

Countywide Prevention Newsletter

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COORDINATOR CORNER

- Denise Raybon

Prevention is in the news everywhere we look these days. It has been an integral part of the discussion on health care reform and most recently has become a vital component of the American Recovery and Reinvestment Act.

On September 17, HHS Secretary Kathleen Sebelius announced the availability \$373 million in cooperative agreements for the comprehensive public health initiative, **Communities Putting Prevention to Work**, to be led by the Centers for Disease Control and Prevention (CDC). These funds will be used to increase physical activity, improve nutrition, decrease obesity, and decrease smoking in U.S. communities.

Communities Putting Prevention to Work is intended to change systems and environments and put into place policies that will promote the health of populations.

Sound familiar? This reflects our own approach to prevention here in Fairfax County and reinforces our efforts to influence change and wellness at multiple levels. You may remember the Spectrum of Prevention (pictured to the right). This model proposes that real prevention goes beyond individual behavior change and must take place at all of these levels to really bring about change in a population.

National best practices are also supporting our firm belief that environmental and behavior change can only be achieved through multidisciplinary strategies and by working with people and places that are most vulnerable.

This newsletter includes examples of our work on all levels of the spectrum including community engagement, awareness raising, skill building, and staff capacity building to address challenges in our communities such as domestic violence, substance abuse, bullying, obesity, and gangs.

We still have much work to do in the development of our comprehensive prevention-based system. But the inclusion of the Prevention and Wellness Fund in the Recovery Act signals a promising new direction for our country, reflects an increased emphasis on prevention, and validates our own work here in Fairfax County. Thanks for all of the hard work reflected in this newsletter.

Influencing Policy & Legislation
Changing Organizational Practices
Fostering Coalitions & Networks
Educating Providers
Promoting Community Education
Strengthening Individual Knowledge & Skills

DOMESTIC VIOLENCE AWARENESS MONTH - Seema Zeya

Domestic violence is commonly defined as a pattern of coercive behaviors, used by an individual to gain and maintain power and control over another individual in the context of an intimate, dating, or familial relationship. Coercive behaviors can include physical and sexual violence, verbal/emotional abuse, psychological intimidation and manipulation, economic/financial control, harassment, direct and implied threats, isolation, actual or threatened use of weapons, spiritual abuse, stalking, destruction of the victim's property, and harm to the victim's family/pets/significant others.

Domestic violence occurs between married, non-married, and same-sex partners, as well as between members of the same family or household - in families of all ages, nationalities, ethnicities, socio-economic and religious backgrounds. Statistics indicate that domestic violence is a major cause of emotional and physical injury to women; however, men and children also are victims of such violence.

October is recognized nationally as **Domestic Violence Awareness Month (DVAM)**, a time when every person should consider what she or he can do to help end the epidemic of domestic violence that afflicts our entire nation. The statistics are indeed alarming. In the United States, nearly one in four women will experience violence by a current or former spouse or boyfriend at some point in her life. And more than three women a day are murdered by their husbands or



boyfriends in this country. Every year in our own local community, the Fairfax County Police Department responds to almost 10,000 domestic violence-related calls for service. And annually the Fairfax County Juvenile and Domestic Relations District Court issues more than 800 civil orders of protection on behalf of victims of family abuse.

Because domestic violence impacts many families in our county, the Fairfax County Board of Supervisors has established the **Domestic Violence Prevention, Policy and Coordinating Council (DVPPCC)** to guide the development of a coordinated communitywide response to domestic violence that promotes safety and security for victims of abuse and accountability for perpetrators. The DVPPCC considers domestic violence a crime not only against the individual victim but against the entire community. And thus, everyone needs to be mobilized to address this complex problem and come together to stop the violence.

If you would like to learn more about what you can do to help end domestic violence in Fairfax County, please consider attending one of our local DVAM events during October ([Event Calendar](#)).

If you are a victim or survivor of domestic violence, please know the abuse is not your fault and help is available. In Fairfax County, help is available 24-hours a day from:

Victim Assistance Network at 703-360-7273 and

Artemis House (our emergency residential dv shelter) at 703-435-4940.

For more information about domestic violence resources in Fairfax County, please visit the [Fairfax County Domestic Violence Web Site](#).

DVAM EVENTS
OCTOBER

The Women's Center Family Abuse Training	5
George Mason Univ. Turn Off the Violence (TOV) Week	5-8
Legal Services of Northern Virginia CLE DV Training	7
Domestic Violence and Its Impact on Children	7
Joint Services Candlelight Vigil	8
Inova Fairfax Hospital—Challenges in Child Abuse Investigations	15
All Throttle Motorcycle Club DV Charity Ride	17
Kids in Need of Defense (KIND) presents to DV Work Group	19
"Sin by Silence" Film Screening	21
Time to Fly Foundation Fallfest Gala	23
Women's Support Group of Mt. Vernon Candlelight Vigil	23
Women's Support Group of Mt. Vernon "I Love Myself—I Know I'm Grand"	24
Fairfax County Police Department K-9 Krawl 5K	25
Bethany House of NoVa, NOVACO & Time to Fly Foundation DV Prayer Vigil	27



OPERATION MEDICINE CABINET CLEAN OUT
 HELP OUR COMMUNITY BY MONITORING AND
 PROPERLY DISPOSING OF UNUSED/EXPIRED MEDICATIONS

- James MacDonald

- Help prevent prescription drug abuse!*
- Help prevent accidental poisoning!*
- Help protect our environment!*

Throughout the month of October the Fairfax-Falls Church Community Services Board Prevention Services and its partners will raise awareness on how to appropriately monitor, secure, and dispose of unused and/or expired medication.

Operation Medicine Cabinet Cleanout in conjunction with the 28th Annual Substance Abuse Awareness Week will feature information dissemination through local pharmacies and county agencies. School-Community Coalitions will encourage parents to sign a pledge to monitor and properly dispose of medications during middle and high school Back-to-School nights.

Operation Medicine Cabinet Cleanout is sponsored by the Fairfax-Falls Church Community Services Board with our partners: Fairfax County Office of Partnerships, Fairfax County Police Department, Fairfax County Division of Solid Waste Collection and Recycling, Safe Community Coalition, Fairfax County Public Schools, School-Community Coalitions, Fairfax County Health Department, Giant Food, Harris Teeter, Safeway and Wegmans.



Supervisor Cathy Hudgins leads the way in proper disposal of expired medications.

What's the Issue?

- ♦ The 2008 Fairfax County Youth Survey data shows that approximately 3,100 high school students abused prescription drugs and/or Over The Counter (OTC) drugs in the 30 days prior to being surveyed.
- ♦ Nationally, in 2006, 16.2 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant, or sedative for non-medical purposes at least once in the year prior to being surveyed.
- ♦ The broad availability of prescription drugs via the medicine cabinet, the internet and physicians, as well as the misconceptions of their safety add to the problem of prescription drug abuse.

What Can We Do?

✓ Educate

- Read the material provided with all prescribed medications to understand the safe use and any possible risks.
- Ask your doctor or pharmacist about safe use and any possible risks especially for abuse.

✓ Communicate

- Share with your children the importance of being an informed consumer of medications.
- Set clear expectations, letting them know to never take medications without your knowledge.

✓ Monitor

- Keep track of and secure the medication you have in the house.
- Supervise your child's use of medication.
- Encourage relatives and friends to monitor their medications.

✓ Dispose

- Take an inventory and identify expired and unused medication.
- Only discard by mixing medication with an undesirable substance like coffee grounds and put in a bag and discard.
- Flush medications *only* where the label recommends you do so.
- Remove identifying information from bottles.

OCTOBER 2009

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Medicine Cabinet Cleanout Week

Disposal Centers: Mt. Vernon, Mason, Reston and Sully Police Stations



**FAIRFAX COUNTY POLICE DEPARTMENT TO SPONSOR
3RD ANNUAL K-9 KRAWL 5K - Kacey Kirkland**

On **October 25**, 2009 the Fairfax County Police Department will sponsor the 3rd annual **K-9 Krawl 5K**. This is a dog walk to bring awareness to the connection between domestic violence and pet abuse.

October is National Domestic Violence Awareness Month, a tradition that has remembered those who have become victims of domestic violence and celebrated those who have survived. This is a time when everyone should consider what they can do to help end domestic violence.

Pets are not immune from domestic violence. Batterers frequently threaten, injure, maim, or kill their partners' or children's pets for the purpose of revenge or control. Recognizing that pet abuse is an important aspect of domestic violence is essential. Victims of domestic violence often delay leaving their abusive situation because they fear for the safety of their beloved companion. Pets are a part of the family in many households across this country. Illuminating this issue for the community is an important step in understanding domestic violence.

Please come join us for this important K-9 Krawl 5K

Sunday, October 25th

Fairfax County Government Center Parking Lot

Registration is free and begins at 9am.

For more information please call 703-814-7009.

[FCPD K-9 Krawl 5K Event Flyer](#)

2009 SUBSTANCE ABUSE AWARENESS WEEK (SAAW) CONFERENCE
TOGETHER WE LEARN, TOGETHER WE SUCCEED

- Margaret Kollay

Please join us for our 28th annual SAAW Conference. We are offering a variety of workshops to choose from to increase your knowledge of the prevention and treatment of substance abuse in our community.

With our theme, **Together We Learn, Together We Succeed**, we want to bring together individuals, community groups,

OCTOBER 2009

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SAAW Conference

**October 23, 2009
8:30 am—4 pm**

Fairfax County Government Center
12000 Government Center Parkway

private and public service providers, schools, advocacy groups, professional organizations and others to promote successful, healthier communities and sustain ongoing recovery. This is a free event but you must preregister to attend.

Contact Margaret Kollay for questions or to request reasonable ADA accommodations



Contact Information

Margaret Kollay
(703) 934-8772
(703) 322-9080 (TTY)

[SAAW Conference Registration](#)

BULLYING PREVENTION SYMPOSIUM - Kristen Brennan

The Fairfax Partnership for Youth, Inc. announces the Northern Virginia symposium to prevent bullying and other types of peer harassment in schools, in cyberspace, and anywhere youth interact.

Youth, parents, public and non-profit representatives will convene to identify strategies that youth-serving organizations can employ to raise awareness about peer harassment and take specific steps to reduce its effects on youth in our community.

When:
Sat, Oct 31, 2009, 9 a.m. - 1:30 p.m.
Pre-Register by Friday, October 23, 2009
Where:
Fairfax County Government Center, Auditorium
12000 Government Center Parkway
Fairfax, VA
Keynote Speaker:
Dede Bailer, Ph.D. Coordinator, Psychology Services
Fairfax County Public Schools

[Symposium Information and Registration](#)

Contact Information
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National Bullying Prevention Awareness Week
October 4-10, 2009

OCTOBER 2009

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Save the Date!

Northern Virginia Regional Gang Task Force

Plan to attend
Gang Prevention Intervention Training

Date: October 28th
Location: Fairfax County Government Center

This is an all day training for professionals within the local government, schools, and community organizations who work with youth who are at risk for gang involvement or who are gang involved.

Hosted by the Northern Virginia Regional Gang Task Force



Art Contest

Students ages 14-18 are encouraged to enter the:

Speak Out Against Bullying! Art contest.

The winner will receive a Kodak EasyShare Digital Camera and Printing Dock, and their artwork will be used as the Bullying Prevention Symposium program cover.

The art contest deadline is October 11th, 2009

[Art Contest Details](#)

BODY MASS INDEX PILOT - Elizabeth Payne

Body Mass Index (BMI) is an indicator of body fatness that is important information when assessing one's personal fitness and wellness. Body fatness is a part of the total knowledge of the components of health. Levels of body fatness, in combination with levels of fitness in the areas of cardio-respiratory endurance, muscular strength and endurance, and flexibility, will enable students to gain a more complete picture of their personal wellness.

During school year 2009-2010, nine schools (three elementary schools, three middle schools, and three high schools) will participate in a pilot that will specifically address instruction about and collection of BMI for students in grades 4-10.

The FCPS Electronic Fitness Tracking System will allow teachers to enter students' height and weight. **The CDC algorithm will be used to calculate BMI** and provide a percentile ranking.

Although all FCPS physical education teachers will have the capacity to collect BMI, it will not be a requirement. Due to the possibly sensitive nature of the data collection, it is important to ensure that the data collection is seen as an integral part of instruction that meets the Virginia Department of Education standards of learning for physical education and as an additional indicator when evaluating personal fitness.

Teachers in the pilot will have the capacity to provide students with individual student reports that will provide them with five categories of testing that indicate levels of fitness in each health component area.

While it will be encouraged to have students share their plans with their parents, it is not the intent to send specific information home to parents that indicates their child's BMI as a separate and distinct piece of information.

Health Component Areas

- Cardio Endurance
- Respiratory Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Mass Index

Assessments within each component of health will provide students with opportunities to set specific personal goals and create an action plan to maintain or improve their personal wellness.

RECOMMENDED COMMUNITY STRATEGIES FOR OBESITY PREVENTION

- Amy Lowry

The Center for Disease Control and Prevention (CDC) has released the first set of comprehensive recommendations to promote healthy eating and active living and reduce the prevalence of obesity in the United States.

A detailed [Implementation and Measurement Guide](#) was developed to assist local governments, states, and policy makers implement the CDC recommended obesity prevention strategies and report on the associated measurements. The guide includes measurement data protocols, a listing of useful resources, and examples of communities that successfully implemented each obesity prevention strategy.

6 Strategy Categories

- Promote the availability of affordable healthy food and beverages
- Support healthy food and beverage choices
- Encourage breastfeeding
- Encourage physical activity or limit sedentary activity among children and youth
- Create safe communities that support physical activity
- Encourage communities to organize for change



FCPS AWARDED GRANT TO HELP HOMELESS FAMILIES

-FCPS News Release

Fairfax County Public Schools (FCPS) has been awarded a 2009 Virginia Governor's Office of Substance Abuse Prevention (GOSAP) grant from the state's Safe and Drug-Free Schools and Communities funds.

FCPS, through its Student Safety and Wellness section and its Homeless Liaison office, will use the grant to offer a free five-session parenting program throughout the 2009-10 school year that aims to strengthen parent-child connections and build parenting skills for homeless families in transition shelter programs.

The five session program is geared to parents of children aged 9-14. During parent sessions, participants' children will receive tutoring and homework help by FCPS tutors; in some of the sessions parents and their children will be together practicing specific skills.

The GGC program has been used successfully since 2001 by FCPS school-community coalitions and the Fairfax County Community Services Board. The program will be adapted to provide increased sensitivity to the unique situations of homeless families.

Contact Information

Diane Eckert
Fairfax County Public Schools

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Email: diane.eckert@fcps.edu

The parenting program, Guiding Good Choices (GGC), is a nationally recognized program that also reduces risk factors related to alcohol and other drug use while teaching communication and refusal skills.

[Full Press Release](#)

2008 FAIRFAX COUNTY YOUTH SURVEY - Mary Nelms TOPIC FACT SHEETS

Visit the Fairfax County Youth Survey Web site to view topic-specific fact sheets based on the results of the 2008 Fairfax County Youth survey.

Each fact sheet is topic-specific and contains these common elements:

What you need to know: key data findings.

What you can do: information on recognizing signs of risk behaviors or promotion of healthy behaviors, health warnings, and constructive suggestions for handling risk behaviors or promoting pro-social involvement.

Who can help: contact information for county resources or relevant hotline/helpline numbers.

Web sites for more information: a list of useful internet sites.

Related factors: a list of behaviors that are more or less likely for youth who reported the topic behavior.

Tables and graphs are included on every fact sheet and show specific data findings on the topic.

Three to Succeed—Thriving in Fairfax is on all fact sheets and shows how dramatically risk behaviors are reduced when youth have more protections (assets) such as adults to talk to or being involved in community or extra-curricular activities.

Available Fact Sheets

- ♦ [Teenage Alcohol Use](#)
- ♦ [Teenage Drug Use](#)
- ♦ [Teenage Inhalant Use](#)
- ♦ [Teenage Depression and Suicide](#)
- ♦ [Middle Schoolers](#)
- ♦ [High School Girls](#)

Additional fact sheets in development

All fact sheets are in PDF format which can be down-loaded to support events or for personal use.



ACHIEVEMENT GAP BEGINS EARLY: DISPARITIES FOUND AMONG INFANTS -Child Trends eNewsletter July 14, 2009

A new Child Trends study commissioned by the Council of Chief State School Officers finds disparities between poor, at-risk children and more advantaged children as early as 9 months of age—extending prior research that primarily focuses on disparities at kindergarten entry and beyond.

The study, [Disparities in Early Learning and Development: Lessons from the Early Childhood Longitudinal Study—Birth Cohort](#), identifies low income and low maternal education as the factors most strongly associated with poorer

cognitive, social-emotional, and health outcomes among very young children. It also finds that the more risk factors a child has, the more profound the disparities.

- Compared to their peers from higher-income families, infants and toddlers from low-income families score lower on cognitive assessments, are less likely to be in excellent or very good health, and are less likely to receive positive behavior ratings at both 9 and 24 months.
- Compared to infants whose mothers have a Bachelor's degree or higher, infants and toddlers whose mothers have less than a high school degree score lower on both cognitive and behavioral measures and they are also less likely to be in excellent or very good health. Disparities are typically small at 9 months, but become more pronounced at 24 months (moderate to large).

[Full Child Trends eNewsletter Article](#)

MANY TEENS BELIEVE THEY'LL DIE YOUNG -msnbc.com

A surprising number of teenagers — nearly 15 percent — think they're going to die young, leading many to drug use, suicide attempts and other unsafe behavior, new research suggests.

The study, based on a survey of more than 20,000 kids, challenges conventional wisdom that says teens engage in risky behavior because they think they're invulnerable to harm. Instead, a sizable number of teens may take chances "because they feel hopeless and figure that not much is at stake," said study author Dr. Iris Borowsky, a researcher at the University of Minnesota.

That behavior threatens to turn their fatalism into a self-fulfilling prophecy. Over seven years, kids who thought they would die early were seven times more likely than optimistic kids to be subsequently diagnosed with AIDS. They also were more likely to attempt suicide and get in fights resulting in serious injuries.

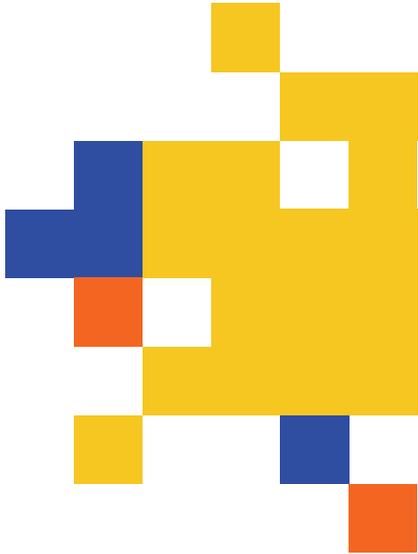
The study suggests some kids overestimate their risks for harm; however, it also provides evidence that some kids may have good reason for being fatalistic.

Native Americans, blacks and low-income teens — kids who are disproportionately exposed to

violence and hardship — were much more likely than whites to believe they'd die young.

Scientists once widely believed that teenagers take risks because they underestimate bad consequences and figure "it can't happen to me." The new research bolsters evidence refuting that thinking.

[Full Article on msnbc.com](#)



VISIT OUR WEBSITES

www.fairfaxcounty.gov/dsm/prevention

www.fairfaxcounty.gov/youthsurvey

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 **Winter 2009** newsletter. Submit articles to Mary Nelms **by November 20, 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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