

Prevention eNotes!



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

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Prevention Works! National conference highlights prevention research

This year's annual National Prevention Research conference, co-hosted by Alaska, Washington and Oregon, was held in Portland, Oregon September 17-19. Over 1,000 researchers, providers, administrators and policy makers gathered to focus on the wealth of prevention research shaping our field. The conference theme was *Moving Prevention Upstream: Navigating the Challenges of Research to Practice*.

In Alaska prevention programming and strategies have included outcomes, performance, accountability and results as a growing part of the work we do. This conference was a great opportunity to recognize we are moving in the right direction.

Questions posed by the conference were:

- ◆ What data will improve the quality of service you are currently delivering?
- ◆ How can you better document the impact you are having on the lives of the children and families in your community?
- ◆ How can you use research to improve the marketability of your program?
- ◆ Will the programs/strategies you are currently implementing provide the results for which your community is looking?

For too long policy-makers, administrators, funders and much of the public have held the belief that social programs aimed at preventing alcohol and drug use, suicide, child abuse and neglect, teen pregnancy and other issues are “feel good” efforts that do not make positive change—there has also been the belief that prevention efforts could not be measured, documented or show a causal relationship. We now know prevention can be measured and progress and results can be documented.

Alaska is “moving prevention upstream,” working in collaboration with our community-based partners. Together we will begin to “turn the curve” on the negative social conditions that Alaska, its communities and citizens are facing. Together we will show that **Prevention Works!**

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eGrants is up and running!!

For all DHSS grantees, eGrants is online. All cumulative fiscal reports (CFR), line item budget revisions (LIBR) and grant amendments are to be submitted online through the eGrants process. Training is available for general grantee users and power users. To request training and technical assistance or if you have any questions and want more information, please contact your Prevention grants administrator, Barbara Rhea (907) 465-2835 or Victoria Gibson (907) 465-4738.

Big Brothers Big Sisters: The Focus of Mentoring Study

A seminal study of the [School-Based Mentoring \(SBM\)](#) program of Big Brothers Big Sisters (BBBS), the largest youth mentoring organization in Alaska and the United States, shows that students with a "Big Brother" or "Big Sister" have better academic performance, attitudes, and behaviors over the course of a school year than students who did not have a Big Brother or Big Sister. The friendship-based SBM program, one of the largest in the country with 126,000 volunteers in schools, matches and supports students with volunteer Big Brothers or Big Sisters at their schools during or after the school day.

The study, entitled "[Making a Difference in Schools: The Big Brothers Big Sisters School-Based Mentoring Impact Study](#)" is the first large-scale evaluation of school-based mentoring. More than 1,100 children in 70 schools were followed for 18 months as part of the study. Although the study found many positive impacts, by late fall of the third semester most of the positive impacts from the first year were not sustained, largely because many of the relationships did not continue into the second year. However, two positive impacts were found at this point: students with a "Big" were less likely to begin skipping school and had higher expectations that they would start and complete college.

In Southeast Alaska, BBBS served 270 students in its School Program this past school year in Juneau, Ketchikan, Haines, Hoonah, Skagway, Sitka, and Yakutat. The study reports positive outcomes of Alaskan children in the first year of participation in overall academic performance while serious school infractions including visits to the principal's office, fighting, and suspensions decreased. In addition, students skipped school less often than those in the study group without a "Big."

The study also issued a caution that one full academic year of the BBBS School-Based Mentoring pro-



Ben and Tony

gram alone is not enough to permanently improve academic performance. Lori Klein, Director of Programs for BBBS in Southeast Alaska, said the organization is addressing study findings. "Positive short-term results are a starting point, but we expect lasting benefits for the youth we serve."

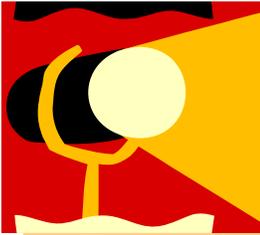
To that end, Big Brothers Big Sisters is making a host of changes to strengthen its school program including expanding SBM to other school districts throughout the state, increasing the length of the mentor-student relationship, supporting summer activities to create continuity between the mentor and student and strengthening volunteer training and professional support. A recent agreement between the US Coast Guard and Juneau School District to provide "Coasty Bigs" is another example of community partnerships that will be working with BBBS in the SBM program this school year.

For more information, or to become a volunteer, contact BBBS to learn about opportunities in your area: <http://www.bbbs.ak.org/contact.htm>.

Little Moments...Big Magic™

Prevention eNotes!

Partners in Prevention: Spotlight on Youth



As a community service project Boy Scouts Troop 561 of Unalaska decided to create a film concerning the dangers of methamphetamine. The 10 scouts researched what meth was and its negative effects on people and their families. They wrote a script and filmed a 20-minute video that was shown to the entire sixth-grade class, at two high school assemblies and at a community awareness night. With their powerful video this troop has been able to bring their community closer together through greater drug awareness. Building on the success of their video, the troop wants to continue awareness activities about other drugs, as well as smoking. To get more information or to obtain a copy of the video, call Channel 8 in Unalaska at (907)581-1888.

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

Nominate online at www.spiritofyouth.org

Annual Leadership Conference on Underage Drinking



Each year for the past nine years, the Office of Juvenile Justice and Delinquency Prevention's Underage Drinking Enforcement Training Center has sponsored an Annual Leadership Conference. This year the theme was "Empowering Leadership to Enhance What Works" and was held in Orlando, FL from August 2-4.

Strategies to reduce and prevent underage drinking while enforcing underage drinking laws were topics of plenary sessions and workshops attended by over 1,600 attendees. Topics included coalition building; environmental prevention strategies such as model policies; media literacy; community mobilization; evaluation; alcohol trends on the Internet; youth advocacy; vendor education; and product identification. (M. Hess)

Underage Drinking Contributes To:

- Automobile crashes
- Risky sexual behavior
- Academic failure
- Illicit drug use
- Physical consequences
- Criminal behavior
- Victimization

Look for future eNotes articles on these topics and more! Go to www.udetc.org for more resources to prevent and reduce underage drinking.

Celebrating Recovery!

National Alcohol and Drug Addiction Recovery

National Alcohol and Drug Addiction Recovery Month, celebrating 18 years of observance in 2007, is an initiative of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT). This year's theme is "Saving Lives, Saving Dollars." Alaska was chosen for the second year in a row to receive a \$1,000 stipend from SAMHSA and to report on Recovery Month Events and Activities statewide. SAMHSA sponsored one event, which took place in Juneau. However, there were several other events and activities celebrating Recovery Month that garnered community support around the state. Check out the various events below!



Morgan Fawcett

Anchorage

- **The Anchorage Recovery Rally** was a gathering of recovering people to celebrate recovery and educate our community about recovery and the need for treatment services in Alaska. Information booths and light refreshments were available. The event occurred on September 13th at Delany Park Strip and approximately 300 people were expected to attend.
- **Alaska Women's Recovery Project Recovery Month Celebration and Poetry Jam:** Anchorage. AWRP hosted a poetry jam on September 15th at the Organic Oasis for the second year in a row. They expected 70 people to attend the celebration and competition.

Nenana

- **Third Annual Dancing in the Streets:** . The 3rd Annual Dancing in the Streets celebration of recovery was held on September 14 to underscore that recovery happens, and investing in locally available treatment can not only help our people regain their lives, but also help our communities prosper. According to experts, recovery from alcohol and drug issues can happen, period. Experts also say that reaching out to those around us and embracing our communities is at the core of the recovery process. Who are these experts? They are your family, friends, and neighbors. Approximately 250 people attended the festivities.

Juneau

- **Second Annual Poetry Slam - SAMHSA Sponsored.** This year's poetry slam theme was "Celebrating the Spirit of Recovery." Festivities included reading, competition, beverages and snacks. Original poetry was submitted along with impromptu compositions. Cash prizes were given for the 1st, 2nd, and 3rd place winners. Over \$800 in donations from local agencies were received in support of this event. The event occurred on September 15th at the University of Alaska Southeast. Approximately 50 people attended.
- **FAS Wellness Walk and Morgan Fawcett Native American Flutist:** In Honor of International FASD Awareness Day, National Native American Recovery Month, and National Recovery Month. FASD Wellness Walk was held across Douglas Bridge on September 9th and Flute concert was held on September 15th at the T&H Community Hall. Approximately 250 people were expected to attend the events.

Soldotna

- **Recovery Rendezvous:** . Activities included carnival games, free food, Native American drumming, Native American dancing, music, and FAS Day Proclamation. The event took place on September 8th at the Soldotna Sports Center and there were about 300 people expected to attend. Much fun was had by all!

State of Alaska Tobacco Prevention and Control Program

The Alaska Tobacco Prevention and Control (TPC) Program was initiated in 1993, with a small core capacity grant from the national Centers for Disease Control and Prevention. The FY08 program has eight full-time employees and is funded at over \$7 million, which comes from federal grants and the state Tobacco Use Education and Cessation Fund (TUECF). The TUECF receives 20 percent of Alaska's share of the Tobacco Master Settlement Agreement funds, and a small percent of state cigarette tax revenue. The mission of the Alaska TPC Program is to provide leadership, coordinate resources, and promote efforts that support Alaskans in living healthy, tobacco-free lives.

Alaska Tobacco Prevention Goals

- ◆ **Eliminate exposure to environmental tobacco smoke**
- ◆ **Identify and eliminate tobacco-related disparities among Alaska population groups**
- ◆ **Ensure that all Alaskans have the resources to quit tobacco**
- ◆ **Prevent initiation of tobacco use among youth.**

Program Components

- Community-Based Prevention Grant Program
- Cessation Grant Program
- Alaska Tobacco Quit Line
- K-12 School Tobacco Grant Program
- Statewide Countermarketing Media
- Surveillance and Evaluation
- Leadership for Eliminating Alaska Disparities (LEAD) for Tobacco
- Statewide collaboration with chronic disease prevention and health promotion partners
- Facilitation of the Alaska Tobacco Control Alliance Administration

Program Highlights

Community Tobacco Prevention

Grant Program

- **Funds 17 grantees statewide:** To establish local tobacco prevention and control alliances, and to promote local and regional policy initiatives.
- **Smoke-free Anchorage Coalition:** Campaigned and won recent ordinance passed in Anchorage that expanded smoke-free workplaces to include bars, bingo halls, and previously exempted workplaces.
- **The SouthEast Alaska Regional Health Consortium:** Led the way by going tobacco free in 2006, and they were followed in 2007 by the Alaska Native Medical Center, Bartlett Hospital in Juneau, Fairbanks Memorial Hospital, several Providence Hospital campuses, API, and all clinic campuses in Eastern Aleutian Tribes and Kodiak Area Native Association.

The K-12 School Program

- **2008 pilot program includes six districts:** (Juneau, Kashunamiut, Lake & Peninsula, Nome, Sitka, and Yukon-Koyukuk) **in eight locations:** (Juneau, Chevak, Nondalton, Chignik Lake, Nome, Sitka, Alakaket, and Nulatto).
- **Will address the following five key priorities**
 1. Institute and enforce comprehensive tobacco prevention policies.
 2. Implement effective K-12 tobacco prevention classroom instruction, with special emphasis on the middle grades.
 3. Provide assistance to students, their families, and all school staff who want to quit.
 4. Involve parents and families in support of school-based tobacco prevention programs.
 5. Create and maintain linkages to community-based tobacco prevention activities/events that target children/youth.

Continued on next page.....

In the coming year they anticipate increasing the number of community prevention grants, demonstrating success in the first school grants, conducting a fax-referral pilot program for the Alaska Tobacco Quit Line, and completing a statewide strategic plan for tobacco with the Alaska Tobacco Control Alliance. Go to <http://www.hss.state.ak.us/dph/chronic/tobacco/> to see more.



A site visit to Yukon Kuskokwim Health Corporation in Bethel, I-r: Samantha Epchook (YKHC), Marti Pausback (Akeela), Angela Hochreiter (YKHC), Lauren Kelsey (TPC), Carrie Enoch (YKHC).



An experience at fish camp: With Marti and Lauren looking on, Carrie Enoch and her son Carden get the fire ready to cook a king salmon that just jumped into the net.

Bethel has been selected as the site of the upcoming Alaska Tobacco Control Alliance Summit in February, 2008 and is commemorating 10 years as a smoke-free community, the first smoke-free community in Alaska. Go to

<http://www.alaskatca.org/>

Glimpses from the CSAP Fellow

My name is Marlene M Adams and I am the Center of Substance Abuse Prevention (CSAP) Fellow for the State of Alaska. There are 33 fellows including myself from all over the USA who are in training and workforce development with the goal to become stewards of effective prevention practice in our respective states as well as contribute to effective prevention service delivery from a national perspective.

During the first year of my fellowship March 2006-March 2007 I participated in training to familiarize myself in the Strategic Prevention Framework (SPF) 5 step process. I have attended a number of trainings to gain knowledge and perspectives from different regions of the nation. Being part of the very first CSAP Fellowship Program exposed me to invaluable networking and resources across the nation as well as provided me with a wealth of information on the successes and challenges facing States and their prevention work.

I am in my 2nd year of the fellowship and my primary concentration is Data, Evaluation, and Alcohol and Drug Epidemiology. My secondary concentration is Community Prevention Planning and service delivery at State and Community levels, including Coalition building.



Marlene posing with CSAP fellows in March, 2007

As a member of our State Epidemiology Workgroup (SEOW) I will work with Behavior Health staff to develop a variety of tools meaningful to our grantees and communities such as evaluation tools, data fact sheets, current Cultural Competency training material and SPF training information as we begin to think about moving towards this type of prevention planning.

With that said in future E-notes, I will write about each of the 5 steps and share some of the training I have received from CSAP as well as from the Prevention and Early Intervention team. (M. Adams)

Prevention eNotes!

Alaska Youth Courts: *The Restorative Justice Model in Action*

Following a revision to Alaska Statute 47.12.010, the Division of Juvenile Justice formally adopted the Balanced and Restorative Justice Model. The Restorative Justice Model views crime as primarily an offense against human relationships, with a secondary focus on the violation of law. The victims are assisted toward restoration, while the offenders are encouraged to accept and carry out their obligation to make reparation for damages. The community is involved in meaningful ways in assuming responsibility for reintegration of youth rather than contributing to isolation of the offender.

The Alaska Youth Court and Community Panel Program (AYCCP) is an intervention embracing the Restorative Justice Model. The AYCCP Program uses a balanced, community-based approach designed to employ graduated sanctions and processes. Imposed sanctions provide for immediate accountability on the part of the juvenile offender to repair damages to the victim(s) and/or community. Inherent in the AYCCP Program is a combined emphasis on three priorities: accountability, community protection, and competency development.

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) established the Juvenile Accountability Incentive Block Grants (JAIBG) Best Practices Series (See inset). Practices also identified were immediate intervention for first-time misdemeanor offenders and many minor repeat offenders. The AYCCP Program provides the following services, essential to the well-being of each community, area youth, and their families: 1) a diversion program for youth who commit nonviolent first and second time misdemeanor offenses, providing for accountability to the victims, immediate and appropriate consequences, and referrals for counseling and substance abuse

assessment; 2) education and practical knowledge about the legal system, which allows youth offenders to develop good decision making skills, individual competencies, and a sense of belonging to their community and peers; and 3) supervised,



Restorative Justice Model

JAIBG Best Practices

1. Regard crime victims and the community, in addition to juvenile offenders, as clients;
2. Make community restoration and victim reparation by offenders a priority;
3. Ensure that offenders understand the impact of their crimes;
4. Develop community service options that are valued by communities and crime victims and are meaningful to offenders;
5. Educate the community on its role;
6. Provide assistance to crime victims, their families, and their support systems;
7. Assist offenders in completing obligations by providing support; and
8. Community shares the responsibility for monitoring offenders.

low-cost activities and training that appeals to a diverse group of youth, and involves both the trained student volunteers and the juveniles referred for services from the Division of Juvenile Justice (DJJ), the District Court, and the school district.

The AYCCP Program is a community-based diversion program that works in partnership with local communities, schools, DJJ, the Alaska Court System, law enforcement, and traditional tribal entities and elders, to promote a collective response to juvenile crime and provide essential services and assets for youth offenders and volunteers. Communities benefit from a reduction in juvenile crime and provisions for restoration to the victims and the community.

There are currently fourteen established youth courts within the State of Alaska. For more information about starting a youth court or community panel in your community contact United Youth Courts of Alaska at <http://www.alaskayouthcourt.org/>.

(M. Hess)

Connections that Make a Difference

School Connectedness; an emerging prevention strategy

Did you know that students who feel connected to school are less likely to use alcohol and illegal drugs, less likely to experience emotional distress and suicidal thoughts, less likely to drop out of school, and **MORE** likely to earn higher grades and test scores? National research¹ and emerging Alaskan studies² have found that students who feel connected to their schools show better health and academic outcomes. When they are “disconnected” they are more likely to have a series of health and school problems, including truancy and dropping out.

School connectedness refers to students’ experiences, perceptions and feelings about school. School connectedness includes feelings of being part of the school, cared about by adults, close to people at school, having strong relationships, being treated with respect consistently by teachers and staff, and feeling that their learning matters and is a high priority.

School climate refers to factors that contribute to the tone and attitudes in a school. A positive school climate is associated with feeling safe at school, well-managed classrooms and common areas, high and clearly stated expectations concerning individual responsibility, teachers and staff who consistently acknowledge all students and fairly address their behavior.

Dr. Robert Blum, a leading researcher on adolescent health, and upcoming keynote speaker at the Association of Alaska School Boards’ (AASB’s) November conference believes that measuring school climate is an effective strategy for evaluation and, if necessary, improvement of the school environment in order to sustain higher levels of student connectedness and student achievement (see **“This issue’s quote” on page 12**). By gaining a better understanding of the school’s climate, administrators, teachers, and staff can not only enhance student performance, but also better nurture students’ emotional and physical well-being.



In 2005, AASB, in collaboration with the American Institutes for Research and the Anchorage School District, developed the School Climate and Connectedness Survey (SCCS) as an assessment tool to help determine the environment of Alaska’s schools. In 2007, 14 districts, including 22,000 students and 3,300 staff, participated in the SCCS. Survey results show a correlation between higher school climate and connection scores and increased scores in math, reading and writing, as well as lower observed risk behaviors. The Anchorage School District has adopted it as a critical piece of their school improvement strategy district-wide.

In future issues we will publish more of these promising findings related to school connectedness as well as identify specific strategies that can make a positive impact on our youth throughout Alaska.

For more information on Alaska, go to <http://www.alaskaice.org> and for national resources, go to http://www.ed.gov/admins/lead/safety/training/connect/school_pg3.html

1. Resnick, M.D. et al. (1997). Protecting Adolescents from Harm: Findings from the National Longitudinal Study on Adolescent Health. *Journal of the American Medical Association*,.

2. American Institutes of Research & Association of Alaska School Boards. (2006 & 2007) School Climate and Con-

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Suicide Prevention Candlelight March 9/12/2007 Native Aspirations: "Our children are the songs of our future"



Due to a recent increase of suicides in Southeast Alaska, the Alaska Native community led by the Central Council of the Tlingit and Haida Tribes of Alaska (CCTHTA) and other community members, elders and others organized a march and vigil to draw attention and awareness to this devastating problem. This event also coincided with Suicide Prevention Awareness Week September 9th—15th and World Suicide Prevention Day. The message was to “raise your voice, get involved”. Bill Martin, president of CCTHTA and former chair of the State Suicide Prevention Council (SSPC) was in attendance. For more information on the council or to find information or resources on suicide prevention, go to: <http://health.hss.state.ak.us/suicideprevention/>



Candlelight vigil in Juneau on the Capital steps on 9-12-07.



[State Suicide Prevention Council](#)

FASD Center for Excellence Funding Opportunities

The FASD Center for Excellence (with Northrop Grumman as the contractor) is soliciting funding proposals from State agencies; juvenile courts; and local public, private, or tribal non-profit organizations to address issues related to Fetal Alcohol Spectrum Disorders. There will be full and open competition in each of these three categories: States, juvenile courts, and local communities. Deadlines for application are between November 1 and November 15, 2007 so planning time is limited. For more information and to access the requests for proposals go to: <http://fasdcenter.com/index.php?q=home>.

FIRST ALASKANS INSTITUTE AWARDS \$500,000

Eighteen Collaborative Community Projects Receive Financial Boost

First Alaskans Institute announced on August 16th that \$500,000 will be distributed across Alaska to fund 18 projects that demonstrate collaborative efforts among community organizations, including family and community partnerships, to plan and implement innovative, lasting programs that contribute to healthy and thriving communities. The awarded projects specifically address early childhood education activities that better prepare children for success in school, increasing high school graduation rates, connecting Elders and youth in cultural learning, or promoting youth leadership.

The Community Engagement Awards is a pilot funding initiative of First Alaskans Institute. It is the result of the Alaska Native community's feedback and recommendations that came from participation in many of First Alaskan Institute's initiatives, including the Education Summits, Leadership Development's Elders & Youth Conference and Summer Internship Program and the Alaska Native Policy Center's research projects and discussion series.

"The Community Engagement Initiative is another way for First Alaskans Institute to serve as a catalyst for positive change within our Alaska communities by enhancing opportunities for Alaska Native youth through education, leadership and cultural learning activities, said Janie Leask, First Alaskans Institute president and CEO."

Two committees, consisting of representatives from the Alaska Native Claims Settlement Act (ANCSA) Education Consortium, Rural Urban Exchange, Denali Commission, RurAL CAP, and Cook Inlet Tribal Council, reviewed 48 proposals requesting more than \$1.5 million—confirming the need for projects and programs that deal with education, cultural learning and youth leadership development at the local level," said Sarah Scanlan, deputy director of First Alaskans Institute. For more information, go to <http://www.firstalaskans.org>.

RurAL Cap Announces AmeriCorps Volunteer Opportunities



Applications Due November 2nd, 2007



RurAL CAP is now recruiting members for our 2008 - 2009 BIRCH and RAVEN AmeriCorps teams. AmeriCorps members are recruited locally and work to address your communities needs. Past projects have included: beach clean-ups, health fairs, recycling, community gardens, tobacco prevention, cultural activities, and youth groups. **Get things done in your community!**

The program year begins January 2008 and requires a one year commitment to service. Members receive living stipends, an education award of \$4,725, on the job training, and much more. If you know someone who is a self starter looking to make a difference, call RurAL CAP today at 800 478-7227. Request information by calling or e-mail comdev@ruralcap.com. Download forms at <http://www.ruralcap.com>.

Save the date

Schedule of Events

october

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- 10/11—AASG, RSVP training East Anchorage High School
- 10/22-27—Alaska Federation of Natives Conference
- 10/22–26—Red Ribbon Week
- 11/8–11 Association of Alaska School Boards Conference, Anchorage
- 11/29 Gatekeeper Suicide Prevention Training, Juneau, Alaska Office Building
- 12/3-5—25th Annual Alaska Health Summit, Anchorage, Sheraton Hotel
- 12/10-11—DARE Alaska Student Safety Summit in Anchorage, Captain Cook.
- 1/9-11—Prevention Grantee Meeting

- ◆ **American Association for Student Government** statewide training for **Raising Student Voices and Participation (RSVP)** to be held on October 11 at East Anchorage High School. The AASG Fall Leadership Conference will begin after the RSVP training. For more information, contact Carol Waters at 346-3148 or ma2tna@acsalaska.net.
- ◆ **Association of Alaska School Boards 54th annual conference**, “Leadership for the 21st Century Literacy” November 8-11th in Anchorage, Hilton Hotel. <http://www.aasb.org/>.
- ◆ **Alaska Federation of Natives Convention: “Living Cultures in the North”** to be held on Dec. 22nd—27th in Fairbanks. For convention schedule: <http://www.nativefederation.org/convention/2007ConventionSchedule.php>
- ◆ **Gatekeeper Suicide Prevention Training** to be held in Juneau on Nov. 29th at the Alaska Office Building, 350 Main St. from 9 am to 4:30 pm. Please RSVP James Gallanos at 465-8536 if interested.
- ◆ **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>
- ◆ **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 9th—11th. Stay tuned for more details in the next issue of e-Notes.

This issues quote...

“What we have found from our research is that kids who felt connected to school . . . smoked less, drank alcohol less, had a later age of sexual debut and attempted suicide less. On top of this, from the educational literature, they do better across every academic measure we have. As our research expanded, [we learned that] this is not just an association - kids who smoke less also felt more connected to school. It is a causal relationship. There is something in that bond, in that connection to school that changes the life trajectory - at least the health and academic behavior. It is very powerful - second only to parents in power.”

*Robert Blum, professor and chair,
Department of Population and Family Health Sciences,
Johns Hopkins Bloomberg School of Public Health*

“Partners Promoting Healthy Communities”

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

