



**EVENTS**

More details can also be found at [www.gicct.org](http://www.gicct.org)

- March 24**  
Kick Butts Day
- March 30**  
Freemasons C.A.R.E. training
- March 31**  
Arts in Prevention in Montpelier
- April 1**  
Dr David Walsh @ Mount Mansfield High School (See page 2)
- April 6**  
Court Diversion Day in Montpelier
- April 7**  
Fresh Start Smoking Cessation Class
- April 8**  
Resiliency 101 in Rutland
- April 14**  
LEAD Law & Justice Seminar @ Correctional Facility St Albans
- April 14**  
Prevention Day @ the State House Lawn in Montpelier. Page 2 and page 4.
- April 30**  
Parker Palmer @ St Michael's College

**April is Alcohol Awareness Month**



SAVE the DATE  
Saturday, June 12, 2010  
Knight Point State Park, North Hero

**Effective Tobacco Control Program Faces Cuts**

In Governor Douglas' budget proposal announced the last week of January, he suggested a cut to the Health Department's share of Tobacco Control funding by 47%. Vermont has made serious gains since FY 2001 when this highly effective statewide program commenced with some of the most exciting taking place in the past 2 years!

All cessation services, community coalitions, media and evaluation fall under the Health Department's tobacco control budget. The deep cuts that are proposed will have a huge impact on their comprehensive and successful program.

The Coalition for a Tobacco Free VT is

The proposed 47% cut to the Vermont Health Department's tobacco control budget will have a huge impact on their comprehensive and successful program.



VT has cut its youth smoking rate in half from 31% in 1999 to 16% in 2007!

The tobacco control program has saved the VT Medicaid program \$ 4.6 million annually!

**Tobacco Control Funding in Jeopardy**

All cessation services, community coalitions, media and evaluation fall under the Health Department's tobacco control budget.



working hard to make sure this proposal is not put into the budget by legislators. For more information about the status of tobacco control efforts both statewide and locally, contact Amy Brewer at Northwestern Medical Center, 524-1296.

**8 Out of 10 Teens Don't Smoke**

About eight out of ten VT teens, 84 percent, don't use cigarettes, yet many youth believe more teens smoke than really do. The Franklin/Grand Isle Tobacco Coalition (FGITPC) and the Vermont Department of Health are helping to change the misperception that many older teens smoke.

In reality, youth smoking rates have decreased significantly in recent years. And as part of this year's education campaign, local and statewide organizations want tweens (those aged 10-13) to know that like the perception of smoking, "Some Things Just Aren't What They Seem."

The website [www.8outof10.com](http://www.8outof10.com) includes common teen myths,

themed computer wallpaper and a fun "Mix It Up" feature. This section is reminiscent of Health Department television commercials now airing that demonstrate that things aren't always what they seem than first appears.

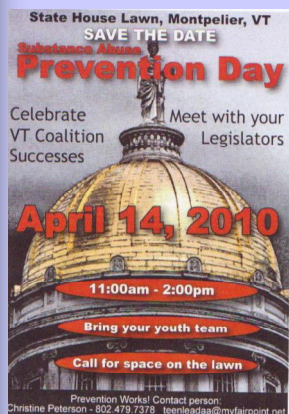
"Our goal is to engage local youth in a conversation about smoking, not to preach to them," said Amy Brewer, Coordinator of the FGITPC. "We know that they're much more likely never to start smoking if we show them in a fun, engaging way that their older peers don't smoke."

"Our intention with the successful "Some Things Just Aren't What They Seem" campaign is to continually correct misperceptions

about smoking rates and bridge the gap between fact and fiction," said Tobacco Control Chief Sheri Lynn. "The number of young Vermonters who smoke has declined sharply and we never want to see misperceptions about smoking gain momentum among young adults."

Vermonters who are interested in learning more about youth smoking prevention work in Vermont can log on to <http://www.healthvermont.gov/prevent/tobacco/youth.aspx>.

The Vermont Tobacco Control Program is funded by payments from the Master Settlement Agreement and the Center for Disease Control and Prevention.



**Welcome to the  
Adolescent Brain**

**Thursday, April 1st  
6:30—8:30 PM**

**Mount Mansfield  
High School  
Auditorium**

**Free!  
All are welcome!!**



A new resource for parents  
[www.parentupvt.org](http://www.parentupvt.org)

## Prevention Day at the State House

This year, April 14 is Prevention Day. Prevention Works!, a coalition of Vermont coalitions, is hosting Prevention Day at the Vermont Statehouse, and you're invited to come along and celebrate VT coalition successes.

see and participate in, and plans are being

made as you read this. In fact, Prevention Works! will be taking over the Statehouse lawn from 11 AM to 2 PM, and the early-spring air will be filled with the sounds of live music in the great outdoors.

Bring your youth team or set up a display.

There will also be opportunities to talk with your local legislators, be part of a press conference, and join in for a massive group photo.

Call Christine Paterson of Prevention Works! For space on the lawn at 802 479-7378 or email at [teenleadaa@myfairpoint](mailto:teenleadaa@myfairpoint)

## Dr. David Walsh in Vermont

Dr. Walsh will be speaking about the adolescent brain at Mount Mansfield High School Auditorium April 1 from 6:30 - 8:30 PM. Blending humor, warmth, scientific substance, and practical advice, he will help parents understand the adolescent brain and why a parent's role is so crucial in a child's development.

Dr. Walsh is the author of nine books, including the national best seller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*. He has appeared on

NBC's *Today Show*, *Good Morning America*, *The CBS Early Show*, *The News Hour with Jim Lehrer*, *Dateline NBC*, ABC's *20/20* and National Public Radio's *All Things Considered* and *Morning Edition*. He has been the recipient of numerous awards including the Council on Family Relations' *Friend of the Family Award*.

For more on issues important to parents, educators and the community on raising successful kids in the 21st century see <http://www.drdauidwalsh.com/blog/>

## State Launches Parent Up Campaign

A statewide media outreach campaign for parents, guardians and community members launched March 1, 2010 to encourage talking to kids about underage drinking. The campaign has two components - one for parents of middle school students and the other for parents of high school students, and is supported by a comprehensive website [www.parentupvt.org](http://www.parentupvt.org) where parents and members of the community can find a wide range of helpful information, including tips on how to connect with kids on this important subject.

Parent Up is an educational campaign of the Vermont Department of Health (VDH), Division of Alcohol and Drug Abuse Programs (ADAP) designed to reduce underage drinking in the state of Vermont.

## Celebrating the Positive in Parenting

Positive parenting may sound like “a nice idea,” but it is also grounded in the scientific study of healthy development. In order for kids to thrive and succeed, research suggests a three-pronged approach for families: a focus on each child, a focus on parenting, and a focus on family strengths.

What’s unique about Search Institute’s approach is that parenting is viewed as a public value, not just a private endeavor.<sup>1</sup>

Through its countless studies, Search Institute has shown that parents cannot “go it alone.” They need encouragement and assistance to parent well. They need friends, extended family, neighbors, and community supports.

When children and teenagers are surrounded by these resources, known as Developmental Assets, they are more likely to grow into caring, responsible adults.

Research on parenting

styles offers three major categories of parenting:

authoritarian (which focuses on rules and strictness), permissive (which may be either neglectful or rich in love, but lax in rules), and authoritative (which is both loving and firm). Parents are most effective when they adopt the loving, firm authoritative style of parenting.

While parents have a role in their child’s development, so do schools, child-care centers,

**Developmental Assets are one valuable way to create a firm and loving balance within a family. Search Institute researchers have found that kids who experience high levels of assets are more likely to have:**

**higher self-esteem**

**more social skills**

**more friends**

**higher achievement in school**

**fewer problems with alcohol, smoking, and teenage sexual activity**

## What Makes a Family Strong?

neighbors, before- and after-school activities, congregations, and communities. Unfortunately many families feel isolated or not well connected to these resources. Being an authoritative parent doesn’t mean you have to figure everything out all by yourself. In fact, connecting with other caring adults will make your family stronger.

In the past, most of the research on families focused on what was wrong with them, rather than what was right. Today, the research field is shifting and beginning to examine what makes a

family strong. Search Institute, along with organizations such as the [Harvard Family Research Project](#) and the [Family Strengthening Policy Center](#), is breaking new ground in the research area of strong families.

The findings of a Search Institute in-depth report on building strong families focused on what those interviewed suggested would strengthen their families. Strong families are part of strong communities, and strong communities typically foster strong families. A family-strength-based approach is powerful.

## What Did Families Say?

1. Families said their “real” neighborhood was vastly different from their “ideal” neighborhood, one where there were safe streets and green spaces for children to play.
2. Informal networks of support were essential for strong families.
3. Having caring, supportive relationships with trusted individuals in schools, places of worship, and health-care institutions were helpful supports for their family.
4. Every neighborhood should have programs and activities for children and youth. The research clearly showed that strong families need strong neighborhoods.

Grand Isle County  
Clean Team  
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SAFE . HEALTHY . COMMUNITY

The Grand Isle County Clean Team is a Substance Abuse Prevention Coalition established in 2005. Its mission is:

**Working to prevent and reduce substance abuse among youth, individuals and families throughout Grand Isle County by connecting our communities and resources.**

The Clean Team is a member of the Youth Transition Team, coordinates activities and events around Red Ribbon Week, Alcohol Awareness Month, the 8th Grade Transition Event, the Big Shabang and is a recipient of the Strategic Prevention Framework and the Drug Free communities grant.

For more information please contact [info@gicct.org](mailto:info@gicct.org)



## School Break Food Drive

The Green Mountain Transit Agency and its partner agency CIDER, in conjunction with the Vermont Campaign to End Childhood Hunger and our local food shelves, are doing a School Break Food Drive. We have targeted three schools in our service area with the highest percentages of children receiving free and reduced price school meals. They are Richford (73 percent), Alburgh (60 percent) and Enosburgh (51 percent). We are asking local agencies to collect food from March 22 to April 9 for distribution to the respective food shelves April 12 to 16. Spring Break is April 19 to 23.

During school breaks children in need either go hungry or their parents skip meals so their children can eat. We are hoping businesses will give food to the children and their families, emphasizing nutritious foods that are ready to eat or easy to prepare, don't require refrigeration and are not perishable. Donations to help the children's families will also be accepted and distributed. GMTA will be picking up donations in Franklin County and CIDER will be picking up donations in the Islands. Both organizations will be using their buses to deliver donations to the respective food shelves. GMTA will be publicizing the event and providing posters and other information for donor agencies. We are hoping to raise public awareness of the hidden hunger that often occurs when children cannot get the nutrition they need at school.

Please contact Andrea Beaderstadt, GMTA Public Outreach Coordinator, with any questions.  
Phone: 802-242-4520 or [abeaderstadt@gmtaride.org](mailto:abeaderstadt@gmtaride.org)