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introduction

Grantees!

We are excited to present this first edition of prevention eNotes. The Section of Prevention & Early Intervention Services, Division of Behavioral Health is offering this communication to better inform our grantees of opportunities that we believe will be helpful in effectively delivering community-based program planning and implementation. We welcome your input and responses that you may have for future editions.



points of interest

The Alaska Mental Health Trust Authority is accepting proposals for its Small Projects Funding program.

The program is designed to create new services of direct benefit to Trust beneficiaries. These services are not normally funded by another part of government. They can be innovative, new program ideas, or substantially improve and supplement existing activities. They can also significantly increase the quality of ongoing projects. Each small project is limited to a maximum of \$10,000. The intent is to spend one-half of the Small Projects Fund (\$250,000 yearly) on projects that serve beneficiaries in rural areas. The next deadline is February 1st. For more information, call 907-269-7960 or visit

<http://www.mhtrust.org/index.cfm?section=Our%20Funding%20Process&page=Small%20Projects%20Funding>.

Free Publications Available from SAMHSA

To order FREE copies of alcohol and drug publications, contact SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI).

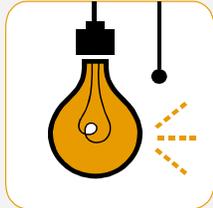
Phone: 800-729-6686

For hearing impaired: 800-487-4889

Website: www.ncadi.samhsa.gov

Website of interest

This is a site that was recommended by our own Becky Judd. There is a lot of great information on planning for effective prevention programs in communities. When you have time, go to this site and see if you can



"Since November, about 20 - 25 establishments a month have been cited for serving alcohol to undercover minors..."

increase your knowledge. Check out their website at the link below. <http://www.preventioninstitute.org/>

Alaska Rural Behavioral Health Training Academy Fall 2006 training sessions are open.

ARBHTA provides accessible continuing education for individuals who provide behavioral health care services to communities in rural Alaska. For more information go to: <http://www.uaf.edu/arbhta/>

Alaska Native Student Vitality: Community Perspectives on Student Success Project.

The Report of Findings, Executive Summary, Literature Review, and PowerPoint Presentation are all available on the First Alaskans Institute Web site, and the link is below: <http://www.firstalaskans.org/>

recent research

Prevention Programs for Young Rural Teens Can Reduce Methamphetamine Abuse Years Later

New research supported in part by the National Institute on Drug Abuse (NIDA), National Institutes of Health, shows that prevention programs conducted in middle school can reduce methamphetamine abuse among rural adolescents years later. Because methamphetamine addiction leads to problems with social interactions and a wide range of medical conditions, research into early interventions such as this is critical to protecting the nation's youth. The paper is published in the September issue of *Archives of Pediatrics and Adolescent Medicine*.

<http://www.nih.gov/news/pr/sep2006/nida-04.htm>

1 in 4 monitored sell alcohol to under-aged - September 12, 2006

ANCHORAGE -- A statewide sting to stop businesses from selling alcohol to minors continues to snare one in every four restaurants and bars checked.

Since November, about 20-25 establishments a month have been cited for serving alcohol to undercover minors working with investigators, said Joe Hamilton of the Alaska State Troopers.

Last fall, investigators turned their attention from package stores and began checking more restaurants, bars, lounges-- even beer tents at public events, Hamilton said.

You can read the full story online at:

<http://www.adn.com/news/alaska/crime/story/8184135p-8077082c.html>

community corner

Project Highlight – Anchorage-based Volunteers of America

Volunteers of America's Project Hope Classroom Prevention Series provides prevention education, information and support to 5th-8th grade students, with particular emphasis on those whose parents have problems with alcohol or other addictions. Through a series of 3 weekly one-hour presentations in their classrooms, students explore what makes a family a family, the problems that families might encounter, and various ways people within families might respond to those problems. Students then journey into the personal true story of a young child whose father was an abusive and violent alcoholic, learning about the powerful rules of DON'T TALK, DON'T TRUST and DON'T FEEL that are common to families with alcoholism and addictions. They not only learn about problems like blackouts in the substance abuser, but also of the chronic health problems among family members that can develop just from watching and holding all their feelings inside and how that puts them in danger of abusing substances as well.

Offering a variety of teaching styles to connect with different learner styles the series engages students in writing, verbal discussion among peers, as well as a high-energy & highly-interactive game to help make the connection between proven risk factors and an increased potential for substance abuse/addictions. They learn why it is essential for kids to have trustworthy, sober adults available for support, an important protective factor. It is emphasized that they can still love their parent/caregiver and while not liking their behavior. They explore the key elements of knowing how and who to trust; an essential tool when developing/identifying those support people.

The short-term outcomes are to increase students' knowledge of risk factors, personal safety skills, and their ability to identify fundamental criteria for personal support people. These areas have shown to be strong indicators when looking to increase resiliency in individuals or expanding their Assets. The exceptional benefit of this series is its added ability to quietly reach students of alcoholic or addicted parents without ever labeling or identifying them; to be able to validate some of their feelings and experiences; to let them know they are not alone; to teach them of their own higher risk of alcoholism and addiction because it runs in families; and to provide vital information on how to stay safe when things get crazy with a parent or caregiver. By giving them this information and teaching them to talk about what is really happening it is hoped that the cycle of addiction in their families will be broken.

The primary method to measure Project Hope's short-term outcomes is through pre and post testing students at the beginning and end of each series. The results of offering this program for ten years to approximately 8 - 10,000 students, shows an average of a 32% increase in knowledge of risk factors, personal safety skills, and their ability to identify personal support



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people. *(cont next page)*

The long-term impacts/outcomes for this project are to increase students' resiliency and decrease the harmful effects of substance abuse. The method for measuring these is through the youth risk and behavior survey (YRBS).

This program is a principles-based model, developed by Patricia Cochran with Volunteers of America, Anchorage. If you would like to contact her for further information the number is (907) 279-9646 or voa-allstars@voaak.org

Thank you Pat for sharing your program with other prevention coordinators! And most of all, thanks for the many years and the expertise you have given to the prevention & early intervention field in Alaska.

prime time prevention quote

Prevention of high risk behaviors is not the same as preparation for the future. Indeed, an adolescent who attends school, obeys laws, and avoids drugs is not necessarily equipped to meet the difficult demands of adulthood. Problem-free does not mean fully prepared.

- Karen Pittman & Michele Cahill
[A New Vision: Promoting Youth Development](#)



"Partners Promoting Health Communities"

Prevention eNotes is a publication of

Division of Behavioral Health
Prevention and Early Intervention Staff

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www.hss.state.ak.us/dbh/prevention/