

Prevention eNotes!



STATE OF ALASKA, DEPARTMENT OF HEALTH AND SOCIAL SERVICES
BEHAVIORAL HEALTH

July / Aug 2008

Volume 3, Issue 2

We're Back!

Happy New Year! State fiscal year 2009 began on July 1, 2008 and with the new fiscal year, a flurry of activities establishing a new cohort of 3-year grant awards (listed on page 2-3). All three (3) prevention grant funded programs required a competitive grant process for the new 3-year grant cycle FY09-FY11. Competitive requests for proposals (RFP) were issued in February 2008 for Comprehensive Prevention & Early Intervention; Alcohol Safety Action Program; and Rural Human Services Systems Project. May and June were spent reviewing close to 100 proposals, holding independent Proposal Evaluation Committees and making very difficult funding decisions. We are excited about the coming year and the community partners we will be working with.

Fiscal year 2009 brings change to the Statewide Suicide Prevention Council (SSPC) as it's staff support moves to the Division of Behavioral Health, section of Prevention & Early Intervention Services. Diane Casto and James Gallanos will provide direct support to the Council, working to better integrate the services of the Council with the suicide prevention work of Behavioral Health. The Council is currently recruiting for new membership (representing rural Alaska, schools, and youth serving organizations)—for an application go to <http://gov.state.ak.us/boards>. We welcome the Council and look forward to a positive and productive partnership!

Future editions of Prevention eNotes will provide updates and information about other prevention activities including the Fetal Alcohol Spectrum Disorders (FASD) Diagnostic Team network, revisions to the FASD 101 curriculum and new TOT opportunities, Gatekeeper Suicide Prevention training program, Prime for Life training opportunities, the Alaska Plan to Prevent Underage Drinking and many more topics.

It is going to be a fast paced year; we look forward to working in partnership and collaboration with all of you as we live our vision: *Partners Promoting Healthy Communities*.

Inside this issue:

E-NOTES ANNOUNCEMENTS	2
WELCOME GENEVIEVE	3
PREVENTION MAKING NEWS	4
UNDERAGE DRINKING TOWN HALL REPORT	5
RURAL HUMAN SERVICES STUDENT OF THE YEAR	6
SPOTLIGHT ON YOUTH: SPIRIT OF YOUTH AWARDS	8
WEB-BASED RESOURCES FOR YOUTH	10
STRATEGIC PREVENTION FRAMEWORK: STEP 2 CAPACITY	11
SAVE THE DATE	12
THIS ISSUES QUOTE	13

e-Notes Announcements

Thank You Prevention Grantees

Kudos to all our grantees for a job well done

We would like to extend our warmest thanks to everyone, young and old, rural or urban, new in the field or greatly experienced in prevention and early intervention services work. Over the past three years, we have implemented several changes in how we conduct community planning including the introduction to the Strategic Prevention Framework five-step model (SPF), reporting requirements including the collection of National Outcomes Measures (NOMs) data, the introduction of E-Grants and Performance-based Funding. All these changes were designed to improve the efficiency and quality of our work. However, that said, it does not imply that the process was any easier. Our challenge continues to tailor the process with the ultimate goal in mind, to demonstrate that “prevention works”. Results are what will determine the outcome or success of our prevention based programs, projects, practices, policies and services. As a field, we continue to learn more about what works and what doesn’t, the value of research and evaluation is paramount to help guide us. Our Alaska state legislature, our federal funding partners, and the citizens of Alaska will continue to ask us these questions and deserve solid information about the progress we are making.

We will continue to reach out to you and others across the state through collaboration and partnership to learn and improve upon not only what we do in our prevention practices, but also how much, how long or how often (quantity) and is it making a difference (quality). This will continue to be a common theme throughout the next three years and beyond. Thanks again for all your hard work and commitment to prevention; we look forward to working with all of you in the near future.

Sincerely,

L. Diane Casto Marlene Adams Becky Judd
Tony Piper Genevieve Casey James Gallanos
Michael Powell Ronald Taylor

Congratulations FY09 Grant Award Recipients

Comprehensive Behavioral Health Prevention and Early Intervention Services Grantees

- Petersburg Mental Health Services
- Safe & Fear Free Environment, Inc.
- Stone Soup Group
- Juneau School District
- University of Alaska Southeast
- Central Peninsula General Hospital
- Big Brothers/Big Sisters of Alaska
- Anchorage School District
- Mat-Su Health Services
- Southeast Alaska Regional Health Consortium
- Sitka Counseling and Prevention Services, Inc.
- Northwest Resource Associates
- Volunteers of America Alaska, Inc.
- Seaview Community Services
- Interior Alaska Center for Non-Violent Living
- Rural Alaska Community Action Program
- Ketchikan Indian Corporation
- Railbelt Mental Health and Addictions
- Spirit of Youth
- Iditarod Area School District
- City of Nunam Iqua
- City of Nulato

Continued from previous page

- Native Village of Shaktoolik
- Alaska Island Community Services
- Fairbanks Counseling and Adoption
- Youth Awareness Coalition
- Boys and Girls Club of Alaska
- Association of Alaska School Boards
- Akeela Inc.
- Kodiak Area Native Association
- City of Mountain Village
- Tanana Chiefs Conference
- Yukon Kuskokwim Health Corporation

Rural Human Services Systems Grants

- Bristol Bay Area Health Corporation
- City of Galena
- Eastern Aleutian Tribes
- Kodiak Area Native Association
- Maniilaq Association
- Norton Sound health Association
- Railbelt Mental Health and Addictions
- Southeast Alaska Regional Health Consortium
- Seaview Community Services
- Cook Inlet Tribal Council, Inc.
- Copper River Native Association
- Sitka Counseling and Prevention Services Inc.
- Association of Village Council Presidents,

Alcohol Safety Action Program Grants

- Volunteers of America Inc.
- Akeela, Inc.
- Alaska Family Services
- City of Ketchikan (Gateway Center for Human Services)
- Fairbanks Native Association
- National Council on Alcoholism and Drug Dependence
- Providence Kodiak Island Counseling Center
- Bristol Bay Area Health Corporation
- Seaview Community Services
- Maniilaq Association

Welcome Genevieve!

Genevieve Casey is the new Project Coordinator for the Prevention and Early Intervention Section in Juneau. She fills the gap left by MaShelle Hess when she left the position last spring. Genevieve has lived in Alaska for nearly twenty years, receiving her Master's in Social Work through the University of Alaska, Anchorage. She has spent nearly ten years working in the field of child welfare and child abuse prevention and more recently has worked in mental health recovery. Genevieve feels strongly about the role of prevention and early intervention in addressing the needs of the State of Alaska. "Prevention is a key factor in overcoming some of the challenges we face as Alaskans. We are all poised to have a great impact on the health and wellbeing of our communities". Genevieve's caseload of grantees is growing and more information will soon be available regarding which grantees she will have the pleasure of working with. Genevieve can be reached at 907-465-4984 or by e-mail at genevieve.casey@alaska.gov. Welcome Genevieve!



Prevention in Alaska making news!

Mental Health Trust Awards \$74,150 in Grants

ANCHORAGE – The Alaska Mental Health Trust Authority has awarded \$74,150 in grants for 10 small projects around the state. The grants target a wide range of beneficiary programs that range from support for an underage drinking prevention program for youth in rural Alaska to computers for the homeless. The awardees include two rural and eight urban projects:

Akeela, Inc. - \$9,555 to fund a 12-week drama therapy program based on self-exploration and personal experiences.

Alaska Mental Health Consumer Web - \$10,000 to sponsor a Native Arts and Drum group to teach Native traditions through storytelling, dance, drumming, sewing, drum making and other crafts.

Anchorage Police Department Auxiliary Search Team - \$10,000 to provide updated tracking devices and training for team members to monitor individuals with Alzheimer's or other mental disabilities.

Beans Café Inc. - \$5,000 to provide backpacks of healthy food every Friday for 200 children who otherwise would not receive nutritious meals on week-ends.

Capital Community Broadcasting, Inc. - \$10,000 to air a series of national PBS mental health-related programs on the statewide channel, 360 North. A televised discussion and resource information session for Alaska viewers will air in conjunction with each program.

Catholic Social Services - \$5,000 to provide homeless individuals with access to computers in order to enhance basic computer skills, work on job related tasks or correspond with family and friends.

Hoonah City Schools - \$3,345 to train two Hoonah police officers as mental illness and crisis trainers in the Hoonah community.

Refuge Chapel - \$10,000 to provide nutritious meals for youth in a positive, safe and alcohol/drug free environment that is directed and staffed by elder community members.

Special Education Service Agency - \$10,000 for the purchase, demonstration and use of communication devices for students with developmental disabilities in rural and remote Alaska.

Tok Area Counseling Center (TACC) - \$1,250 to create a DVD of the "Town Hall Meeting on Preventing Underage Drinking" to be distributed to rural villages in the Tok community as part of TACC's Behavioral Health Program.

The Trust annually budgets \$250,000 for new and innovative small projects that are a direct benefit to Trust beneficiaries. These beneficiaries include people with mental illness, developmental disabilities, chronic alcoholism, Alzheimer's disease and related disorders, and traumatic head injuries that result in brain injury. Grants are awarded three times a year, in March, July and November.

The deadline for The Trust's next cycle of grants is October 1, 2008. Applications may be sent to The Trust at 3745 Community Park Loop, Suite 200, Anchorage, AK 99508. Details and an application form are available on The Trust's Web site at www.mhtrust.org under "Small Projects Funding" or by calling Luke Lind at (907) 269-7999.

About the Alaska Mental Health Trust (The Trust):

The Alaska Mental Health Trust Authority is a state corporation with assets of more than \$450 million and one million acres of land. The Trust is a perpetual trust that operates much like a private foundation, using its resources to ensure Alaska has a comprehensive integrated mental health program.

Underage Drinking Town Hall Report

Nunam Iqua Program for Youth Host Regional Town Hall to Prevent Underage Drinking.

Cama-l (Yup'ik hello and greetings) from Alaska and from Nunam Iqua, Alaska. Nunam Iqua (NOO-nam ICK-wa); is on a south fork of the Yukon River, about 500 miles northwest of Anchorage.



The city of Nunam Iqua has exercised the Alaska State local option law that allows communities to choose to be dry and ban the sale, purchase, and possession of drinking alcohol. Unfortunately, bootlegging and the manufacture of home brew remains a serious problem in the region. In conjunction with the national campaign to reduce underage drinking, a town hall meeting was held on April 11th, 2008. The event was hosted by the Nunam Iqua Program for Youth (NIPY). The City first received a state grant to promote healthy choices and opportunities for youth in 2006. The response was the establishment of NIPY. Since that time, the program has gained national recognition and is now part of the national Centers for the Application of Prevention Technology (CAPT) service to science academy initiative.



Trooper Hansen pauses as a Yupik translator shares her presentation on how the legal system manages bootlegging and underage drinking in rural Alaska.

NIPY's coordinator Anne Strongheart has worked closely with the City Council and the city's Advisory Planning Board on the NIPY project. The Advisory Planning Board includes eight members including representatives from the City, the Tribal Council, a youth, a resident, a member of the village corporation, a land planner, a school board member, and a local fisheries representative.

Through the NIPY project, Ms. Strongheart organized a groundbreaking event to bring families, law enforcement, youth, and representatives from four communities together to share, learn and discuss issue related to underage drinking in rural Alaska. In addition to two staff from the State of Alaska Division of Behavioral Health, a group of bachelor of social work students from the University of Alaska Fairbanks also attended the event as part of their training in understanding the special needs and resources of rural Alaska. The town hall meeting was an opportunity for the community to affirm a commitment to helping youth find alternatives to using drugs and alcohol.

Following the town hall meeting, Mrs. Strongheart was invited to participate in the nationwide radio show Native American Calling hosted by Harlan McKosato which featured underage drinking. Ann ended both the town hall meeting and the radio show by issuing a challenge to everyone to take a serious look at what you can do to address underage drinking. If a village of 200 can do it, so can you.

Article by Michael Powell and Anne Strongheart

Photos by Michael Powell

RHS Student of the Year! Norene Otnes

In our Nov/Dec issue we had introduced the first in a series of articles highlighting the Rural Human Services (RHS) education and training program run by the University of Alaska Fairbanks. This issue features the 2008 Rural Human Services distance student of the year, Norene Otnes. Norene had recently graduated from the two-year program along with her cohort and celebrated their achievement with not only high honors but also high emotion at the Fairbanks campus ceremony on February 29th. Norene spoke on her experience in the program.

How did you get started in the program?

I started the program as a requirement of my employment at ELMC-SEARHC Behavioral Health Department CFSW II, Juneau, Alaska. I was invited to a luncheon and was encouraged to apply, I made the decision to apply the following days. I have been employed at various agencies in the community of Juneau, Alaska, and Sitka, Alaska before being hired in my current position as a Community Family Service Worker II. I was initially reluctant to apply because my son had passed away five months earlier and I felt I was not ready, but everyone was so supportive and encouraging, I agreed to give it a try and was grateful that I did.



You mentioned your son passing away. This must have been extremely challenging for you personally. How do you think this experience impacted you as a student in the program?

My fellow students were so supportive and helped me to work through the suicide of my son. We bonded right away. The first week we focused on self-care and I was able to talk about my son with my cohort, and instructors which included our very valued Elders. Sometimes the Elders would teach as a couple or individually. They always made us feel grounded and supported, they told stories, and shared life struggles they had or experiences of other that they knew of. We learned about family wellness, and recovery and began with a base foundation of holistic healing that was centered within our selves. This experience further connected the cohort because we had a lot of similarity among us even though we were from different areas around the state.

How many of you were in the cohort?

We started with 13 but over the length of the program, we lost 7. Six of us graduated.

Why is that?

I think that many of the students had family, and personal issues that forced them to choose Fairbanks, or Anchorage to complete RHS, or changes that affected their attending at RHS altogether, some had their education and other training that was available to them that met their needs. Being in a smaller group gave us a chance to bond and encourage each other to keep moving forward with RHS and with personal issues.

Were all the students in your cohort Alaska Native?

Yes, I think all of them were or had some Alaska Native heritage in their families. But not a requirement of the program.

Did you practice any Alaska Native traditional ceremonies or healing rituals in the program?

The teachers were very aware of the content that may be very powerful for us including practices that were culturally appropriate. We had opening as well as closing prayers often in the Elders own Native language and also included drumming and singing as a way to honor our ancestors.

My fellow students were so supportive and helped me work through the suicide of my son. We bonded right away.

What were some of the highlights of the program?

We all had to pick a practicum project and I chose to set up and sustain a suicide survivor group that is open to the public on a regular basis. This is the last practicum project before we officially finish the program. I am also interested in bringing to Juneau Dr. John Jordan; "Believe in Your Song: Suicide Prevention Workshop" a suicide prevention expert who had recently come to Anchorage and had a good response. Another project that I am working on with the Central Council Tlingit and Haida Indian Tribes of Alaska to have a community healing ceremony in response to many suicides, losses and grief that have occurred in Juneau over the past years.

What is one thing you would like to change working in this field?

One of the last training sessions I attended was on co-occurring and mental health disorders and we did a workshop for schizophrenia that would bring to us a healthier understanding what a person is dealing with on a daily basis, we listened to tapes recordings of various sounds and voices that people with schizophrenia hear. And hear what families of persons with schizophrenia had to experience while trying to get help for their loved ones. It was really difficult to listen to. The stigma associated with mental health can be so hard on families and the person affected. We need to bring healthier awareness to the public and offer more community support. A father stated to us "all my daughter needs is a friend she can confide in and trust.

Do you plan to continue your education?

Yes. Most of us in our cohort plan to go on and pursue an Associates of Arts Degree in Human Services.

What recommendations or advice would you give others that may be interested in the RHS program?

I recommend to anyone who is considering working in the behavioral health field attend RHS, this comprehensive program has it all and has significantly enhanced within me healthy changes personally, and professionally. The Benefits are immeasurable. RHS has contributed in to my life education and life skills with native and nonnative traditions and knowledge that keeps me growing and blossoming in all areas of my life.

Gunalchéesh, Háa'waa! To speakers and guests who attended our graduation ceremony, Diane Casto, Prevention & Early Intervention Manager State of Alaska, Behavioral Health, Clara Johnson, Director Interior-Aleutians Campus, Bernice Joseph, Vice Chancellor for Rural, Community and Native Education, Rural Human Services, staff, faculty, and especially my fellow students, peers, family, and co-workers because of you I have been able to be healthier and happier personally, and professionally.

Gunalchéesh, Háa'waa! ~ Norene Otnes

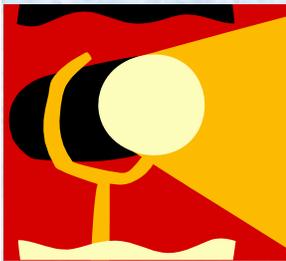
ELMC-SEARHC Behavioral Health Department, Community Family Service Worker II

Rural Human Services Data

RHS graduates in 2008:	37	Human Services Program (HUMS):	
New students in 2008/2009		Newly enrolled	26
Fairbanks campus	20	Currently enrolled	12
Anchorage campus	15	Intensive BSW	
Bethel campus	20-23	Active Cohort	24
		Former RHS grads	18

Partners in Prevention: Spotlight on Youth

Alaska Youth Making a Difference!



**SPIRIT
OF
YOUTH**

**2008
Winners**



Students from 16 communities were recognized by Lt Governor Sean Parnell at the tenth annual Spirit of Youth awards banquet on March 29th.

Service to Community: **Anderson students** surveyed residents and collected data which aided decision makers in creating a “free land” project that will positively impact the comprehensive plan for the borough now and in the future. **Evan Rockwell** co-chaired the committee that created a police citizen youth academy in Anchorage that encourages youth civic responsibility. He developed the vision, designed the logo and helped find funding.

Service to Children: **Katie Bauer** started “Ribbons of Life” a support group for children in Homer whose parents are undergoing cancer treatments. **Melissa Haken & Kathleen Kingsely** from Eagle River raised money and conducted a clothing drive for a group of African children.

Service to Peers: **Matt Cook**, from Anchorage has trained students in over 50 schools in the RSVP program (Raising Student Voice and Participation) that empowers youth to address the concerns in their school and community. **Cassandra Favors** took the initiative to bring Palmer Youth Court members to train Dillingham staff and students, and did all the preparatory work necessary to establish a youth court in their town.

Science & Environment: **Shaun Nesheim**, from Juneau, sponsors a scholarship fund with his own money, for students who do science projects focusing on sustainable energy. **Kerstin Cullen** collected thousands of pages of wind speed data from Thompson Pass to determine the feasibility of this alternative energy source for the Valdez area.

Lifesavers & Prevention: **Lucas Merli** is a Wilderness First Responder from Juneau who directed rescue efforts and provided emergency medical care for his friend after a skiing accident in a remote area which ultimately saved his life. **Chelsea & Ashley Shoemaker** have dedicated hundreds of volunteer hours, serving as EMT’s in Sand Point for the local fire department since they were 14 years old.

Faith Based Service: **Celina Brown** from Anchorage created "Praise 3" with her two sisters, a gospel singing trio that voluntarily entertains patients, the elderly and others going through tough times. **Nichole Kruger** started a "come as you are" youth worship service in Anchorage and promotes a "Beyond Belief" event every week. She also serves as the church youth group's web master.

Service to Government: Dillingham students, known as **Rebels to the Pebble**, learned about the area's proposed mining project, this led them to become civically engaged in efforts to preserve their land and culture. **To-giak Unity Youth Council** members successfully campaigned to convince a majority of voters to continue the ban on importing alcohol to their village.

Fine Arts: **George Yang** an accomplished musician, volunteers weekly at a local Anchorage elementary school. **Joshua Cotton**, from Skagway has mastered the art of carving fish hooks using traditional Tlinget designs.

Cultural Activities: **Nalche**, the East Indian Youth Dance Group from Anchorage provide entertainment and focus their efforts toward increasing the public's awareness about their unique and beautiful culture. **Disney Williams** serves as president for Voices of indigenous People (VIP) in Unalaska. She motivates her peers to become involved and stresses the importance of learning about and preserving their traditions and values.

Media & Technology: **Kee Heywood & Alec Jurgeleit**, from Haines, created a powerful documentary about the challenges people face while in recovery. This film serves as a testament to the traditions and values of Tlingets. **Chris Van Wyhe**, with the help of other students from Kenny Lake, produced a 90 minute film about the history of the Kennecott mines and surrounding areas.

Overcoming Challenges: **Jessi Chapman**, from Ketchikan, survived a tragic accident and experiences movement and speaking difficulties yet she has become a strong advocate and lobbyist for all others dealing with mobility-related disabilities. **Sheila Sine's** efforts are focused on raising awareness and understanding of MDA. She helps her fellow students in Glennallen overcome their discomfort when they interact with members of the disabled community.

Help us recognize youth who are making a difference in your community!

Nominate online at www.spiritofyouth.org



Spirit of Youth Announces New Executive Director

Spirit of Youth (SOY) has hired Karen Zeman as its new Executive Director. Prior to her new position, Karen served as Director of Measurement and Planning for Boys & Girls Clubs of America in Atlanta, GA. Before coming to the national organization Karen worked with youth in schools, camps and club settings for over ten years. **SOY** is dedicated to creating, promoting and recognizing youth involvement in communities across Alaska. The SOY Board of Directors looks forward to working with Karen to lead SOY into an expanded and more sustainable position for promoting meaningful youth engagement opportunities. Karen will start September 2, 2008.

Web-based Resources to Support Youth

The **ACT for Youth initiative** (<http://www.actforyouth.net/>) in New York State integrates prevention strategies and builds youth developmental assets for young people. The ACT partnerships include the NY state health departments Cornell University, University of Rochester Division of Adolescent Medicine, and the NY Center for School Safety. ACT provides resources and technical assistance for communities in their efforts to promote positive youth development and to prevent substance abuse, violence, and risky sexual behaviors among youth.

ACT for Youth Publications

Practice Matters

<http://www.actforyouth.net/publications.asp?type=PrACTice%20Matters>

- A four page series designed for practitioners who work with youth or oversee youth programs.
- Sample issues:
 - Linking Research with the Practice of Youth Development
 - The READY tool: A youth development outcomes measure
 - Youth as Evaluators
 - Online Peer Mentoring Program
 - Involving Parents as Partners
 -

Research Facts & Findings

<http://www.actforyouth.net/publications.asp?type=Research%20FACTs%20and%20Findings>

- Summaries of the latest research on youth issues from the field.
- Sample issues
 - Service-learning & Mentoring
 - Eating disorders
 - Self Injury
 - Teen dating violence
 - Transgender: research and theory
 - Adolescents and the internet
 - Adolescent romantic relationships
 - Adolescent decision making: making better choices
 - Understanding youth development principles and practices

Newsletters: Involving your teen in decision making

<http://www.actforyouth.net/publications.asp?type=Newsletters>

STRATEGIC PREVENTION FRAMEWORK

In this series, e-Notes will be presenting the Strategic Prevention Framework (SPF) Steps 1–5. Marlene Adams is a National Center for Substance Abuse Prevention (CSAP) fellow and is part of a national program to fund, train, and build capacity for Alaska's prevention workforce.

STEP 2: CAPACITY

Step 2 focuses on Capacity which involves creating partnerships and developing strong leadership, service providers and coalitions who will support and help sustain prevention services in your community. In addition, strong partnerships can provide training and education to promote readiness, cultural competence and support of your communities prevention efforts.



One example of how to increase support for your services is to invite a cross-section of people who support your efforts (i.e., the local VPSO, Heath Aide or School Principal) and who may benefit from your programs to meet and discuss community strategies to improve outcomes. Identifying a clear topic such as reducing underage drinking, can unite community members who support the notion of healthier youth, and programming that promote kids learning to make better choices about alcohol. In creating community support for your program, remember to look to businesses and other non-traditional partners who may benefit from your efforts and how they may be future funders of your program.

Having a strong group of community members who understand your prevention services is a critical first-step. building a strong voice to advocate for your program and its needs. Community coalitions can promote and enhance training opportunities, staffing and resources to support your services or increase your ability to provide services. If your program and its activities are designed to reach youth then it is important to include youth in your coalition or planning committee; who better to know what is going on in the youth community, providing suggestions on how to get support and/or participation from the youth in your community.

One primary element of capacity building is to educate key people in your community who have the ability to be a strong voice for your services. Building a solid foundation of support and commitment to your programs will increase your ability to expand and sustain services. Reach out to your community with presentations or training that show the impact of your services in your village, school or community. Focus your information on outcomes—how is the community better because of the service you provide.

You will know capacity building is working when you see a change in how people think about prevention efforts and their willingness to address critical behavioral health or substance use problems earlier. In the next Prevention eNotes we will cover Step 3 of the Strategic Prevention Framework....Planning.

Marlene M Adams

CSAP Prevention Fellow

Save the date...



July

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Schedule of Events

21st Annual NPN Conference, Aug. 24-27th, Indianapolis, In.

Annual Pathways Into Health Conference, Sept. 9-10, 2008, Girdwood Ak.

Statewide Suicide Prevention Council qtrly meeting Sept. 23 & 24. Sitka.

LEAD ON Minisummit Sept 24-26th.

NASW conference October 1-3rd.

Alaska School Wellness Institute, Anchorage, Oct. 1-3rd.

Alaska FASD 3M Project Conference October 7-10th, Anchorage

AK Public Health Summit Dec. 1-3rd.

21st Annual National Prevention Network Conference, August 24—27th, Indianapolis IN. Go to <http://swpc.ou.edu/npn/> for more information or to register.

Third Annual Pathways Into Health Conference “Achieving Excellence, Harmony, and Balance: Transforming health professions education in American Indian and Alaska Native communities. September 8-11, 2008 at Alyeska Resort in Girdwood, Alaska. For more information visit www.pathwaysintohealthconference.org.

Statewide Suicide Prevention Council Meeting in Sitka, Ak. Sept 23-24th . Call James Gallanos for more information at (907) 465-8536 or james.gallanos@alaska.gov.

LEAD ON! Minisummit, September 24-26, 2008 Alyeska Resort, Girdwood, Alaska LEADon! is a chance for youth leaders (ages 13-18) from across Alaska to come together and develop leadership skills to promote peace and equality. For youth scholarship applications or community partner applications please contact lgrassgreen@andvsa.org or call 907-586-3650 (ask for Lori)

The 22nd Annual NASW Conference “Creating Positive Change” will be held on October 1-3, 2008 at the Egan Civic and Convention Center in downtown Anchorage. The National Association of Social Workers convene mental and behavioral health experts from across the state for continuing education, training and networking opportunities. <http://www.naswak.org> for registration and more information.

The 2008 Alaska School Wellness Institute will be held October 1-3, 2008 at the BP Energy Center in Anchorage. Registration and information is available at www.signup4.com/SW108 . A limited number of travel scholarships are also available. Space is limited so register soon!

Alaska’s FASD/RPTC 3M project Conference, Informed Systems of Care for Youth with Brain-Based Conditions: Implications for Practice, Program and Policy, Diane V. Malbin, M.S.W., Keynote Speaker, October 7–10, Anchorage Hilton Hotel. For registration and more information go to the Center for Human Development website at <http://www.alaskachd.org/index.html>

The 2008 Alaska Public Health Summit will be held December 1-3rd at the Hotel Sheraton in Anchorage. Please continue to check in at the website for additional information as it becomes available at

This issues quote...

On Change....

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another. ~Anatole France

After you've done a thing the same way for two years, look it over carefully. After five years, look at it with suspicion. And after ten years, throw it away and start all over. ~Alfred Edward Perlman

I put a dollar in one of those change machines. Nothing changed.
~George Carlin

“Partners Promoting Healthy Communities”

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