

From: Missoula Forum for Children and Youth
To: [Antila, Mackenzie](#)
Subject: Your weekly newsletter is here!
Date: Friday, March 17, 2017 9:06:54 AM

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Our mission is to lead collaborative, proactive community efforts to prevent underage substance use and to foster the development of healthy and resilient children and youth.

What's Happening at the Forum

Event for Families!

Free Family Night at A Carousel for Missoula

Monday, April 24th

4:00pm - 5:30pm

101 Carousel Drive, Missoula



We are inviting Missoula families to join us for a FREE night of carousel rides for kids to celebrate "Week of the Young Child!" Be sure to mark your calendars for this great event! There will be free carousel rides and hot cocoa!

For questions or to learn more about the event contact Leah Fitch at leah@missoulaforum.org or call 406-258-3020.

Register for this Event!
State of the Young Child 2017
Tuesday, April 25th
Hilton Garden Inn, Missoula



Training - \$10
8:00am - 11:00am

Sexual Behaviors in Young Children: Recognizing Concerning vs. Healthy Sexual Behavior
Trainer: MC Jenni, MSW, Care Coordinator at First Step Resource Center, Providence St. Patrick Hospital

and

Introduction to the Community Resiliency Model (CRM)
Trainer: Dana Eisenberg, LCSW

Luncheon - \$20
11:30am - 1:00pm

Keynote Speaker: Mike Halligan, Executive Director, Dennis & Phyllis Washington Foundation

Leaders in health, business, and early childhood are invited to participate in this event highlighting issues that impact young children and families in Missoula. In order for a child to

grow up to become a healthy and productive adult, they need to have quality early childcare, education, and healthcare. At this luncheon we will be discussing:

- why investing in early childhood is so important;
- creative solutions to address childcare scarcity; and
- how the medical community and childcare/service providers can better connect to support families.

To learn more about the the event or how to register, go to <http://conta.cc/2mtwseX>.

In Other News

Teen Substance Abuse Prevention

"Iceland Knows How to Stop Teen Substance Abuse - But the Rest of the World Isn't Listening"

It's a little before three on a sunny Friday afternoon and Laugardalur Park, near central Reykjavik, looks practically deserted. There's an occasional adult with a pushchair, but the park's surrounded by apartment blocks and houses, and school's out - so where are all the kids?



Walking with me are Gudberg Jónsson, a local psychologist, and Harvey Milkman, an American psychology professor who teaches for part of the year at Reykjavik University. Twenty years ago, says Gudberg, Icelandic teens were among the heaviest-drinking youths in Europe. "You couldn't walk the streets in downtown Reykjavik on a Friday night because it felt unsafe," adds Milkman. "There were hordes of teenagers getting in-your-face drunk."

We approach a large building. "And here we have the indoor skating," says Gudberg. A couple of minutes ago, we passed two halls dedicated to badminton and ping pong. Here in the park, there's also an athletics track, a geothermally heated swimming pool and - at last - some visible kids, excitedly playing football on an artificial pitch.

Young people aren't hanging out in the park right now, Gudberg explains, because they're in after-school classes in these facilities, or in clubs for music, dance or art. Or they might be on outings with their parents.

Today, Iceland tops the European table for the cleanest-living teens. The percentage of 15- and 16-year-olds who had been drunk in the previous month plummeted from 42 per cent in 1998 to 5 per cent in 2016. The percentage who have ever used cannabis is down from 17 per cent to 7 per cent. Those smoking cigarettes every day fell from 23 per cent to just 3 per cent.

The way the country has achieved this turnaround has been both radical and evidence-based, but it has relied a lot on what might be termed enforced common sense. "This is the most remarkably intense and profound study of stress in the lives of teenagers that I have ever seen," says Milkman. "I'm just so impressed by how well it is working."

[Link to Article](#)

Opioid Misuse Prevention

"Proposed Bill Would Tighten Prescriptions of Pain Drugs"

Drew Gintis was a teenager when he started wrestling at Athens Drive High School in Raleigh.

And he loved it, even though he lost every match his freshman year, said his mother, Marcia Gintis.



"[He] worked so hard and by his junior year he had a 21 and 2 record," she said. "His dream was to go to states."

But a shoulder injury prevented him from wrestling, and was the catalyst to an addiction that began with a prescription to oxycontin. That turned into what his mom calls a downward spiral - skipping school, unable to hold a job, eventually rehab. Drew Gintis died on July 31, 2015. He was 21.

"I'm a mom, and I lost my boy ... and we need to just do whatever we can to stop this from continually happening," she said.

North Carolina is among the states that have been hardest hit by America's opioid crisis. Two years ago, there were more unintentional prescription opioid and drug overdose deaths in the state than there were murders.

Marcia Gintis believes her son's death was preventable and hopes new legislation at the General Assembly can make a difference.

State Representative Craig Horn, a Republican from Union County, is a primary sponsor of [House Bill 243](#), known as the STOP act. Stop stands for "Strengthen Opioid Misuse Prevention."

The bill, which has wide bipartisan support, seeks to accomplish several things. One provision limits initial prescriptions for acute pain to five days; seven days after surgery. The legislation also requires medical providers to check a database before prescribing opiates, with the aim to reduce doctor shopping. Nearly 10 million opiate prescriptions were written in the state last year - that's basically one for every person.

[Link to Article](#)

Early Childhood Education Research

"Why Doesn't Public School Start at Birth?"

The rate of return on a good early-childhood program is about 13 percent, according to a [new analysis](#) from the labor economist and Nobel laureate James Heckman, who directs the Center for the Economics of Human Development at the University of Chicago. That's a higher return than the 7 to 10 percent that has often been associated with preschool programs. And, as Heckman noted during a call with reporters recently, that's also a better deal than many stocks.



Past research has typically focused on programs that serve 3- and 4-year-olds, and researchers

have often focused narrowly on specific benefits (say, academic performance) and limited timeframes (say, third grade). Heckman thinks those approaches are shortsighted. In actuality, he and several colleagues at the University of Chicago and the University of Southern California argue, when a range of factors are taken into account over a long span of time, quality early-childhood programs that begin at the very beginning of life may offer greater benefits than previous research has indicated.

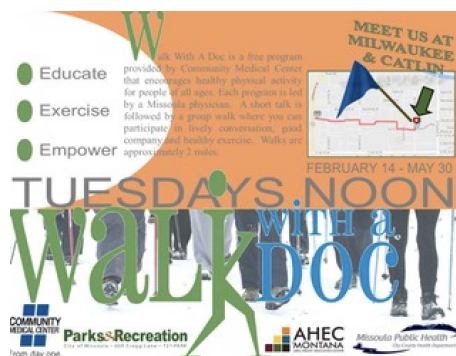
They set out to estimate the long-range benefits of a couple of very similar, high-quality programs from the 1970s that served mostly low-income, African American children. They selected the programs—the Carolina Abecedarian Project and Carolina Approach to Responsive Education—because they’ve served as blueprints for others around the world, including the highly regarded [Educare](#).

The programs focused on early-language, motor, and cognitive development, as well as social-emotional skills like the ability to concentrate on a project. The curriculum emphasized active experiences such as play, and was tailored to each child's abilities.

Babies, who were referred by hospitals and local agencies, started the program early, after about 8 weeks of life, and attended 50 weeks a year from 7:45 a.m. to about 5:30 p.m. five days each week, meaning the centers effectively doubled as daycare.

[Link to Article](#)

Upcoming Events & Announcements



Every Tuesday through May

"Walk With A Doc"

Tuesdays at Noon

Meet north of Third Street, at the Milwaukee Trail, on Catlin

Community members are invited to trek a 2-mile expanse of the Milwaukee Trail, as part of Community Cancer Care and Prevention Center's Missoula Walk with a Doc program. The program launches at noon Tuesday, Feb. 14, and will continue every Tuesday through May.

[Learn More](#)



Saturday, March 25th

FREE Kangatraining Class

Oula Studio (1900 W. Broadway Ste E)

3:00pm - 4:00pm

Classes are specifically designed to provide proper and safe exercises for postpartum moms and their infants/toddlers. Preregistration is required as space is limited. **Photos and videos will be taken during this class for their website.

[Learn More](#)

Friday, March 31st



Child Abuse Prevention Month Kickoff Event

Missoula County Courthouse Lawn

12:00pm - 2:00pm

April 1st marks the start of Child Abuse Prevention Month. Please join us at the Missoula County Courthouse for our annual kickoff event. There will be professional and parent speakers as well as giveaways for kids and families, a Pop up Playground, parenting resources.

[Learn More](#)



Job Opening

Mountain Home Montana

Resident Care Coordinator (RCC)

Current Openings:

Night Shift RCC: Friday, Saturday & Sunday 8:00pm-8:30am

Relief RCC: Cover available shifts that work with your schedule!

[Learn More](#)



Two Screenings of the Paper Tigers Documentary

Hosted by the Parenting Place

Cost: Free

Thursday, April 6th

Sentinel High School

6pm - 8pm

&

Tuesday, April 25th

Missoula Public Library

4:30pm - 6:30pm (Childcare Available)

[Learn More](#)



Saturday, April 8th

Spring Wellness Fair

Payne Family Native American Center

10:00am - 2:00pm

FREE for Missoula's American Indian/Alaska Native Community. Education, Resources, Screenings, Vaccines, and more. Raffle baskets, prizes, and gifts!

[Learn More](#)

Saturday, April 8th

Healthy Kids Day/Super Saturday Camp Signup

YMCA Missoula (3000 S. Russell)

9:00am - 12:00pm

Celebrate fitness and healthy living with the Missoula Family YMCA! This FREE event includes family-friendly



activities, community partnerships, and more. Plus, it's the last day to receive summer camp discounts when you register for 5+ camps.

[Learn More](#)



Friday, May 12th

Childwise Institute Spring Conference: "The Trauma Informed School"

Holiday Inn, Great Falls

8:30am - 4:00pm

Jim Sporleder will present his new Administrative Guide "The Trauma-Informed School" A step-by-step implementation guide for Administrators and School Personnel.

\$200 Registration Fee

[Learn More](#)

Attend a Coalition Meeting!

Healthy Start

Thursday, April 20th, 2017

9:00 AM - 10:30 AM

Location: YMCA Missoula

3000 S. Russell St., Missoula, MT 59801

Coordinator Anna Semple

anna@missoulaforum.org

MUSAP

Wednesday, April 5th, 2017

General meeting: 9:00 AM - 10:30 AM

Location: Salvation Army Community Center

355 S. Russell St., Missoula, MT 59801

Coordinator Brandee Tyree

brandee@missoulaforum.org

Rx Task Force

TBA

Coordinator Brandee Tyree

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The findings and conclusions in these newsletter materials are those of the authors and do not necessarily represent the position of The Missoula Forum for Children & Youth.

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