



# Countywide Prevention Newsletter



## COORDINATOR CORNER

- Denise Raybon



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

### Inside this Issue:

Domestic Violence Awareness Month - 2

Gang Prevention - 3

Teen Sexual Behavior - 4

VIP Camp, Dropout Prevention, & Fatherhood - 5

Substance Abuse - 6

Tobacco Use - 7-8

LAUNCH Grants - 8

Conference & Training - 9

Contact Us 10

What might normally be a quiet time of year was bustling with activity in our cross-agency prevention world. This summer, ten organizations were awarded funds through the inaugural Partners in Prevention Fund RFP. The Partners in Prevention Fund (PIPF) was established with funds from human services agencies and is designed to leverage resources and build capacity in the community. The first RFP gave non-governmental organizations a chance to offer one of three evidence-based programs that support key prevention system goals. The program choices included:

**AI's Pals**, a program designed to promote social and emotional competence in young children.

**WeCan Programs**, designed to improve the physical fitness and nutritional habits of children and families.

**Safe Dates**, a dating violence prevention program for teens.

The agencies receiving these funds include: **Annandale Christian Community for Action (ACCA) Child Development Center, Bethlehem Baptist Church, Boat People SOS (BPSOS), Community Preservation and Development Corporation (CPDC), Facets, Foundations for Families, The Lorton Community Action Center, Reston Interfaith, South County Youth Network and United Community Ministries (UCM).**

Since August we have trained more than 125 people from multiple county, school and community organizations in these programs. We welcome many of you to this newsletter distribution list for the first time. We hope you enjoy it! We have convened a multi-agency Implementation Support Team (IST) for each program to provide technical assistance, support and referral to the funded agencies and to work in partnership in the delivery of the programs.

The Partners in Prevention Fund is a wonderful example of a partnership across county agencies and with the community. Pooling funds and partnering to disseminate prevention programs and strategies designed to reach common outcomes is the ultimate goal. I believe one of our program trainers summed it up best when she said that she has worked in more than 25 states and with a variety of organizations, prevention programs, and human service agencies. She called our Partners in Prevention Fund approach **"unprecedented"** from her experience and really praised us for **"giving up turf" and working together on this**. We look forward to telling you more about the successes and experiences of these partners and the programs. Stay tuned and Happy Fall.



**VISIT THE PREVENTION WEBSITE!**

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





# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH -Seema Zeya



The Fairfax County Domestic Violence Awareness Month (DVAM) Planning Committee has assembled a calendar of local events promoting awareness of domestic violence (DV). There are a variety of programs that emphasize the impact of DV in our community. The Planning Committee hosted "Voices of Men", a multi-media performance to heighten awareness of violence against women. NOVACO sponsored Vicarious Trauma Training for service providers. The Virginia Department of Health is

providing training on organizing a White Ribbon Campaign. George Mason University is hosting several events during "Turn Off the Violence" Week, including the White Ribbon Campaign to encourage men to speak out about stopping violence against women. The DC Metropolitan Communities and the Northern Virginia Community are hosting Candlelight Vigils to honor the courage of DV victims. There is a Motorcycle Charity Ride to benefit The Women's Center, which

provides direct services to DV survivors. The Fairfax County Police Department is sponsoring a K-9 Krawl 5K to raise awareness of the link between DV and animal cruelty. A Time To Fly is hosting a Fallfest Gala benefit. The "Celebration of Women" event is a day of fellowship, workshops and pampering. "DV Awareness Day" at Inova Fairfax Hospital is being sponsored by the DV Forensic Nurse Program. And "Stop the Violence" is a training program for legal advocates.

For the complete calendar of events visit: the [DSMHS Domestic Violence](#) Web site

## DOMESTIC VIOLENCE AWARENESS MONTH PROCLAMATION

-Seema Zeya

October is recognized nationally as Domestic Violence Awareness Month, a time when every person should consider what he or she can do to help end domestic violence.

On September 22, the Fairfax County Board of Supervisors approved a proclamation declaring October as Domestic Violence Awareness Month in Fairfax County.

The proclamation ceremony was attended by a diverse group of county and community-based service providers, DV survivors, and county residents.



Board of Supervisor Meeting, September 22, 2008



## CAMP ENCOURAGES KIDS TO STAY AWAY FROM GANGS

-Leslie Perales, Observer Staff Writer

In the five years since the program began, there has been significant improvement in the grades and behavior of the students who take part.

- Patty McGrath

During their graduation ceremony on Aug. 15, more than 30 middle school students from Reston and Herndon giggled and cheered as they watched a slideshow of photos, highlighting their week at the Road DAWG camp, which aims to make sure children **"Don't Associate With Gangs."** Founded five years ago, the Road DAWG camp has been making a difference in the lives of its campers, according to Patty McGrath, branch manager for Fairfax County's Community and Recreation Services.

Principals, school resource officers, teachers and counselors selected at-risk students with strong leadership skills to attend the camp. During camp,

students spent time with police officers who encouraged them to avoid gangs and to participate in positive activities. The students also performed team-building exercises, completed an obstacle course at the police academy, participated in a mock trial, and talked about the dangers of drinking and driving, according to Tom Cook, who works with the Fairfax County Community Services Board prevention unit. Stephanie Arnold, who also works with the county's CSB prevention unit, said the children found that there are many adults whom they can trust. Additionally the campers were able to see firsthand the consequences of being associated with gangs and gang behavior

when they toured a jail and spoke with a former gang member. Officer Jack Hurlock said the program familiarizes area students with the officers that work in their schools. "It's a great way of doing introductions between the police and the kids."

The police involvement with the campers does not end after camp, and school resource officers and after-school specialists track the campers' grades and behavior to make sure they are staying on track, McGrath said. And when students' grades or behavior begin to decline, the family is put in contact with a county agency that can help. "It really is making this a comprehensive community"

To Read the full story, go to: [The Observer Newspaper](#)

## SUMMERTIME GANG PREVENTION - Sarah Allen and Mary Nelms

It is no secret that the work of gang prevention requires a coordinated community response. On a Friday evening in July of 2008, a multi-agency team alongside the Mount Vernon Police Department and the other FCPD Officers worked together to make contact with the neighbors in Alexandria. This was an example of the nexus between the police enforcement roll and the prevention roll shared by the police and human services.

Representatives from Community and Recreation Services Teen Centers, Department of

Family Services Children Youth and Families, Community Services Board Alcohol and Drug Prevention, Juvenile Court and non-profit partners in United Community Ministries went out in teams to meet the neighbors.

Counting on the accessibility of people on a Friday evening in the summer, the teams walked up and down the streets of the Sacramento, Creekside Village (formerly Janna Lee) and Hybla Valley communities talking to people and handing out 100 bags filled with information on the

services in Fairfax County. The team worked in partnership with the Police to be available in the community as the Officers came across families and children who may want more information than the Police could provide. This event helped build community and professional partnerships.

The event was initiated by the Bob Bermingham, County-wide Coordinator on Gang Prevention, Captain Kline of the Mount Vernon Police Department and Telly Whitfield of the Department of Systems Management for Human Services.

The goal of the night was to heighten awareness in the community of the services available in Fairfax County. - Sarah Allen



## HOW MUCH DO YOU KNOW ABOUT TEEN SEXUAL BEHAVIOR

-Child Trends (By Emily Holcombe, B.A., Kristen Peterson, B.A., and Jennifer Manlove, Ph.D.)

Despite media attention to teen sexual behavior and public concern about its consequences, the public is surprisingly ill-informed or misinformed on the subject. Yet without the facts, it is difficult to develop effective approaches to curb risky sexual behaviors and prevent teen pregnancy and STI transmission. How well informed are you? To test your knowledge, determine whether each of these statements is true or false.

To Read the full fact sheet and answer statistics, visit: [Child Trend Teen Sexual Behavior Quiz](#)

### TEEN SEXUAL BEHAVIOR QUIZ DETERMINE WHETHER EACH OF THESE STATEMENTS IS TRUE OR FALSE

1. FEWER TEENS ARE HAVING SEX TODAY THAN TEN TO 15 YEARS AGO.
2. A THIRD OF TEENAGERS HAVE HAD SEX BY AGE 14.
3. GIRLS ARE LESS LIKELY TO HAVE SEX THAN BOYS.
4. VERY FEW TEEN GIRLS FIRST HAVE SEX IN "HOOK UP" RELATIONSHIPS.
5. MOST TEENS WHO HAVE HAD SEX HAVE ONLY HAD ONE PARTNER.
6. FIRST SEXUAL INTERCOURSE IS NON-VOLUNTARY FOR MOST GIRLS.
7. MANY TEENS WHO HAVE HAD SEX REGRET DOING SO.
8. TEENS RARELY HAVE SEX WHILE USING ALCOHOL OR DRUGS.
9. MOST TEENS USE CONDOMS THE FIRST TIME THEY HAVE SEX.
10. MORE TEENS HAVE ENGAGED IN ORAL SEX THAN SEXUAL INTERCOURSE.

Answers

1. true 2. false 3. false 4. true 5. false 6. false 7. true 8. true 9. false 10. true

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This spring, the Child Abuse and Neglect Prevention Program was pleased to partner with West Potomac High School to provide parenting classes to teen parents and pregnant teens. The

school requested services from our program in hopes of strengthening skills for teen parents. Since classes ended, three other high schools have requested similar services.

We are also proud to announce a partnership with the Recovery Women's

Center (RWC) to serve mothers who are dealing with substance abuse issues and its impact on parenting.

The Parenting Education Programs' staff began a unique class at the RWC site in August which is an ongoing class with 20 sessions. This class was structured specifically for RWC based on their need for a program that would allow for mothers to be served on an ongoing basis

rather than having a class with a fixed beginning and ending date. The women will be required to complete all 20 sessions but will be able to enter the program on an ongoing basis.

The Child Abuse and Neglect Prevention Program is reaching out to the community and finding ways to serve those not able to be served by conventional programs.

## PARENTING CLASSES FOR TEENS

-Cheryl A. Keiper

## VALUE IN PREVENTION (VIP) CAMP

-Patti McGrath and Kayla Spiegel

Another successful summer has come and gone. Fairfax County Community and Recreation Services (CRS) Teen Services in partnership with the Fairfax County Middle School After-School program hosted the second annual **VIP (Value In Prevention)** summer camp for teens throughout the county. **VIP** camps were located in five different middle schools including Hughes, Liberty, Poe, Irving and Sandburg and served youth 13-18 years of age in those regions.

The framework included **fun** team building activities, **fun** life skills training, and **fun** situations where teens could put into practice what they had learned. Camp activities

built upon each other. Youth planted fruits and vegetables in a courtyard garden and used the ingredients to make fresh zucchini breads. They designed clothing and choreographed dance routines for the culminating extravaganza 'Rock the Runway', where all the camp participants came together to showcase their talents at James Lee Community Center. Youth dealt with issues like bullying and obesity by engaging in discussions and learning skills to help them make healthy choices in their lives. **VIP** provided a safe environment for youth to interact positively with peers, exposed them to an assortment of fun and healthy activities and

encouraged them to be part of their communities.

Summer collaboration between CRS and the schools paved the way for a strong prevention program in the middle school after-school program. Each month has a theme and activities corresponding to that theme. October's theme is "Bullying Awareness" and we are looking forward to incorporating the *Safe Dates* prevention curriculum into our programs .

Youth will start the school year connected to the community network and continue skill building activities and invaluable discussion groups

focusing on relationships, friendships and self awareness. CRS Teen Services hosts prevention dialogues throughout the school year which also enhances the prevention program by encouraging facilitators to communicate prevention needs, explore new trends and strategize efficient ways to meet outcomes.

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## DROPOUT PREVENTION SUMMIT

-America's Promise Alliance

Register online by October 14, 2008:  
[Dropout Prevention Summit](#)

The Virginia Department of Education in partnership with *America's Promise Alliance* announces a statewide summit focusing on dropout prevention. This summit will be held from **8 a.m. to 5 p.m. in Richmond at the Holiday Inn Select - Koger Center on October 28, 2008**, and is part of Virginia's participation in a major national effort to highlight the issue of dropout prevention and school completion.

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## FATHER INVOLVEMENT BENEFITS INFANTS' COGNITIVE DEVELOPMENT

-Child Trends, July 11, 2008

Complete Journal of Family Issues [Child Trends study](#)

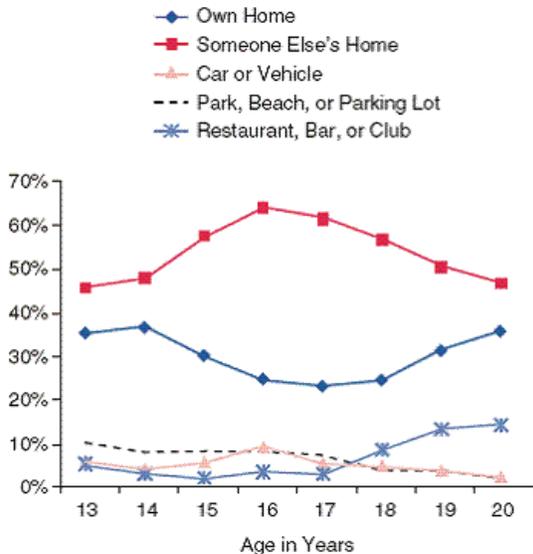
Fathers' involvement in a wide range of activities with their infant children is positively associated with infant cognitive development, according to a new Child Trends study published online in the *Journal of Family Issues*. The study, "Involvement among Resident Fathers and Links to Infant Cognitive Outcomes," also shows that the benefits of father involvement for infants' cognitive development are greater for male infants and for infants with a disability. The study is based on the Early Childhood Longitudinal Study - Birth Cohort, a nationally representative survey of children born in 2001.



## WHERE DO THESE KIDS GET THEIR BOOZE

-Laura Yager

Location of the Most Recent Alcohol Use in the Past Month among Past Month Alcohol Users Aged 13 to 20, by Individual Years of Age



About 20 percent of people in the United States between ages 12 and 20 have consumed alcohol in the past month, and the majority has done so in the home, according to the latest National Survey on Drug Use and Health Report from the Substance Abuse and Mental Health Services Administration (SAMHSA). A little over 53 percent of this age group have their drinks at someone else's house, while another 30 percent drink in their own home. The pattern of drinking in one's own or someone

else's home holds up for each year of age until the drinker reaches 21. The numbers also hold up for both male and female drinkers, although female drinkers were more likely to have had their last drink in a bar than their male counterparts. By detailing where underage drinkers consume their drinks, SAMHSA believes that prevention efforts can be better targeted and can alert parents to when and where they need to improve their monitoring and supervision.

To Read the full article, visit:

[National Survey on Drug Use and Health Report](#)

## DRUG USE HOLDS STEADY

-Laura Yager

SAMHSA recently released its National Survey on Drug Use and Health (NSDUH), measuring drug and alcohol use across the United States. Highlights from the report can be found at: [NSDUH Summary](#):

Other topics featured in the report highlights are alcohol use; tobacco use; initiation of substance use; youth prevention-related measures; substance dependence, abuse, and treatment; and mental health.

### Report Highlights on Illicit Drug Use

- The rate of current illicit drug use among persons aged 12 or older in 2007 (8.0 percent) was similar to the rate in 2006 (8.3 percent).
- Marijuana was the most commonly used illicit drug (14.4 million who have used in the month prior to being surveyed). Among persons aged 12 or older, the rate of past month marijuana use in 2007 (5.8 percent) was similar to the rate in 2006 (6.0 percent).
- Among youths aged 12 to 17, the current illicit drug use rate remained stable from 2006 (9.8 percent) to 2007 (9.5 percent). Between 2002 and 2007, youth rates declined significantly for illicit drugs in general (from 11.6 to 9.5 percent).
- From 2002 to 2007, there was an increase among young adults aged 18 to 25 in the rate of current use of prescription pain relievers, from 4.1 to 4.6 percent.
- In 2007, there were an estimated 529,000 current users of methamphetamine aged 12 or older (0.2 percent of the population). These estimates were not significantly different from the estimates for 2006 (731,000 or 0.3 percent).

The full Report can be found at: [SAMHSA's Latest on National Survey on Drug Use & Health](#)



## GOVERNOR ANNOUNCES 10-YEAR DROP IN YOUTH SMOKING - VTSF Press Release

The Virginia Youth Tobacco Survey results show that tobacco prevention works, and that Virginia's kids are choosing healthy lifestyles.

- Marty Kilgore

Governor Timothy M. Kaine and the [Virginia Tobacco Settlement Foundation \(VTSF\)](#) announced Tuesday that youth smoking rates in Virginia have plummeted to the lowest point in a decade.

Virginia's percentage of high school smokers is well below the national average, according to the results of VTSF's 2007



### [Virginia Youth Tobacco Survey.](#)

An estimated 15.5 percent of Virginia high school students are current cigarette smokers, compared to 20 percent nationally.

"We are thrilled that tobacco use among Virginia's youth continues to be on the decline," says VTSF Executive Director Marty Kilgore.

"Virginia has shown remarkable progress over the past two years in its efforts to keep kids from smoking – and these new results provide additional evidence that tobacco prevention is a good investment

for states," says William V. Corr, executive director of the Washington, D.C.-based Campaign for Tobacco-Free Kids. "The Virginia Tobacco Settlement Foundation should be commended for its commitment to reducing the devastating toll of tobacco use – especially among our children – by continually investing in tobacco prevention efforts. We urge Virginia leaders to redouble their commitment to tobacco prevention and work to accelerate the historic gains that have been made."

Governor Timothy M. Kaine at September 9, 2008 Press Conference. [Go to Full Press Release](#)

## JANET YOUNG, VTSF FEATURED GRANTEE

- VTSF Press Release

Janet Young, *TAKE CHARGE* program coordinator for Fairfax County Dept. of Community and Recreation Services (CRS), is a featured grantee for the Virginia Tobacco Settlement Foundation, September 2008. With the three-year grant that was awarded to CRS, Janet travels all over Fairfax County to share the consequences of using tobacco and the dangers of secondhand smoke. She has taught at CRS teen centers, CRS community centers, girls' and boys' probation houses, Youth ADS, juvenile detention centers, middle school after-

school programs, private schools, shelters, youth group



homes, and youth summer camps. Janet uses the curricula Project Towards No Tobacco Use (TNT) for grades 6–8 and Project Towards No Drug Abuse (TND) for grades 9-12 .

Janet was inspired by her firsthand experience dealing with the pressure to smoke as a young teen, but more so by the addiction, illness and, finally, death of her sister, Belinda, from small-cell lung cancer. Belinda left behind two daughters, aged 6 and 13. They have had a hard time dealing with the loss of their mother; it has affected their school life, social life and emotional life. Janet's message to the youth that she touches in Fairfax County is to 'Take Charge' of your body and be tobacco, alcohol and drug free. Think twice because your decisions affect everyone around you.

Janet Young, *TAKE CHARGE* program coordinator. For the full press release, visit [Full Press Release](#)



## SMOKE-FREE RESTAURANTS IN Virginia—Lisa Brown

Good news! There is an easy-to-access site to find smoke-free restaurants in your area. The Virginia Department of Health, Office of Environmental Health Services has a new feature, *Non-Smoking Restaurant Statistics*. In addition to state-based statistics, statistics are provided by locality and for each locality, area restaurants are listed with their smoking status. The popular state Web site averages more than 90,000 visits a month. It

displays health inspection information gathered from more than 60,000 unannounced restaurant inspections a year throughout Virginia. State Health Commissioner Karen Remley says this information can help diners decide where to eat. The new information for each restaurant will now include whether smoking is permitted or banned. Smoke-free facilities are identified with a non-smoking icon.



[Virginia Department of Health](#)  
[Office of Environmental Health Services](#)

### Contact Information

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## LAUNCH GRANTS

—Michael Garza

The Substance Abuse and Mental Health Services Administration (SAMHSA) today announced that more than \$27.5 million in Project LAUNCH (Linking Actions for Unmet Needs in Children's Health) grants funds will be awarded to state and tribal

programs over the next five years. Project LAUNCH is a new grant program designed to promote the wellness of young children ages birth to 8 years of age by addressing the physical, emotional, social, and behavioral aspects of their development.

funds will be passed from the state and tribal level to an identified locality where the grant will support the enhancement and integration of services in addition to system coordination and development.

Project LAUNCH grantees will implement a range of evidence based public health strategies to support young child wellness. Participating states and tribes will work to improve coordination among child-serving systems, build infrastructure, and improve methods for providing services. The majority of the

The programs selected for LAUNCH grants will receive approximately \$900,000 each year, over the course of the next five years. The actual award amounts may vary, depending on the availability of funds and the progress achieved by the awardees. The program will be administered by SAMHSA's Center for Mental Health Services.

### Contact Information

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## CHILD WELFARE LEAGUE OF AMERICA NATIONAL CONFERENCE 2009 -Mary Nelms

CWLA is holding its national 2009 conference, [Children Today...America's Future](#), February 23-25, 2009, at the Marriott Wardman Park Hotel in Washington, D.C. The conference will set the stage for the important work to be



done in 2009 to make the well-being of our children a top priority. Pre-registration at the lower 2008 conference rates ends **October 10, 2008!** Click here for online [pre-registration](#).

### FEBRUARY 2009

S	M	T	W	T	FR	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



*Save the Date!*  
*Washington, D.C.*



## LIFESKILLS@TRAINING: ALCOHOL AND SUBSTANCE ABUSE PRE-VENTION WORKSHOPS FOR PARENTS OF PRE-TEENS AND TEENS

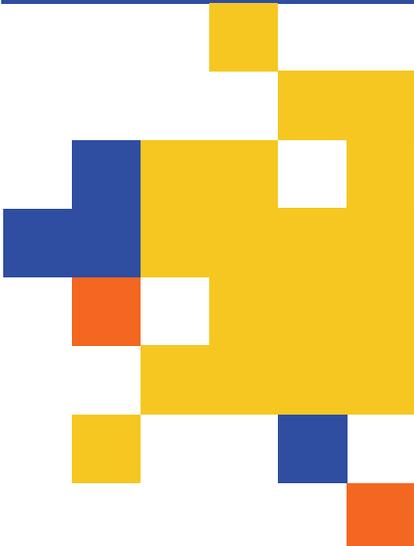


- Did you know that in the U.S.:
  - 50% of 15-year-olds and 10% of 10-year-olds have consumed alcohol.
  - Nearly 1/3 of youth begin drinking before the age 13.
  - Those who begin drinking early are much more likely to engage in other risky behaviors.
- Give yourself the tools you need as a parent to help your child grow up confident, be responsible, and resist peer pressure!
- Attend **Life@Skills Training** for parents, a **FREE** series of four workshops that will help you:
  - Communicate with your teen or pre-teen.
  - Effectively use discipline.
  - Talk to your child about drugs and alcohol.
  - Help your child cope with stress and anxiety.
  - Teach your child to make responsible decisions.
- Dates: Wednesdays – October 29, November 5, 12, 19
- Time: 6:30 p.m. to 8:30 p.m.
- Audience: Parents of children aged 9 to 17
- Location: Annandale Neighborhood Resource Center  
4700 Medford Drive, Annandale, VA 22003

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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 *December* newsletter.

Submit articles to Mary Nelms by *November 24, 2008*.

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



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



**THE PREVENTION WEBSITE IS HERE!**