



# Countywide Prevention Newsletter



Many Human Service Agencies are based in the Pennino Building in Fairfax, VA.

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## CHILDHOOD OBESITY IN THE NEWS

- Mary Nelms

*Did you get a chance to read ...*

Childhood obesity is all over the news these days. It is being called an epidemic and a catastrophe. The situation is being deemed “urgent” and a “crisis”. The Washington Post ran a 5 day feature series on the topic. It was the cover story on a recent issue of Time Magazine. It has even gotten the attention of the presidential candidates.

What makes the childhood obesity catastrophe unlike the natural disasters that usually garner that description is that it is *preventable*.

More children are being diagnosed with weight-related illnesses such as diabetes and hypertension and obese children are at a very high risk of being obese adults. Experts fear a future increase in heart disease, strokes, cancer and other diseases which would likely reduce their quality of life and shorten their life span. There is also the economic impact of impending rising health care costs.

Fairfax County is engaged at various levels to understand and address the issue of childhood obesity. One of the priority goals of our county prevention systems is to ensure that *Children are Physically Fit with Good Nutritional Habits*. This means offering programs and services that

increase skills and knowledge and increasing access to healthy foods and physical activity. Fairfax County is also actively engaged in a regional coalition with other Northern Virginia jurisdictions addressing this issue. The 2008 Youth Survey has been updated to include questions on nutrition and physical activity to get an indication of the health habits of youth in our own backyard.

Childhood obesity is a multi-faceted issue without one root cause or one panacea solution. It is a problem that touches the lives of so many, but is over-represented in minority and impoverished populations.

In this issue of The Countywide Prevention Newsletter we will scratch the surface by presenting summaries of some of the articles from the Washington Post feature in case you missed them when they were first printed.

## THE PREVENTION WEBSITE IS HERE!

The long awaited Web site is *ONLINE!* Many thanks to Javier Jaramillo, Sophia Dutton, and Mary Nelms for their work putting it together—Denise

[www.fairfaxcounty.gov/dsm/prevention](http://www.fairfaxcounty.gov/dsm/prevention)



Many thanks to **Kelly Phelan** for her contributions to the content and new design of the Countywide Prevention Newsletter.





## SUMMER IS PLAY TIME AND HIGH-RISK SEASON FOR KIDS

-Mary Nelms  
([www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov))

*“More young people try alcohol for the first time during June and July than any other time of year.”*  
- [www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)

For tips to create alcohol-free activities visit [SAMHSA Family Guide: Time for Teens to Get Busy](#)

Keeping teens occupied and supervised helps to ensure they have a safe summer. By involving teens in a variety of alcohol-free activities—such as sports, summer camps, and outdoor recreational activities—you can help prevent underage drinking. Because the teen years bring an urge for independence, suggesting ideas for a teen’s summer activities may require a soft touch. Pushing too hard can turn a teen off to a worthwhile activity. It’s not too late to come up with a plan to use the summer as a chance to

grow and experience. If your teen has clear interests help find an outlet such as a league, club community group, or studio. If not, help shop for choices in newspapers, Web sites, and announcements for recreation centers, colleges, civic groups, and faith centers. Work, paid or volunteer, can build social skill and work habits. Shelters, daycare centers, Habitat for Humanity, and environmental groups are good starting places.

## SUMMER WAYS TO GET KIDS MOVING

-Lori Aratani, *The Washington Post*, 6/24/08

- Create an activity treasure chest.** Fill a chest with balls, tennis rackets, nets, badminton rackets, Frisbees, jump ropes, and sidewalk chalk.
- Be active close to home.** Explore parks, pools and youth centers. Ask a few other parents and kids and turn it into an outing. One fun spot? The Youth Center at Robertson Park in Gaithersburg has a kids’ climbing wall.
- Take advantage of the county and national park systems.** Many offer guided hikes, canoe trips and other programs with specialized instruction. For information about the National Parks System, check out [www.nps.gov](http://www.nps.gov).
- Pack a picnic.** Head out for a sunset hike with a healthy picnic supper. Gradually increase your mileage and keep your kids interested with a travel log of miles you cover on foot and the flora and fauna you encounter. In Northern Virginia, check out the Northern Virginia Regional Park Authority at [www.nvrpa.org](http://www.nvrpa.org).
- Try geocaching.** Follow clues that you access online at [www.geocaching.com](http://www.geocaching.com) to find hidden treasures left by ordinary folks, sometimes in out-of-the-way places, sometimes in plain view.
- Go to a pick-your-own farm.** A great way for kids to understand the farm-to-table process. Check [www.pickyourown.org](http://www.pickyourown.org) for farms near your home.



**IN THE NEWS: PREVENTING VIOLENCE** -Mary Nelms  
(Prevention Institute Alert)

Prevention Institute's [UNITY](#) (Urban Networks to Increase Thriving Youth through violence prevention) initiative works to advance a public health approach for *preventing violence before it occurs*. Two recent newspaper articles highlight how cities are applying the approach.

[Blocking the Transmission of Violence](#), a New York Times Magazine cover story highlights UNITY Steering Committee member Gary Slutkin of Chicago CeaseFire. He says that violence directly mimics infections like

tuberculosis and AIDS, and so, he suggests, the treatment ought to mimic the regimen applied to these diseases: go after the most infected, and stop the infection at its source. "For violence, we're trying to interrupt the next event, the next transmission, the next violent activity. And," he continued, "you want to go after them with individuals who themselves were once either infectious spreaders or at high risk for the illness. In the case of violence, you use those who were once hard-core, once the most belligerent, once the most uncontrollable,

once the angriest. They are the most convincing messengers."

[If we treated violence as a disease, would that help us find a cure?](#) [The Plain Dealer](#) (Cleveland, OH) article features reflections about the public health approach for preventing violence from UNITY co-chair Dr. Deborah Prothrow-Stith of the Harvard School of Public Health. In early America, grown men – important ones – defended their honor and ended their disagreements with bloody and often deadly duels. Prothrow-Stith said there's a lesson in that. "If dueling can end, so can the way our young urban, black men feel they need to resolve problems," Stiffer penalties and mandatory sentencing will not trump cultural norms, just like they didn't prevent dueling.

**ANGER AND DOMESTIC ABUSE PREVENTION AND TREATMENT**

-Mary Nelms

ADAPT is a domestic abuse intervention program that focuses on helping participants learn effective skills to prevent anger from escalating into abuse. Program participants are men and women who have difficulties regulating anger and/or have been physically or emotionally abusive to family members or intimates. Participants learn anger management, communication, conflict resolution, parenting, and substance abuse awareness skills in an environment that promotes learning and change. Intervention groups are co-led by pro-

fessional staff and well-trained volunteers. ADAPT promotes emotional self-regulation and individual responsibility instead of blame, coercion, and aggression. Participants learn about the false power of anger, aggression, and control and how they distort thinking, feeling, and behavior. The program runs for 18 weeks. Program candidates schedule an initial appointment through the ADAPT Intake Information line. If you are court referred, your probation officer/counselor will need to fax a referral form, available upon request.

**Contact Information**

Intake Information Line:  
703-968-4052  
Fax: 703-263-1724

**Locations**

Alexandria  
Falls Church/Annandale  
Chantilly

**Fees**

Intake fee: \$60  
Group Sessions: \$20 per session for each of 18 group sessions.

For more information on ADAPT, see the: [ADAPT Online Brochure](#)



## BUILDING HEALTHY FUTURES II

-Virginia Sexual and Domestic Violence Action Alliance

### Contact Information

Virginia Sexual and Domestic Violence Action Alliance

703-377-0335

Email: [info@vsdvalliance.org](mailto:info@vsdvalliance.org)

The Virginia Sexual and Domestic Violence Action Alliance will sponsor a two-day conference addressing the primary prevention of sexual and intimate partner violence

**For more information, including featured speakers, see: [Building Healthy Futures Brochure](#)**

this coming October 15 and 16. This conference will showcase innovative primary prevention projects from across North America, as well as highlight Virginia-based prevention initiatives.

There also will be a session that addresses the development and current state of Virginia's

"Guidelines for the Primary Prevention of Sexual Violence & Intimate Partner Violence".

Registration is not yet open for the conference; however, if you would like more information at this time, please contact VSDVAA.

## OCTOBER 2008

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*Save the Date!  
Richmond, Virginia*

## NEVER SHAKE A BABY -Jane Shaw

### Contact Information

Child Protective Services Hotline/Helpline:  
703-324-7400

Department of Family Services:

[www.fairfaxcounty.gov/dfs](http://www.fairfaxcounty.gov/dfs)

The Fairfax County Blue Ribbon Campaign, led by the Department of Family Services involves county and community partners in a year-round public education effort about how to keep children safe and prevent child abuse and neglect. This year, the Blue Ribbon Campaign has focused on educating the community about the severe consequences of shaking a baby.

There is a wealth of information on the county Web site to help parents with some of the challenges of raising children.

The Child Protective Services hotline/helpline can be a source of advice and help for parents who are feeling overwhelmed. **No one should be afraid to ask for help.**

- [NEVER SHAKE A BABY](#)
- [Understanding and Guiding Children as They Grow and Develop](#) (available in 6 languages)
- [Child Supervision Guidelines](#)
- [Guidelines for Selecting a Babysitter](#)
- [2008 Guide to Summer Fun and Safety](#)
- [Words That Help Kids](#)



## TEN PROMISING PRACTICES FOR FATHERHOOD PROGRAMS

-Child Trends E-newsletter

An increasing number of programs focus on improving fathers' involvement with children and families. What features of fatherhood programs really matter? A new [National Responsible Fatherhood Clearinghouse brief](#) authored by Child Trends examines experimental evaluations of fatherhood and parenting programs to identify ten promising practices.



### Ten Promising Practices of Fatherhood and Parenting Programs

- Teaching methods and materials that are culturally appropriate for fathers being served.
- Staff members who believe in the program and have relevant training and coaching.
- A high staff-participant ratio.
- One-on-one relationships between staff and participants.
- Clear, specific program goals.
- Theory-based approaches that have influenced parenting behaviors in other contexts.
- Varied teaching methods that focus on fathers as individuals.
- Sufficient time to complete important core program activities.
- Incentives to engage fathers and families.
- Curricula replicated with fidelity.

## DADDY'S PLAY DAY, CELEBRATING FATHERS

- The Fatherhood Collaborative & Gum Springs Community Center

### Daddy's Play Day

Saturday, July 19, 2008  
11 a.m. to 3 p.m.

Gum Springs Community Center  
8100 Fordson Road  
Alexandria, Virginia 22306  
703-360-6088

Dad and Child-2 Ball  
Fun Activities  
Arts and Crafts  
Food  
**FREE!!**

*For more information, contact  
Stacy Blackwell  
703-360-6088 TTY 711*





## PREPARING CHILDREN TO SUCCEED IN SCHOOL

- Lois Kirkpatrick

Research has shown that quality early education helps children do better on standardized tests; reduces grade retention, teen pregnancy, crime and delinquency; increases high school graduation rates; and leads to greater employment and higher wages when those children reach adulthood.

While a majority of states have funded pre-kindergarten programs for 4-year-olds, there has not been a systematic approach to integrating the educational practices of child care providers with the expectations of the local public school systems.

Fairfax County is addressing this by bringing county agencies, schools, child care providers, businesses and parents together to develop strategies so that children can be more successful in school and beyond.

The Office for Children's School Readiness Collaborative was created three years ago, and has developed strategies that have resulted in better planning for children's transitions from

preschool to kindergarten, improved preschool teacher skills, and a shared understanding of the role that everyone plays in helping children succeed in school.

OFC has built relationships and communication channels among participating child care providers and elementary schools so that children and their families experience smoother

**"OFC has built relationships and communication channels among participating child care providers and elementary schools so that children and their families experience smoother transitions to kindergarten."**

- Lois Kirkpatrick

transitions to kindergarten. These Neighborhood School Readiness Teams include principals, kindergarten and Head Start teachers, child care center directors, and child care providers in four neighborhoods in Annandale, Vienna, Alexandria, and Reston.

The Early Learning Guidelines were developed by OFC to educate child care providers in designing effective curricula for the children in their care, build partnerships with parents through regular communication about observed child behaviors, and strengthen communication and coordination with school systems.

OFC also developed a 40-hour certificate program to give child care professionals comprehensive knowledge about how to support school readiness. Child care professionals from the four neighborhoods received individualized onsite coaching to help them follow through on what they learned in the certificate training.

An independent pre- and post-test evaluation using two nationally-recognized rating systems was conducted and all participating child care providers demonstrated increased competencies.

The teams continue to meet every six to eight weeks. Each community has developed transition plans to assist families preparing for kindergarten. Public school principals and kindergarten teachers now visit the neighborhood preschools, and child care teachers and providers are included in principal coffees and are developing regular communication with the kindergarten teachers.

### Contact Information

Lois Kirkpatrick

Marketing & Strategic Analysis  
Office for Children  
Fairfax County Dept. of Family Services

703-324-7162

[www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc)





## RESTRUCTURING GOVERNMENT TO ADDRESS SOCIAL DETERMINANTS OF HEALTH -Prevention Institute

Establishing a health system that addresses underlying determinants of health - the community factors in the social and physical environments that are the most influential contributors to the nation's poor health outcomes - will require bold steps. Based on a 2008 meeting convened by Prevention Institute and Trust for America's Health (TFAH), [Restructuring Government to Address Social Determinants of Health](#) highlights options from government officials,

community advocates, and researchers for improving our nation's health. *"Our health system's focus on treatment after the fact and limited attention to promoting health in the first place undermines the health and prosperity of our entire nation."* The recommendations, and other conclusions from various gatherings, will be integrated into TFAH's *Blueprint for a Healthier America*, to be released after the 2008 general election.

To Read the full set of recommendations, go to: [Prevention Institute and Trust for America's Health](#)

### Possible Solutions Identified at the California Convening

- Establish high-level leadership in the federal departments and at the White House to serve as a focal point for prevention strategy and to ensure collaboration between government agencies to enhance underlying determinants of health.
- Engage key federal sectors and agencies that shape the conditions that determine health in collaborative efforts.
- Redirect funding streams to increase investment in prevention.
- Implement a system of accountability that establishes clear responsibilities and incentives for contributing to improved population health.
- Establish a data and evaluation system to monitor progress and focus public attention on the importance of determinants of health.
- Establish a strong system of training and skill building for staff at all levels of government to engage in determinants of health work.
- Translate determinants of health focus to states and localities.
- Build political will to successfully propose and implement such changes.

## WHAT WORKS FOR CIVIC ENGAGEMENT -Kelly Phelan

A new fact sheet is available from Child Trends, a nonprofit nonpartisan research organization, displaying the outcomes of out-of-school-time programs and interventions in education and civic engagement. It includes a table showing whether the evaluated programs were successful, unsuccessful, or in the middle. According to the fact sheet, youth participation in civic activity rates have been declining. The report also states that civic engagement is beneficial to youth because youth who are civically active are more likely to be engaged in academics, less likely to participate in risky behaviors, and more likely to continue to be contributing members of society as they grow older. The conclusions of the study show that ...

- Connecting children with needy populations and/or providing community service opportunities is effective in increasing helping behavior and perceptions of social responsibility.
- Monetary compensation was not found to undermine future helping behaviors in the experimental evaluation that provided payment to youth for performing community service.
- All three programs that incorporated mentoring, tutoring, or life skill training components in tandem with service learning had positive impacts on civic engagement.

[What Works in Education Fact Sheet](#)



## FRUIT AND VEGETABLE SUPERSTARS - Heidi Hyland

Do you know of a food that can satisfy a sweet tooth without adding pounds, is almost fat and cholesterol free, and can actually lower your risk for cancer?

Impossible, you say? Or maybe Hershey has come out with a fat-free chocolate bar? All the credit for this incredible food, FRUIT, goes to good old Mother Nature. And yes, VEGETABLES are another incredible food.

Fruits and vegetables come in various colors and each of nature's colorful pigments offers unique health benefits. Fruits and vegetables provide healthful vitamins, minerals, and antioxidants that are needed in our diet. Eating a variety of antioxidants can be powerful in helping protect your body from heart disease, certain cancers, and diseases of aging. So build your fruit and vegetable rainbow as big as you can.

The **Purple & Blue** groups are important for memory and brain function and can help protect against cancer. Heat blueberries to pour over your whole grain waffles.

The **Green** group helps to protect against serious eye ailments, act as cancer fighters, and play a role in keeping certain arteries free of artery-clogging plaque which keeps our brain functioning.

The **White & Tan** group may protect the heart and have been proven to be potential

cancer fighting agents. Check the dietary sources rainbow for perfect pizza toppings!

The **Yellow & Orange** group help keep our immune system healthy, keep our eyes healthy, and protect against cancer. Enjoy some fresh peaches on your ice cream this summer.

Finally, the **Red** group helps

protect against heart disease, fight against cancer, and is good for your urinary tract. What is your favorite fruit smoothie flavor?

So are you eating enough fruits and vegetables to receive all the health benefits? More and more, research is showing the benefits of eating five to nine servings of plant-based foods daily. To add more fruits and vegetables into your daily meals serve 2 or 3 vegetables at a meal, not just one; eat fruit for snacks or desserts, or start your day by putting a blueberry smile on your pancake!

### DIETARY SOURCES FOR YOUR FRUIT AND VEGETABLE RAINBOW!

**Contact Information**  
Heidi Hyland

Family and Consumer Sciences,  
Community Recreation Services

[Heidi.Hyland@fairfaxcounty.gov](mailto:Heidi.Hyland@fairfaxcounty.gov)  
703-342-5369

Tomatoes, cherries, cranberries, strawberries, beets, radishes, red grapes, pomegranate

Cantaloupe, peaches, butternut squash, sweet potatoes, yellow peppers, yellow tomatoes, oranges, pineapple

Cauliflower, turnips, mushrooms, bananas, onions, shallots, and garlic

Kiwi, honeydew melon, avocados, asparagus, broccoli, green beans, cucumbers, green peppers

Blueberries, blackberries, plums, eggplant, purple cabbage, raisins





-Brigid Schulte, 5/22/08

### THE SEARCH FOR SOLUTIONS

Researchers are now predicting that one of every two children will develop Type 2 diabetes as a result of excess weight. Pediatricians have the knowledge and resources to deal with the illnesses that result from obesity but have little idea of how to control a child's weight up to that point because traditional weight loss programs have as small as a 1 percent success rate for youth. Luckily, there are people like Nazrat M. Mirza, a general pediatrician at Children's National Medical Center in the District. With her Cool Kids Program Mirza provides realistic ideas and information which will give kids a healthier foundation and pay off when they are making life choices on their own.

"The technique we use is not to make drastic changes, but small, permanent changes." – Nazrat M. Mirza, General Pediatrician

- [The Search for Solutions](#)

-Valerie Strauss, 5/21/08

### COUNTING SMALL STEPS

With a lack of funds to offer more physical fitness programs, some schools are making the most out of the time they are given by offering higher quality fitness programs. In many schools the physical education curriculum is transitioning from team sports based activities to individual fitness training. Schools are also being given sets of standards with which to monitor students. This allows students to have their own individualized programs and goals to work towards while avoiding any uncomfortable or hurt feelings associated with team sports. It also means that physical education teachers grade their students privately and in an environment where students feel safe.

"Fitness became the focus. When teachers saw that students were becoming more physically active, they stuck with the fitness education." -Elizabeth Payne, health and PE coordinator, Fairfax County Public Schools

- [Counting Small Steps](#)

-Lori Aratani, 5/21/08

### SLIMMING DOWN SCHOOLS

Although schools may have control over the range of foods that can occupy a student's cafeteria tray, they have no control over what parents are putting in their children's lunchboxes. School officials feel that parents are thwarting their efforts by sending their kids to school with chips and soda and then using the school cafeteria as a scapegoat for the childhood obesity epidemic. The article highlights school policies that promote healthy choice. However, there are numerous snack and soda vending machines in most schools because vending machines are paying for textbooks and SAT fees as a result of contracts with soft-drink companies. Fairfax County was one of the first school systems in the country to limit soda and snack food sales.

"It's not just schools, we all need to be active players in this game in order to win." – Penny McConnell, Food Services director for Fairfax County Public Schools

- [Slimming Down Schools](#)

-Lori Aratani, 5/21/08

### YOUNG FOOD CRITICS

Cafeteria food can be healthy and surpass County nutritional standards but for kids, if it doesn't taste good it won't matter how healthy it is; it won't get eaten. When Fairfax County spends 38 percent of its \$74 million budget on food, uneaten food can be costly. That is why in many school systems tasting events are held every month for some of the pickiest of consumers –kids. A sample of about 40 fourth, fifth, and sixth graders tasted different kinds foods, all of which met County nutritional standards. The foods were rated based on factors important to the kids such as messiness and level of difficulty of chewing for students with braces.

As the 13<sup>th</sup> largest school system in the country Fairfax County received an A- for its lunch menus. See the report card: [www.healthyschoollunches.org/reports/index.html](http://www.healthyschoollunches.org/reports/index.html)

- [Young Food Critics](#)



### **TWO WORLDS, ONE PROBLEM**

-Annie Gowen, 5/20/08

“They don’t have that old-fashioned hunger cue to when they should eat and when they shouldn’t.” - Debbie Berg, dietician with Prince William Health System’s Wellness Center

Although suburban kids have access to parks, sports teams and other recreational activities they are becoming increasingly heavier. Now parents are looking to weight loss programs for their kids and despite the growing prevalence of the issue, they are difficult to find. However, there are options such as F.U.N (Fitness, Understanding and Nutrition) which is a fitness class at Fair Oaks for children ages 7-11 that covers healthy eating and exercising through obstacle courses and taekwon do. It even incorporates video games into the workouts with the interactive Nintendo Wii. Although the business of weight loss programs for kids is growing to satisfy the demand, it is in need of funds to expand.

- [Two Worlds, One Problem](#)

### **IN D.C., WHERE KIDS LIVE SETS TONE**

-Steve Hendrix and Hamil R. Harris, 5/20/08

In Ward 8 in D.C. more than half of the children are overweight, parks are unsafe for children to play in, and resources for physical education classes are scarce. Now new programs and initiatives are being put in place to help fix the problem. A Healthy Living Center in Southeast Washington recently opened offering free nutrition classes, dance, exercise, and yoga. Also, because children living in these areas mainly get two meals from their school cafeteria and fast food, a Healthy Corner Store Initiative was created to encourage markets to provide healthier options such as fresh produce and low-sugar snacks.

“81 percent of the food vendors in Ward 8 were either convenience stores or fast-food outlets.” -2007 study by National Urban League

- [In D.C., Where Kids Live Sets Tone](#)

### **INERTIA AT THE TOP**

-Susan Levine and Lori Aratani, 5/19/08

“The sense of this as a national health priority just doesn’t come through.” - Jeffrey P. Koplan, chairman of the Institute of Medicine’s 2004 study of childhood obesity

The White House has left the issue of the obesity epidemic as one of personal responsibility although health experts insist that strong leadership at the top is necessary. Since fiscal 2003 the Department of Health and Human Services spent \$4.5 billion on prevention, treatment, and research yet President Bush’s 2009 budget would end a \$75 million program meant to expand physical education opportunities with new equipment and classes for schools and communities. These contradictions between the national and local level have caused state and local governments to step up and make the necessary changes crucial to the health of their youth.

- [Inertia at the Top](#)

### **OBESITY THREATENS A GENERATION**

-Susan Levine and Rob Stein, 5/18/08

It is well known that being overweight leads to escalated health risks and difficulties but it is all too common in American youth where one in three children are overweight or worse. Studies show that being overweight at a young age is far more destructive to well-being than gaining weight later in life and the damage is expected to be irreversible. As well as having health problems obese youth are more likely to have psychological problems and be depressed, conditions that rob them of having normal, healthy childhoods. Obesity is not only harmful for the individual but expensive for us all. The drastic rise in obesity cases are expected to add billions of dollars to the U.S. health-care bill because of increases in heart disease, stroke, and cancer.

“Childhood obesity is nothing less than a national catastrophe.” - acting U.S. Surgeon General Steven Galson

- [Obesity Threatens A Generation](#)



## Y STREET \$2,000 MINI-GRANTS -Mary Nelms

**Contact Information**  
 Soni Dighe  
 (571) 312-1219

[soni@ystreet.org](mailto:soni@ystreet.org)

[YDOUTHINK GRANTS](#)

[Mini Grant Application](#)

Y Street is a statewide tobacco prevention youth empowerment campaign funded by the Virginia Tobacco Settlement Foundation (VTSF). Any Virginia youth organization with high school members is eligible including school clubs, leadership organizations, youth groups, and service/health organizations. Benefits for your organization include no cost leadership and

activism training, structured project goals to work toward throughout the school year, association with a nationally-recognized youth movement, and the potential of earning \$2000 in grant money...to be used for ANYTHING! The grant money is distributed in 4 stages of \$500 increments. **The applications are due by July 31, 2008.**

## YOUTH SCHOLARSHIP OPPORTUNITY FROM PREVENTION CONNECTIONS -Kelly Phelan

### VIRGINIA YOUTH ADVOCATE OF THE YEAR AWARD!

Prevention Connections, a non-profit sister organization of the Virginia Tobacco Settlement Foundation (VTSF) is looking for outstanding rising high school seniors who are making a difference in youth tobacco-use prevention and reduction in Virginia. The winner will receive a **\$2,500 college scholarship** from Prevention Connections as well as:

- A day at the General Assembly with the American Cancer Society lobbyist
- A nomination to the Campaign for Tobacco Free Kids Youth Advocate of the Year Award
- The opportunity to participate in tobacco use prevention activities with Prevention Connections.



Send Applications to:  
 Prevention Connections  
 701 E. Franklin St. Suite 501  
 Richmond, VA 23219

To discuss the application or process:

**Contact Information**

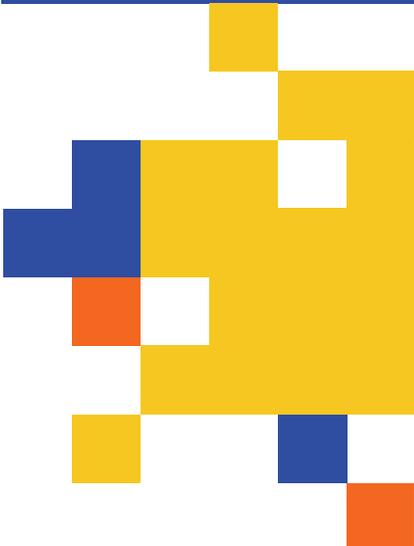
Rita Angelone (804) 371-2589 or

Edda Collins Coleman (202) 626-8331

Nominations must be received by Prevention Connections by **Sept. 4** and the winner will be announced on Sept. 24 at VTSF's annual grantee conference in Newport News.



[Youth Advocate Award Application](#)



### 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 **September** newsletter.

*Mary Nelms* will be on leave for the month of August. Submit articles to Denise Raybon **by August 22, 2008.**

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

**Denise Raybon, County-wide Prevention Coordinator:** (703) 324-7124  
Denise.Raybon@fairfaxcounty.gov

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**Kelly Phelan, Youth Leadership Program, College Level Intern**  
(703) 324-3952  
Kelly.Phelan@fairfaxcounty.gov



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



**THE PREVENTION WEBSITE IS HERE!**