

Building a System of Prevention

A Foundation for the Future



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Kathi, Joan and Roxanne attend the Prevention Symposium, May 2007

Countywide Prevention Newsletter

Coordinator's Corner—Denise Raybon

Happy New Year!

I am ashamed to admit that this is my first mass correspondence with those who attended the Prevention Symposium last spring. But I am thrilled to report that we have not been idle during that time. Many folks, including some of you, have been very involved in the next stage of this process. Here are a few highlights:

Goal Groups: When many of us convened for the Symposium last May, I shared with you our nine priority goals (listed on the left). We have chosen to start with three of those goals:

Goal 1: Children are physically fit with good nutritional habits

Goal 2: Children enter Kindergarten fully ready to succeed

Goal 3: Children and youth are safe from violence and bullying

We convened three separate multidisciplinary Goal Groups made up of representatives from the county, schools, faith communities, health and medical field, and community-based organizations. These groups were facilitated by Phil Lee using the Results Accountability Framework he outlined at the Symposium (www.raguide.org). Each group spent two half-day work sessions doing a root-cause analysis, identifying indicators, and developing recommendations. Most importantly, the groups engaged in intense dialogue on these issues from a multidisciplinary perspective and really appreciated the opportunity to dig deep into the issues. **Stay Tuned!** Those reports will be presented to the Prevention Strategy and Coordinating Teams this winter and should be ready for release by early spring.

Prevention Fund: Many of you are aware that we have created an incentive fund designed to develop self-sustaining initiatives and build capacity in the community. The fund will be used to support our system goals and will include a set of evidence-based programs to be implemented in the community. Look for the release of an RFP in late spring.

So what does that mean for those of you who have not yet been formally involved in the process?

There are lots of ways for you to be involved in the development of our countywide prevention system:

- ◇ Stay tuned for the release of the Goal Group reports. Take a look at those recommendations and think about how you and your work can support our county system in achieving these goals.
- ◇ Serve as a liaison to your agency by sharing what you've learned and finding ways to incorporate the prevention system principles into your work. Share this newsletter with your co-workers and submit ideas, articles, or resources.
- ◇ We'll also be offering a variety of training and workforce development opportunities in the coming year. Please take advantage of those opportunities.
- ◇ There will also be some formalized opportunities to get involved in initiatives borne out of the Goal Group reports, as well as opportunities to support Prevention Fund grantees.
- ◇ Finally – keep doing the wonderful work that you're doing and maintain the dialogue on how we can continue to improve our work as a prevention-focused system that builds on the strengths of our families, our neighborhoods and our schools.

Prevention System Goals

Children are physically fit with good nutritional habits

Children enter kindergarten fully ready to succeed

Children and youth are safe from violence and bullying

Children are born healthy – there are no disparities

Families have skills and supports needed to raise healthy and thriving children

All youth are succeeding academically – there are no disparities

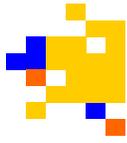
Families are connected to their communities and schools

Children and youth are free from alcohol, tobacco, and other drugs

Children and youth are mentally well

Prevention Website Coming Soon!

We'll have a website devoted solely to prevention!



“Good health starts with good habits. By educating ourselves about our bodies -- and by taking simple steps to protect them -- we can prevent or delay some of today's most common and devastating health conditions,”

- First Lady, Laura Bush

Mrs. Bush, Keynote Speaker on Childhood Obesity

Mrs. Bush delivered the keynote address at the National Prevention Summit, an annual HHS-hosted, cross-sector event that highlights new approaches to prevention and health promotion. “Good health starts with good habits. By educating ourselves about our bodies -- and by taking simple steps to protect them -- we can prevent or delay some of today's most common and devastating health conditions,” said Mrs. Bush.



Mrs. Laura Bush speaks to executives from the food, beverage and entertainment industries about child fitness during a meeting Thursday, Feb. 1, 2007, in the Roosevelt Room of the White House. White House photo by Eric Draper .

“Our government is working to address one of the greatest dangers to America's young people: childhood overweight and obesity. Nearly one in five school-age children in the United States is overweight and the problem seems to be getting worse. Today, the Department of Health and Human Services is launching a new effort -- led by the acting surgeon general -- to coordinate and expand our government's existing childhood-overweight and -obesity prevention programs.”

percent to 17.4 percent.

According to the Centers for Disease Control and Prevention, data from two National Health and Nutrition Examination Surveys (NHANES) (1976-1980 and 2003-2004) show that prevalence of childhood overweight is increasing. For children aged 2-5 years, the prevalence increased from 5.0 percent to 13.9 percent; for those aged 6-11 years, prevalence increased from 6.5 percent to 18.8 percent; and for those aged 12-19 years, prevalence increased from 5.0 percent to 17.4 percent.

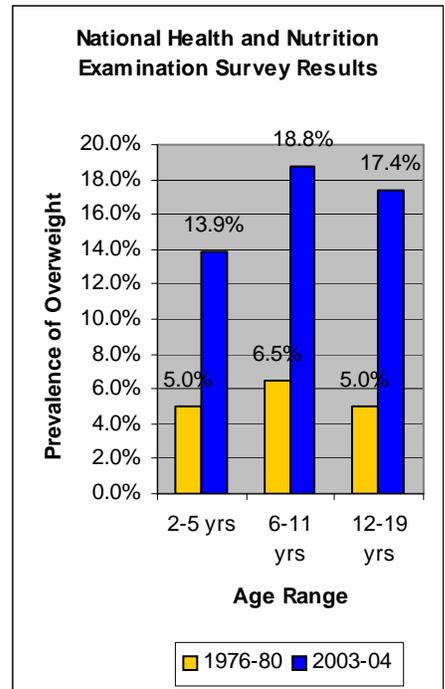
“Overweight children have a higher risk of being overweight or obese as adults, and facing the health problems that can result,” HHS Secretary Mike Leavitt said. “Parents, government officials, community and education leaders must work together to help the children. I'm pleased that Rear Admiral Steven Galson, the acting surgeon general, is leading this important initiative.”

The National Center for Physical Development and Outdoor Play, announced by Mrs. Bush, will help Head Start programs evaluate their playgrounds, and educate children and their families about the value of healthy food and structured physical activity. HHS' Administration for Children and Families (ACF) will oversee a competition for a \$12 million, four-year grant to establish the center and will allocate up to \$10 million to fund the construction or improvement of Head Start playgrounds.

“Early childhood is the best time to instill healthy habits,” said Daniel Schneider, ACF acting assistant secretary. “Childhood obesity has enormous implications for individual development. This initiative will help to reduce the number of children at risk for becoming obese.”

Excerpts from the Health and Human Services press release:

<http://www.hhs.gov/news/press/2007pres/11/pr20071127a.html>



Prevention Outreach to the Hispanic Community

- Mary Nelms

The Partnership for Prevention released The *Preventive Care* report on the use disparities and potential for key preventive health services. Throughout the report, the message remains clear that small preventive interventions can lead to big health improvements. According to The *Preventive Care* report, Hispanics have lower utilization rates for 10 of the 12 studied services compared to other groups and are 14.4% less likely than non-Hispanic whites to seek and receive health care coverage. These differences remained significant even after adjusting for respondents' socioeconomic factors and self-rated health status. On the continuum of health care from prevention to treatment, Hispanics typically get on board in the middle, skipping the first stages of health care (prevention, early detection and early treatment). There are several factors that contribute to the Hispanic perspective of prevention such as *fatalismo* (belief that disease is the will of God), fear of disease, and selflessness which can deter *or* promote preventive health practices.

What is interesting is that for many of the Hispanic cultures, interpersonal relationships are incredibly effective at communicating messages and possibly motivating behavior change. Hispanics are more likely to buy into a product or activity if a friend or relative has recommended it to them, as a personal recommendation carries more weight than any institutional claim or proven evidence does.

For many Hispanic people, their perspective on prevention often works against preventive care, yet can be leveraged to support prevention in their daily lives. No health prevention message will reach Hispanic audiences without first understanding their current views and using the peer-to-peer interpersonal communication means to motivate change.

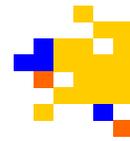
"*Fatalismo vs. Bienestar: Communicating Prevention to Hispanics*", *Acceso Hispano*, Promoting Effective Outreach to our Latino Community, Number 6: Fall 2007

<http://www.selfreliancefoundation.org/newsletters/documents/AHfall07.pdf>

Request for Manuscripts on Violence and Obesity

- Family Violence Prevention Fund

The Family Violence Prevention and Health Practice *e-journal* invites you to submit manuscripts on addressing family violence in health care and public health settings. The next issue will look at the relationship between childhood and adult sexual and physical violence and obesity. They are currently soliciting manuscripts on this topic including research, feature articles, brief reports describing programs that integrate violence prevention into obesity prevention initiatives, and commentaries on the intersection between violence and obesity and the implications for programs working to address these highly correlated health risks and related health issues such as diabetes. For information on submission guidelines, go to the information for contributors tab of the journal: <http://www.endabuse.org/health/ejournal/reviewers/>



ACCESO HISPANO
Promoting Effective
Outreach to our Latino

*"Hispanics
make ...decisions
utilizing the
interpersonal
channels more than
any other medium."*

- Martha Galindo,

Family Violence
**PREVENTION &
HEALTH PRACTICE**
AN E-JOURNAL OF THE FAMILY VIOLENCE PREVENTION FUND



Safe Community Coalition Holds Cyber Summit—*Claire Dillon*

You are invited to attend the Safe Community Coalition's 2nd Annual Cyber Summit in partnership with national, state and local organizations including our local public and private schools.

Pass along to neighbors, friends and colleagues – this is a program you won't want to miss!

**Safe Community Coalition's
2nd Annual Cyber Summit:
Cyberethics,
Cyberbullying,
Cybersecurity**



Working together for our youth
www.safecommunitycoalition.net

The mission of this program is to inform our adult, parent and educational community about the ethical, legal, safety and security implications of technology use and how educators and parents can apply these concepts to their own setting and help keep our children safe.

Participants will hear from Technology Experts on topics including:

- Acceptable Use Policies
- Copyright
- Ethical Development and Decision Making
- Privacy
- Cyberbullying
- Security and Safety

Tuesday, January 29, 2008
7:30-9:30pm

Redeemer Lutheran Church, 1545 Chain Bridge Rd, McLean, VA 22101

Pre-register at http://www.safecommunitycoalition.net/up_events.php

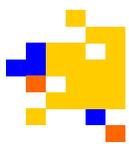
Program is FREE, donations are always welcome
For more information, contact Judi Nardella Hershman, SCC President
at scc@safecommunitycoalition.net or 703-795-6943

Flyer printed courtesy of the WEST GROUP

Are you talking prevention?

Send us an update on what you or your organization is doing to spread the word about prevention or further the prevention system goals. We'll put in in our next newsletter. Contact information is on the back page.

For More Information, contact
Judi Nardella Hershman
scc@safecommunitycoalition.net
703-795-6943



Presentation to Cross County Team - *Denise Raybon*

On Wednesday, December 5 Denise Raybon was invited to participate in the Region IV Cross County Team meeting. Eight intrepid people braved the ice and snow to participate in an hour-long interactive session focusing on prevention. The group began by using their own assets (or strengths) to battle the risk factors thrown at them, literally *thrown*. After a brief presentation on some basic concepts of the prevention system, the group engaged in a demonstration of how a successful prevention system might work. (Thanks to Kathi Sheffel for the wonderful tube/marble exercise idea).

Audio Conference to Focus on Gang Prevention - Michael Karpman

The YEF Institute will sponsor a free, hour-long audio conference on "Safe Streets: Preventing Gang Affiliation and Violence" on **Thurs., Jan. 17, at 2:30 p.m.** Eastern Time. Listeners will learn about anti-gang strategies developed by local officials from several cities, including at least one involved in NLC's California Cities Gang Prevention Network. These municipal leaders will discuss their efforts to combat gang violence through strategies that blend prevention, intervention, enforcement, and the moral voice of the community. Audio conference participants will have an opportunity to ask live questions, hear about common challenges and innovative approaches, and learn what efforts are producing results in gang-affected neighborhoods.



National League of Cities'
Institute for Youth, Education, and Families



TO REGISTER FOR THIS FREE CALL, send complete contact information (name, title, dept./org., address, city, state, phone, fax, and email) to yef@nlc.org or by fax to (202) 626-3043 by close of business **Tues., Jan. 15.**

Governor Kaine Announces 2008 Legislative Initiatives on Domestic and Sexual Violence

Governor Timothy M. Kaine today announced sexual and domestic violence prevention and response proposals he will submit for consideration by the 2008 General Assembly. The legislative package includes proposals to fund community-based sexual and domestic violence prevention programs and measures to bring the Commonwealth in compliance with the federal Violence Against Women Act of 2005. The budget and legislative proposals are based on recommendations from the Governor's Commission on Sexual Violence.

Standing with members of the Commission and advocates from the Virginia Sexual and Domestic Violence Action Alliance, the Governor noted that the measures were overdue. "While Virginia has made progress in the management of sexually violent offenders, we have fallen behind in our efforts to address the needs of victims," said Governor Kaine. "The physical and emotional trauma suffered by victims of sexual violence, often compounded by silence and stigma surrounding the crime, calls for special attention in our response and prevention efforts. These measures will help us move towards prevention and response efforts that put victims first."

<http://www.governor.virginia.gov/MediaRelations/NewsReleases/viewRelease.cfm?id=574>

Family Violence Prevention RFP Issued - Seema Zeya

The Virginia Department of Social Services' Family and Children's Trust Fund has issued a Request for Proposals (RFP), CVS-08-031 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 treat family violence, including child abuse and neglect, adult abuse and neglect, domestic violence, sexual assault, dating violence and suicide.

An optional **pre-proposal conference** will be held **January 15, 2008** at 10:00 AM at the Virginia Department of Social Services, 7 North Eighth Street, Richmond, Virginia 23219 in Vault Level Conference Room A.

Sealed proposals are due by **February 5, 2008** at 5:00 P.M.

Initiative Package Topics

Reimbursement for Physical Evidence Recovery Kits

Polygraph Testing Victims not Required

Marriage as a Subsequent Defense Repeal

Increased Funding for Sexual Assault Crisis Centers Recommended

Domestic and Sexual Violence Prevention Funding Recommended

Protective Orders and the Virginia Crime Information Network

Contact for RFP

Fran Inge

fran.inge@dss.virginia.gov

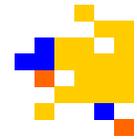
804-726-7088 (fax)

The Family & Children's Trust Fund of Virginia

7 North Eighth St. 5th Floor

Richmond, Virginia 23219





PPN Announces Launch of New Resources and Tools Section

- Promising Practices Network

Promising Practices Network is pleased to announce the addition of a new Resources and Tools section to the website! This new content includes links to databases, fact sheets, screening tools, seminal reports, and a variety of other resources that are among the best research-based materials available on children and families. Resources and tools are available for the topics of childcare/preschool, mental health, and substance abuse.



Promising
Practices
Network

on children, families and communities

<http://www.promisingpractices.net/resources.asp>

Good Health Counts: A 21st Century Approach to Health & Community for California— Prevention Institute

What makes a community healthy? Good Health Counts: A 21st Century Approach to Health and Community for California synthesizes findings from nearly 100 community report cards and indicator reports from throughout the country and broadens understanding of all the elements that contribute to community health. The report, prepared by Prevention Institute with funding from The California Endowment, helps make the connection between factors in the environment - including equitable opportunities, strong social ties, the ability to buy healthy foods, perceptions of safety to walk or play in the park, and affordable, quality medical services - and their impact on health. http://www.preventioninstitute.org/documents/GoodHealthCounts_Final.pdf

Safe and Drug Free Youth DVDs and Videos for Loan

—Diane Eckert

Safe and Drug-Free Youth Section, FCPS have DVDs and Videos available for loan on underage drinking, driving and accidents, and inhalant abuse. These materials are the best in the field.

This Place (3 copies DVD, 1 video):

A powerful movie that challenges viewers to recognize the many ways that our society allows and even encourages children to drink alcohol. Alcohol-related topics discussed in this movie include alcohol and the brain, adult role modeling, advertising/sponsorship, binge drinking, community environments, violence, youth access, and people creating change. *This Place* is a must-have as a meeting opener to communicate on underage drinking issues and offer a glimpse into how communities are taking action to reduce alcohol problems. *15 minutes.*

Huffing: The Latest Facts About Inhalant Abuse (1 copy DVD):

This movie communicates the truth about inhalants through straight facts and hard-hitting, real-life stories from abusers and their families and friends. Through teen narrators and experts, viewers learn how inhalant abuse begins, recognize warning signs of abuse, see the damaging effects of inhaling toxic substances, and hear the compelling stories of life change and loss. *20 minutes.*

Dying High: Teens in the ER (1 copy DVD):

Viewers of this film will receive a valuable opportunity to see what goes on in emergency rooms as doctors treat teens for drug overdose, alcohol poisoning, and traumas as a result of drunk driving. The goal of this video is to remind teens that risk-taking behaviors can often lead to serious injury or death. *26 minutes.*

“The problems we face will not be solved by the same level of consciousness that created them.”

- Albert Einstein

Safe and Drug Free Youth DVDs/Videos

Contact

Joanne Bales

571-423-4270

or

joanne.bales@fpcs.edu

Pick up @ Gatehouse Administrative Center, Falls Church or

Request through inter-office mail



To request this information in an alternate format, call Mary Nelms at (703) 324-7653 or TTY 711



A Fairfax County, VA
Publication

Welcome to our Prevention Newsletter

We hope you find the information in this newsletter useful. Feel free to forward to others who may also make use of the information included. As always, you may forward information that you would like to see included in this publication to

Denise Raybon

at (703) 324-7124

denise.raybon@fairfaxcounty.gov

or Mary Nelms

at (703) 324-7653

mary.nelms@fairfaxcounty.gov

Introducing ...

I am thrilled to introduce Mary Nelms, a new addition to our prevention team. Among other things, Mary will be working on the development of a more consistent (and frequent) Countywide Prevention Newsletter. This will allow me to keep in better touch with you, but will also give you a forum for sharing information on upcoming events, resources, or new information you've come across in your work. You can even submit an article.

We'd love to hear from you.

- Denise