



McDowell County FACES Newsletter

The FACES of HOPE

June, 2013

facesfrn.com

email: facesfrn@yahoo.com



AVAILABLE WORKSHOPS

Peer Recovery Coach

Where: Raleigh County Board of Education

When: June 7th, 2013

Time: 12:30

Lunch is provided. There is NO registration fee

The Trainer for this event will be: David Sanders Office of Consumer Affairs and Community Outreach Bureau for Behavioral Health & Health Facilities

The Recovery Coach Academy (RCA) is a five-day training opportunity designed for those interested in becoming actively involved in serving as a recovery coach. A Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery.

Recovery Coaches are people who support individuals with behavioral health needs. The training provides participants a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. The training will provide participants tools and resources useful in providing recovery support services and emphasizes the skills needed to link people in re-

covery to needed supports within the community that promote recovery.

The learning objectives include the participant being able to:

1. Describe the roles and functions of a recovery coach;
2. List the components, core values and guiding principles of recovery;
3. Build skills to enhance relationships;
4. Discuss co-occurring disorders and medicated assisted recovery;
5. Describe stages of change and their applications;
6. Address ethical issues;
7. Experience wellness planning;
8. Practice newly acquired skills

This training is funded by a grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention, and the West Virginia Department of Health and Human Resources, Bureau for Behavioral Health and Health Facilities

For more information call: (304) 913 - 4956 or (304) 872- 4707

WVNPA Webinar: The Affordable Health Care Act – Health Coverage and Nonprofits

June 11, 2013

11:00 AM - 12:00 PM

WVNPA Members - No Cost

Non-Members - \$25

(You will be invoiced after registering)

Health Care Reform refers to the Affordable Care Act that Congress passed and the President signed into law in 2010. In June of 2012, the Supreme Court ruled that the law is constitutional. Health care reform makes significant changes to health policy in the United States and requires employers, individuals, and health plans to follow new rules. Nonprofit employers must meet these new requirements or potentially face significant penalties.

Start planning now by attending this one hour webinar with expert Renate Pore about the changes ahead in health care coverage and the impact on nonprofits.

Renate Pore has more than 35 years experience in health policy and currently serves as Health Policy Director for West Virginians for Affordable Health Care.

Keep Your Teen from Getting Bored this Summer by Organizing Their Time



Teens are always on the go in the fast paced setting the school year. Taking a break over the

summer to many teens means slacking off and sleeping in. When a teen goes from this go, go, go pace to nothing, it's okay for a day or two, but then they get bored and parents pay the consequences. A bored teen is an annoying teen or worse, one who finds trouble. The easiest way to stop your teen from getting bored is to schedule out her summer days so that she knows what is going to happen and can pick and choose what she wants to do by learning to make choices.

To start, schedule your entire summer out monthly. Put in your family summer vacation, your teen's camp times and any day trips that have already been set. If you find that there

are big gaps of free weeks, help your teen find things to fill them up. Look for a babysitting opportunity, summer employment, volunteer at a nursing home or look for a week long camp for your teen to attend. Breaking up large blocks of time will help your teen not settle into the routine of sleeping in late everyday, getting up and doing nothing special.

Create a weekly schedule. Write this one out in pencil as it is the schedule that will change the most. Write in opportunities to do things as well as things that are planned. If your teen finds they have the time to do the extras, they will know when these things are happening. For instance, a town pool we belonged to would show movies some evenings. It was fun and the teens would bring popcorn and enjoy themselves. We never scheduled ourselves to go, but it was on the calendar so we could if we had the time and inclination.

Make a daily routine with your teen. Plan things that need to be done like a

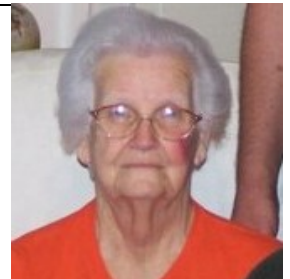
hygiene routine, making her bed and any chores or responsibilities. While these things may seem simple for your teen to remember, having things written down helps keep stress levels low. Be sure to leave some free time, but have a list of suggested activities in case your teen isn't looking for downtime. For instance: reading a magazine, listening to music, writing a letter, summer reading book, swimming, biking, etc. Schedule in television and video game times so that these activities do not take up your teen's free time or encompass her whole day. Create alternate daily routines for camp days, vacation and other special times.

This creative scheduling and time organization will keep your teen from getting bored and give her plenty of free time with some practice at making choices. It will also help her get their responsibilities completed with very little if any stress which is a positive for the whole family.

Try scrapbooking—for memories and fun.

FLAG DAY—JUNE 14

On June 14, 1931 a wonderful individual was given to McDowell County to be celebrated on Flag Day each year. Born in Crumpler, she later moved to War where she has spent 82 years. Married to her one and only love of 58 years, she bore and raised 11 children, never turned a child away from her door and has become a grandmother and great grandmother to 55. When she sees children in need she prays that she was healthy enough to take them in. She says that all children ever need is to know they are loved and as long as they have that they can overcome any obstacle. She was a member of the War PTO, War Women's Club, City Council, wrote for the Welch Daily News, and made many trips to sporting events with her children. She has spent most of her life doing the work of the Lord here on earth. She has always looked for the good in everyone and always said you never know what that person is going through. She suffered a stroke and battled back to regain most of her mobility. At 80, she underwent a triple bypass and later suffered from congestive heart failure, and fell and broke her arm. She has battled back from everything and is very strong with good overall health.



This wonderful woman is my mother, Pat Foster. She has been a loving, kind, generous, and fair mother and I love her with all my heart.

McDOWELL COUNTY 4-H



For almost a 100 years, the West Virginia 4-H camping has been a proven and effective method of teaching youth life skills. 4-H camping teaches youth to make their own decisions, solve problems, and manage their resources without the help of family. Through involvement in the 4-H camping program, youth gain a better appreciation of family members by learning how to become more responsible.

Both residential and day 4-H camping programs have a rich history of providing educational programming to thousands of youth annually through hands-on, experiential learning. The 4-H Program is coordinated through the West Virginia University Extension Service Office in McDowell County.

Three Summer Days camps are scheduled for McDowell. Day camps are programming events in which campers participate in learning activities throughout the day, but do not stay overnight. Summer Day Camps for those from ages 5 - 12 are slated for 10 a.m. – 2 p.m., June 18 – 21 at Panther 4-H Camp; July 16 -19 at the Starland Heights Community Room, Kimball and July 23 – 26 at Bradshaw Town Hall.

Two Residential Camps are scheduled for McDowell County youth. Residential Camps are pro-

gramming events in which campers stay overnight. The residential camps are in combination with Wyoming County, and are held at the Wyoming County 4-H Youth Camp in Glen Fork, WV (near Oceana). Residential Camp for youth 13 -18 is scheduled for July 7 -10. Camp for those from 9 – 12 will be held at Glen Fork, July 11-14. Participants need to call now to register for the day camp or to obtain an application for the residential camp. Transportation is provided for Residential Camps from central locations in McDowell. All cost are covered by the McDowell County 4-H Leaders Association and its funders.

For more information contact:

WVU Extension Service Agent
Donald Reed
at
Donald.Reed@mail.wvu.edu
or
304-436-9006.

Anti-Bullying Summit

Step By Step and Bully-Free West Virginia are excited to announce our third West Virginia Anti-Bullying Summit. We encourage anyone involved in the educational system in some capacity to attend this event. This includes but is not limited to teachers, school counselors, social workers, principals, superintendents, and resource officers.

The specific focus of the summit will be on bullying & prevention across West Virginia. The event will be held at the Chapmanville Middle school in Logan County, on Tuesday June 25th 2013 9:30 am until 4:45 pm. The cost is \$65 per person,

which will include lunch and materials. The Anti-bullying summit is approved for 6 CEU hours for resource officers. Each participant will receive a certificate of attendance. Please submit your registration form with money no later than June 14th 2013. Only checks will be accepted and should be made out to Step By Step with Bully Free WV in the memo line. If you have any further questions, please contact Bully Free West Virginia at :

bullyfreewv@stepbystepwv.org

THE IMPORTANCE OF FATHERS

Fathers Day is June 16, 2013. How important is a father in a child's life. Fathers undergird the very order and structure of the family.

Children with involved Fathers are more confident, better able to deal with frustration, better able to gain independence and their own identity, more likely to mature into compassionate adults, more likely to have a high self-esteem, more sociable, more secure as infants, less likely to show signs of depression, less likely to commit suicide, more empathetic, boys have been shown to be less aggressive and adolescent girls are less likely to engage in sex.

63% of teen suicides come from fatherless homes. That's 5 times the national average. *SOURCE: U.S. Dept of Health*

90% of all runaways and homeless children are from fatherless homes. That's 32 times the national average. 80% of rapists with anger problems come from fatherless homes. *SOURCE: Justice and Behavior*

85% of children with behavioral problems come from fatherless homes. *SOURCE: Center for Disease Control*

71% of all high school dropouts come from fatherless homes. *SOURCE: National Principals Association Report*

75% of all adolescent patients in chemical abuse centers come from fatherless homes. *SOURCE: Rainbow's for all God's Children.* 85% of all youths in prison come from fatherless homes. *SOURCE: U.S. Dept. of Justice*

Daughters of single parents without a Father involved are 53% more likely to marry as teenagers, 711% more likely to have children as teenagers, 164% more likely to have a pre-marital birth and 92% more likely to get divorced themselves.

91% of 701 fathers surveyed by the University of Texas at Austin agreed that there is a "father-absence crisis in America." What were the 4 major obstacles for fathers to



Keep Up The Good Work Dads

overcome? 1) Work demands 2) The media 3) Pop Culture 4) Finances

Researchers of Columbia University found that children living in two-parent households with a poor relationship with their father are 68% more likely to smoke, drink or use drugs compared to all teens in two-parent households. Moreover, teens in single-mother households fared

much worse. They had a 30% higher risk than those in all two-parent households.

"Without two parents, working together as a team, the child has more difficulty learning the combination of empathy, reciprocity, fairness and self-command that people ordinarily take for granted. If the child does not learn this at home, society will have to manage his behavior in some other way. He may have to be rehabilitated, incarcerated, or otherwise restrained. In this case, prisons will substitute for parents." *SOURCE: Morse, Jennifer Roback. "Parents or Prisons." Policy Review, 2003*

Children with Fathers who are involved are 40% less likely to repeat a grade in school. *SOURCE: National Household Education Survey*

Children with Fathers who are involved are 70% less likely to drop out of school. Children with Fathers who are involved are more likely to get A's in school. Children with Fathers who are involved are more likely to enjoy school and engage in extracurricular activities.

Even in high crime neighborhoods, 90% of children from stable 2 parent homes where the Father is involved do not become delinquents. *SOURCE: Development and Psychopathology.*

Adolescent girls raised in a 2 parent home with involved Fathers are significantly less likely to be sexually active than girls raised without involved Fathers. *SOURCE: Journal of Marriage and Family.*

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FACES Meeting: 2nd
Thursday of each month at
noon —open to the public.

HOPE Meeting: 4th
Monday at 10:30 a.m.—
open to the public.

Location: FACES Office

This newsletter
brought to you by
funds from the WV
DHHR.

Help Me Grow

**Please remember
if your agency or
organization is
having any events
over the summer
that is specific to
health and early
development, send
the information to
fac-
esfrn@yahoo.com
so we can have it
posted through
the Help Me Grow
Initiative.**

Change The Future, WV

A recent study conducted by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation showed the County Health Rankings for McDowell County came in last in the rankings at 55 out of 55 while Mercer County ranked 49 out of the state's 55 counties. Almost all of the lowest ranking counties in the state were in southern West Virginia.

The study looked at various statistics, such as rate of residences dying before age 75, high school graduation rates, access to health foods, air pollution, income, as well as rates of obesity, smoking and teen pregnancy.

The study found those living in lowest ranked counties had significantly lower high school graduation rates, more than twice the national level of children living in poverty, fewer grocery stores and farmer's markets, and higher rates of unemployment.

McDowell County ranked 55 in factors such as premature death, socioeconomic factors, and health factors, which include adult smoking, obesity, excessive drinking, teen birth rates, motor vehicle-related death rates and sexually transmitted infections.

Change the Future WV believes that all West Virginians should live in communities that help them be healthy, rather than places that make it difficult to eat well, be active, and maintain overall physical and mental well-being. Important health and economic benefits can be shared by all when communities focus on creating neighborhoods with easy access to healthy food options, opportunities for physical activity, clean air environments and proper preventative health care.

Statistics show a dim present for our children. However, Change the Future WV hopes to make changes that will brighten our future. Program Coordinator, Ginger Day is diligently working to partner with local grocery stores and convenient stores to increase the availability of healthy options. Healthy checkout aisles feature fresh fruits and vegetables along with items to encourage activity and convenience stores receive incentives to carry fresh fruits and healthy options. Farmer's markets are becoming a reality and not just an idea. Working with Change the Future WV Mercer County has recently opened their second Farmer's Market located in Bramwell across from the train depot. The new market will be open this Saturday June 1st and eventually hope to expand in size and increase the number of vendors, making it easier for shoppers to purchase fresh, local produce.

For more information contact Ginger Day at 304-436-5255.

