

From: [Turner, Vicki](#)
To: [Antila, Mackenzie](#)
Subject: Hot News: Missoula Forum weekly newsletter November 18th is here!
Date: Friday, November 18, 2016 3:44:01 PM

Read our new mobile friendly newsletter on your phone!



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.

Partner Spotlight

The Salvation Army Introduces a New Resource for Teens in Missoula:



— Teen Drop-in Center —



Army's New Teen Drop-in Center

The Salvation Army of Missoula started a new program for teens this month. The new program is a Teen Drop-in Center for homeless and at-risk youth ages 13-18 and its purpose is to provide access to the services that meet the basic needs of this population that had previously been underserved in Missoula.

Teen homelessness has been on the rise in Missoula for years now and how to best serve this population has been a question on the minds of many people who work with families and/or children in this community. Missoula County Public Schools estimates that there are at least 150 homeless youth in their school system at any given time. To add on to this, truancy age is 16 in Montana, so there is a high likelihood that many more teens are homeless and out of the school system. While not living under a bridge, they could be couch surfing with friends, but are not under the guardianship of their parents.

Youth homelessness has many causes and contributing factors, but can often be attributed to a lack of employment, lack of affordable housing, termination of public assistance and a lack of community services. Estimates vary, but about 40% of the homeless teen population identifies as LGBT due to parents who don't accept them and kick them out. Other teens in this population are exiting the foster care system or juvenile detention services. And almost 36% of homeless teens report participating in prostitution or sex trafficking for shelter or basic needs.

Many teens require medical and mental health services as well as help with meeting their basic need to help them cope with their situations. The Salvation Army and their TDC team (made up of partner service providers) have decided to take on this issue and create a teen drop-in center. Some of the services that they provide on a daily basis include:

- showers
- laundry
- hygiene supplies
- computers
- WIFI
- homework help
- case management
- photo IDs
- legal documents
- food and snacks
- local phone calls
- mail

One important note is that the TDC is not a daycare. It is a drop-in center for teens ages 13-18 who are seeking basic needs services. They are not able to legally provide shelter to any minor without filing a report to Child and Family Services so, therefore, they do not offer overnight services.

Their hours of operation are M - F 3pm-7pm and they are located at 355 S. Russell by the Good Food Store parking lot. If you would like to get involved or volunteer, please reach out to Lisa Sirois, their Youth Social Services Coordinator, at 406.549.0710.

[Learn More](#)

In Other News

Substance Use Disorders

"Surgeon General Murthy Wants America To Face Up To Addiction"

In 1964, the U.S. surgeon general released a report on the health impacts of smoking, and it shaped the public and government's attitudes toward tobacco for [years to come](#). On Thursday, another surgeon general's report was issued, this time tackling a much broader issue: addiction and the misuse and abuse of chemical substances. The focus isn't just one drug, but all of them.



Though little in the [report](#) is new, it puts impressive numbers to the problem, and some surprising context: More people use prescription opioids than use tobacco. There are more people with substance abuse disorders than people with cancer. One in five Americans binge drink. And substance abuse disorders cost the U.S. more than \$420 billion a year.

Dr. Vivek Murthy, who is closing in on his second year as surgeon general, told NPR's Steve Inskeep Thursday on Morning Edition that he hopes putting all the data together will help Americans understand that these problems share a common solution. And it starts with kids. Their conversation has been edited for length and clarity.

[Link to Article](#)

Parenting from the Justice System

"Prison Born: What Becomes of the Babies of Incarcerated Mothers?"

Research suggests that having nurseries in prisons leads to lower recidivism rates for moms and better outcomes for their kids.



Alyssa mayer was four months pregnant the day a police officer showed up at her motel room in Kingston, New York. It was late afternoon in August 2013, the sun dragging toward the Catskills on the west side of town. Earlier that week, her boyfriend, who'd been sleeping at her place since he found out about the baby, had missed a curfew check. Both of them had recently gotten out of prison on parole, and weren't supposed to be around anyone else with a criminal record. With the authorities looking for him, they could both get in trouble. So they'd packed some clothes and driven to a Super 8 and hoped for some idea of what to do next. Mayer was going out to pick up a pizza when she ran into the officer in the hallway.

She and her boyfriend had grown up together around Kingston. The area had been a manufacturing center for IBM until the company started laying off workers in the early 1990s,

around the time Mayer was born, leaving not much more than strip malls and fast-food joints, along with rising crime rates, in stretches of the Hudson Valley. After Mayer's parents split up, when she was a toddler, her mother worked two jobs and would return home seeming distant. Mayer spent a lot of time at her grandmother's house and, later, on the streets in the rough part of town. In high school, she moved in with a cocaine dealer she met one day at a gas station. He bought her new clothes, manicures, anything she wanted. By the time the relationship ended, she was making sales of her own.

[Link to Article](#)

The Teen Brain

"The Teen Brain: Still Under Construction"

One of the ways that scientists have searched for the causes of mental illness is by studying the development of the brain from birth to adulthood. Powerful new technologies have enabled them to track the growth of the brain and to investigate the connections between brain function, development, and behavior.

The research has turned up some surprises, among them the discovery of striking changes taking place during the teen years. These findings have altered long-held assumptions about the timing of brain maturation. In key ways, the brain doesn't look like that of an adult until the early 20s.

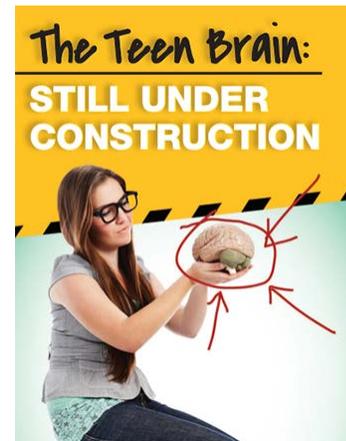
An understanding of how the brain of an adolescent is changing may help explain a puzzling contradiction of adolescence: young people at this age are close to a lifelong peak of physical health, strength, and mental capacity, and yet, for some, this can be a hazardous age. Mortality rates jump between early and late adolescence. Rates of death by injury between ages 15 to 19 are about six times that of the rate between ages 10 and 14. Crime rates are highest among young males and rates of alcohol abuse are high relative to other ages. Even though most adolescents come through this transitional age well, it's important to understand the risk factors for behavior that can have serious consequences. Genes, childhood experience, and the environment in which a young person reaches adolescence all shape behavior. Adding to this complex picture, research is revealing how all these factors act in the context of a brain that is changing, with its own impact on behavior.

The more we learn, the better we may be able to understand the abilities and vulnerabilities of teens, and the significance of this stage for life-long mental health.

[Link to Article](#)

Trauma and Resilience

"Nurse's Notes: Nurturing the seeds of resilience"



Nature is chock-full of examples of resiliency. The hillsides grow vegetation again after a fire sweeps through. A river may alter its course in response to a major disturbance such as a flood or earthquake. The human body also is resilient as it heals after disease or trauma, or develops new neural pathways in the brain in response to challenges or injury. Examples of resiliency are all around us, if we notice.



It appears that resilience is a natural, inborn capacity in all of us. Through the course of history, humans have encountered great difficulties; they've suffered at the hands of other humans or as victims of the unstoppable forces of nature. Through all of this trial and tribulation, humans demonstrate a capacity to bounce back - to recover and move on.

We are just now starting to understand why this is so. Our nervous systems' ability to change and essentially "rewire" itself has been the focus of numerous research studies over the past few years. For thousands of years, humans have developed the capacity required to rewire the nervous system. This modern-day use of ancient wisdom has led to amazing discoveries. Recent research has shown us that resilience as well as hope and optimism are qualities that can be learned. We all carry the seeds of resilience. Our work is to nurture these seeds as they grow and flourish.

[Link to Article](#)

Upcoming Events & Announcements



Mondays, November 7th - December 12th

Gathering of Generations for Good Medicine

A Missoula Indian Urban Health Center program
for all Indian Families w/ Beading and Sewing
Potluck Style Dinners

6:00pm - 8:00pm

Location: Payne Family Native American Center, UM
Campus

[Learn More](#)

November 19th

Join Turning the Wheel and Youth Dynamics for a Family ROMP

Building community through movement and play
Payne Family Native American Center



University of Montana
2pm - 5pm



Monday, November 21st

[Learn More](#)



Job Opening

**Mountain Home Montana
Resident Care Coordinators**
Part-time Night Shift or Relief
\$10.25/hr
[Learn More](#)



Thursday, December 15th

[Learn More](#)

Attend a Coalition Meeting!

Healthy Start
Thursday, December 15th, 2016

9:00 AM - 10:00 AM
Location: TBD
Coordinator Anna Semple
anna@missoulaforum.org

MUSAP

Wednesday, December 7th, 2016
General meeting: 9:00 AM - 10:30 AM
MAC meeting: 10:30 AM - 11:30 AM
Missoula Emergency Services (MESI)
1200 Burlington Ave, Missoula, MT 59801
Coordinator Brandee Tyree
brandee@missoulaforum.org

Rx Task Force

Friday, December 2nd, 2016
9:00 AM - 10:00 AM
City Life Community Center
1515 Fairview Ave, Missoula, MT 59801
Coordinator Brandee Tyree
brandee@missoulaforum.org

Missoula Forum for Children and Youth
223 W. Alder St.
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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.

STAY CONNECTED:



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