



Centre County *Communities That Care*®
 132 North Allegheny Street
 P.O. Box 165
 Bellefonte, PA 16823

COLLECTIVE ENDEAVORS

Centre County *Communities That Care*® fosters a structured process aimed at facilitating collaboration among organizations and leveraging community resources to address locally identified risk factors for youth problem behaviors. Together, as partners, community organizations, parents, and youth, can positively impact local adolescent development.

PREVENTION BOARD SPOTLIGHT

Jeff Steiner, Prevention Board member and recently elected Vice-Chair, is the Executive Director of the newly established Bellefonte Family Resource Center. Jeff is married with two young daughters. He holds a Bachelor's degree in Sociology and a Master's degree in Counseling Education. He is Chair of the Board of Directors for the Bellefonte Family YMCA. Jeff is also a self proclaimed chocolate addict. We welcome Jeff as the new Vice-Chair!

The **Bellefonte Family Resource Center**, located at 310 North Allegheny Street, was created in response to a needs assessment conducted by the Penn State Prevention Research Center in 2003. The center's mission is to empower the community and to empower families by advocating for the healthy and positive development of young children and by connecting families to the many resources available in the community. The center has a toy lending library, offers adult education and Even Start classes, and will soon be offering birth preparation classes.

PARTNER AGENCY SHOWCASE

The principles of prevention science guide the development and implementation of tools and research-based programs that help families, schools, and communities ensure positive outcomes for children. Under a grant from the PCCD, the **Prevention Research Center for the Promotion of Human Development at The Pennsylvania State University** conducts research on the Blueprints initiative in Pennsylvania and provides technical assistance to grantees. The Center is also conducting a statewide evaluation of the *Communities That Care*® delinquency prevention initiative to determine CTC's impact on (1) community planning for youth; (2) child and family outcomes; and (3) the level of institutionalization and sustainability after grant funding ends. The Center recently analyzed 2003 data from 147 school districts and over 98,000 students across the state. The data demonstrates that structured CTC® coalitions are effective in Pennsylvania.

Access more information online at www.prevention.psu.edu or contact Brian Bumbarger at 814-865-2617.

FOR MORE INFORMATION OR TO FIND OUT HOW TO BECOME INVOLVED, CONTACT:

Kimberly Cassidy, Community Mobilizer ~ 814-404-9511 ~ centrecountyctc@yahoo.com



PREVENTION POST

Spring 2006

WWW.CENTRECOUNTYCTC.ORG

Our *VISION* for our communities is that there will be a places where all children are safe, connected to others, encouraged to learn and explore their world, and supported by a web of concerned adults. Our communities will have gathering places, where people of all ages learn, play, and meet with each other. All adults in our communities will be accountable and share responsibility for nurturing, educating, and supporting our children, our families, and each other.

CREATING CARING COMMUNITIES IN CENTRE COUNTY

Communities That Care® is a community-based process, initiated by the research of Hawkins and Catalano, that engages community members in a broad-based prevention coalition with the goal of promoting positive youth development and reducing adolescent problem behaviors such as violence, drug and alcohol use, teenage pregnancy, school dropout, and delinquency. Communities complete a local assessment of risk factors and resources in their community, and based on a prioritization of risk factors formulate and then implement evidence-based strategies and programs to address those factors.

In the mid 1990s, the Governor's Partnership for Children and the Pennsylvania Commission on Crime and Delinquency (PCCD) spearheaded a comprehensive plan to implement CTC® projects throughout Pennsylvania utilizing a combination of state and federal Title V funds. CTC® sites initially received funding for planning and coalition building and then were eligible for funding to implement empirically supported programs chosen to address the prioritized risk factors in their community.

Centre County *Communities That Care*®, a collaborative initiative with the involvement of Bald Eagle, Bellefonte, and Penns Valley school districts, was initiated in 1999. A risk and resource assessment was completed and Centre County CTC® continues to administer the Pennsylvania Youth Survey (PAYS) every two years in partnership with the Bald Eagle, Bellefonte, and Penns Valley School Districts to identify risk factors directly from local youth. Data is assessed and utilized to drive the implementation of effective, research-based programming for youth and families in Centre County.

LOCALLY IDENTIFIED PREVENTION TARGETS

- ◆ Support the school commitment and academic success of local youth
- ◆ Promote skills in youth that aid them in resisting peer pressure and prevent them from engaging in impulsive, sensation seeking, or anti-social behavior
- ◆ Strengthen local communities and link families and youth to available resources
- ◆ Increase family bonding and communication skills
- ◆ Involve adults and the community in raising youth awareness of the dangers of Alcohol, Tobacco, and Other Drug (ATOD) use

CTC® PREVENTION BOARD ELECTS 2006 OFFICERS

At the March Prevention Board, elections were held for the 2006 officers. Congratulations to the following elected officers:
Pam Strouse, Chair Jeff Steiner, Vice Chair Katie Pollack, Secretary



REPRESENTING THE COMMUNITIES OF BALD EAGLE, BELLEFONTE, AND PENNS VALLEY

CENTRE COUNTY *COMMUNITIES THAT CARE*[®]

PROMOTING PREVENTION

CTC[®] SUPPORTS THREE SCHOOL DISTRICT PREVENTION COORDINATORS



Through the procurement of funding from the Pennsylvania Commission on Crime and Delinquency, Centre County *Communities That Care*[®] initiated the creation of three school-based Prevention Coordinator positions within the County. Gary Heverly, Katie Pollack, and Pam Strouse, the CTC[®] supported Prevention Coordinators for Bald Eagle, Penns Valley, and Bellefonte Area School Districts, are shown from left to right.

BALD EAGLE AREA SCHOOL DISTRICT **GARY HEVERLY**

Gary Heverly is the Prevention Coordinator for Bald Eagle Area School District. In his role as Prevention Coordinator, Gary is responsible for the coordination and implementation of several violence and drug and alcohol prevention programs. Currently, Bald Eagle Area School District is conducting the Promoting Alternative Thinking Strategies (PATHS) program in grades K-4, Olweus Bullying Prevention Program in grades 5 through 8, Life Skills Training in 8th grade and Project Towards No Drug Abuse for high school students. Gary also serves as a support for the guidance office in the high school, conducts home visits for students and families in need of support, and serves as Project Director for Centre County *Communities That Care*[®] grants. Gary holds a Bachelor's degree in Psychology and a Master's degree in Community Counseling. Prior to his school district employment, he served as a program manager for various mental health and drug and alcohol programs and for the Division of Family Services in Delaware.

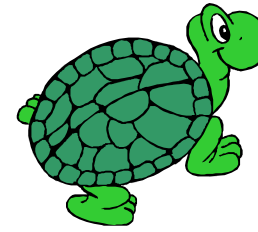
BELLEFONTE AREA SCHOOL DISTRICT **PAM STROUSE**

Pam Strouse is the Prevention Coordinator for the Bellefonte Area School District. In her role as Prevention Coordinator, Pam is responsible for coordinating the implementation and evaluation of numerous prevention programs including the PATHS program (grades K-5), the Olweus Bullying Prevention Program, the Life Skills Training Program (grades 6-8), and Project Towards No Drug Abuse (grade 9). Pam also procures and coordinates grants for the district to support numerous prevention initiatives within the Bellefonte Area School District. In addition, Pam serves as a liaison between the school district and Centre County *Communities That Care*[®] and is the current Chair of the Centre County *Communities That Care*[®] Prevention Board and Executive Committee.

PENNS VALLEY AREA SCHOOL DISTRICT **KATIE POLLACK**

Katie Pollack is the Prevention Specialist at the Penns Valley Area School District. In her role as Prevention Specialist, Katie is responsible for coordinating the implementation and evaluation of several prevention programs including PATHS (grades K-4), the Olweus Bullying Prevention Program (grades 5-6), and Project Towards No Drug Abuse (grade 11). In addition, Katie assists with tobacco prevention activities within the district and teaches tobacco education and cessation classes to students who violate the tobacco policy. Katie also works with elementary students to provide one-on-one and small group instruction in social-emotional and friendship skills. She also assists with securing and managing grant funds to support the numerous prevention initiatives at Penns Valley. In addition, Katie serves as Secretary for the Centre County *Communities That Care*[®] Prevention Board and Executive Committee.

PATHS FOR PRESCHOOLERS



Centre County *Communities That Care*[®], as part of its prevention strategy, has been implementing Promoting Alternative Thinking Strategies (PATHS) for elementary students in each of its three representative school districts. Centre County CTC[®] is now extending the curriculum to local preschool programs. PATHS is an evidence-based curriculum that promotes the development of emotional understanding and recognition, behavioral self-control, social problem solving, self-esteem, and interpersonal skills. It is also intended to foster positive classroom interaction and to decrease the internalization and expression of aggressive and disruptive behaviors.

Research studies have shown that there is a predictive relationship between problem behaviors in preschool and later conduct disorders and child delinquency. Behaviors that place a child at risk for an early career of disruptive behavior and delinquency may be present as young as 2 years of age. Research also shows that the antisocial careers of male juvenile offenders start on average at age 7. Thus, prevention programming that promotes social competence is an imperative investment.

Centre County CTC[®] will be offering PATHS training at no cost for preschool educators on April 26th and May 6th.

CENTRE COUNTY *COMMUNITIES THAT CARE*[®]

CONTRIBUTING TO HEALTHY COMMUNITIES

DRUG FREE COMMUNITY

Centre County *Communities That Care*[®] has joined forces with Centre County Drug and Alcohol and Care Partnership: Centre Region *Communities That Care*[®] to reduce substance abuse throughout the County and to reduce risk factors associated with the onset of first use and youth substance abuse. In October of 2005, a five year SAMHSA Drug Free Communities grant was awarded and under the direction of Cathy Arbogast, Centre County Drug and Alcohol Administrator, both of the County's *Communities That Care*[®] collaboratives are working together as a newly formed Centre County Prevention Coalition. The coalition partners will confront substance use by engaging in public awareness campaigns and activities aimed at strengthening the CTCs' infrastructures and increasing the capacity for local collaboration. The goal is to continually improve the implementation and evaluation of evidence based prevention programming throughout the County.



CTC was pleased to recognize Cathy Arbogast's contributions to CTC[®] programming, public awareness efforts, and sustainability at the March Northwest Regional CTC[®] Banquet. Thank you, Cathy!

AMERICA'S DAY FOR KIDS **SEPTEMBER 9 & 10, 2006**

The America's Day for Kids Planning Committee is looking for individuals, organizations, and local groups to devote time and service to the planning of this year's America's Day for Kids. Each year, a day is set aside as communities across the country hold events that encourage caregivers and children to spend engaging and enjoyable time together. This national celebration was created in response to research demonstrating that meaningful time spent with adults is essential to the development of positive self images and a sense of belonging in youth.

Over the last couple of years, local National Kid's Day activities have been hosted in Bellefonte, Bald Eagle, Penns Valley, and State College communities with the expertise and enthusiasm of dedicated volunteers. It is hoped that, this year, activities, such as block parties, congregational picnics, and downtown festivities will be hosted in communities across the County. There are many ways for you to contribute to this year's events, including event planning, marketing, coordinating games, performing a talent, or financial sponsorship.

To become involved, contact:
Kimberly Cassidy at 814-404-9511
or
Ed Horning at 814-355-4897

SAVE THE DATE!

UPCOMING PREVENTION BOARD MEETINGS

- May 11, 2006
- July 13, 2006

Prevention Board meetings are held at Central Pennsylvania Institute of Science and Technology from 9:00–11:00 a.m. All are welcome to attend!