

San Juan County Partnership Newsletter

JUNE 2009

There's a New Kid in Town---Relatively.....

Submitted by Pamela Drake, Director

Special points of interest:

- *Restoring and
Celebrating Family
Wellness Youth
Conference*
- *San Juan County
CHIC Health
Summit*
- *Most of US®
2009 Graduation
Posters*

Editor: Deborah Frank

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...that is both relative to town, because the new kid is really in San Juan County and.....relatively a kid, since it's really a group.

Now that I have your attention, I would like to invite your interest and participation in the Prevention Task Force, which is a workgroup born of the San Juan Safe Communities Initiative. People who are interested in prevention activities/strategies in San Juan County have been meeting with this group for about three years now.

Preventing what you might ask? We focus on preventing risky behaviors which can affect individuals' well-being or the overall "health" of our communities. A great deal of this prevention comes in the form of education, strategies that can influence the whole community, raising awareness, focusing on the positive in individuals and communities and being involved in healthy activities for youth and families.

Currently the Task Force is working on getting our name out to the community by participating in community events. We are also writing a "white paper" that focuses on underage drinking to provide data and information to our legislators. The hope is to send informed legislators to the session next year, so that when

"We focus on preventing risky behaviors which can affect individuals' well-being or the overall "health" of our communities"

legislation is introduced that addresses these issues, the San Juan County contingent will be able to make informed decisions.

One of the best aspects of the Task Force is that we have participants from many disciplines, such as domestic and sexual abuse providers, injury prevention, law enforcement, education, substance abuse and more. We look at the overlay of various issues and what we can do to address the root causes. We have a strategic plan, a dedicated group and **free lunch** (provided by Value Options over the past two years).

We would love to include you in the "new kid" group. We would love your expertise, input and collaboration. Please join us for our lunch meetings which are typically held on the third Wednesday of each month. Just let us know at sjcpoffice@sjcpartnership.org and we will add your name to our auspicious list! Or you may call me, Pamela Drake, at 566-5866 for more information.

MOST OF US® - STEADY PROGRESS

Submitted by Laura McClenny

The staff at San Juan County Partnership want to continue updating readers about our prevention initiative, Positive Community Norms (PCN) and Most of Us®, which is a trademark of Montana State University and the Montana Institute. The foundation of *Spirit, Science & Action* (specifically, in that order) continues to guide our work.

To begin, we would like to extend a special thank you to all our new and existing partners who are supporting PCN:

- San Juan Safe Communities – leaders and partners in a relatively new (Oct. 2008) federal grant that promotes PCN in Shiprock, and throughout the county.
- Indian Health Services, Navajo Nation – providing leadership and coalition support to promote PCN.
- Navajo Nation Department of Behavioral Health – providing leadership and office space for PCN.
- Farmington Public Library – displaying county-wide PCN messages.
- 4 Directions Media – displaying student approved messages within Northern Navajo Medical Center, Shiprock.
- 5 regional High Schools: Aztec High School, Vista Nueva, Shiprock High School, Career Prep High School, Northwest High School – all school administrators, staff and students have taken valuable time to be a part of PCN.

At the heart of the Positive Community Norms campaign focus is misperception. After three years of commitment to the campaign we have a clearer view of the misperception that exists surrounding health issues, with particular attention to drug and alcohol use among teens. Our early research found that about 60-70% of us in San Juan County misperceive; that is, *overestimate* how many youth engage in risk behaviors related to substance use. Similarly, we have found that peers tend to overestimate how many of their fellow students use substances.

It is always worth repeating the goals for our work: lower misperception and support teens in their making safer decisions for themselves. Misperception has been found to short circuit our best prevention efforts. By correcting our views and by developing more *accurate* perceptions of youth, we are able to balance hope with concern and send a message that our attention is equally centered on the *good choices* that young people make, not simply feeding an incorrect vision.

Since we concentrate on raising community spirit – which exists outside of any one individual or group – and since we all misperceive, there is not a traditional “target” to our work.

In February of 2009 we completed Most of Us® Youth Surveys in all five high schools mentioned above, with two new schools joining us. These data, straight from our students themselves, will steer community dialogue for the next year of work. Parent surveys will also be completed this Fall. Our newest efforts are to build relationships with local businesses, and we welcome all inquiries.

What can citizens do to support Positive Community Norms?

- Support and practice “reframing” research. Take extra time to scrutinize research. See what happens when the data is reframed to highlight positive behavior. For example, 88% of high school students in San Juan County *don't* drink and drive, and they are a powerful majority.
- Join the community for events and meetings when we discuss how we grow PCN. Agencies in the county are always looking for ways to increase community participation and most welcome new perspectives. See the calendar at the San Juan Safe Communities website for meeting and event times: www.sjsci.org.
- Grow positive insight and get local facts. The “team” from San Juan County Partnership is always available to share highlights from the PCN campaign, and we welcome invitations to speak and engage in conversations about our work. 505-566-5867.

CHIC—HEALTH SUMMIT

submitted by Amanda Evans

The mission of the Community Health Improvement Council (CHIC) is to promote the health and well-being of all people in San Juan County and neighboring areas through broad-based dialogue, partnership, advocacy and unified action.

The CHIC works together in the community to be a comprehensive planning council around the overall health of San Juan County. The Council believes that a healthy community is based on the broadest definition of health and promotes well-being for individuals and the community as a whole. The Council uses monthly meetings to present members and participants with important health information and provides a place where the community can come together to increase collaboration and communication.

The CHIC recently held a day long Health Summit, where anyone interested in the health of San Juan County could come and give input into what issues they felt were most pressing in the community. The morning session allowed participants to hear Commissioner GloJean Todacheene and Gordon Glass speak, as well as featured information from the San Juan Regional Medical Center 2008 Needs Assessment and the San Juan County Partnership 2008 Needs Assessment. The afternoon gave participants a chance to have a voice on important health related issues such as access to healthcare, behavioral health, chronic illness, dental, education, environmental, food and housing, and injury prevention/public safety. The information gathered from this event will help the Council in planning for San Juan County.

The CHIC invites anyone interested in the health of our community to come to our monthly meetings held the third Thursday of each month at 3:30 pm at the Family Resource Center. For more information contact Amanda Evans at cpc@sjcpartnership.org or 505-566-5877.

Congratulations Career Prep 2009 graduates!



Congratulations Vista Nueva 2009 graduates!



Congratulations Aztec High School!



San Juan County Partnership

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We're on the Web!

sjcpartnership.org

Restoring & Celebrating Family Wellness "Focus on Youth" Conference

8:30 AM to 5:00 PM
June 30th, 2009

Shiprock High School
Shiprock, NM



FREE Conference

- Keynote Speakers
- Workshops
- Opportunity Fair - School, Work, Health & Other Opportunity Booths
- Lunch & Healthy Snacks Provided
- Door Prize Drawings

Some Other Workshop Topics Include:

- Traditional Male Role
- Life Skills: Making The Right Choices
- Preparing For College
- Traditional Growth and Development
- Local Hands-on Artists Workshops
- Youth & Crime Prevention
- Bitterwater Band Music & Creativity
- Much, Much More!!!

Contact: Kerlena (505) 368 1081 or Tina (505) 368-7429

Booth Information: Judy (505) 368-7412