

December, 2016

Montana Prevention Coalition Communication Post

PREVENTION AT WORK IN MONTANA

Boyd Andrew
Management Services

*The following story is reprinted with permission
from the author, **Kathy Woodford of the
Mineral Independent.***

Clark Fork Mineral
VALLEY PRESS Independent

Alberton School will be hosting a group called Youth Advocating Prevention, or YAP for sixth, seventh and eighth graders. The group will meet weekly at the school on Wednesdays from 4:15-5:30 p.m. starting Nov. 30.

The group will work to teach students Life Skills and promote good decision making skills, self-esteem, relationship building, and advocacy skills to reduce drug and alcohol use.

“It’s not just lesson plans, but fun activities that engage the kids,” said program coordinator, Stephanie Quick, who is the Prevention Specialist through Western Montana Mental Health Center.

For example, they take fun personality tests. From those test students learn different traits and how those traits carry over into job skills.

School counselor, Kara Berg and Jessica Maurer, who is the afterschool program manager, will be helping with Alberton’s YAP. Berg worked the program at Sentinel High School in Missoula over ten years ago and told Quick it was a great program and the kids really enjoyed it.

The program has been available in Superior for the past few years. It’s held from 11:15 to 12:15 at the school on every other Thursday and they have about 38 students involved. Quick helps administer that program with school counselor, Byron Quinlan.

It has also been started at St. Regis School with the help of Barb Jaspers. It’s held every other Friday after school. The attendance is still low but Quick is confident it will grow in time.

(continued on page 2)

(Continued from page 1)

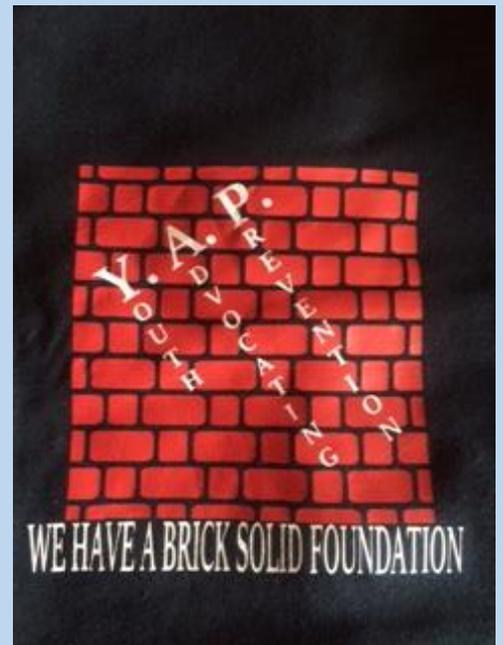
In Alberton students will be offered school “swag” such as water bottles and hats to help get kids involved. They are also hoping to recruit high school students to work as older peers to the middle school students to form positive and supportive relationships within the school

“Once they know what the program is about and the words gets out that its fun, more will show up,” she said.

YAP is one of several advocacy programs offered with Partnership for Success Grant funds working with the Western Montana Mental Health Center. This includes the Mineral County DUI Task Force which they are working to get up and running again. Quick said the program was available a few year ago and stop operating.

It involves the county sheriff, Tom Bauer and undersheriff, Mike Boone as well as the counties former sheriff, Ernie Ornelas and Monte Turner.

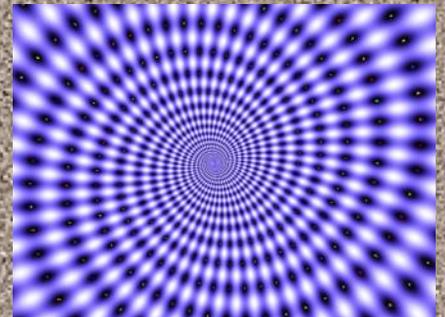
“It’s not just one thing, prevention has many layers,” said Quick. “The layers includes making communities safe, having law enforcement present which is a deterrent, and more youth programs.”



SOOTHING SUBLIMINAL INTERLUDE

WITS is Cool, WITS is Awesome, We want to enter data into WITS over and over and over again.....

Ommmmmmmm. You are now feeling refreshed and revitalized, please proceed calmly to the next section.



Linda Ravicher has been a long time prevention specialist for the Flathead Valley Chemical Dependency Clinic currently working under the PFS Grant in Flathead County. Linda has always been a firm believer in **reducing access as a priority**. Her **Stop Prescription Drug Abuse in the Flathead Coalition** has flooded radio, television and newspaper outlets with messaging to encourage monitoring, safeguarding and proper disposing of prescription drugs. Their goal is to cut off the ways that youth can to easily obtain RX drugs.

One of her many enthusiastic coalition members is Tim Hubbard, an Account Executive with Spectrum Reach, well versed in the effectiveness of carefully crafted, targeted media. Please click on the link below to view their **latest T.V. commercial**.



Stop Prescription Drug Abuse Coalition_ SLEEPOVER2016_30_HD.mp4

Faylee Favara and the Bitterroot Cares for Kids Network have taken many steps to raise awareness for Adverse Childhood Experiences (ACEs) in Ravalli County.

This WMAS sponsored coalition co-hosted a parent teacher conference at an elementary school.

The conference emphasized reading because reading only 15 minutes a day to your children increases bonding and attachment.



<p>Feelings Help your child learn to recognize and name different emotions.</p> <p>Soothe Help your child develop ways to self-soothe when angry, like taking five deep breaths.</p> <p>Rules Include your child in setting rules and expectations to develop a sense of ownership.</p> <p>Choices Provide choices whenever possible and safe. Making choices teaches about decision making and consequences.</p> <p>Accountability Show your child that mistakes are part of life. Help your child find the lesson in a mistake.</p> <p>Empathy Imagine yourself in your child's place. Understanding promotes trust and respect.</p> <p>Belonging Help your child find healthy and safe activities for developing friendship and community.</p> <p>For more information: (541) 682-8786 aces@co.lane.or.us lanecounty.org/aces</p> <p>Adverse Childhood Experiences Project Lane County Health & Human Services</p> 	<p>Feelings Help your child learn to recognize and name different emotions.</p> <p>Soothe Help your child develop ways to self-soothe when angry, like taking five deep breaths.</p> <p>Rules Include your child in setting rules and expectations to develop a sense of ownership.</p> <p>Choices Provide choices whenever possible and safe. Making choices teaches about decision making and consequences.</p> <p>Accountability Show your child that mistakes are part of life. Help your child find the lesson in a mistake.</p> <p>Empathy Imagine yourself in your child's place. Understanding promotes trust and respect.</p> <p>Belonging Help your child find healthy and safe activities for developing friendship and community.</p> <p>For more information: (541) 682-8786 aces@co.lane.or.us lanecounty.org/aces</p> <p>Adverse Childhood Experiences Project Lane County Health & Human Services</p> 
---	---

Everyone that attended the conference got a free book along with these handy bookmarks featuring some quick and easy tips to help nurture resiliency in their children.

These double-sided bookmarks were for the parents, the ones on next page were for the kids.

Faylee shared these bookmarks at the BAMS Regional Training in Missoula and her colleagues were impressed.

Nice work Faylee!!!

Good luck reducing ACEs in your community, we have several communities in the state taking a similar approach.

Missoula Prevention in Action

The Missoula Forum co-hosted a community conversation on medication safety with Safe Kids Missoula. Sitting at the table in the left hand picture is a local pharmacist and a detective from MPD sharing their expertise.



Prevention Specialist Brandee Tyree presents on the subject in the right-hand picture.



On the right, the Forum is busy at work making interactive educational kits for medication safety for the Boy's and Girl's Club.

Some assembly required, to say the least. Leah Fitch and Anna Semple are surely at the table behind the camera. This room is a veritable warehouse of prevention related materials, how they get it all packaged and out the door is amazing.

If you aren't quick to mumble something about the parking meter and bolt for the door, they will put you to work on the assembly line.



Meanwhile, on the other side of town, The **Flagship Program** run by Nicole Mitchell of WMAS helped host an Above the Influence Campaign at Big Sky High School and Washington Elementary School.

The kids sat down and wrote what it was that they were above the influence of and placed it on the wall.

