



Lafayette County Children's
Services Fund

Executive Director's Report

March 20th, 2019

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Objectives for the Month

Objective: Management and planning

Objective: Accountability oversight of funded agencies

Objective: Community outreach

Hours worked each week- 40

Holiday Hours-

Sick hours- 4

Vacation –

Office Hours- Monday through Friday

“A community where all children of 19 years and less and their families of Lafayette County can reach their full potential in a supportive and nurturing environment.”- LCCSF long-term goal

Over the course of the past month the Executive Director continued to work towards the goals of the LCCSF Board identifying areas of consideration among the board, promoting LCCSF within the community and looking at the overall well-being and safety of the children of Lafayette County. Identifying objectives throughout the month help the Executive Director approach areas in which to work on behalf of the board. Those objectives were; Management and planning, accountability oversight of funded agencies, and community outreach. Throughout this past month the executive director attended Project Connect, conducted agency site visits, attended the Northland Coalition conference, began planning a showing for the Resilience film, presented to the Odessa United Methodist Women group, met with the executive committee and maintained all of the day to day operations.

Project Connect

Friday February 22nd, the executive director attended HCC's Project Connect in Lexington, Mo. The purpose of attending this event was to spread information about the Children's Services Fund and pass out resource lists to those in attendance. The executive director had the opportunity to share with 68 individuals about LCCSF and the impact of the local sales tax.

Project Connect was held at the Lexington United Methodist church from 9 am to 2 pm. Tables were given to each organization/agency that offered services. In addition to LCCSF, other funded partners attended as well (Compass Health, ESMW, and Lexington PD). Some of the services that were provided were; free dental extractions, free haircuts, manicures and back massages, free health screenings and free services from providers.

Agency Site Visits

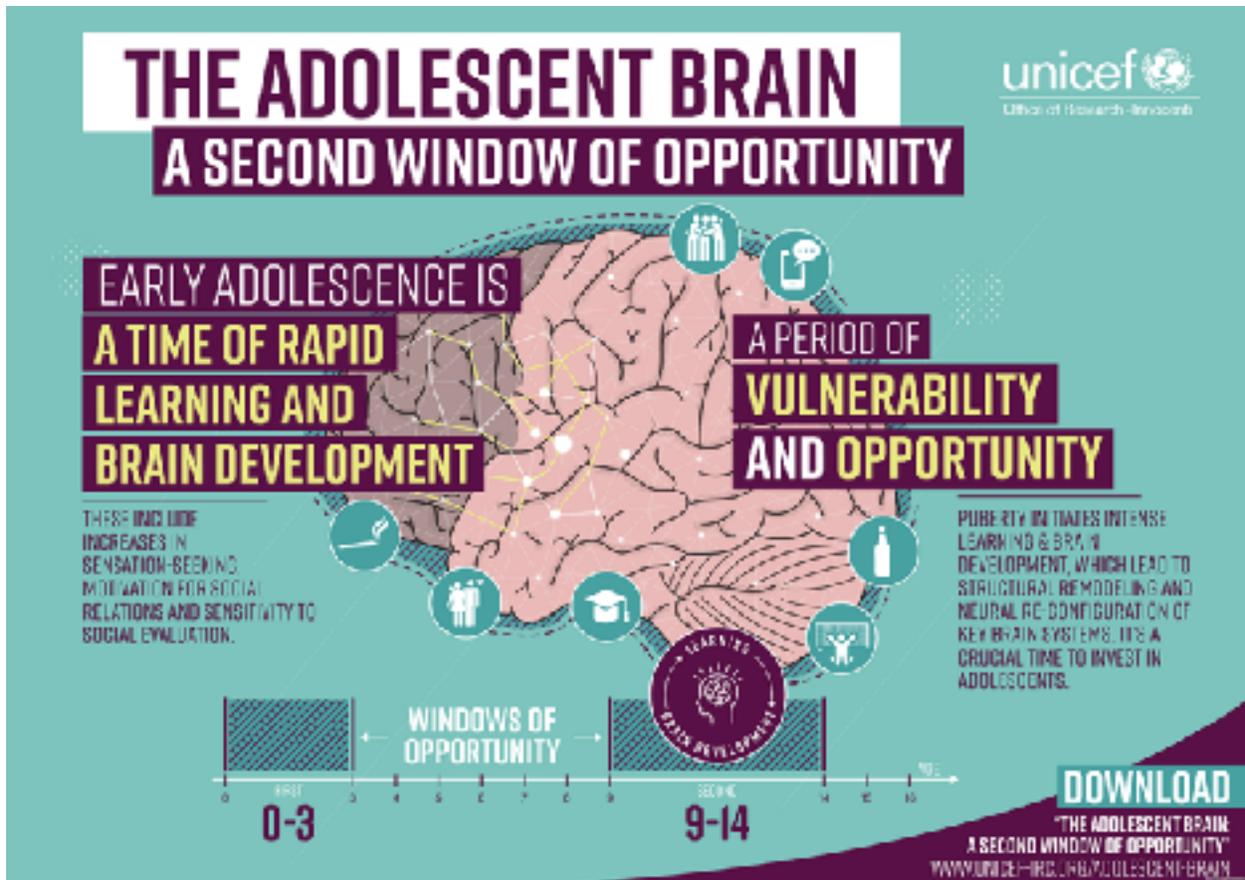
March 4th, 5th, and 13th the executive director conducted agency site visits for Foster Adopt Connect and Compass Health. The purpose of site visits is to ensure accountability of funding and confirm services meet LCCSF standards. During site visits, agencies provide a tour of their organization and walk the LCCSF representatives through service delivery. Furthermore, the agency shares about program obstacles and their progress towards goals and objectives. The executive director spends time reviewing client files and documenting measurement tools and methods used for collecting data. Agency visits went smooth and all requirements were met by our funded agencies. There were no issues reported.

Northland Conference

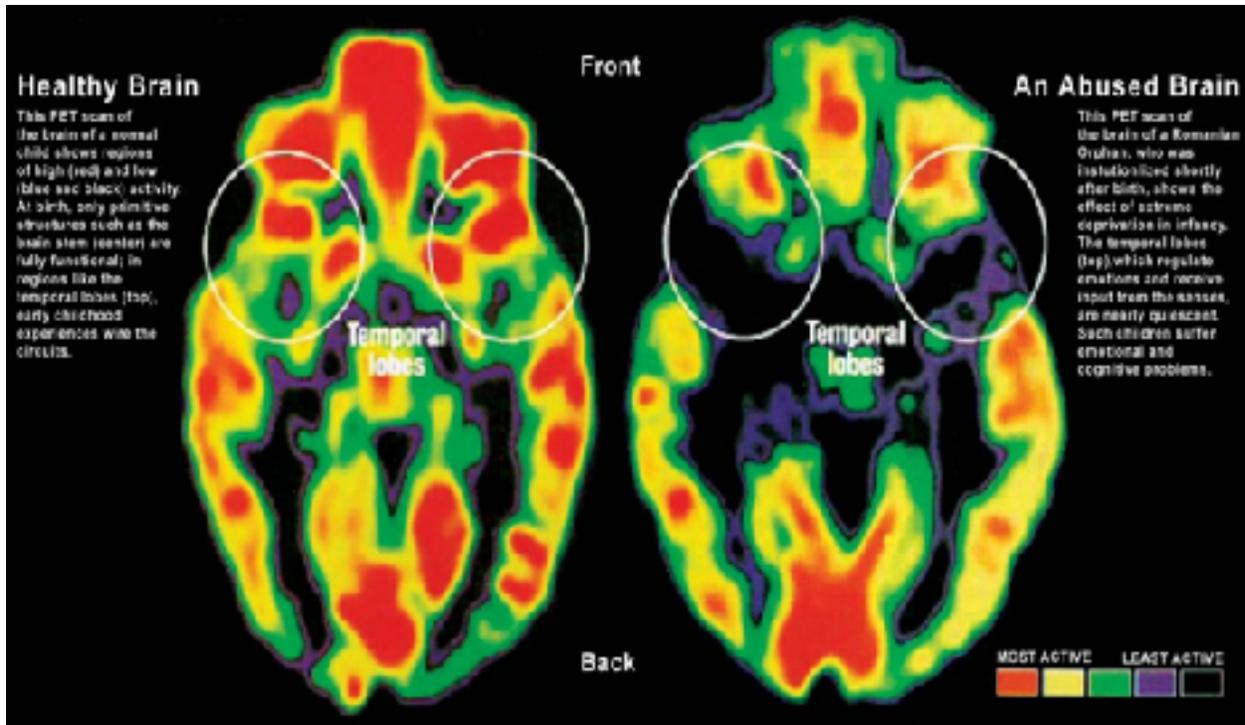
Friday March 1st, 2019 the Executive Director attend the Northland Prevention Conference at Platte Woods United Methodist Church. The Northland Coalition was formed in 2001 to fulfill the articulated need for better collaboration of substance use prevention programs and strategies throughout Ray, Platte, and Clay counties. This coalition meets regularly to strategize and rally support to prevent high-risk behaviors by youth including underage drinking, illicit drug use and suicide throughout the area. Membership to the coalition is open and anyone interested in keeping their community safe and healthy is encouraged to be involved. Their mission is that through community involvement and the sharing of resources, the coalition promotes and encourages the positive, healthy, and safe lifestyle decisions of our youth.

The purpose of attending the Northland Prevention Conference was to gain more awareness of preventative measures used on youth in the area. Ray county is a neighboring county to Lafayette and many of the issues our youth face today is not isolated to geographic location. Important information is discussed, regarding youth and prevention, at these conferences and the information learned valuable. Professional, educated, and well experienced presenters are recruited to bring forth important research and education to conference attendees. This year's presenters were; Heather Craig and Pete Hall. Each workshop also consisted of professionals delivering specific information about the topic of the workshop. The Executive Director attended the workshops, The Mindful Way and Overcoming Mental Health Challenges in Today's Youth.

Heather Craig began the day by sharing a foundational framework for how substance use impacts the adolescent brain. Heather gave a brief overview of the development of a child's brain. A child's brain is constantly developing with the most growth occurring in infancy and in the early teenage years. A child/youth may have developed in certain parts of their brain, enough to function with conscious thought however, impulse control and consequences are biologically delayed. This is why many youths do impulsive things and are more prone to act on impulse in violent ways.



Discussion took place in regard to the development of a child/youth brain and also the effects of substance abuse. In a brain that is rapidly growing and developing, substance abuse causes significant damage in the temporal lobe (front part of the brain). The temporal lobe is the center for impulse control, focus, and attention. Pictures were also shown in regard to the effects of abuse and trauma. Below is a picture of two brains of a child that had not experienced trauma or abuse, and one that had.



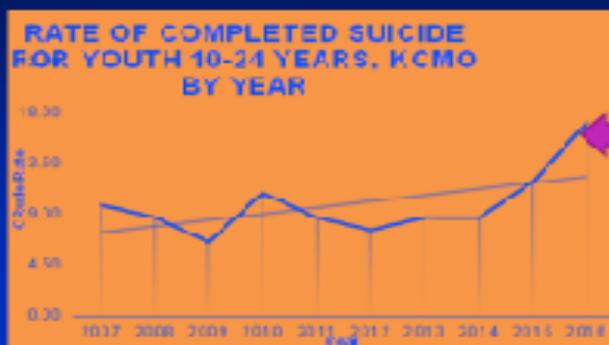
The Keynote address: **Trauma is a Word, Not a Sentence:** Childhood trauma is real, and it is more prevalent than we might believe. In this engaging, relevant, and practical session, participants learned from Pete Hall, former school principal and co-author of the best-selling and award-winning *Fostering Resilient Learners* – ASCD, 2016 and *Relationship, Responsibility, and Regulation* – ASCD, 2018, about the importance of implementing trauma-invested practices to support our youth. Incorporating research, building a common vocabulary, and exploring the impact of stress on brain development began group exploration. As many of us continuously look outward to help others, we'll turn our lenses around to build self-awareness, investigate the power of relationship, examine our belief systems, and embrace the concept of grace as we collaboratively build a Culture of Safety for our community. If we're going to be good to others, first and foremost we've got to be good to ourselves.

The Mindful Way, presented by Elise Bennett, a clinically licensed therapist, is a practice used to train the brain to avoid autopilot responses and create a place for an individual to make an alternate and more conscious choice from a new perspective. Current research points towards the potential for mindfulness to affect the structure and neural patterns present in the brain to improve mental health, relationships, and self-regulatory abilities. "Paying attention in a particular way: on purpose, in the present moment, and

non-judgmentally.” (Dr. Jon Kabat-Zinn, *Wherever You Go, There You Are*). Elise shared that "Mindfulness helps patients learn to be present in the moment, which helps them take a moment to pause, notice their own thoughts and feelings, and choose a response that is not based in their present emotions. Mindfulness teaches patients that it is okay to say “no” to others, which helps them balance their own lives and enhance self-confidence. Mindfulness allows patients to be present with others, meaning that they are more aware of the state of their relationships with others, are able to acknowledge their own communication problems and thus more effectively relate with others." Ultimately, mindfulness is not a special trick or therapy... It is a way of thinking. For more information about mindfulness you can visit www.mindful.org.

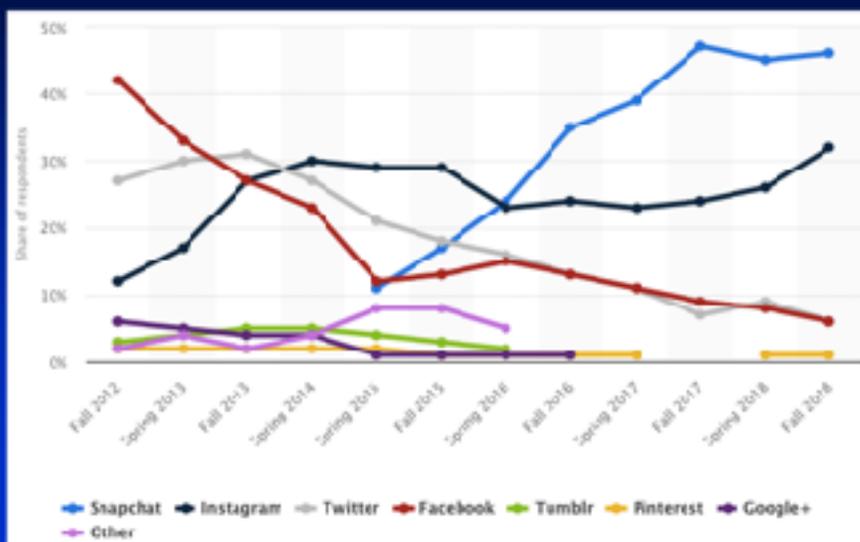
Overcoming Mental Health Challenges in Today's Youth, presented by Ram Chettiar, DO and a child and adolescent psychiatrist at Children's Mercy Kansas City. This workshop focused on the transition into adolescence and the inherent challenges of increasing social, emotional and academic demands. However, today's youth are faced with unique generational challenges, which appear to be contributing to high rates of anxiety, depression and suicide. This workshop reviewed current data on mental health rates in youth (photos below), discussed the impact of smartphones and technology on mental health vulnerabilities, and provided strategies to best address anxiety and depression in our kids. Interesting information learned was the correlation between smartphone usage and teen depression/anxiety. Teens report that they highly value connectedness however, they are feeling lonely. Teens are also not spending as much time with their friends or going out anymore (most likely the reason for the steady statistical decrease in teen pregnancies). They are connected via social media and maintaining relationships electronically more than ever before. This shift began in 2012 when the smartphone industry exploded. It was during this time that this electronic device became more affordable and easier to access. Dr Chettiar recommends that parents do not try to control their children by constantly intruding on their teen's interactions however, they set up regular check ins to monitor their online activity. Technology is advancing and that requires that parents learn about it and remain flexible to learning and understanding the younger generations.

Suicide Rate for Youth in KC, MO



(2007-2016) Death Records, City of Kansas City, Missouri Health Department

Most Popular Social Networks of Teenagers in the US from Fall 2012 to Fall 2018



Source: Statista, 2018

A Generational Story...

<p>Millennials <i>(born 1980-1994)</i></p> <ul style="list-style-type: none"> • Parent: "When will you be home?" <ul style="list-style-type: none"> • Teen: "When do I have to be home?" • Value <u>independence</u> • Remember a time without internet and cell phones • As teens...worked more, went on more dates, spent more time on homework 	<p>iGen <i>(born 1995-2012)</i></p> <ul style="list-style-type: none"> • Tend to go out less frequently <ul style="list-style-type: none"> • Check in with parents every 30 minutes by text • Value <u>connectedness</u> • Do not remember a time without internet • As teens...worked less, went on less dates, spent less time on homework
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Odessa United Methodist Women's Group Presentation

Wednesday March 6th the Executive Director attend the Odessa United Methodist Women's meeting, with board member Laura Scott. The purpose of attending this meeting was to share with the group of ladies about the Children's Services Fund and the purpose it serves in the community. Laura shared about the funded programs throughout 2018 and encouraged the ladies to think of ideas for creating community impact. The Executive Director also shared about the needs of our county children and identified her role for the board. Also, assistance was offered to anyone who needed help filling out applications. Much discussion took place about the needs within Lafayette county and several ladies shared ideas for community impact. Ideas that were discussed were; potty training education through the Baby Grace program, youth homelessness, Odessa's need for a Head Start program, and summer camp programs. Overall, this presentation was very informative and productive.

Looking Forward

This past month the executive director focused on the site visits and sharing information with the community. In response to interested community members, contact was made with the Odessa school district to schedule a showing of the Resilience film. The date for this has been tentatively scheduled for Wednesday May 15th at the Odessa high school auditorium. In addition to the planning of the Resilience Film showing, advertisement and planning for the Bridges out of Poverty workshop will continue to take place collaborative with REACH. The annual audit should begin soon and the executive director will prepare for this as well. Board member Mark assisted the executive director with contacting individuals in Concordia for the possibilities of presenting to groups about the benefits of the Children's Services Funds. It is with hope that these presentations will be scheduled this upcoming month. The executive director also maintained contact with a potential board consultant, Mike Robinson. He is working on creating a presentation for the board, for April's board meeting, and will come with a work plan and budget. Letters of intent are due on March 29th for the agencies interested in funding for the FY 2019-2020.

Dates to Remember:

03/29/2019 – LOI for funding cycle 2 due
03/29/2019 – Invoices are due
04/08/2019 – Executive committee meets
04/09/2019 – HCC General Membership meeting
04/16/2019 – Mental Health board meeting
04/17/2019 – LCCSF board meeting
04/19/2019 – Full RFP'S are due for funding cycle 2

Respectfully submitted,

Tiffany Harbour
Executive Director