



Partners for Healthy Choices (PHC)

A short timeline of its inception, processes and intent.

A who, where, what, when and most importantly, why of the Partners for Healthy Choices!

WHO:

A Who's Who of our Advisory Board:

Ed Longfield-Chair of PHC, Superintendent of MSSD14, father of 2 MSHS students

Chris Burr-Manitou Springs Middle School principal, father of 2 students, MSMS & MSHS

Holly Benight-sophomore at MSHS, currently plays basketball

Natalie Johnson- chair of PHC's strategic planning committee, owner of Black Cat books

Jeff Livesay-Colorado College sociology professor, father of 2 girls who attended MSSD14 schools

Aimee Cox-Manitou Springs City Councilperson, mother of two girls, MSES & MSHS

Martin Thrasher-Judge for Manitou Springs Municipal Courts

Glenn Hard-Principal of MSHS, father of student in MSMS

Justin Armour-student liaison for PHC, alumnus of MSSD14 schools, father of 2 students, MSES

Kathy Stults-educator for last 39 years, currently principal of Griffiths Centers for Children, administrator at TESLA for LOTS of years ;)

Pat Moran-MSSD14 social worker, father of student who attended MSSD14 schools

Maile Gray-originating member of PHC, Director of DriveSmart, mother of 2 students who attended MSSD14 schools, one child is currently at MSHS

Laurie Wood-Director and secretary of PHC, mother of student, MSHS

Tyler Stevens-Mayor of Green Mountain Falls, father of 2 girls, UPE

Donato Santos-sophomore at MSHS, played football

Chris Nason-Pastor for Soul's Church of Manitou Springs, currently a seminary student in Denver

Founding Policy Board

Maile Gray: Parent in district /Director of Drive Smart

David Chorpenning: Parent in district /Director of Everyday Visionary

Tyler Stevens: Parent in district /Green Mountain Falls Mayor

Pat Moran: MSSD 14 Social Worker

Rob Cody: Parent in district /Manitou Springs High School Principal

Lynn Lee: Facilitator for Restorative Justice Council

David Hunting: Pastor of Congregational Church in Manitou Springs

Steve Paterson: Manitou Springs Middle School Principal

Roy Crawford: Superintendent of MSSD14

WHERE:

The communities of Manitou Springs School District 14

Let's be even more specific here: The communities of Manitou Springs School District 14 are:

Cascade

Cedar Heights

Chipita Park

Green Mountain Falls

Manitou Springs

WHAT:

Our Mission: To create opportunities, build relationships, and mobilize community resources to engage youth in making healthy choices. We respect youth as valued members of our community.

This sounds pretty wonderful and daunting at the same time. That is why there is a team of community members who are developing a strategic plan that is taking into consideration the ideas, mission statements of active local groups and dreams of as many of our citizens as possible. This includes: the Community Advocate (Laurie Wood) gathering information by interviewing community groups, sending out a resource assessment survey, doing high school focus groups, presenting at gatherings especially where parents are the focus group and targeting transitional times as important access points for information dissemination. ie. 5th grade parent orientation, high school parent orientation, BAAC meetings, Freshman orientation, Back to School Nights. As well as community outreach to other agencies to partner with such as El Paso County Health Department.

WHEN:

Well, NOW!!! The position of prevention specialist operated on a short-term grant in the first 6 months, then transitioned to a full time position with additional grant funds. By August of 2010, Superintendent Ed Longfield had wrapped district funding around PHC, hired an additional person: Justin Armour, as student liaison. This commitment on behalf of MSSD14 has allowed PHC to push forward on many fronts with an overall emphasis on **CONNECTION** and **RELATIONSHIPS**.

WHY:

Vision: The communities of Manitou Springs School District 14 are unified and supportive of youth and families; youth are making healthy choices that effect their mind, body and actions.

Short PHC Timeline:

June, 2007: Significant concerns regarding student behavior

September, 2007: First meeting

October, 2007: Second meeting (MADD, Pueblo Coalition, CSPD, El Paso County)

November: Julie Reid, OMNI Institute, Regional Prevention Specialist: on our own path to forming a collation

December-April 2008: Vision, Mission, By-laws, work groups

February 2009: Receive \$26,000 grant

February 2009: Agree on key risk factors: early anti-social behavior, family supports needed in our communities, education for children and families-social skills, refusal skills, developmentally appropriate content information needed across the ages

March-June 2009: Resource committee sent out survey and information is being collated. Strategic Prevention Planning Committee met and determined five goals to form basis for action plan. Policy Board authorized the five goals.

August 2009-Ed Longfield welcomed as new superintendent and attends first Policy Board Meeting. Jeff Livesay, Colorado College sociology professor, Chris Burr, MSMS principal also asked to join the Policy Board.

October 2010: Laurie Wood involved with numerous civic and school healthy initiatives. Justin Armour working with school leadership to provide opportunities for individual kids as well as groups such as Rock Climbing Club, Nutrition Club, Dad Corps, Family Connection Dinners.

Community Involvement: Work Groups

Community Board Maintenance: Chair, Maile Gray

- Finalize the Coalition/Community Board's organizational structure
- Establish communication and reporting protocols
- Establish bylaws and operating procedures
- Coordinates fiscal and legal status

- Develop a process for recruiting and educating new Coalition/Community Board members
- Coordinate team-building and recognition activities

Strategic Prevention Planning: Chair, Natalie Johnson

- Identify objectives and actions to meet the three goals identified by the risk assessment team
- Coordinate resources to meet these needs

Risk and Protective Factor Assessment: Past Co-chairs, Rob Cody and Steve Paterson, at present; Laurie Wood

- Collect risk- and protective-factor data
- Analyze the data
- Facilitate the prioritization process
- Facilitate implementation of the youth survey to collect data
- Collect archival data
- Create a list of priority risk and protective factors
- Reassess risk, protection and youth outcomes
- Report accomplishments and findings

Community Outreach and Public Relations: Chair, (empty). Laurie Wood de facto at present

- Maintain contact with stakeholders
- Identify opportunities to educate and involve community members
- Identify opportunities to celebrate success
- Create opportunities for receiving input, promoting benefits and announcing outcomes
- Work with the media
- Develop and maintain a distribution list for the Community Assessment Report
- Develop website and other appropriate social media outlets to disseminate information in a timely manner

Accomplishments/Continuing Projects

Successes:

- Created Prevention position initially funded by Department of Behavioral Health, now funded by MSSD14
- Have 20 partners throughout El Paso County, includes mental health, arts, youth services, faith-based, local business, local higher education professionals, and city government
- PHC has become the point person for prevention activities in the communities served by MSSD14
- PHC coordinated volunteer opportunities for Manitou Springs High School students with the Chamber of Commerce. Over 100 students volunteered their time.
- Town Hall Meeting in April of 2010: Speak Up!
- Supported Leadership Class and instructor in rethinking disciplinary policy for students which resulted in new policies being adopted by BOE
- Received Regional Building grant to support safe After-prom activities
- Awarded a Safe Routes to School Grant as a partner with Manitou Springs City government who is lead on grant to educate youth and families on benefits of walking/biking safely to school
- Trained 10 students to be restorative justice co-facilitators for high school issues and teen municipal court cases
- Received Criminal Justice grant to expand and enhance Restorative Justice program throughout the community
- Eight high school students were asked to present at regional Restorative Justice Symposium on the Nuts and Bolts of doing Restorative Justice in a school setting
- Received funding to conduct comprehensive surveying of our students grades 4-12.

- Received funding in coordination with City of Manitou Springs: Safe Routes to School for the creation of new sidewalks by the middle and high schools, new bridge across a popular walking path to school area and better crossing lane.
- According to our monthly prevention service report from Omni Institute: PHC has had 99 recurring activities serving 714 people and 183 activities serving 9804 people.
- Sent high school coach to Lake Placid for Life of an Athlete four day training which resulted in a mandatory parent meeting at the beginning of the year which had 95% participation, with 100% success with one-on-one follow up.
- Prevention letter sent out last two years to all parents of seniors signed by both mayors, police chief, principal of the high school, superintendent and prevention coordinator to celebrate and remind everyone on safe practices in the season of prom and graduation.
- ABCD (Asset Based Community Development) workshop run by Mike Green attended by key stakeholders in community in June, 2010.
- Enlisted the aid of El Paso County Health Department to evaluate tobacco enforcement in local businesses
- Walk to School Day started in Manitou Springs Elementary School
- DadCorps started in Manitou Springs Elementary School
- Seven applications for medical marijuana dispensaries has resulted in only 2 being approved and the rest being denied.
- Youth Leadership Council forming, an inclusive group of high school students will be mentored and celebrated throughout the year
- Alternative activities developed for high school students, such as rock climbing club and karate, to capture the "nontraditional athlete".
- Walking School Bus program piloted in Manitou Springs Elementary School from 1 neighborhood which ran for a full year, expanding this year into other neighborhoods
- Procured private funding to support alternative activities
- PHC Director asked to sit on Healthier Communities Collaborative
- Received regular media coverage, including print and television
- Established daily contact with all students and building leaders
- Hired a Student Liaison to support all the programming and activities
- Manitou Yoga, Peace Day: PHC fundraiser
- El Paso County Health Department: Manitou Springs TEPP grant awarded
- Walk to School Day, October 1, MSES: approximately 150 students/adults walked to school
- Youth Leadership Council, Breakfast of Champions, 80 + students participated with Justin Armour giving inaugural talk\
- PHC Director sits on Pikes Peak Area Council of Government steering committee on health and wellness
- PHC Director sits on Education subcommittee of HB 1451
- Helped facilitate November Community conversation, over 130 people attended
- Four MSHS teachers, 1 MSMS teacher, 3 district staff trained in N.O.T. tobacco cessation program

New Initiatives in 2010-2011

MSES: Dad Corps, Incredible Years, Judy Harris-1st grade yearlong service project, Family Connection Dinners, request from rest of 1st grade teachers for service learning for the rest of the year

UPE: Family Connection Dinners

MSMS: Rock-Climbing Club, Justin Armour helps Serena Pearson, MSMS counselor with Leadership Class. Laurie Wood will team with Serena Pearson to run 6th grade group for children of divorced/separated parents, karate option for PE

MSHS: Youth Leadership Council, Restorative Justice Teen Co-facilitating Training, Rock-Climbing Club
District and community-wide: Food drive to support needy Families through the holidays in collaboration with Manitou Springs Fire Department, calling all families throughout the school year, Parents Encouraging Parents, Restorative Justice awareness, Suicide Prevention Partnership community programming, Healthy

Communities Collaborative, HB 1451: wraparound services available for students in district, Food Bank and Clothing Bank for district family set up in MSES and MSMS respectfully, PE/Health curriculum adoption support, part of district professional learning community group of counselors/Run and monitor expulsion program for district

Future Projects/On-going Needs

Website development to facilitate access to resources and information

Printed media materials targeting different demographic groups

After-school clubs and activities

Access to mental health services/medical and dental services for families without these resources

Prevention education throughout school and community

Wraparound services integrated throughout district

Daily contact with teachers/counselors when called upon for intervention, prevention, connection concerns

Partners of PHC

Manitou Springs City Council

Green Mountain Falls Board of Governors

Manitou Springs Public Library

Manitou Springs Chamber of Commerce

Black Cat Books

Manitou Springs Arts Academy

Manitou Yoga

TESSA

Cool Science

Concrete Couch

Manitou Springs Restorative Justice Council

The Business of Art Center

El Paso County Health Department

Manitou Springs Education Foundation

Suicide Prevention Partnership

AspenPointe

HB 1451: Wraparound services

Cool Science

Lions Club-Manitou Springs Chapter

City Rock

Interested in knowing more??

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