



An Ounce of Prevention

Fairfax County Neighborhood &
Community Services
Prevention Unit

Issue 6
February/March 2016

Building Opportunity Neighborhoods in Fairfax County

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A broad network of service providers is essential to meet the needs of our county's diverse children, youth, and families. One local strategy to improve the lives of children and families is an approach called Opportunity Neighborhoods (ON). ON was first established in the Mount Vernon area of Fairfax County in 2010 and was modeled after the U.S. Department of Education's Promise Neighborhoods approach and the Harlem Children's Zone's "cradle to college to career" framework. Leadership of the effort is shared among Fairfax County Government, Fairfax County Public Schools, and United Community Ministries. This shared leadership among the County, FCPS, and a local community organization is a key element of the ON framework.

The premise of ON is that children and youth do better when the major influences on their learning and development — family, schools, and communities — work together to ensure that they are physically, emotionally, and socially prepared to learn and succeed in life. With a focus on common goals and outcomes (Children are prepared for school entry; Children succeed in school; Youth graduate from high school and continue on to post-secondary education and careers; and ON families, schools, and neighborhoods support the healthy development and academic success of the community's children and youth), ONs facilitate collective planning, action, and impact across sectors —government, education, nonprofit, faith, civic, and philanthropy.

The first ON was established in the Mount Vernon school pyramid (covering neighborhoods in the Mount Vernon and Lee magisterial districts) in 2010 through a generous investment from Capital One and grants from the Virginia Departments of Education and Criminal Justice Services. The Mount Vernon effort led to positive trends across several key measures, including school attendance, discipline, parent engagement, and volunteerism. Programmatic areas of focus include:

- Effective learning and enrichment opportunities to address individual challenges and maximize gifts and

strengths;

- Supports for successful transitions at key points, including kindergarten entry, between elementary school and middle school and middle school to high school;
- Quality out-of-school time programming to provide enrichment before school, after school, weekends, summers, and during extended school breaks;
- Access to medical, dental, mental health, and social services;
- Access to quality early learning experiences;
 - Addressing the needs of adults (including language, employment, housing, nutrition, etc.) to ensure that the adults in children's lives have the resources, capacity, and resilience to support them; and
 - Cultivating a culture of engagement and connectedness, where children and youth have strong aspirations and feel connected to a family, school, and community support network that believes in and invests in their potential.



Members of the Supreme Teen Street Team (ON's youth outreach and leadership group) at last August's Opportunity Fair. Resident youth and adults have been key players in the planning and implementation of ON.

and be accountable for results, Opportunity Neighborhood is an effective model for supporting the alignment of county, FCPS, and community resources and efforts to address the complex issues impacting the success of children and youth in neighborhoods across Fairfax County. Based on the successes demonstrated in the Mount Vernon High School Pyramid, efforts are underway to expand ON to Reston following the framework and principles formed with the implementation of the first Opportunity Neighborhood.

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Teaching Parenting Skills at the Pediatrician's
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USPSTF Issues Recommendation on Depression Screening for Adolescents

Jesse Ellis, Prevention Manager, Neighborhood and Community Services

The [U.S. Preventive Services Task Force](#) is an independent, volunteer panel of national experts in prevention and evidence-based medicine. It makes evidence-based recommendations about clinical preventive services for all ages, such as screenings, counseling services, and preventive medications. In recent years, USPSTF recommendations have carried added weight, as the Affordable Care Act generally requires that services with the strongest recommendations be provided at no out-of-pocket cost to patients.



service] is moderate or there is moderate certainty that the net benefit is moderate to substantial.”

It is incredibly important, however, to note the full wording of the recommendation, which includes: “Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.” As Bill Gardner points out in a [blog post](#) on The Incidental Economist, “it is pointless and wasteful if a positive screen does not lead to care.”

On February 9, the USPSTF issued updated [recommendations on depression screenings for children and adolescents](#). While the Task Force found insufficient evidence to recommend screening for major depressive disorder (MDD) in children under 12, it recommended such screenings for adolescents ages 12 to 18. Their recommendation came with a “B” grade, indicating “high certainty that the net benefit [of the

Significant work is ongoing in Fairfax County right now to improve the access to and quality of behavioral health services for children and youth. In upcoming issues, we will be highlighting much of it. But always keep in mind the importance of strong systems of care. If you need help referring a young person to care, please contact the Community Services Board at 703-383-8500, TTY 711.

Research Update: Making Parenting Education More Accessible

In a randomized controlled trial, researchers explored the effectiveness of interactive parenting interventions on 463 sets of mothers and babies. The primary intervention being studied, the Video Interaction Project (VIP), was shown to have positive effects on scores of children’s play, attention, separation distress, hyperactivity, and externalizing problems. The effects were actually strongest among low-income and otherwise stressed families.

VIP is implemented at the pediatrician’s office, during regularly scheduled visits over a child’s first three years. It includes one-on-one sessions for 30 minutes, during which the parents are videorecorded playing or reading with the child. The interventionist then reviews the video with the parents to identify and reinforce responsive interactions and promote parent self-reflection. The parents get to keep the vid-

eo, along with supportive materials and opportunities to develop individualized plans for interacting with their children.

VIP has an estimated cost of \$150 to \$200 per child per year. Its scalability makes it a promising practice. Parenting education has been shown to be an effective means of attaining multiple developmental outcomes for children and youth, both short- and long-term. Finding ways to implement such education in an easily accessible and culturally relevant manner should continue to be a priority of the research community.

Weisleder, A., et al. (2016). Promotion of Positive Parenting and Prevention of Socioemotional Disparities. *Pediatrics*, 137(2), 1-9. DOI: 10.1542/peds.2015-3239

Things You Should Know About: 2015 Lines of Business

Fairfax County is currently undertaking a comprehensive review of its nearly 400 Lines of Business (LOBs) as a part of its multi-year planning initiative. The Board of Supervisors is now in the process of reviewing each LOB and hearing from the County’s agency directors and officials on them.



While certainly an important tool for the Board of Supervisors to establish priorities, the LOBs can also be a great resource for staff, partners, and stakeholders interested in better understanding the many services provided by Fairfax County. Many LOBs are focused specifically on children and youth, and many have a prevention focus. Explore the LOBs and learn more about the process at www.fairfaxcounty.gov/dmb/2016-lines-of-business.htm.



Messaging Tools

Every issue, we feature messaging that you can use to share prevention resources available in Fairfax County. Feel free to, without attribution, use these messages in your outreach efforts.

This Month's Resource: REVIVE! Overdose Reversal Training

Deaths due to heroin or prescription opioid overdose have been increasing rapidly over the past several years, and now outnumber motor vehicle crash deaths nationally and locally. The Fairfax Falls-Church CSB offers free training for community members to learn to reverse an overdose using an easily administered medication called naloxone.

Newsletter Article

REVIVE! Saving Lives, Saving Futures

Do you know someone using heroin or other opiates?

The Community Services Board is now offering a new series of REVIVE! Trainings that can help save lives. REVIVE! trainings are held every month and are open to the public.

The trainings teach lay rescuers, family, friends and loved ones, how to administer naloxone to reverse opioid overdoses. The impact of opioid abuse and prescription drugs has, tragically, led to a rise in deaths and addictions across the Commonwealth, including Fairfax County. In 2010 there were 49 deaths attributed to heroin use in Virginia; in 2013 there were 213, an increase of 334%.

Sadly, no family is immune from the pain of addiction. The risk of overdose is ever-present.

Naloxone, a prescription medication, is an opioid antagonist drug that reverses the effects that opioids have on the brain. When a person overdoses on opioids, the opioid overwhelms specific receptors in the brain, slowly decreasing respiration and heart rate before finally stopping it altogether. Naloxone has a very high affinity for these receptors and effectively pushes the opioid off of the brain receptor. This action allows a person's body to resume respiration and respiration. Naloxone has been used for years by emergency medical technicians and emergency room doctors to reverse opioid overdose emergencies. Outside of this singular purpose, naloxone has no effect on the body, and poses no danger to anyone who accidentally administers it to themselves or someone else.



Naloxone is a proven public health response to the epidemic of opioid overdose emergencies.

Sign up for REVIVE! training today; no advance registration is necessary. <http://www.fairfaxcounty.gov/csb/revive/>

For more information on REVIVE!, check <http://dbhds.virginia.gov/individuals-and-families/substance-abuse/revive>.

Facebook Post

Do you know someone abusing prescription drugs or heroin? These drugs are highly addictive; men and women are overdosing and coming close to death every day here in Fairfax County. Won't you help us save lives? Sign up for a REVIVE! Training to help reverse opioid overdoses. It's free. It's available. It works. <http://www.fairfaxcounty.gov/csb/revive>

Tweets

Heroin & opioid overdoses kill; won't you help save lives? Sign up for a free REVIVE! training to learn more: <http://www.fairfaxcounty.gov/csb/revive>

Learn to reduce an opioid overdose and save a life. Free #naloxone trainings: <http://www.fairfaxcounty.gov/csb/revive>



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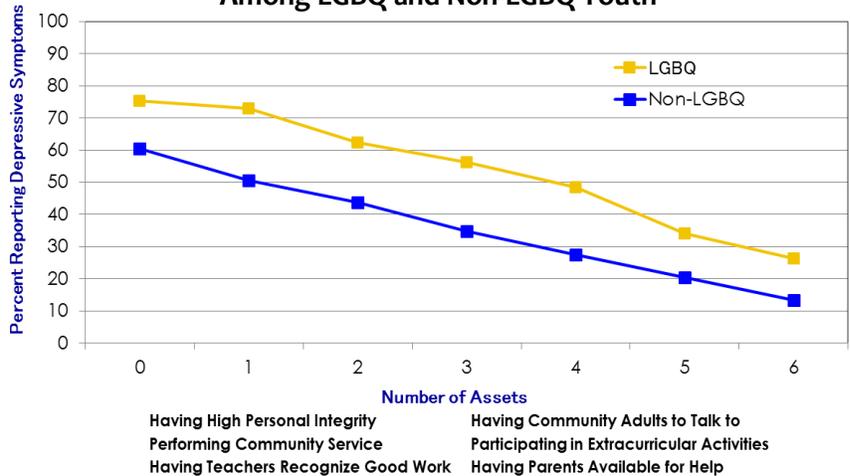
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Youth Survey Spotlight

Assets and the Reporting of Depressive Symptoms
Among LGBQ and Non-LGBQ Youth



Lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth often face social pressures and stigmas that result in greater risk for poor behavioral and health outcomes. Research shows support systems—notably, friends who are also LGBTQ, supportive families, and schools that offer social opportunities—serve as strong protective factors for LGBTQ youth. As the chart above shows, LGBQ youth in Fairfax County report higher levels of depressive symptoms than their non-LGBQ peers. But, as with their peers, the presence of assets, or protective factors, is strongly associated with lower prevalence of depressive symptoms among LGBQ youth. For more information on the Fairfax County Youth Survey, see www.fairfaxcounty.gov/youthsurvey. Be sure to check out the fact sheet on LGBQ youth.

john a. powell Speaking in Fairfax County

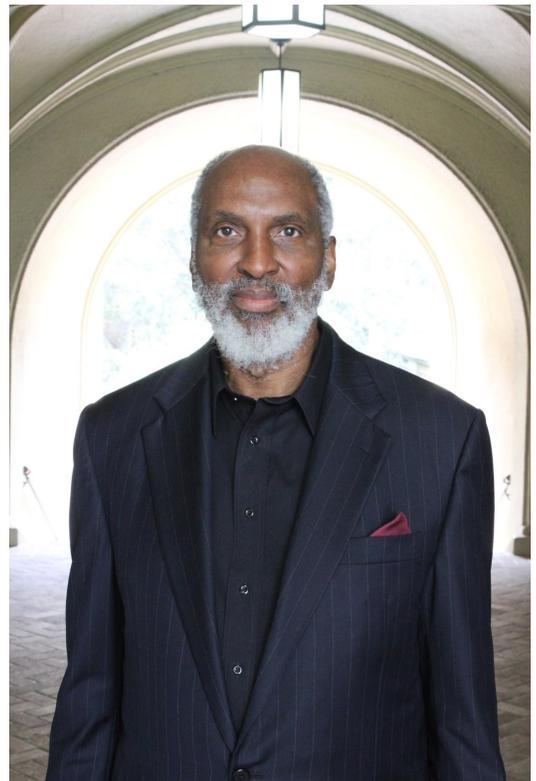
Americans are engrossed in a deep conversation about the impact of racism in our educational, judicial, social, and economic spheres. Come join one of the nation's foremost leaders of the movement for universal justice, john a. powell, as he discusses these issues with our community. Explore where we are today and how we can continue to live the values of our community's ideals.

Professor powell is Director of the Haas Institute for a Fair and Inclusive Society and holds the Robert D. Haas Chancellor's Chair in Equity and Inclusion at the University of California, Berkeley, where he is also a Professor of Law, African-American, and Ethnic Studies. A frequent speaker and prolific writer, his most recent book is Racing to Justice: Transforming our Concepts of Self and Other to Build an Inclusive Society.

Professor powell's speaking events are free, but tickets are required:

Annandale United Methodist Church 6935 Columbia Pike, Annandale Friday, February 26, 9 am Visit bit.ly/racingtojustice for tickets.
Reston Community Ctr - Hunters Woods 2310 Colts Neck Road, Reston Saturday, February 27, 3 pm Call 703-476-4500 x3 for tickets.

Presented by Reston Community Center in association with the Equitable Growth Profile Advisory Group of Fairfax County, with support from Annandale United Methodist Church, Office of Hunter Mill District Supervisor Catherine M. Hudgins, Leadership Fairfax Inc., and Fairfax County Government. See http://adobe.ly/1QhtzE5 for more information.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

