



Countywide Prevention Newsletter



COORDINATOR CORNER

- Denise Raybon

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On November 14, a team of county and school staff presented the results of the 2008 Fairfax County Youth Survey to the Board of Supervisors and the School Board. This release marked the fourth administration of the countywide survey and is the most comprehensive survey, yet. The anonymous, voluntary survey was administered in February 2008 to 22,251 randomly selected Fairfax County students in sixth, eighth, tenth and twelfth grades. The survey looked at behaviors, experiences and other factors that influence the health and well-being of the county's youth.

The 2008 survey identified a number of **encouraging outcomes**, including:

Almost all Fairfax County youth surveyed report that there are lots of opportunities to get involved in positive activities in and outside of school.

More than two-thirds of Fairfax County youth had not used any drugs or alcohol in the previous 30 days.

Nearly a quarter of Fairfax County youth are physically active for at least 60 minutes every day.

Nearly three-quarters of youth have not had sexual intercourse. Of the students who are sexually active, the majority report using condoms and other forms of contraception.

The survey also **pointed out the importance of staying connected with youth:**

Despite some declines, depression still impacts nearly a third of youth.

Gang involvement remains low; 96 percent reported that they have never been in a gang. However, those who were involved with a gang were more likely to have been depressed or considered suicide; have had sex; used drugs and alcohol; to be abused by an intimate partner or forced to have sex.

We have seen an increase in several violence, weapon, and bullying behaviors.

Overall, the survey provides Fairfax County with a barometer of the effectiveness of the community in fostering healthy choices in youth and assisting in the development of prevention and other strategies. The survey data provides a motivating force for parent and community action around the opportunities and challenges identified. Beyond the formal uses of the survey data, the coalition of partners involved in the survey plan an extensive set of communication and education efforts to make survey information accessible and useful for parents, young people, school and community leaders, and others interested in promoting safe and healthy behaviors in youth.

COUNTYWIDE SUBSTANCE USE AND VIOLENCE PREVENTION CONFERENCE PLANNED FOR MARCH 2009

- Lisa Adler

The first Fairfax County substance abuse and violence prevention conference, "What Today's Youth Need You to Know," is planned for Saturday, March 28, 2009, from 8:15 a.m. to 4 p.m. at Jackson Middle School in Falls Church. The conference—designed for Fairfax County residents and employees—will focus on educating adults, youth, and professional service providers on current trends in youth behavior, based on the 2008 Fairfax County Youth Survey, as well as issues pertinent to raising healthy families. Sponsored by Fairfax County Public Schools' (FCPS) Unified Prevention Coalition (UPC), a program of the Safe and Drug-Free Youth section, the conference has been designed in collaboration with Fairfax County agencies and organizations in Northern Virginia.

The Fairfax County Department of Community and Recreation Services (CRS) has taken on a major role in this year's

conference. The CRS annual regional Youth Alcohol and Drug Abuse Prevention project (YADAPP) conference will be integrated into the 2009 prevention conference. YADAPP youth leaders and their regional partners—Manassas Parks and Recreation and Loudoun County Parks, Recreation, and Community Services—are planning and implementing four workshops for youth as well as arranging for a youth-focused keynote speaker and closing program. A wide variety of workshops will be offered for adults, youth, family, and professional service providers. Multicultural workshops will also be offered with translation services available. Continental breakfast, lunch, and afternoon snacks will be available. CEUs will be awarded for those service providers who remain at the conference all day.

Exhibitors from county agencies, organizations, and businesses will be on hand to provide information and resources for attendees. Youth attending the conference will have the opportunity to receive prizes at the end of the day.

Go to www.unifiedpreventioncoalition.org in January for more information about the 2009 substance use and violence prevention conference, including

a full description of workshops, online registration, and information about being an exhibitor or a sponsor.

Please note: Youth attendance is free; adults will pay a nominal fee of \$10 each or \$15 for two or more adults from the same family.

MARCH 2009

SU	M	T	W	T	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	1	14
15	16	17	18	19	2	21
22	23	24	25	26	2	28
29	30	31				

Save the Date!
 March 28, 2009
 8:15 am—4 pm
 Jackson Middle School, Falls Church

Contact Information

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 2009 Prevention Conference Chairperson

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BUSH, OBAMA RECOGNIZE DOMESTIC VIOLENCE AWARENESS MONTH

-Family Violence Prevention Fund, **SPEAKING UP**, October 28, 2008

Once again this year, President George W. Bush issued a proclamation declaring October to be *Domestic Violence Awareness Month*. Senator[, now President-elect,] Barack Obama also issued a statement urging Americans to “dedicate ourselves to working on behalf of the thousands of women who suffer in silence”.

Our Nation has a moral obligation to work to

prevent domestic violence and address its brutal and destructive effects,” the Bush proclamation says. “During *National Domestic Violence Awareness Month*, we underscore our commitment to helping individuals across our country who face such devastating violence... we rededicate ourselves to protecting vulnerable members of our society and ensuring domestic abusers are punished to the full extent of the law... I

urge all Americans to reach out to victims of domestic violence and take action to make ending domestic violence a national priority.”

Obama’s statement says, in part, “Today, I join all Americans in observing *Domestic Violence Awareness Month*... Too often, victims of domestic violence don’t know where to turn, or have no one to turn to. And too often, a victim could be someone you love... “



[President Bush’s Domestic Violence Awareness Month proclamation](#)
[The full statement from Senator/\[President-elect\] Obama](#)

SAFE DATES – DATING VIOLENCE PREVENTION

- Mary Nelms

The Domestic Violence Interagency Work Group welcomed Jayne Flowers from the Virginia Department of Health to its meeting in November to present training on the “Safe Dates” teen dating violence prevention curriculum. Safe Dates, which is a research-based program, distributed by Hazelden, helps students understand what constitutes healthy vs. abusive relationships; defines and discusses teen dating violence, its causes, and consequences;

provides students with the skills and resources to seek help for themselves or friends in abusive dating relationships; and helps students build skills to develop healthy relationships, including positive communication, anger management, and conflict resolution.

The program is intended for middle and high school students, both male and female, ages 13 to 17.

Through the **Partners in Prevention Fund**, several

community-based organizations in Fairfax County are implementing the Safe Dates curriculum including Bethlehem Baptist Church, Reston Interfaith, Lorton Community Action Center, FACETS, South County Youth Network, and United Community Ministries.

Several members of the Domestic Violence Interagency Work Group have also expressed interest in presenting the Safe Dates curriculum to youth participants in their programs.

[Safe Dates review—SAMHSA’s National Registry of Evidence-based Programs](#)



A LOOK AT YOUNG MEN WHO COMMIT DATING VIOLENCE

-Family Violence Prevention Fund, **SPEAKING UP**, October 28, 2008

"This is a critically important piece of the puzzle in terms of designing meaningful prevention and intervention programs to prevent adolescent relationship violence."

-Elizabeth Miller

A new study of young men, age 17 to 21, who commit intimate partner violence finds that more than half faced challenges early in their lives, such as growing up with troubled families, having little or no support when they began to fail at school, and witnessing violence in their homes and communities.

That is a key conclusion of "Social and Environmental Contexts of Adolescent and Young Adult Male Perpetrators of Intimate Partner Violence: A Qualitative Study," published in the September issue of the *American Journal of Men's Health*.

"Until now, we did not have much information on young men who hurt their partners," said the study's senior

author, Elizabeth Miller, Assistant Professor of Pediatrics at the University of California, Davis Children's Hospital.

"We need to conduct research that considers aspects of environments – such as family life, school, peer environment and communities – that might promote such behaviors among boys," said the study's lead author, Elizabeth Reed, ScD. "Perpetration of violence in dating relationships occurs among certain groups of boys more than others. We need to look beyond individuals to see how environments play a role in this important public health problem, and address the issue in a way that considers factors much larger than individual choices and behaviors."

For the study, researchers conducted semi-structured interviews with 19 young males, most from Boston urban neighborhoods, who were enrolled in programs addressing perpetration of intimate partner violence.

Miller and Reed note that the study is among an urban sample of boys in programs for dating violence perpetration and, therefore, does not represent all boys who perpetrate abusive behaviors towards girlfriends. However, it offers some important, initial insight into the potential factors across the life contexts of these boys that may contribute to dating violence.

This is the first qualitative study to document the social and environmental factors experienced by adolescent males who have abused dating partners.

[Family Violence Prevention Fund, SPEAKING UP, Issue 7, October 2008.](#)

INTIMATE OR CHILDHOOD SEXUAL ABUSE AND OBESITY IN KENTUCKY – Family Violence Prevention and Health Practice, October 2008

Obesity is a significant health threat to women in the USA and worldwide. In this Kentucky-based sample, almost one third of women were currently obese. Lifetime sexual abuse experienced as an adult or child was associated with a 32% increase in current obesity. As evidenced

in this report and substantiated by others, both intimate partner violence (IPV) and obesity are common health threats for women. Continuing efforts to prevent child and partner physical and sexual abuse and to prevent the mental health consequences of abuse on victims

can have important implications for improving women's health.

[Read the Full Article](#)

Related article:
[The Biggest Loser: Abuse at the Foundation](#)



COUNTYWIDE INITIATIVE TO REDUCE UNDERAGE DRINKING (CIRUD) - Sara Freund

The Fairfax Countywide Initiative to Reduce Underage Drinking (CIRUD), now in its second year, is supported by over 50 organizations in the county. These include county agencies, Fairfax County Public Schools, City of Fairfax School Board, FCPS school-community coalitions, MADD, WRAP, community organizations, and parents. The ambitious work is conducted through the leadership of a Task Force under the Fairfax County Public Schools Safe and Drug-Free Youth Section and its Unified Prevention Coalition.

Parent Who Host, Lose the Most Campaign

Many are aware of CIRUD because of its public awareness program known as *Parents Who Host, Lose the Most (PWH)*. In its second year, the campaign was endorsed again in a school board resolution and Board of Supervisors proclamation which declared April 2008 as *Parents Who Host, Lose the Most* month in Fairfax County.

PWH Recent Activities:

- In an email survey of parents of high school stu-

dents last spring, 47% of the respondents were aware of the PWH initiative in its first year. Of the respondents, 75% indicated they had a better understanding of Virginia underage drinking laws.

- Over the summer, an additional 100,000 fact cards outlining Virginia underage drinking laws and facts associated with teen drinking were printed. The card highlights a change in the law imposing a mandatory loss of a driver's license for one year or a one year delay in obtaining a first license for a person under 21 caught drinking and driving.

Access CIRUD materials at the [Unified Prevention Coalition Web site](#)

Continued on page 10.

ADDRESSING THE MINIMUM LEGAL DRINKING AGE (MLDA) IN COLLEGE COMMUNITIES – American Medical Association, AlcoholPolicyMD.com

Enforcement of age-21 laws has multiple ramifications in college settings, where underage students co-mingle with students of legal age. College administrators face serious questions about how and whether to enforce the minimum legal drinking age. They must balance safety, liability, and law-enforcement responsibilities with universities' historic role as havens of personal freedom, experimentation, and student self-expression and individual responsibility. Administrators' responses become all

the more difficult because most students begin drinking well before they arrive on campus.

Not surprisingly, many administrators focus more on binge or high-risk drinking by their students and the host of problems it creates. The age of the drinker often becomes a secondary concern as campus alcohol policies also emphasize "harm reduction" over prevention. Enforcement of the MLDA has historically focused heavily on individual education and punishment of violators. Colleges

are now learning that effective action on the MLDA requires a broader prevention approach that affects the conditions under which alcohol is made available, promoted and integrated into college life. Conversely, universities have found that the MLDA provides a strong legal rationale to develop effective prevention policies that can reduce high-risk as well as underage drinking.

The full article covers a history of MLDA, public health and safety successes, challenges, special difficulties in the college setting, college policies and practices, and answering common arguments from MLDA critics.

[Read the Full Article](#)



NEW OPEN LETTER WARNS PARENTS ABOUT TEEN ABUSE OF OVER-THE-COUNTER MEDICINES

- National Youth Anti-Drug Media Campaign

Many parents have no idea that teens today need only look to their local supermarket, pharmacy, or home medicine cabinet to get high using over-the-counter (OTC) cough and cold remedies. To help warn parents of this risk, ONDCP's National Youth Anti-Drug Media Campaign has developed a new customizable Open Letter that you can use in your community to educate parents and encourage them to both monitor their teens and look for signs of abuse.

Although overall teen drug use has declined over the last several years, parents are often unaware of this latest threat. Many of these medications contain Dextromethorphan (DXM), a cough suppressant, which when taken in excessive amounts can cause delusions, loss of consciousness, and even death. Even more startling is that some teens consume these drugs along with alcohol, making the effects even more dangerous.

But parents can help stop the abuse by safeguarding OTC drugs (and showing extra vigilance during cold and flu season), properly concealing and disposing of old or unused medications, and setting clear rules for teens about all drug and alcohol use. This Open Letter is an exclusive resource for schools and community organizations and is now available for you to customize and use by considering these tactics:

- Add your organization's name and logo to the Open Letter
- Recruit local signatories and insert local names and logos
- Localize the national Campaign message on the ad
- Distribute throughout your community: school districts, newspaper ad buys, donated ad space, and at town hall meetings

[Open letter in color—pdf file](#)

[Open letter in black and white—pdf file](#)

[Other open letters and resources from the National Youth Anti-Drug Media Campaign](#)

THE GIRLS STUDY GROUP—CHARTING THE WAY TO DELINQUENCY PREVENTION FOR GIRLS

Juvenile delinquency can become a pathway to adult offending. Delinquency experts search for ways to counter delinquency before it starts, providing intervention for juveniles in high-risk situations—such as those with severe economic disadvantages or living in high-crime neighborhoods. However, the majority of juveniles arrested are male, which means that a good deal of research on juvenile delinquents has been performed on a mostly male population that does not account for girls' and

boys' differences. Despite much research on the causes of boys' delinquency, **few studies have examined which girls become delinquent or why.** Additionally, intervention and treatment programs have been traditionally designed with boys in mind, and little is known about how well girls respond to these interventions.

In the 1990s, a surge of girls' arrests brought female juvenile crimes to the country's attention. By 2004, girls accounted for

30 percent of all juvenile arrests, but delinquency experts did not know whether these trends reflected changes in girls' behavior or changes in arrest patterns. The juvenile justice field was struggling to understand how best to respond to the needs of the girls entering the system.

In moving ahead, the Girls Study Group findings will provide OJJDP with the foundation needed to move ahead on a comprehensive program of information dissemination,

-Department of Justice, Office of Juvenile Justice and Delinquency Prevention

training, technical assistance, and programming regarding girls' delinquency prevention and intervention. The findings of the group may assist states and communities in developing their own efforts to address girls' delinquency.

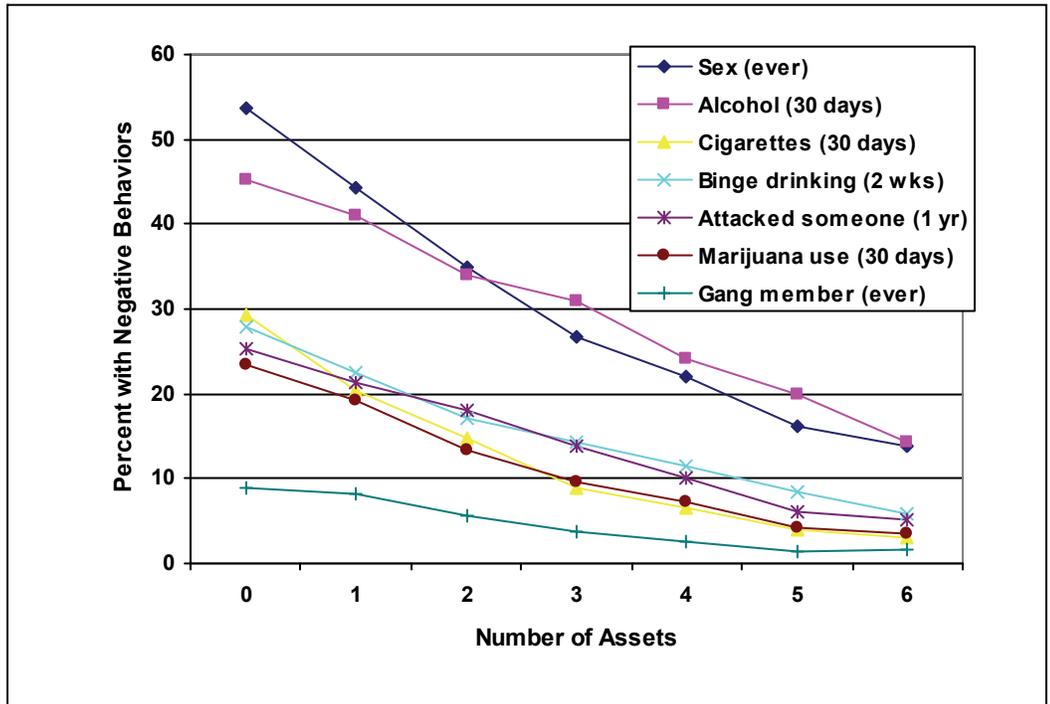
[Girls Study Group Understanding and Responding to Girls' Delinquency](#)



COORDINATOR'S CORNER (CONT.)

I encourage you to use the data (available online at www.fairfaxcounty.gov/youthsurvey) and contact me if you have additional questions.

The Behavior/Asset chart to the right shows that the more assets or strengths that a person has in their life, the less likely they are to engage in harmful behaviors. The numbers on the bottom of the chart represent the number of "assets" and the lines represent the percent of youth engaged in specific risk behaviors or unhealthy experiences. Those numbers decline with each additional asset. The chart demonstrates that we all have a role to play in prevention.



- Assets**
- Good Grades
 - Involved in decision making
 - Lots of adults in my neighborhood to talk to
 - Parents notice when doing a good job
 - Involved in extracurricular activities
 - Involved in community service

Test your Fairfax County Youth Survey I.Q. with a short quiz on page 10.

LIVE WELL WORKSHOP: HEALTHY EATING IN THE NEW YEAR

- Sharon D. Arndt

Join chef Michele M. Powers, R.D., of NutrientChef and a test chef for Cooking Light magazine, for a discussion of strategies for pairing food and nutrition to prepare balanced meals. Food samples and recipes will be available. The Cigna health plan will raffle off a George Fore-

man grill at each session. Employees may self-register through [EmployeeU \(LIVWELL305\)](#). Informal supervisory approval is required if the workshop conflicts with normal work duties. For reasonable ADA accommodations, call 703-324-3360.

Jan. 7 – noon to 1 p.m., Government Center, Room 120C.

Jan. 9 – noon to 1 p.m., Judicial Center, Jury Assembly Room.

Jan. 14 – noon to 1 p.m., South County Center, Room 221C.

Jan. 22 – 11 a.m. to noon, Falls Church Center, Conference Room A.

Jan. 28 – noon to 1 p.m., Herry Building, Room 106.

FAIRFAX COUNTY PARTNERS IN PREVENTION PARTICIPANT, BPSOS, PARTNERS WITH COMMUNITY TO NURTURE MEDIA-SMART YOUTH!

- BPSOS News Releases

The family services staff of BPSOS-Falls Church are getting rolling with a project called Media-Smart Youth: Eat, Think, and Be Active! (MSY). The effort focuses on helping young people ages 11 to 13 understand the connections between media and health, and is funded by the [Eunice Kennedy Shriver National Institute of Child Health and Human Development](#) (NICHD). At present, the MSY activities are under way at [Holmes Middle School](#) in Alexandria, VA. The BPSOS staff members are building out from their

ties to the middle school's Vietnamese culture club to turn this project into a great experience for a group of young people whose makeup reflects the school's incredible diversity.

What do young people get from this project that they seldom get elsewhere?

The program uses nutrition and physical activity examples to help youth learn about connections between their health and what they see and hear on TV and the radio. This

builds their media analysis skills, leaving them better prepared to handle the messages constantly raining down on them. MSY brings together a mix of learning formats, including brainstorming, small- and large-group discussions, games, and creative productions. One of those products is the video you can find at the bottom of this post, which was funded by the [National Heart and Lung Institute/Fairfax County Partners in Prevention Fund](#) as part of the [Ways to Enhance Children's Activities and Nutrition](#) (WE CAN) project.



Check out [this video](#), scripted by the youth of Holmes Middle School (there's a few of them to the right!), to learn about the media and wise choices for health and fitness!



KEEPING KIDS SAFE, BLUE RIBBON CAMPAIGN PUBLICATIONS

-Jane Shaw,
Department of Family
Services



The Fairfax
County Blue
Ribbon
Campaign is

a coalition of individuals
and organizations –
community, civic, school,
business, faith-based and
government – dedicated to
keeping kids safe. Our
vision is to create
a community where each of
us recognizes and acts
upon our shared
responsibility to keep kids
safe by preventing child
abuse and neglect.

[Department of Family Services](#)
[Blue Ribbon Campaign Web Site](#)

BLUE RIBBON CAMPAIGN PUBLICATIONS

10 Tips for Keeping Kids Safe Card (English)
Child Supervision Guidelines Pocket Brochure (English, Spanish, Arabic, Farsi,
Korean, Urdu, Vietnamese)
Child Supervision Guidelines 3-Panel Brochure (English, Spanish)
Child Supervision Guidelines Flyer (English, Spanish)
Child Supervision Guidelines Poster (English)
Guide to Summer Fun and Safety Booklet (English)
Guidelines for Selecting a Babysitter Flyer (English, Spanish, Farsi, Korean,
Vietnamese)
If you See a Child Being Mistreated in Public Card (English)
Keeping Kids Safe in and Around Vehicles Card (English)
Never Leave Children Alone Around a Vehicle Poster (English)
Never Leave Children Alone in a Car Poster (English)
Never Shake a Baby Card (English, Spanish)
Parents Are Often the First to Know When Their Baby Needs a Hand Brochure
(English)
Recognizing Child Abuse Brochure (English)
Safety Tips to Prevent Children Falling from Open Windows Card (English,
Spanish)
Tips for Shopping with Your Child Flyer (English)
Tips for Shopping with Your Child Pocket Brochure (English)
Understanding and Guiding Children Brochure (English, Spanish, Arabic, Farsi,
Korean, Vietnamese)
Warning: Not Suitable for Children Poster (English)
Words That Help Kids Card (English, Spanish, Arabic, Chinese, Farsi, Korean,
Urdu, Vietnamese)
Words That Help Kids Poster (English, Spanish)

FAMILY VIOLENCE PREVENTION, TREATMENT AND PUBLIC AWARENESS PROJECTS RFP

– Commonwealth of Virginia, Department of Social Services,
Family and Children's Trust Fund (FACT)

The Family and Children's
Trust Fund (FACT) of the
Virginia Department of
Social Services has issued
a Request for Proposals
(RFP) for family violence
prevention, treatment and
public awareness services
to be provided by public
organizations, private non-
profit agencies and/or

community-based
programs, including faith-
based organizations.

Funding is intended to
support innovative and
creative service delivery to
prevent or address family
violence, including child
abuse and neglect, adult
abuse and neglect,

domestic violence, sexual
assault, dating violence,
and suicide.

The application deadline
is **Tuesday, February 3,
2009.**

[Online RFP](#)

COORDINATOR'S CORNER (CONT.)

TEST YOUR FAIRFAX COUNTY YOUTH SURVEY I.Q.

1. (10%, 31%, 25%) of students had their first drink of alcohol before age thirteen.
2. Fairfax County has seen a (*upward/downward*) trend in alcohol use since 2001.
3. Of students who had sexual intercourse (63%, 47%, 91%) used contraception during last sexual intercourse. Contraception use (*increases/decreases*) with age.
4. During the past twelve months, (22%, 31%, 58%) of Fairfax County youth felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
5. The percent of Fairfax County youth who played video or computer games, or used a computer for something that was not school work for three or more hours during a school day is (*higher or lower*) than the national average.
6. In the past year, (6%, 12%, 21%) of youth reported carrying a weapon other than a gun.

Answers are on the back page of the newsletter

CIRUD (CONT.)

- Over 50,000 fact cards and 120 posters were distributed in October by the Fairfax-Falls Church Community Services Board to all Virginia ABC and 7-Eleven stores with the support of Virginia ABC and 7-Eleven corporate offices. Fact cards (English and other languages), posters, and banners are being distributed throughout the county on an ongoing basis. We are actively seeking funds to pay for printing of additional fact cards, posters and banners.

Ongoing Initiative Work

Subcommittees have been established under the CIRUD Task Force focused on proven strategies to

reduce underage drinking. Examples of recent work include:

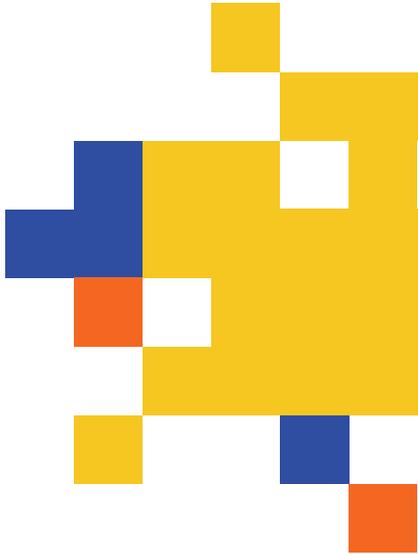
- A special mailing in August to 11,500 parents of high school graduates with a cover letter (co-signed by Chairman Connolly, Police Chief Rohrer, and School Board Chair Storck), fact sheet, and informational brochure on college drinking. The mailing included statistics and practical tips on the signs of alcohol poisoning and depression and encouraged parents to talk with their son or daughter now and throughout their college career about the risks of drinking.

- Distribution of a large county map created by the Fairfax Police Department showing all teen related car crashes in 2006-07 to all drivers' education teachers for their classrooms.

Contact Information

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Safe and Drug Free Youth for PWH fact cards, posters, information
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ARE YOU TALKING PREVENTION?

Send us an update on how you are spreading the word about prevention or furthering the prevention system goals for our *March* newsletter.

Submit articles to Mary Nelms by *February 27, 2009*.

We hope you find this newsletter useful. Feel free to forward it to others who may also make use of the information included.

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To request the information in an alternate format, contact Mary Nelms



A Fairfax County

VA Publication



VISIT OUR WEBSITE

www.fairfaxcounty.gov/dsm/prevention

www.fairfaxcounty.gov/youthsurvey

QUIZ ANSWERS

1) 31% 2) downward 3) 91%/increases 4) 31% 5) higher 6) 21%