperative Extension, the group conducted SFP and are in the midst of the followup booster sessions. Rick Alleva thinks SFP provides a "...excellent structure for an interactive educational experience for parents and kids". He thought that offering a meal and child care eliminated barriers to participation for some. Child care was provided by the Raymond Recreation Department.

Larry Barker, UNH Extension Educator, 4-H Youth Development began his work with SFP 10-14 in Colebrook in March. Potential barriers he has seen include the need for staff training and the cost of the materials. Sue Buteau, Larry's Extension colleague, also in the midst of a Strengthening Families Program in Groveton with 10 families has worked with the Coos County Coalition for Substance Abuse Prevention to eliminate the barrier of cost by securing grant funding. The Coos County challenge has been finding an adequate site to accommodate the number of people and groups. A local church has served as their site. Food was provided by a local pizza parlor at a small discount. Sue Buteau was also enthusiastic about the "exceptional curriculum".

From Sullivan County Gail Kennedy, UNH Extension Educator, Family Development noted that they have partnered with schools which provide free space. They have also promoted SFP-14 by doing radio and tv talk shows and using the local cable access station. The best strategy for family retention according to Gail is to "...offer a high quality program coordinated by well trained facilitators who have excellent communication skills and are able to create an environment of judgement free acceptance, warmth, fun and shared learning experiences for the participants." Gail and UNH Cooperative Extension colleague, Nancy Berry are planning sessions to train SFP facilitators sometime this year.