Growing Resilient Youth in Central Minnesota

June 20, 2016

Presenters:
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  Youth Frontiers, Minneapolis, MN
Evaluating the Seed Bed: What’s in the Soil?

Service Area for CHI St. Gabriel’s Health

- Morrison County – 32,775 Population (U.S. Census Bureau)

- Major Employers/Industries
  - Camp Ripley
  - Health Care
  - Agriculture
  - County Government/Schools

- Key Characteristics
  - 12th Poorest County in Minnesota
  - High Unemployment
  - Historically Low County Health Rankings and Other Health Measures
  - CHNA Identifies Multiple Issues
Soil Nutrients – Organic Material: Can a Good Crop be Produced?

CHI St. Gabriel’s Health
• Multiple Entities
  ▪ St. Gabriel’s Hospital
  ▪ Family Medical Center
  ▪ Little Falls Orthopedics
  ▪ St. Camillus Place
  ▪ Alverna Apartments
  ▪ CHI Health at Home
  ▪ Patient-Centered Medical Home

• Approximately 30-Member Medical Staff in Six Specialties

• Over 500 Employees (Including Business Partners)
Fertile Soil Characteristics: What We Have That’s Unique

CHI St. Gabriel’s Health Additional Resources

- **Corporate Support – Catholic Health Initiatives**
  - National Health Organization with Over 100 Facilities in 20 States
  - Mission & Ministry Fund
    - Planning Grants
    - Project Grants
      - Violence Prevention Initiative
      - Rx Drug Reduction Initiative
  - Violence Prevention Initiative
Mission & Ministry Fund Violence Prevention Grant

- **Violence Prevention**
  - Started with a Planning Grant (2009)
  - Domestic Violence Chosen as Focus
    - Other Options
    - Overall Goal: Reduce the Impact of Domestic Violence in Morrison County
      - Three Measures
        - Reduce Domestic Assaults
        - Reduce OFPs Issued
        - Reduce PFP Violations
  - 2012 Rural Health Team of the Year
    - Reduction in all Three Measures
Mission & Ministry Fund Violence Prevention Grant

• Domestic Violence Prevention Plan
  ➢ Applying the Spectrum of Prevention Model to Reduce Community Violence
  ➢ Start with the Bottom and Work Up
    - Influencing Policy and Legislation
    - Changing Organizational Practices
    - Fostering Coalitions and Networks
    - Educating Providers
    - Promoting Community Education and Awareness
    - Strengthening Individual Knowledge and Skills
Reducing the Impact of Domestic Violence: Adjusting Our Approach

Grant Focus Adjustments
• Why?
  ➢ Multi-Faceted Approach Recommended
    - EBP Research Presented at VPI Workshop
    - Strategies to Build Resiliency Needed
  ➢ Sustaining Reductions is Challenging
    - Some Numbers Increased Over Time
  ➢ Conscious Effort to Moving More Strategies Upstream
    - ACEs Play a Big Role
    - Challenge is to Avoid Dwelling on the Negative Numbers of ACEs to Focus on Nurturing Youth and Building Resiliency
    - Education/Skill Sets and Tools/Engagement
Grant Adjustments – Pulling Weeds & Fertilizing

- Why Bullying?
  - Links to Domestic Violence: What Does Research Indicate
    - Massachusetts Research Correlation to Bullying
    - Harvard Study/ABC News Story (June 2011) Anti-Bullying Alliance, UW Study - 2006
    - CDC Comprehensive Study on Violence
      *Preventing Multiple Forms of Violence: A Strategic Vision for Connecting the Dots*
    - Youth Resiliency
  - Youth Strategies
    - Photo Voices
    - *The Yellow Dress, Remote Control*
CDC Study – *Understanding the Causes of Violence and Protective Factors (Resiliency) Can Help Better Prevent Community Violence in All Its Forms*

- Key Findings:
  - Victims of one form of violence are likely to experience other forms of violence.
  - People who have been violent in one context (i.e., to their peers) are likely to be violent in another context (partners).
  - The different forms of violence share common consequences that have health effects across people’s lifespans, which may contribute to chronic health problems (cancer, cardiovascular disease, lung disease and diabetes).
  - Different forms of violence share common risk and protective factors.
Factors that Foster Resiliency Against Violence

• Prevention Institute Article
  - What it Means to be Resilient Against Violence?
  - Individual Resilience
  - School and Community Resilience
• CDC Study (aforementioned)
  - Childhood and Youth Strategies Work Best
  - Shared Risk and Protective Factors
  - DVP Strategies
• University of MN Article (2000)
  - Identifying Protective Factors for Youth
Approaching Harvest Time:
What will be the Impact of Local Efforts

Youth Frontiers – Other Community Partners

• Strategy:
  - Conduct Kindness Retreats at Elementary Schools throughout Morrison County
  - Seek Partnerships/Sponsorships Locally
    - Child Protection Team
    - MCICC
    - Service Clubs
    - StandUp4U

• New Strategies
  - Improv Troupe
  - Engage Youth Advocates
  - Social Media Strategies
  - Supporting Youth Recreation/Activities
Evaluating the Violence Prevention Plan

• Measures:
  - Existing Law Enforcement/Court Actions
  - Look for New Measures

• Next Steps
  - Funding after June 30, 2017
  - Using CDC Recommendations to Develop New Strategies
  - Add Additional Community Partners
  - What Will Our Efforts Yield?
VISION

Our vision is to change the way kids treat each other in every hallway, lunch line and classroom of every school in America.
OUR WORK

Retreats for grades 4 through 12

Building positive communities where students thrive socially, emotionally and academically
The Youth Frontiers Kindness Retreat
YF BY THE NUMBERS

9 Retreats
821
124,000
1.7 Million
RETREATS

- High-energy games, music and activities
- Small-groups led by student mentors
- Cognitive readiness & impact
- YF Staff presentations & large-group sharing
BEYOND ONE DAY

90% Retention

Follow-up materials & social media

Youth leadership
IMPACT

Number of Retreats

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Number of Participants

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MORRISON COUNTY

Impact: 9 schools 2 years+ 1,000+
BEST IN CLASS

Financially stable
Beat budget for 11 years in a row
Mission meets an unfilled need
Excellent customer rankings and retention

47% Donor Share
53% School Share
Primary Resources:
Test Plots Are Available


University of Washington and Indiana University Study – Violence in the Home Leads to Higher Rates of Childhood Bullying – Bauer and Herrenkohl, et al, 2006


Harvard School of Public Health – School Bullying Perpetration and Other Childhood Risk Factors as Predictors of Adult Intimate Partner Violence Perpetration, Kalb, et al, Archives of Pediatric and Adolescent Medicine, 2011.


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Questions?

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