



Countywide Prevention Newsletter

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A Publication of
Fairfax County, Va.

COORDINATOR CORNER

- Denise Raybon

When we think about building a safe and healthy community for our youth, we place great emphasis on keeping them safe from strangers or other external threats. But it is sometimes the people closest to our adolescents who may be putting them at risk.

The results of a new study commissioned by the Family Violence Prevention Fund (FVPF) and Liz Claiborne Inc. shows that teens are facing disturbing levels of violence in their dating relationships. Nearly one third report experiencing some sort of physical threat or actual physical and sexual abuse in a dating or serious relationship and nearly half report experiencing controlling behaviors in a relationship and being pressured to do things they did not want to do. (Some key findings from this study and the link to complete survey results can be found on page 3 of this newsletter.)

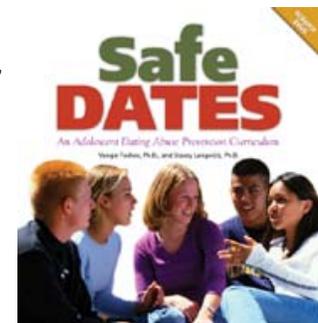
Our own Fairfax County Youth Survey showed that our teens who have been physically hurt by a boyfriend or girlfriend, on purpose, flagged for a host of other challenges, as well. Youth who responded yes to this question were more likely to report being depressed, considering suicide, being sexually active, being forced to have sex, carrying a weapon, and being bullied. In fact, 70% of girls who reported physical violence also reported depression and 20% reported attempting suicide.

As the results from the FVPF and Liz Claiborne, Inc. survey reveal, this type of violence is often unrecognized by parents and victims are often isolated from their family members and friends. The good news is that this study also demonstrated that the majority of youth who have participated in a course on relationships and dating in their schools found it helpful and that they learned about the signs of abusive relationships.

Recognizing the value of such programs and seeing a gap in Fairfax County, the Partners in Prevention Fund funded 5 community-based agencies to conduct 13 Safe Dates Programs last year. Several agencies have renewed for a second year of programming. We look forward to reporting the evaluation of year-one this fall.

There is still, however, much to do in our county around raising awareness and building skills among teens, their parents, and schools. In the coming years, we hope to expand educational programs such as Safe Dates, get a more comprehensive picture of dating violence among county youth, and increase awareness around support and resources.

Stay tuned.



Have a safe and happy summer!



VALUE IN PREVENTION (VIP) - Patricia McGrath SUMMER CAMP

The VIP (Value In Prevention) Camp, Helping Teens Learn and Have Fun This Summer, incorporates fun and learning in a safe

Biggest challenge facing youth today?

“ Relationships, because that’s what life is all about”

- Teen in VIP Camp

environment and kids look forward to attending five days a week.

Despite budget cuts, camps continue to be offered at five middle

schools across the county: Hughes, Irving, Rocky Run, Poe and Whitman. Survival can be attributed to another way of looking at VIP....the **Value In Partnerships**. Fairfax County Public School’s Middle School After-School program took the lead on this summer’s camps. Middle school after-school specialists teamed up with Community and Recreation Teen Center

staff and the Prevention staff from the Community Services Board in the planning and implementation of VIP. Each camp serves 60 teens.

VIP looks at prevention activities as a tool to help teens develop the skills they need to successfully survive in the “real world”. One teen came up with a perfect answer when asked to name the biggest challenge facing youth today. She replied:

“Relationships, because that’s what life is all about.” This statement helped us think outside the traditional prevention box in developing a framework for VIP. Each camp incorporates prevention activities into social skills, team building, community service projects, and recreation. All of these components expose participants to the essentials of building healthy relationships: working together with peers and adults, decision making, conse-

quences, risk taking, friendship, trust issues, and community resources. Working together, campers learn how to cook a meal, eat healthy snacks, participate in a variety of “decathlon” sports, figure out how to ride the metro, improve their computer skills, volunteer at the local food bank, and a variety of other hands-on activities that they can relate to their own lives.

Campers will finish the six weeks of VIP with new friends, new skills to help them begin the school year and a better appreciation and knowledge of the resources available to them in their community.

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PARTNERSHIP FOR YOUTH BULLYING PREVENTION SYMPOSIUM

OCTOBER 2009

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Save the Date!
 Fairfax County Government Center
 9:00 a.m. to 1:30 p.m.

The Fairfax Partnership for Youth, Inc (FPY). 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

- Kristen E. Brennan

specific steps to reduce its effects on youth in our community.

Participants in this event will share information and strategize in a variety of formats, including panel discussions and small group work. Presenters will give an overview of the programs and strategies currently in use in schools, community centers and other places where youth interact in Northern Virginia.



2008 FAIRFAX COUNTY YOUTH SURVEY - Mary Nelms TOPIC FACT SHEETS

The Fairfax County Youth Survey work group is using a new format to disseminate the results of the 2008 survey.

A family of fact sheets is being developed to make the results of the survey available. 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.

All fact sheets are 2 pages in PDF format which can be downloaded from the Fairfax County Youth Survey Web site and printed, 1- or 2-sided, to support events or for personal use.

[2008 Fairfax County Youth Survey Fact Sheets](#)

A SUMMARY OF RESULTS FROM YOUTH HEALTH RISK SURVEYS IN NORTHERN VIRGINIA - Voices for Virginia's Children

In [Self-Portrait of Youth in Northern Virginia](#), Voices for Virginia's Children summarizes data from youth health risk surveys administered in five Northern Virginia localities: Fairfax County, Arlington County, Loudon County, Prince William County and Alexandria City. These survey data highlight the strengths and challenges of the region's youth. The information can be used to expand the knowledge of legislators, policymakers, community leaders, program directors, and other stakeholders and to promote community initiatives which address the complex and diverse needs of youth in Northern Virginia.

Because localities use a variety of survey tools and target different age groups, it is difficult to draw direct comparisons between communities or to neatly combine findings into a regional summary. However, the various surveys assess similar domains and share many common items, and respondent age ranges show considerable overlap. This allows us to attempt broad sum-

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

mary statements across these similar content areas and age ranges.





FAMILY VIOLENCE PREVENTION FUND & LIZ CLAIBORNE 2009 TEEN DATING ABUSE AND THE ECONOMY RESEARCH REPORT

- Mary Nelms, adapted from report

American teens are experiencing alarmingly high levels of abuse in their dating relationships—and the economy appears to have made it worse.

- ◆ *Notably, there seems to be a link between the troubled economy, higher levels of abuse between parents, and teens' own experience of abuse.*

Parents are often unaware of the abuse their children may be suffering— and teens report high levels of discomfort discussing the matter with their parents.

- ◆ *Most abused teens are not confiding in their parents, and even when they do, most stay in abusive relationships, often against their parents' advice.*

A majority of teens who have been taught about dating abuse report this has helped, but only a quarter of teens have taken an educational course at school. Parents believe schools should provide education on dating abuse, but fewer than a third say their child's school offers such learning.

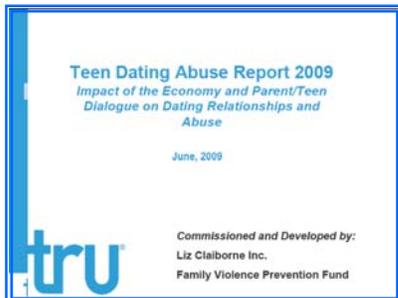
- ◆ *Many teens and parents are at a loss for where to get help.*

	Incidences of Teen Dating Abuse
Controlling behaviors	47%
Sexual abuse, physical abuse or threats of physical abuse	29%
Victimization through the use of technology	24%
Verbal abuse	11%

74% of all teens surveyed report their families have experienced economic problems in the past year.

44% of those have witnessed violent or abusive behavior between their parents.

And 67% of those have experienced some form of dating violence or abuse themselves (compared to 45% who did not witness abuse between their parents).



	Abused Teens
Turned to a friend	80%
Confided in a parent	32%
Went to a Web site or online resource	21%
Talked to a school counselor or social worker	15%
After advised by a parent to break up	
... decided to give boy/girlfriend one more chance	63%
... listened to parents, but decided not to break up	62%
... ignored advice, professed love for boy/girlfriend	31%
... lied to parents, told broke up, but didn't	28%
...have done at least one of the above	78%

37% of parents are unaware of any resources to help them have a conversation with their teen about dating abuse

	Teens Surveyed
Taken a course on dating abuse/ healthy relationships in school	25%
After taking a course in school	
... learned about signs of an abusive relationship and feel confident they would be able to judge whether a relationship was abusive	75%
... found the class helpful in learning about appropriate dating relationship behavior	65%

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

The Countywide Initiative to Reduce Underage Drinking (CIRUD) is a collaboration of over 45 school-community coalitions, community organizations, and county agencies addressing underage drinking. The initiative operates as a task force under the Unified Prevention Coalition of Fairfax County Public Schools and has been in existence for three years.

CIRUD is busy on many fronts. Here are some highlights: Five hundred **Parents Who Host, Lose the Most** fact cards summarizing the underage drinking laws and providing tips for parents and posters were distributed to each Virginia ABC store in Fairfax County by the Fairfax-Falls Church Community Services Board in June.

In collaboration with George Mason University's (GMU's) Center for the Advancement of Public Health, CIRUD helped organize from March-June 2009 five **focus groups of high school students** and two focus groups of

high school parents to discuss the teen drinking culture in Fairfax County. Findings from the research are forthcoming. In early August, **parents of Fairfax County Public School (FCPS) high school graduates will receive a letter** co-signed by Fairfax County Chairman Bulova; Police Chief Rohrer, and newly elected School Board Chair Smith addressing underage drinking issues pertinent to young adults entering the work force, military, or college. Two fact sheets will include statistics and practical tips on the signs of alcohol poisoning, signs of depression and drinking and driving, and encourage parents to continue to talk to their sons and daughters once they make the transition to college, the work force, or the military.

A subcommittee is developing a **Parent/Teen Referral List** to help a person know where to turn for confidential assistance when a family member is in trouble with alcohol or other drugs.

On August 17 from 5:00-8:00pm, the **CIRUD Task Force will hold a special meeting, in-**

CIRUD Meetings

Monday nights

FCPS Administrative Building 1,
8115 Gatehouse Road,
Falls Church, VA 22042.

Room 3050-3051

7:00-8:30pm

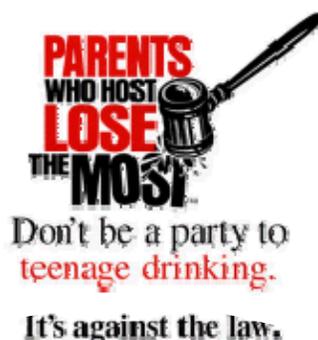
- ◆ August 17, 2009
World Café (5-8 pm)
- ◆ October 19, 2009
- ◆ January 11, 2010
- ◆ April 19, 2010
- ◆ June 7, 2010

cluding the use of a World Café, to address three questions as a means of determining how best to address the underage drinking issue in the months ahead and to integrate the interests of new and established members of CIRUD. The World Café method follows specific guidelines for putting conversation to work through dialogue and engagement in small groups to access and use deeper knowledge.

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Let us know if you would like to join us!



REPORT: GOVERNMENT NOT SPENDING MUCH ON DRUG PREVENTION

-www.CNNHealth.com, adapted from article

Substance abuse, addiction and its consequences cost U.S. governmental bodies nearly \$500 billion in 2005 with only a fraction of state and federal dollars spent on prevention and treatment.

addiction," while only 1.9 percent was spent on prevention and treatment, 1.4 percent on taxation and regulation, and less than 1 percent on research and interdiction, says the report from Columbia University's National Center on Addiction and Substance Abuse.

impede education -- and slap a heavy and growing tax on our citizens," Susan Foster, the addiction center's vice president and director of policy research and analysis, said in a written statement.

" If substance abuse were a state budget category, it would rank No. 2, behind elementary and secondary education"

- *Shoveling Up II: The Impact of Substance Abuse on Federal, State and Local Budgets*

Of the \$373.9 billion spent by federal and state governments, some 95.6 percent was spent to "shovel up the consequences and human wreckage of substance abuse and

"Despite a significant and growing body of knowledge documenting that addiction is a preventable, treatable and manageable disease, and despite the proven efficacy of prevention and treatment techniques, our nation still looks the other way while substance abuse and addiction cause illness, injury, death, and crime; savage our children; overwhelm social service systems;

For every \$100 state governments spent on substance abuse, they spent an average of \$2.38 on prevention, treatment and research, the study found.

The report advocates that more funding and efforts be directed toward prevention and treatment, rather than cleaning up the wreckage that substance abuse leaves in its wake.

[Full Article](#) Government Not Spending Much on Prevention

BULLYING PREVENTION SYMPOSIUM (CONT.)

FPY will facilitate dialog to:

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- ◆ Identify the peer-harassment prevention strategies that have had the greatest impact in our region.
- ◆ Provide sites in need with supports and resources to implement effective peer-harassment prevention strategies.
- ◆ Encourage comprehensive, impactful, youth-directed prevention programs at the site level.

Who Should Attend?

- ✓ Middle and High School Youth
- ✓ Concerned Parents
- ✓ School Administrators and Staff
- ✓ Student Resource Officers
- ✓ Fairfax County Community & Recreation Services Representatives
- ✓ Bullying Prevention Organizations
- ✓ Faith Community or Not-for-Profit groups working with youth
- ✓ Anyone concerned about the effects of peer harassment

Register online in September: www.fairfaxyouth.org



CSB & COUNTY PREVENTION TEAMS TO CO-COORDINATE PRESCHOOL EFFORTS -Barbara Wadley-Young

The Community Services Board (CSB) Prevention Division and the Countywide Partners in Prevention Fund will join efforts to promote delivery of evidence-based preschool programming in 2009-2010. This joint endeavor will afford preschool programs throughout the greater county area increased access to quality prevention programming. Shared resources to further promotion, successful implementation and sustainability are also anticipated.

The CSB Prevention for Preschoolers Initiative began in 2006 upon award of a 3 year grant from the Virginia Tobacco Settlement Foundation (now the Virginia Foundation for Healthy Youth). The CSB coordinated delivery of the "Al's Pals: Kids Making Healthy Choices" program to some 1,100 preschool-aged children in Head Start, private, state-funded and home-based programs throughout the greater county area. The Al's Pals program has been recognized by the U.S. Departments of Justice, Education, and Health & Human Services for its **proven impact on positive social skill development and fewer behavioral challenges over time in preschool-aged children.**

CSB conducted outcome evaluations from 2006-2009. The results supported that the program impact is significant for this targeted population.



Educators and parents have participated in CSB-sponsored focus groups and surveys each year and consistently report that the program impact on children is beneficial in both classroom and home settings.

The Partners in Prevention Fund (PIPF) initiated preschool prevention program coordination in 2008 by soliciting a Request for Proposals (RFP) from interested preschool service providers. During its first year, the RFP provided for Al's Pals program delivery to more than 200 preschool-aged children at nine centers throughout the county. Countywide prevention activities were made possible by contributions that were pooled from a number of public agencies to establish the PIPF. CSB Prevention Specialists provided technical assistance to support planning and monitoring activities for the PIPF RFP in the past year.

The CSB was awarded another 3 year grant for 2009-2012 and the PIPF will support continuation of Al's Pals program delivery for a second year.

Co-ordination of preschool prevention activities will occur in the following areas: outreach and promotion; curriculum training; continuous development activities and routine communication with a diverse team of staff from various county agencies that will provide technical assistance to participating centers; uniform communication with partner participants; and a joint, comprehensive evaluation process.

Members of both teams report that co-ordination was the natural "next-step" to maximizing prevention efforts for youth and agree that increased engagement of organizations with mutual goals will give prevention efforts the foothold in the overall system of care that the community needs and interests command.

Co-ordination was the natural "next-step" to maximizing prevention efforts for youth.

*- Barbara Wadley-Young,
Grant Coordinator/
Prevention Specialist,
CSB Prevention*



SPOTLIGHTING POSITIVE YOUTH DEVELOPMENT - Leslie Langbert, Building Partnerships for Youth

Supporting the positive development of America's young people is a critical priority if we are to ensure their success as adults. **Building Partnerships for Youth** announces a professional development opportunity that will facilitate the development

of **state or community teams from education, health, faith-based and voluntary youth serving organizations** that will commit to work together to promote adolescent health and well-being through the integration of positive youth development approaches into

policies and programs, and the coordination of youth services across sectors. promote the benefits of physical activity for individuals through their work site health promotion activities.

Team Application due October 2, 2009

Benefits for you:

- Network with other individuals in leadership positions in your community, state, and across the country.
- Participate in a 3-day Kickoff session in the Washington DC area, all expenses paid, to learn more about positive youth development frameworks, effective collaboration strategies, and how to coordinate youth services effectively across sectors.
- Participate in ongoing opportunities for online professional development, identify and develop resources, learn about funding opportunities, and network and build relationships with colleagues across the country.

Benefits for your state and community:

- Develop an effective leadership team across sectors through a meaningful, fun, results-driven collaborative process to support healthy development of young people.
- Enjoy opportunities to highlight the achievements of your team efforts and serve as a model for other states and communities.
- Participate in ongoing training and technical assistance at no charge through this special project.

Basic Requirements to Apply:

- Team leadership must be provided by an individual with a community-wide or state-level leadership role in a field serving youth.
- Team composition includes 4-6 individuals, including youth and adults from a variety of sectors at the community or state level (e.g. public health, education, faith-based, voluntary youth serving organizations).

Contact Information

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for Youth

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FEBRUARY 2010

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*Save the Date!
Kickoff Event
Chevy Chase, Md.*



FAS IN FAT: HOW OBESITY POLICIES ARE FAILING IN AMERICA 2009

- Robert Wood Johnson Foundation

[New Report Finds Obesity Epidemic Increases, Mississippi Weighs in Again as Heaviest State.](#)

Adult obesity rates increased in 23 states and did not decrease in a single state in the past year, according to a report released by the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). In addition, the percentage of children who are obese or overweight is 30 percent or higher in 30 states.

Mississippi had the highest rate of adult obesity at 32.5 percent, marking the fifth year in a row that the state topped the list. Four states now have adult obesity rates above 30 percent, including Mississippi, West Virginia (31.2 percent), Alabama (31.1 percent) and Tennessee (30.2 percent). Adult obesity rates now exceed 25 percent in 31 states. Colorado (18.9 percent) remains the only state where fewer than 20 percent of adults are obese. The *F as in Fat* report contains rankings of state obesity rates and a

review of federal and state government policies aimed at preventing or reducing obesity. The report also offers recommendations for addressing obesity as part of health reform.

The report calls for a *National Strategy to Combat Obesity* that would define roles and responsibilities for federal, state and local governments and promote collaboration among businesses, communities, schools and families.

Key Recommendations Include:

- ensuring every adult and child has access to coverage for preventive medical services, including nutrition and obesity counseling and screening for obesity-related diseases such as type 2 diabetes;
- increasing the number of programs available in communities, schools and child-care settings that help make nutritious foods more affordable and accessible and provide safe places for people to engage in physical activity; and
- reducing Medicare expenditures by promoting proven programs that improve nutrition and increase physical activity among adults ages 55 to 64.

Advance Policies That:

- provide healthy foods and beverages to students at schools;
- increase the availability of affordable healthy foods in all communities;
- increase the frequency, intensity, and duration of physical activity at school;
- improve access to safe and healthy places to live, work, learn, and play;
- limit screen time; and
- encourage employers to provide workplace wellness programs.

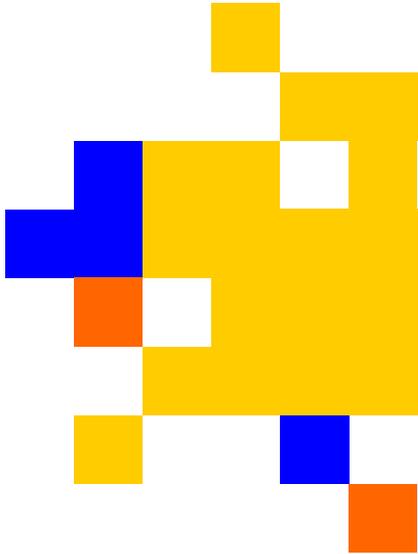
Childhood overweight *and* obese was defined as having Body Mass Index (BMI) at or above the 85th percentile for age.

Virginia ranked 23rd for children 10-17 yrs. overweight *and* obese at 31%.

Adult obesity was defined as having Body Mass Index (BMI) of 30 or higher.

Virginia ranked 27th for adult obesity at 25.4%.

State rankings were based on combining 3 years of data from 2006-2008 to stabilize results. Highest rate of obesity ranked #1.



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 **Fall 2009** newsletter. Submit articles to Mary Nelms **by September 18, 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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