



Comprehensive Prevention Grantee Meeting

Anchorage, January 9-11, 2007

As the holidays are officially underway, many of us are beyond anticipating change associated with the seasons. With the arrival of winter, work becomes fast and furious, prior to settling in to the short days and long nights ahead. In Juneau, winter is late in coming but is finally here. At Behavioral health, many of us are scrambling to fill requests for information to meet legislative priorities as the 26th Alaska State Legislature prepares to convene in January, 2008. We are also working hard to develop a consistent approach that meets all of our grantees needs and will establish a streamlined process whether it is meeting reporting requirements, providing quality technical assistance, or helping our grantees to improve their evaluation efforts to show that *prevention does make a difference*.

In our effort to meet these ends, we will be holding our annual **Comprehensive Prevention Grantee Meeting in Anchorage, January 9-11th**. The draft agenda includes presentations on Strategic Prevention Framework for both rural/remote and urban communities, behavioral health in Alaska and defining the continuum of care, community grant opportunities, coalition/community planning and development, preventing underage drinking, upcoming legislative priorities, as well as a host of workshops on the web based resources, E-grants, NOM's, Service to Science and more. **Gatekeeper** suicide prevention training will also be available for a full day training on **January 8th**. Plan now for your travel. More information on conference hotel location and final agenda will be announced in mid December.

We will also be hosting a pre-announcement meeting of the Comprehensive Prevention Grants for FY 2009-2011. Proposals will be due in early spring 2008. More information and a formal announcement will be released in February 2008. Eligible applicants are encouraged to submit proposals for comprehensive, integrated behavioral health prevention and early intervention service related to substance use and abuse, suicide, fetal alcohol spectrum disorders, youth development and resiliency, and promotion of community, family and individual wellness across Alaska. Behavioral Health, Prevention and Early Intervention Services will be seeking community partnerships to work within the strategic prevention framework (SPF). See you in January. Stay warm.

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Prevention in Alaska making news!

2007 Youth Risk Behavior Survey Results Released

The Alaska Department of Health and Social Services, Division of Public Health, recently released the results from its 2007 Youth Risk Behavior Survey. In spring 2007, the department surveyed 1,318 students from 38 high schools that were scientifically selected to represent all high schools in Alaska. The statewide results of the anonymous survey are posted online at:

<http://hss.state.ak.us/dph/chronic/school/yrbsresults.htm>.

Some communities/school districts chose to survey enough students to also obtain a local sample (contact your local school district superintendent.) Key statewide survey findings will be highlighted in upcoming e-Notes.

Alaska Curbs Tobacco Sales to Minors

42 States sign agreement with one of nation's largest grocery chains

(ANCHORAGE, Alaska) Attorney General Talis Colberg announced that he has joined the Attorneys General of 41 other states and Guam in an agreement with Kroger Co., the nation's largest grocery chain. In Alaska, Kroger operates 11 stores under the name of Fred Meyer.

"Every day we keep a child from smoking is a public health victory. With this agreement, Kroger joins the growing list of retailers who have demonstrated their commitment to keeping our kids healthy in Alaska and across the country," said Colberg.

The Assurance of Voluntary Compliance signed by Kroger is the eleventh such agreement produced by an ongoing, multi-state enforcement effort. Launched in 2000, the multi-state enforcement effort by the Attorneys General seeks to secure national retailers' agreement to take specific corrective actions to prevent sales of tobacco products to minors. State laws prohibit such sales.

The agreements incorporate "best practices" to reduce sales to minors, developed by the Attorneys General in consultation with researchers and state and federal tobacco control officials.

The Attorneys General have long recognized that youth access to tobacco products ranks among the most serious public health problems. Studies show more than 80 percent of adult smokers begin smoking before the age of 18. Research indicates that every day in the United States, more than 2,000 people under the age of 18 start smoking and that one-third of those persons ultimately will die from a tobacco-related disease. Young people are particularly susceptible to the hazards of tobacco, often showing signs of addiction after smoking only a few cigarettes.

For questions about the agreement, please contact Assistant Attorney General Cynthia Drinkwater at (907) 269-5200.

Drinking and driving deaths down in Alaska

ANCHORAGE, Alaska (AP) - Federal transportation officials say Alaska had one of the biggest percentage decreases in drinking and driving deaths last year compared with 2005. While the state trend is decreasing, the number of traffic deaths involving drugs or alcohol is up sharply in Anchorage with the city on its way to the highest rate of impaired road fatalities in more than a decade.

National Highway Traffic Safety Administration statistics show drinking and driving fatalities increasing in 22 states during 2006 and falling in 30 places. Florida, Missouri and Pennsylvania had the greatest decreases in actual numbers of alcohol related driving deaths last year. The District of Columbia had the smallest number of alcohol related driving deaths, with a total of 12.

Nationwide, the overall number of deaths involving drivers with any alcohol in their blood was 17,602 last year, an increase from 2005.

e-Notes Announcements

Alaska Injury Prevention Center offers statewide opportunities

The Alaska Injury Prevention Center (AK-IPC) offers the following opportunities statewide. For more information contact Marcia Howell at 929-3939 marcia_howell@hotmail.com or go to [www.http://www.alaska-ipc.org/](http://www.alaska-ipc.org/)

◆ Underage Drinking Prevention Media & Literacy Campaign

This statewide campaign provides training for students to participate through an 8 week media literacy/prevention course, typically delivered via videoconference. The course includes learning about powerful persuasive techniques used by mainstream media (including the alcohol and tobacco advertisements) and then invites students to turn it around and create real stories. Once youth have created a powerful prevention oriented storyboard, videographer Larry Bottjen travels to the community and shoots the 30 second spot.

AK-IPC buys air time for the PSA on MTV, ESPN, and other youth frequented cable channels, statewide. Youth have participated from Talkeetna, Bethel, White Mountain, Brevig, Anchorage, and several schools in the Mat Su Valley. The ads are posted on youtube: <http://www.youtube.com/profiluser=marciahowell> and have been popular additions to the myspace pages of the participants. Kerri Fox, a teacher from Bethel Alternative Boarding School wrote, "I just saw our commercial on the Discovery Channel... WOW! Thank you so much for giving our kids this opportunity. You did an awesome job with them."

The media project will continue this year with schools from the Pribilofs, North Slope, Kodiak and others. The classes are filled for this year, but AK-IPC will provide the curriculum free of charge and training on how to use it. The first train-the-trainers session will be offered at the Alaska Student Safety Summit in December in Anchorage (see page 12.)

◆ International Safety Media Awards

The International Safety Media Awards (ISMA) is a contest to recognize youth or adult/organization created media that promotes safety. Safety is broadly defined to include suicide prevention, drug and alcohol use prevention, motor vehicle etc. The ISMA awards ceremony will be held in conjunction with the World Injury Prevention and Safety Promotion Conference. It is sponsored by the Centers for Disease Control, the World Health Organization and the Alaska Highway Safety Office. The Awards event and Film Festival will be held in Merida, Mexico, March 15-18, 2008. This is a great opportunity for anyone who creates print, audio or video media that promotes safety to share their efforts and potentially add credibility to their work through international recognition. Deadline for entries is December 18, 2007. Go to <http://www.teachingstory.com/isma/>

New Resource: *Prevention is Primary*

Prevention is Primary, written by associates of the nationally renowned Prevention Institute, is a theory-to-practice book for students, practitioners, and community leaders who want to take a proactive stance to address the most pressing community health problems. The book provides a comprehensive and practical understanding of prevention on a community level. The authors define the elements of comprehensive, quality prevention efforts—from the necessary partnerships that need to be developed to the training, vision, and policies that go into successful efforts.

Larry Cohen, one of the principal authors and executive director of the Prevention Institute, will be speaking in Anchorage at UAA and the Health Summit in December. An important focus of Larry Cohen's work has been to develop local policies that support health and wellness and spur legislation at the state and federal levels. He was the founding director of the Contra Costa County Prevention Program where he successfully formed the first coalition in the nation to change tobacco policy.

Everyone is invited to attend the UAA event and learn how to play an effective role in our communities. This event will be held on December 3rd from 5:30-7:00 pm and is sponsored by the UAA Campus Bookstore and the Alaska Geriatric Education Center/UAA Center for Human Development. Free parking available.

Nov/Dec 2007

"A Counselor In Every Village"

A two part series on the Rural Human Services (RHS) program



In 1988, the Anchorage Daily News published a Pulitzer Prize-winning series, "A People in Peril," and chronicled the state of mental health in rural Alaska. The series identified and brought statewide attention to the high cost of alcohol, drug abuse, suicide, and violence to rural Native villages. However, this was nothing new to those working in rural human services and they understood that the system of non-Native intenerate providers did not meet the cultural and geographical needs of rural Alaskans. Too often these providers would leave the region, and lacked the personal connection necessary for developing helping relationships in rural village life.

Many Alaska Native leaders understood that "Solutions must be found at local level," written by then Alaska Federation of Natives president Janie Leask. She noted that in order to reverse alcoholism and suicide in villages, we must first, "provide funding for personal and academic counseling programs for rural students."

In March of 1989, the Rural Mental Health Training Conference was held with the goal of changing the human services system in Alaska. As a result of the conference due to the vision and determination of many people in the Alaska rural human services community, the Rural Human Services Systems Program was born.

The Rural Human Service (RHS) Program is a 32-credit University of Alaska academic program developed for Alaska village-based human service providers that generally happens over a two year period. It is intended for rural residents who are natural helpers and healers in their communities, and it is designed to help further develop skills and credentials in the helping profession. RHS offers a culturally appropriate training program designed for rural, village-based human service workers. Skills and training are provided in services such as crisis intervention, suicide prevention, community development, and



counseling in mental health, substance abuse interpersonal violence, grief, and healing.

Rural Human Services is built on Alaska Native traditional values. The program validates respective traditions to facilitate the healing of people in rural Alaskan communities. A unique aspect of RHS is that it uses Alaska Native cultures, traditions, and learning styles. Elders are a vital part of program design and class instruction. Courses blend Native and Western knowledge, values, and principles. The program enhances self-awareness and personal growth. RHS emphasizes cooperative learning and is grounded in the oral tradition. Learning techniques include observation, oral communication, hands-on experience, and skill applications for use in rural Alaska.

Rural Human Services (RHS) is a statewide effort. RHS embraces the Alaska Mental Health Board's goal to have at least one trained rural human service provider employed in each of Alaska's 171 villages. The program represents successful partnerships and collaborations in rural Alaska, with faculty from the University of Alaska,



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Prevention eNotes!

"A Counselor In Every Village"Continued from previous page

representatives from the Alaska Department of Health and Social Services, Alaska Native elders, Alaska Native Health Corporations, rural mental health centers, and the RHS Council who work closely together in an effort to best meet the needs of rural Alaskans.

RURAL HUMAN SERVICES MISSION AND GOALS

The Rural Human Services program promotes, coordinates and delivers high quality skill-based education in human service for students in rural Alaska. The mission and goals of the program include:

1. Ensure that Rural Human Service graduates are qualified for and attain human service behavioral health entry-level positions or promotions statewide especially in rural Alaska.
2. Through the use of a systems approach, ensure that Rural Human Services graduates are well equipped to provide support and counseling in Alaskan communities.
3. Meet the training needs for entry level behavioral health care workers by using best practice models of instructional delivery through the establishment of RHS learning cohorts statewide.
4. Blend western behavioral health practices with traditional Alaska Native knowledge and practices.
5. Expand workforce capacity by providing academic and career paths to human service credentialing.

Currently, the program has an enrollment of 39 students located throughout several campuses across the state including Fairbanks, Bethel, Kotzebue, and a new cohort who will be attending the Anchorage campus in January. According to Annie Hopper, RHS Statewide Director, "We want to meet students where they are as much as possible". This can often be a difficult task considering that students must attend with their cohort one, two or three week intensive coursework sessions each year while in the program. However, the value of students meeting together in what is referred to as a "cohort group", and staying together through the entire RHS process, sharing personal and professional experiences, identifying common struggles and challenges, and supporting each others growth and development is truly the cornerstone of the program.

In an attempt to open up more opportunities for RHS students, the program had recently accepted 7 students to attend a new cohort that will be added this January at the Anchorage campus and are currently recruiting more to expand the cohort. The program is flexible in that it is possible to attend another cohort if coursework is missed during the course of the program. If you are interested in finding out more the Anchorage program or want to apply, contact Robyn Henry at (907) 786-1632. Classes begin on January 21st. Or for more general information about the RHS program, go to <http://www.uaf.edu/rhs> or contact RHS Director, Annie Hopper at (907) 474-5440.

Next issue, in part two of this series on the RHS program, we will profile a RHS student.

Partners in Prevention: Spotlight on Youth



While participating in a basketball tournament away from home, Teslyn Korsmo and Cierra Hahn were inspired by a “no smoking” sign posted outside the Juneau school gym. In their home town, many adults simply stepped outside the school building to have a cigarette during halftime. The two students believed this was wrong, so they researched the effects of second-hand smoke, and the policies prohibiting the use of tobacco and drugs inside or near school facilities. Armed with information, they presented their findings to the Skagway school board, urging board members to pass a policy to post signs prohibiting use of tobacco inside or near school grounds. Their hard work and persuasive lobbying efforts were successful!

Teslyn and Cierra demonstrated that students can make powerful environmental (system-level) changes that will impact hundreds of people over time. For more information about this policy contact Michael Dickens at the Skagway School District (983-2960) or mdickens@skagwayschool.org.

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

Nominate online at www.spiritofyouth.org

Fairbanks Juvenile Treatment Court (FJTC) Arrives

Fairbanks is in the process of completing plans for the state’s first juvenile treatment court. An informal juvenile court treatment approach has been operating in Fairbanks for some time, and it is hoped that formalizing the process will enable more youth to be served and access to mental health and substance abuse services to be quicker. Mentally ill youth who receive appropriate diagnosis and treatment early in their experiences with juvenile justice have a far greater chance of avoiding further criminal activities. Nationally, juvenile therapeutic courts consistently experience a marked decrease in recidivism and time in detention, combined with a sharp increase in sustained sobriety. The Court for Intensive Treatment of Adolescents (CITA) in Santa Clara County, California, reports that it has reduced recidivism by half, and those who successfully complete their wrap-around approach rarely commit another crime.

The Fairbanks Juvenile Treatment Court (FJTC) will target the juvenile offender whose mental illness likely has contributed to the commission of the offense. The purpose is to move these adolescents from the usual juvenile justice track into a mental health/substance abuse treatment system that can sustain health and non-criminal behavior. Eligibility for FJTC participation is based on meeting both mental health and criminality conditions.

Fairbanks JTCContinued from previous page

These criteria were derived from a study of the Seattle and Santa Clara County courts, and multiple discussions among the stakeholders and the eligibility workgroup. *Mental Health Criteria* – the participant must have an Axis I diagnosis. Diagnoses included for consideration are: major depression, bipolar disorders, schizophrenia, moderate to severe mood or anxiety disorders, pervasive developmental disorders, and certain impulse control disorders such as severe ADHD. Excluded diagnoses are oppositional defiant disorder, conduct disorder and substance abuse without another eligible Axis I diagnosis. As long as a youth satisfies the other eligibility qualifications, a diagnosis of FASD and Mental Retardation will not exclude the youth; consideration will be on a case-by-case basis to determine how capable the youth is of responding to treatment. *Criminality Criteria* – sex offenses and violent felonies are excluded from participation, but all other crimes will be considered.

FJTC anticipates 20 youth in the program at any one time, with about 30 served during the course of a year (due to participants graduating and new admissions).

Alaska PUD Plan Update...

The Plan to Reduce and Prevent Underage Drinking or PUD, which is the culmination of an interagency effort, will be released as a draft for public comment at the Health Summit on December 3rd. A panel discussion will be held entitled: A Call to Action: Alaska's Plan to Reduce and Prevent Underage Drinking and will be presented by MaShelle Atherton Hess. The Acting Surgeon General, Rear Admiral Steven K. Galson, M.D., M.P.H., will also be on hand to discuss the Surgeon General's Call to Action and how it relates to Alaska's Plan. The PUD will be available for public comment after December 3rd until April 14, 2008 online at <http://notes5.state.ak.us/pn>.

National Outcomes Measures (NOM's) Update...

MaShelle Atherton Hess attended the NOMs Meeting in Seattle, Washington at the beginning of November. The Prevention and Early Intervention Services Section introduced demographics data collection with the new quarterly report forms during FY08 for prevention grantees. During original discussions, we advised that grantees did not have to capture *both* ethnic and race demographic information. However, after having attended the national meeting, it has become apparent that it is necessary to collect both ethnic and race demographic information. Finally, grantees are only required to capture demographic information for services that they provide and for services that they attend.

For the newest and corrected version of the quarterly report, please go to: <http://hss.state.ak.us/dbh/resources/forms.htm>. For additional information about NOMs, please contact your Project Coordinator.

Connections that Make a Difference (Part 2)

How to Increase Positive School Climate and Connectedness

The September Prevention e-notes provided a brief overview of the powerful role schools can play to prevent substance use and increase school success by improving school climate and sense of connectedness. The Division of Behavioral Health has identified increasing school climate and connectedness as a key indicator in preventing adolescent substance use (page 11). In Alaska, 33.4% of students report attending a school with a positive climate and 9.5% report feeling connected to their school.¹ This issue will focus on what schools can do to make improvements in this area.

School connectedness is influenced by:

- ◆ Individuals (students and school staff)
- ◆ Environment (school climate and school bonding)
- ◆ The culture of the school (social needs and learning priorities)

The 2003 Wingspread Declaration on School Connectedness² is based upon a detailed review of research, empirical evidence and in-depth discussions among interdisciplinary leaders in education. The Declaration outlines the most effective strategies for increasing connectedness:

- 1) Ensure that every student feels close to at least one supportive adult at school;
- 2) Implement high standards and expectations and provide academic support to all students;
- 3) Apply fair and consistent disciplinary policies that are collectively agreed upon and fairly enforced;
- 4) Create trusting relationships among students, teachers, staff, administrators, and families;
- 5) Hire and support capable teachers skilled in content, teaching techniques, and classroom management to meet each learner's needs;
- 6) Foster high parent/family expectations for school performance and school completion.

What does it look like in Alaska?

The Safe and Drug Free Schools program (SDFS) at the Anchorage School District has focused on asset building and increasing school climate and connectedness through prevention funding from the Alaska Division of Behavioral Health. SDFS focuses on the following broad-based strategies:

- ◆ Promoting *small learning communities* where students have a regular check-in time with school staff on academic and non-academic issues;
- ◆ Developing and implementing the standards and benchmarks social-emotional/employability skills;
- ◆ Offering staff development to teach and coach all staff in school climate and asset building practices and policies;
- ◆ Providing mini-grants for schools to coordinate efforts to improve school climate and increase assets;
- ◆ Implementation of targeted programs: *Change of Heart, Be the Change, Resolving Conflict Creatively; Aggressors, Victims and Bystanders.*

The DBH funded, *Change of Heart (COH)* program encourages students, while acting as peer-educators, to create a supportive environments throughout their school. It teaches tolerance and acceptance while addressing prejudices, differences, stereotyping and other and negative interactions among students.

Mary Ziemba, East High School COH advisor notes, "COH adds a heartbeat of care and understanding to an academic learning setting through the development of trust, honesty and genuine consideration of each other. It changes the way students view their time in school and their overall experience in the school community. They see and feel the positive difference!"

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Connectionscontinued from previous page

What is the impact of improving school climate?

Research from Alaska schools indicates there is a direct correlation between student connectedness scores and their Standard Based Achievement scores in math, reading and writing.¹ At a time when we talk of the success or failure of not just a single student, but an entire school, we would do well to consider East High School in Anchorage.

At the end of the 2004-05 school year, the student suspension rate at East High School was 36.9%, during the 2005-06 school year, suspensions for fighting were at 13%, disruptive behavior 14.4% and alcohol/drugs 10.5%. But by the end of the 2006-07 school year, the student suspension rate was 27.1%, suspensions for fighting had dropped to 5.8%, disruptive behavior 9% and alcohol/drugs to 7.7%. During the same period, students' rating of the overall school climate and their overall connectedness increased, as did their rating of school leadership, respectful climate, high expectations, school safety, caring adults and their own social/emotional skills.

The shift for the better was no accident; the students of East High School have been actively involved in social and emotional learning efforts, including the *Change of Heart* program and Advisory classes. The staff has made significant efforts in building relationships with students. Students have learned to look at themselves, the way they treat each other and the skills to listen, learn and effectively communicate with each other; this entire process is lead and facilitated by fellow students.

Ten Tips on Connectedness

1. Brainstorm with students, faculty, staff, and parents simple changes that could make school a more pleasant place to be.
2. Create policies that are based on student, family, and neighborhood strengths and assets
3. Turn mistakes into learning opportunities, rather than failures meriting punishment.
4. Acknowledge and honor accomplishments and all types of competencies, such as helpfulness, good citizenship, most improved performance, volunteerism, participation in decision making, and cessation of negative behavior.
5. Set high standards and challenge students to meet them.
6. Reinforce explicit expectations for positive behavior and academic success.
7. Encourage highly interactive teaching strategies
8. Create a welcoming environment for all who come to the school.
9. Invite family and community members to take active and regular roles in the daily operation of the school.
10. Create a common vision of success, and keep it simple.

Source: US Department of Education³

For more ideas to increase school climate:

National website: <http://www.ed.gov/admins/lead/safety/training/connect/index.html>

Alaska website: <http://www.alaskaice.org/>

Local Schools: *Helping Kids Succeed ~Anchorage School District Style* or Michael Kerosky, kerosky_michael@asdk12.org

1. American Institutes for Research and Association of Alaska School Boards. (2007) *School Climate and Connectedness Survey Report*. <http://www.alaskaice.org/>

2. Wingspread Conference on School Connections retrieved on 11/15/07 from www.allaboutkids.umn.edu/WingfortheWeb/schooldeclaration.pdf

3. U.S. Department of Education and the Office of Safe and Drug-Free Schools. *School Connectedness and Meaningful Student Participation*. Online course: <http://www.ed.gov/admins/lead/safety/training/connect/index.html> retrieved on 11/15/07

Division of Behavioral Health Adopts Prevention Indicators

The Behavioral Health State Epidemiological Outcomes Workgroup (SEOW) has identified five risk factors and six protective factors related to adolescent substance use, to monitor over time. (See table on page 11) These factors, based on extensive national research spanning over fifty years, demonstrate a strong association between specific social conditions, personal experiences and the use of tobacco, alcohol and other drugs in adolescence.

The priority factors were selected based on: 1) strength of the research; 2) relevance to Alaska; and, 3) the ability of community/state partnerships to change (increase or decrease) that factor. To assure a comprehensive review, the factors were examined across social domains (family, community, school, and individual.) While the goal was no more than ten, cultural identity or loss of culture was added since it has a tremendous influence on one's sense of self and subsequent behavior.

While the risk and protective factors are based on adolescent substance use and problem behaviors, many of the factors have implications for adult and older populations as well. Research on loss of culture and cultural identity was reviewed to apply across the lifespan, to children, youth and adults.

The process of identifying population-based indicators was two-fold. Seven of the risk/protective factors have indicators with current data. Indicators were selected based on existing Alaska data sources that best match the definition described by the research. Some indicators are in a "developmental" stage. In stage I, the factor remains of high significance without indicators or data, at this time. In stage II, a potential indicator is in place, but the existing data system needs further support or refinement.

Most states track substance use by monitoring indicators on tobacco, alcohol and other drug *consumption* (e.g. 30 day use, binge use, ever use) or the *consequences* of use (e.g. drinking driving crashes, hospital visits, school suspensions.) Alaska will monitor research-based *influences* that impact substance use, as well as tracking *consumption* and *consequence* data.

Studies have demonstrated, the more protective factors are increased (and risk factors reduced) the more likely substance abuse and suicide can be prevented. The complete report with definitions and citations may be downloaded on the DBH prevention website, <http://hss.state.ak.us/dbh/prevention/publications/>

Relevance to local communities

Although the indicators listed are population-based Alaska measures, they are not meant to take precedent over community or program-based measures. This is important to note, so that community planning efforts to deliver programs and services continue to be locally-driven. The identified indicators reflect the need for a consistent source of population-based data that can be monitored over time across Alaska. Other community and program-based indicators will be developed and can provide further support for advancing our efforts for data collection and evaluation in Alaska.

Some of the indicators can be modified for prevention programs and services, as performance measures, see the [Jan-Feb 2007 E-notes](#) for examples.

"In our efforts to prevent substance use, Behavioral Health must move beyond the exclusive focus on individuals to changing the social environments people live and work in. As part of a comprehensive effort to prevent adolescent substance use and suicide, Behavioral Health will monitor the prevention indicators over time and prepare outcome reports for interested stakeholders, communities, and the Alaska legislature."

---Melissa Witzler Stone
Director, Alaska Division
of Behavioral Health

Prevention eNotes!

Prevention IndicatorsContinued from previous page

Influences of Adolescent Substance Use in Alaska	
Priority Factors	Alaska Data
Protective Factor Indicators	Protective Indicators with Baseline Data
Connection to Family	<i>Developmental Indicator Stage I</i>
Connection to School	33.4% of students agree that their school has a positive climate 9.5% of students are connected to their school ^{SCCS 2007}
Positive Connection to <i>Other</i> Adults	87% of students have a positive connection with at least <i>one other</i> adult outside of their home. ^{YRBS 2007}
Engagement in Meaningful Activities	51% of students are involved in volunteer and helping activities one or more times per week. ^{YRBS 2007}
Social, Emotional and Employability Skills	28.3% of students report they have social, emotional & employability skills. ^{SCCS 2007}
Cultural Identity	<i>Developmental Indicator Stage I</i> <i>(Loss of cultural identity can be a risk factor, see below)</i>
Risk Factor Indicators	Risk Indicators with Baseline Data
Experienced child abuse (neglect, physical, sexual abuse)	Alaska children are abused or neglected at a substantiated rate of 24.5 cases per 1,000 children, ages 0-17. ^{OCS new database 2007} Family violence rate: <i>Developmental Indicator Stage II</i>
Early initiation of substances	20.4% of students have used alcohol before the age of 13. ^{YRBS 2007}
Death by suicide of a family member	20.6 suicides were completed per 100,000 Alaskans ^{BVS 2007} Death rate of family members by suicide: <i>Developmental Stage II</i>
Availability of alcohol and other drugs	<i>Developmental Indicator Stage II</i>
Community norms and laws related to alcohol, drug use.	<i>Developmental Indicator Stage II</i>
Loss of Cultural Identity	<i>Developmental Indicator Stage I</i>
<i>Developmental stage I: Indicator needs to be defined and measurement system put into place</i>	
<i>Developmental stage II: Potential indicator in place, existing data system needs further support and refinement</i>	
Note: The risk and protective factor indicators are state and population-based; the data may not be available for individual communities. Indicators may be modified for prevention programs and services, as performance measures.	

A complete copy of the report is available on the DBH prevention website, <http://hss.state.ak.us/dbh/prevention/publications/>

Save the date



november

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Schedule of Events

- 12/3-5—25th Annual Alaska Health Summit, Anchorage, Sheraton Hotel
- 12/3 Prevention is Primary, Larry Cohen UAA.
- 12/10-11—DARE Alaska Student Safety Summit in Anchorage, Captain Cook Hotel.
- 12/15—Deadline for annual Spirit of Youth Award Nominations
- 1/9-11—DBH Prevention Grantee Meeting

- ◆ **Alaska Health Summit** is holding it's 25th annual conference to be held in Anchorage on Dec. 3rd—5th at the Sheraton Hotel. <http://www.alaskapublichealth.org>
- ◆ **Prevention is Primary** Larry Cohen MSW, Prevention Institute. Event will be held on December 3rd from 5:30-7:00 pm and is sponsored by the UAA Campus Bookstore and the Alaska Geriatric Education Center/UAA Center for Human Development. Free parking available.
- ◆ **Annual Worldwide Candle Lighting: The Compassionate Friends**, an international self-help group for bereaved parents and siblings, is sponsoring December 9th, Music, readings, candle lighting- Anchorage, 7 PM Providence Alaska Medical Center Chapel, Barbara Stephi, 248-1063 Email: stephi@alaska.net. Ketchikan, 6:30 pm, Ketchikan Pioneer's Home, 2nd Floor Great Room, 141 Bryant St., Bett Jakubek, 225-4111.
- ◆ **Spirit of Youth Annual Awards** Dec. 15 deadline for submitting stories about local youth contributing to your community. Go to www.spiritofyouth.org to nominate on line. While Spirit of Youth recognizes youth throughout the year, it reviews all stories submitted from Jan 1– Dec 15 for an annual award at the Awards Banquet on March 29th.
- ◆ **Alaska Student Safety Summit** hosted by D.A.R.E. Alaska, Inc. on Dec. 10 – 11, 2007 at the Hotel Captain Cook. <http://www.darealaska.com> This conference is a vital step in our continuing efforts to prevent school violence, youth violence, drug abuse and to increase suicide prevention in our communities throughout Alaska. Over the last few years school violence has increased dramatically. According to the Alaska State Troopers Annual Report (2005), "The greatest contributing factor to violent crimes, which includes domestic violence and sexual assault, is alcohol and drug abuse." There is a direct correlation between juvenile crimes and drug use. With a decrease in positive role models, we are seeing an alarming increase in violence in our schools, both in Alaska and nationally.
- ◆ **Prevention Grantees Meeting** is held once a year and is required of all DHSS, Behavioral Health, prevention grantees. This year we will meet for three days in Anchorage from January

This issues quote...

“I have come to the frightening conclusion that I am the decisive element. It is my personal approach that creates the climate. It is my daily mood that makes the weather. I possess tremendous power to make life miserable or joyous. I can be a tool of torture or an instrument of inspiration, I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis is escalated or de-escalated, and a person is dehumanized or humanized. If we treat people as they are, we make them worse. If we treat people as they ought to be, we help them become what they are capable of becoming. “

~quote by Johann Wolfgang Von Goethe

“Partners Promoting Healthy Communities”

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