

Five Town CTC Coalition News



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Clay Yeager Speaks at Coalition Meeting

Five Town Communities That Care was pleased to welcome Clay Yeager as the presenter at the October Coalition Meeting. Mr. Yeager shared knowledge gained from his work as a Healthy Youth Development Consultant and the Former Director of the Office of Juvenile Justice and Delinquency Prevention for the Commonwealth of Pennsylvania with a group of 43 Coalition members. Mr. Yeager's presentation focused on the findings of the Community Youth Development Study, a comprehensive five-year study designed to evaluate the effectiveness of the Communities That Care model of intervention.

Mr. Yeager pointed out that the evidence clearly demonstrated that the Communities That Care model is effective in reducing crime, delinquency, and drug abuse; improving outcomes in individuals, families, school, and communities; improving public safety; reducing recidivism, placements, and later incarceration; and significantly reducing costs.

Yeager advised the group that the public is ready for a change. Recent public polls have revealed that the public desires changes in public spending which make it more strategic and effective. To illustrate this

point, Yeager told the group that The John D. and Catherine T. MacArthur Foundation Public Opinion Polling results of September 2007 revealed that eight out of ten favor reallocation state money from incarceration to programs that provide help and skills to vulnerable youth; and the public is willing to pay nearly 20% more in additional taxes annually for rehabilitative services to serious juvenile offenders versus longer periods of incarceration.

Information shared regarding cost savings was astounding. For example, Yeager shared the high price of doing nothing: we realize a \$1.7 to 2.3 million taxpayer savings to keep ONE high risk youth in school and drug free. (Mark Cohen et. al. Vanderbilt University, 1999). Mr. Yeager compared the cost of incarceration to the cost of prevention. Once again, the differences were dramatic. The annual cost to incarcerate 6 individuals is \$860,670. The same dollars, spent on any one of a number of proven effective programs could provide: multidimensional treatment foster care for 45 youths; enrollment of 86 families for three years in the Nurse and Family Partnership program; teaching the
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Got Outcomes? We do!

- Community Levels of Risk Down
- Community Levels of Protection Up
- Youth Delinquency Reduced
- Youth Drug Use Trending Down

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You Can Help Us Make A
Difference!

Go to our website www.fivetownctc.org
and click on "Participate" and
then "Donate"

It's Fast, Easy, Secure, and Tax-
Deductible!

*With your help we can continue to
provide all programming at no cost to
participants!*

Did you know.....

Did you know that only 1/3 as many kids in the 8th grade in our community are reporting having used marijuana since Five Town Communities That Care began programming in 2004? (Data is from the Maine Youth Drug and Alcohol Use Survey).

This is especially good news since potency rates for marijuana have risen markedly...the average potency (THC content) of marijuana seizures in the US increased by 23% between 2004 and 2007. (It is up 151% since 1983!) This increased potency is what is believed to have led to a sharp increase in the number of individuals displaying symptoms of addiction to marijuana.

To learn more, download the Marijuana Sourcebook, which was produced by the Office of National Drug Control Policy at http://www.ncjrs.gov/ondcppubs/publications/pdf/Marijuana_2008.pdf or contact Five Town Communities That Care (www.fivetownctc.org) at 207-236-9800 or info@fivetownctc.org.

Did you know

73% of this year's
7th graders
have participated in
STAR?

CTC Director Guest at National Academy of Science

Five Town Communities That Care Director Dalene Dutton traveled to Washington, D.C. after accepting an invitation from the National Research Council / Institutes of Medicine to speak at an event at the National Academy of Science on Wednesday, March 25. The event marked the public dissemination of an important national report, entitled "Preventing Mental, Emotional and Behavioral Disorders Among Young People: Progress and Possibilities" which was released in draft form on February 13th of this year.

The report is the result of a 2-year study, sponsored by the Substance Abuse and Mental Health Services Administration, the National Institute of Mental Health, the National Institute on Drug Abuse, and the National Institute on Alcohol Abuse and Alcoholism. It highlights key advances in prevention research over the last 15 years and defines a policy and research agenda for the future.

The report calls for the establishment of new national priorities that emphasize the prevention of mental, emotional, and behavioral disorders and promotion of mental

health as a national priority; the infusion of evidence-based interventions in a range of family, school and community settings; and the expansion of the existing research base. The report examines definitions of prevention; the developmental, epidemiologic, and ecological bases for developing and testing preventive interventions; and progress made from rigorous experiments across the life span and different social settings. It also outlines advances in genetics and neuroscience, and implementation science, which offer new opportunities for conducting prevention research and expanding prevention programs within community, social service, and institutional settings.

This invitation came as a result of the success of the Five Town Community's use of the Communities That Care system and its implementation of evidence-based programs to reduce risks and increase protective factors, leading to better outcomes for area youth. At the event, Ms. Dutton shared information with national prevention leaders and researchers interested in the Maine CTC effort. •



Dutton was asked to share local successes with the Communities That Care (CTC) system, and to answer questions about using the comprehensive, data-driven approach to promote healthy youth development in a relatively small community.

Clay Yeager Speaks at Coalition Meeting (cont. from page 1)

curriculum of The Incredible Years to 268 families; matching of 860 high risk children in the Big Brothers Big Sisters program; training 4,303 school buildings in OLWEUS Bullying Prevention program; teaching social and emotional regulation to 28,689 elementary school students via P.A.T.H.S.; or teaching 122,952 students peer resistance and conflict resolution skills using Life Skills Training.

Yeager shared data for the state of Maine taken from the Pew Charitable Trust Annual Report. As of 2007, Maine had 1 in 81 adults under correctional supervision. The number in 1982 was 1 in 187. The total corrections populations (probation, parole, prison) has risen from 5,000 in 1982 to 12,852 in 2007. The 2007 Annual General Fund Expenditure for correctional supervision in the state of Maine in 2007 was \$153,000 which represents 4.9% of the General Fund budget.

Yeager listed the many benefits of CTC and tested and effective programs. Among those

benefits are: stronger and more consistent positive outcomes; decreased tax burden for criminal offenses; reduced recidivism and enhanced community protection; improved well-being of children, families, schools, and communities; improved academic achievement, including higher graduation and post education rates; and significant cost savings to taxpayers.



Clay Yeager

Yeager closed his presentation with the thought that Five Town Communities That Care is part of a "bold new action" and a quote from President-elect Barack Obama, December 15, 2008, "...my administration will value science. We will make decisions based on the facts, and we understand that facts demand bold action..."

Mr. Yeager has generously provided Five Town CTC with his powerpoint presentation along with permission to share with interested parties. •

STAR Honors

Five Town CTC is pleased to announce that its STAR after-school program was honored with an honorable mention for Exemplary After School Program at the annual Lights On After School event sponsored by the Maine After School Network in Portland today.

Richard Strong, the Vice Chair of the Five Town CTC Board of Directors accepted the award on behalf of the organization.

For more information about the Maine After School Network, visit http://www.maineafterschool.net/ASN/asn_index.html.

For more information about the STAR Program or Five Town Communities That Care, visit www.fivetownctc.org or call 207-236-9800. •



Photo by Amy Wilton

More great news about the S.T.A.R. (Skills Training And Recognition) after-school program! Five Town Communities That Care is honored to announce that at the Camden-Rockport-Lincolnville Chamber of Commerce 69th Annual Awards and Recognition Dinner STAR received the Education Award. This award is presented to an individual or organization demonstrating excellence in education. Executive Director Dalene Dutton and Board Chair Peter Russell accepted that award on behalf of the organization. We are very proud of our great staff and dedicated volunteers who make this great program possible. •

Did you know

To date, the STAR program has served the following percentages of each of these future graduation classes of Camden Hills Regional High School AT LEAST once (many for multiple cycles)!

2010: 12%
 2011: 31%
 2012: 45%
 2013: 48%
 2014: 35%
 2015: 79%
 2016: 50%
 2017: 36%



Five Town CTC Welcomes New STAR Coordinator

Five Town Communities That Care is pleased to welcome Tug Kellough to its staff. Tug was recently selected from a field of well qualified applicants to fill the position of STAR Coordinator. STAR (Skills Training and Recognition) is an after school program for students in grades 5–8 in Appleton, Camden, Hope, Lincolnville, and Rockport.

The STAR program focuses on skill development, recognizing youth as they learn these skills, and connecting youth with opportunities in the larger community. Tug will oversee all aspects of the program.

Tug brings a wealth of experience to Five Town Communities That Care. He has worked with Hank Lunn's Connections program, a program which serves Knox County families of 8 to 10 year olds. The Connections program fosters relationships between children and significant adults in the family unit and teaches good decision making.

Tug has worked for 5 years as a middle school teacher in local schools. Additionally he has worked with the CHRHS Zenith alternative education program to help set up protocols and curriculum with an emphasis on bringing the community back

into the schools.

The mission of Five Town Communities That Care is to promote healthy youth development and to prevent problem adolescent behaviors such as substance abuse, suicide, violence, delinquency, school drop-out, and teen pregnancy in the five town community of Appleton, Camden, Lincolnville, Hope, and Rockport.

Five Town Communities That Care also seeks to foster increased collaboration and cooperation in the community in order to best serve the needs of its youth. For more information about the organization visit www.fivetownctc.org. •



Vicki Hamlin Bids Farewell

I would like to take this opportunity to say farewell to my colleagues at CTC, as well as the students and families I have had the honor of serving in my time here as STAR Program Coordinator.

I have been continually impressed and inspired by the myriad of people who work tirelessly for the mission of the organization – the healthy

development of the youth in the five town area.

Thank you for welcoming me, working with me, and now wishing me well as I move on to other endeavors. I appreciate having been a part of this program. •

-Vicki Hamlin
 Former STAR Coordinator

Guiding Good Choices Reaches Milestone

The end of May 2009 marked a milestone for Five Town Communities That Care's parent workshop series Guiding Good Choices. As of that date, one hundred local parents had participated in the program.

Guiding Good Choices seeks to promote healthy youth development and to prevent teen alcohol, tobacco and other drug use by helping parents gain skills to: build family bonds; establish and reinforce clear and consistent guidelines and expectations for behavior; teach children skills to resist peer influence; improve family management practice; and reduce family conflict.

GGC is a free, five-part series that is nationally recognized for its effectiveness in helping parents influence their children to make healthy choices. In research studies the program has been shown to improve parenting skills and the quality of parent-child interactions, to reduce adolescent substance abuse, to reduce adolescent depressive symptoms, and to reduce rates of self-harm by teens. In these studies, children of participants showed 40% lower rates of alcohol and marijuana use, 54% less progression to more serious substance abuse, a 26% greater

likelihood of remaining drug free if they weren't already using drugs, 38% lower rates of self-harm, and 28% fewer feelings of 'worthlessness.'

For local mom Lisa Ettinger the strength of GGC is that "they made it clear that there is more than one way to parent. You develop guidelines that work for YOUR family, and then they give you the tools to open up or strengthen communication." Bruce Laycock shared, "The program offered varied ways of handling difficult situations. It gave different approaches to get kids more 'plugged in' to the family structure."

Past participant Cheryl Cassidy shared, "The best thing about the course was getting together with other parents going through this challenging period with their kids. The whole issue feels a little more manageable now. I strongly encourage all parents to give this a try. It is well worth the commitment of time for both parents and children." •

Director Honored With Prevention Award

Five Town Communities That Care Executive Director Dalene Dutton was recently honored with the Maine Alliance to Prevent Substance Abuse 2009 Prevention Award. MAPSA Coordinator Melissa Boyd presented the award to Ms. Dutton at the opening of the *Powerful Prevention For Maine* conference held in Bangor on November 6, 2009.

The award is given to an individual who has demonstrated

active support for Maine's substance abuse addictions initiatives in prevention, treatment and/or recovery support; demonstrated active advocacy for appropriate resource allocation for the continuum of substance abuse and addictions; has a comprehensive perspective on the impact of substance abuse and addictions in Maine; and demonstrates energy and a vision for resolution of the problem.



FTCTC Focus of National Virtual Town Meeting

Five Towns Communities That Care (CTC) was the focus of a national virtual town meeting hosted by the National Institute on Drug Abuse (NIDA) on Wednesday, September 9, to showcase effective science-based approaches to drug abuse prevention.

The NIDA town hall broadcast originated from the National Press Club in Washington, D.C., with satellite participation from the Camden Opera House, where dozens of people who have participated in the Five Town CTC program were on hand to discuss their success with the CTC prevention model.

Drug czar Gil Kerlikowske, Director of the Office of National Drug Control Policy, and Nora Volkow, Director of the National Institute on Drug Abuse, and other officials involved in substance abuse prevention led the meeting from the press club site in D.C.

The meeting was held to bring attention to results of a study by the University of Washington that documents the success of CTC efforts across the nation. The four-year study followed 4,407 fifth graders in 24 communities in Maine, Colorado, Illinois, Kansas, Oregon, Utah and Washington. Communities taking part in the CTC program were compared to

those not in the program. The study's data showed that fifth grade students in the CTC program were 32 percent less likely to begin using alcohol, 33 percent less likely to start smoking and 25 percent less likely to exhibit delinquent behavior.

Dalene Dutton, director of the Five Town CTC program, said that local figures support the national results. "We have local data from the Maine Youth Drug and Alcohol Use Survey," she explained. "Based on that, marijuana use among 8th graders dropped from 16 percent in 2004 to 5 percent in 2008, a 66 percent decrease. The report is a wonderful validation of the results we have been getting locally." Other local stats highlighted from the same period include: inhalant abuse [sniffing glue and other chemicals] among 8th grade students dropped from 18 percent to 15 percent, the use of alcohol among the same age group dropped from 46 percent to 33, and binge drinking declined by 66 percent. •

Five Town CTC

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We're on the Web!

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www.fivetownctc.org

Anonymous Donor Offers New Challenge Grant

Five Town Communities That Care is excited to announce that the organization has been offered another challenge grant. The anonymous donor involved in this challenge is a new benefactor for FTCTC and has offered to match up to \$10,000 in funds raised between now and the end of the year!

Five Town Communities That Care continues to work on its largest funding drive since being formed in 2003. The goal is to raise enough monies to fund a new operating capital and contingency fund in addition to monies for FTCTC's award-winning programs, training, and community education.

This is the second challenge grant offered to the CTC group this year. In August Ms. Doris

Buffett challenged its Board of Directors to raise \$25,000 by mid-October in order to receive a \$25,000 match from her Sunshine Foundation. The challenge was met, and with it Five Town Communities That Care was more than half-way to reaching its goal of raising \$100,000 before year's end.

To make a donation that will go towards this challenge grant, simply go to the Five Town Communities That Care website and choose "Get Involved" and then "donate." All contributions are tax deductible.

For more information, contact Dalene Dutton at (207) 236-9800 or by emailing dalene@fivetownctc.org.

About Our Organization

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