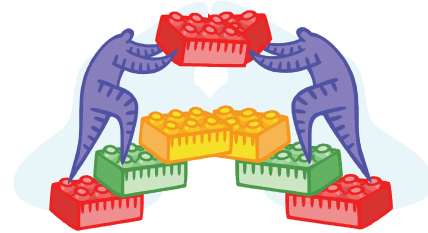


Winter
2011▶ RECONNECTING
FAMILIES..... 3▶ SCHOOL-BASED
HEALTH CENTERS..... 4▶ FAMILY VOLUNTEER
FAIR 6

Together for children

THE WASHINGTON COUNTY
COMMISSION ON CHILDREN
AND FAMILIES

Working Together



Families must have their basic needs met before they can work toward setting and reaching educational and economic goals. A hungry or homeless child will not be able to succeed in school, and a family without access to health care is vulnerable to financial ruin. Now more than ever Washington County needs a strong safety net. Individuals who have never before needed assistance are facing unemployment, hunger and eviction.

- ◆ Emergency food box distribution in Oregon showed a 2% increase on average for 2009-2010. Washington County however had a 24% increase. [Oregon Food Bank Network]
- ◆ Housing costs in Washington County are among the highest in Oregon. Housing is considered unaffordable if it costs more than one-third of the household's monthly income. A family needs an annual income of \$30,280 to afford an average two-bedroom rental unit in Washington County. The 2009 minimum wage in Oregon is \$8.40 an hour, or \$17,472 annually. [Community Action]
- ◆ In spite of the fact that Washington County has one of the highest per capita income rates in the state, the proportion of people living in poverty has increased and is growing at a faster rate than in other urban counties in Oregon. [Community Action]
- ◆ About 90,000 individuals in Washington County are uninsured and about 35,000 more are on the Oregon Health Plan. [Virginia Garcia Memorial Health Center]

The large number of local families affected by our current economic crisis validates the Commission's emerging focus on developing and supporting programs such as family resource centers and school-based health centers, which directly provide access to basic needs.

With the help of community partners and concerned individuals, the Commission on Children and Families will respond to the current crisis with renewed efforts to ensure the success of our mission: working together to promote the wellness of our children, youth and families.

Advocacy

Needed

With Oregon's projected budget deficit of 3.5 billion dollars in 2011-2013, and the certainty that there will not be enough federal funds to fix the shortfall, our legislators are being forced to make tough choices. As they decide which programs should be saved and which eliminated, one of the budgets they will be taking a close look at is that of the Oregon Commission on Children and Families (OCCF).

In 1993, recognizing the need for a community-based system where government, service providers, communities and individuals could work together to support families, and address the issues relevant to them and their communities, the Legislature created the OCCF.



With a local commission in each of the 36 Oregon counties, local commissions reach out and involve citizens in making decisions and evaluating results for their own communities. This cooperation has led to a timely response to needs, as well as a reduction in costly duplication of effort. The large amount of donated volunteer hours has also helped to maximize the impact of limited state dollars.

One extraordinary feature of the local CCFs is their ability to bring dollars into counties for critical services identified by their communities. In the past five years, the Washington County CCF brought in 18 million dollars in funding through federal, state and private grants, to support such services as early childhood mental health, school-based health centers, school and mental health integration, parenting education, etc.

Another of the system's strengths is its ability to shift focus and resources in response to emerging issues in our community. For instance, with an awareness of the difficult economic realities facing local families, the Washington County CCF is focused on assisting families who are struggling to provide basic necessities for their children. Some of the vital services currently being supported include:



FAMILY RESOURCE CENTERS (FRCs)

The six FRCs developed by the WCCCF help families in all seven school districts access critical basic needs such as; food, clothing, shelter, and information and referral services. Residents and community partners contributed an additional two dollars and ten cents for every one dollar invested by the WCCCF, in cash, in-kind donations, and volunteer hours, totaling nearly \$500,000.

Impact: In 2009-10 18,521 Washington County residents received assistance. We estimate that in 2010-11 over 20,000 residents will receive assistance from the six FRCs.

ACCESS TO HEALTH CARE

The Washington County CCF, in 2006, brought together community based health and mental health care providers, the seven school districts and regional Education Service District, the four hospital systems, County Public Health and Mental Health, universities and other community partners, to organize the Washington County School Based Health

Center (SBHC) Initiative. To date the initiative has secured over 3 million in funding and in-kind donations to establish new school-based health centers.

Impact: Two new SBHCs have been opened, one at Tigard High School and one in Forest Grove and two more are being developed in Beaverton and Hillsboro high schools. In 2009-10, the Tigard SBHC provided 1,584 primary care visits, Forest Grove SBHC provided 879.

INSURANCE FOR KIDS

The Washington County CCF organized a Healthy Kids Outreach and Enrollment Network to assist hard-to-reach families with applications for publicly funded health insurance for uninsured children.

Impact: To date, outreach workers stationed at six FRCs have helped families complete applications for nearly 2,000 uninsured children and youth in Washington County.



SUMMER FOOD

Every summer since 2005, the Washington County CCF has brought together school districts, parks and recreation agencies, numerous churches and other community funders, partners and volunteers to coordinate and enhance the distribution of free breakfasts and lunches for children and youth at Summer Food sites in schools, parks and housing complexes throughout Washington County.

Impact: In 2009, the WCCCF helped coordinate distribution of 220,017 meals to a daily average of 6,667 children and youth at 45 Summer Food sites. For summer 2010, we estimate that over 250,000 meals were provided at 52 Summer Food sites by more than 13,000 volunteer hours.

A significant reduction to funding for CCF services will negatively impact the quality of health and life for children and families of Washington County and endanger the wellness of kids. As a citizen of Washington County you are in a unique position to reach your legislators and serve as an advocate. By sending your legislators articles, clippings, and other information, you will help keep them up to date on the achievements of the Washington County CCF, and how that work has impacted both your family and your neighbors.



Reconnecting Families

The Reconnecting Children with Families program (RCWF) for Washington County is underway!

Nicole Gulick and Sarah Kopplin, RCWF Coordinators, have been working out of the Child Welfare branches in Hillsboro and, since 2009, Beaverton.

In the first year they provided services for 44 foster children and along with the help of student interns and volunteers identified 1,171 family members. Of those, 250 have been contacted and made aware that they have a relative in the foster care system. 113 of those family members have become actively involved with the child's planning team.

This "reconnection" has led to foster youth being invited to attend family reunions, birthday parties, and other family gatherings and, in at least three cases, led to the placement of a child with a family member.

Toiletries Drive

A recent toiletries drive, in which Health and Human Services competed with the Juvenile Department to see who could bring in the most hygiene products was declared a tie, with families the real winner.

Several barrels of supplies including, soap, toothpaste, deodorant, laundry detergent, dish detergent, toilet tissue, feminine hygiene products, and other non food stamp items were collected.

All items were divided among Washington County's Family Resource Centers.



Washington County School-Based Health Centers



Over the past few years the CCF has provided leadership and staffing to a broad based collaboration focused on improving the health of children and youth in Washington County. The Commission and its partners formally organized the Washington County School-Based Health Center (SBHC) initiative in 2006.

When the initiative began there was only one SBHC in the county. Located at an alternative school, this SBHC was accessible to less than 100 of the 83,000 plus students in Washington County.

As a result of the SBHC initiative a new center opened at Tigard High School in the spring of 2008, and one at Forest Grove High School in the Winter of 2009. SBHCs for Beaverton and Hillsboro are in development.

Medical partner Virginia Garcia Memorial Health Center recently released their 2010 report, which contained the following about the Tigard and Forest Grove SBHCs.

Tigard School-Based Health Center



The school-based health center (SBHC) at Tigard High School saw a 21% increase in the number of students visiting last year. The biggest difference, according to the clinic manager Margaret Stochosky, was the Safe Schools grant program administered by the Tigard School District. The grant provided marketing materials and support to introduce the SBHC to the community.

“We were able to use the Tigard-Tualatin School District Family Resource Center to publicize the clinic, and in turn, we were invited to School District and community events,” said Stochosky. “The collaboration really paid off. It helped people in the community to get connected to one another and introduced people to Virginia Garcia for their health care.” As part of the Safe Schools grant, the LifeWorks Northwest SBHC counselor received alcohol counseling certification to augment the mental health counseling the clinic offers.

The SBHC also benefited from the Healthy Kids Outreach program where outreach workers follow up on students who are uninsured to see if they are eligible for the Oregon Health Plan (OHP). The Tigard SBHC saw a 40% increase in OHP members. “Our second year of operations was much smoother,” said Stochosky, “and we’re getting closer and closer to sustainability.”

Forest Grove School-Based Health Center



Forest Grove Youth Advisory Council Members at the front doors of the Center

During the 2009-10 school year the Forest Grove School Based Health Center (SBHC) served more than 500 students and had more than 800 primary care visits. The health center has big plans for the upcoming school year.

“With our first year behind us, we know just what we need to do to make this coming year a success,” said clinic manager, Sue Bisgyer. “We will be providing diagnostic, medical and behavioral management to students with ADD/ADHD,” said Bisgyer. “I think there is enormous need for these services and I have spent time this summer preparing for the services we plan to offer.”

Physician assistant, Larrisa Whelan-Garfias will return from maternity leave to provide nutrition education and lead a weight management program. “This year, we had a student who had a tearful first visit after a discussion about being overweight. By his second visit, he had stopped drinking soda, cut down his portion sizes and had lost 14 pounds. Most importantly he was feeling great about himself and the choices he was making.”

One third of patients who visited the Forest Grove SHBC last year were privately insured and about one quarter were insured under the Oregon Health Plan (OHP). The SBHC target for OHP insured patients is 50% and the target for privately insured patients is 10%. “We exceeded our goal for privately insured patients by quite a lot,” said Bisgyer.

Both SBHCs are planning to continue outreach efforts to families eligible for OHP and other insurance plans. The Forest Grove SBHC will offer flat fee sports physicals to students in the Forest Grove, Gaston and Banks School Districts.

HOT OFF THE PRESS

As Andy Warhol once said, “...everyone will be famous for 15 minutes.” We are happy to report that in 2010 the press made sure the Commission on Children and Families had our 15 minutes...and then some.

Volunteer fair helps kids make a difference

by Kathy Fuller Hillsboro Argus—2010

Many hands make light work. And last Friday at Lincoln Street Elementary School in Hillsboro, many small hands were busy working on projects to benefit others.

Friday’s Volunteer Fair, sponsored by the Washington County Commission on Children and Families and Hands On Greater Portland, was designed to let people — especially young children — help their neighbors.

“This provides an opportunity to sample ways to give back to the community,” said Diana Stotz, a program coordinator with Washington County Commission on Children and Families. “Families want to help, she said, “but often don’t know how to get involved.”

That’s where the quarterly Volunteer Fairs come in. The commission and its many partners come together to provide simple volunteer projects that

families with children can do. One table on Friday was set up so children could make “Love Letters” for seniors. Those handmade from-the-heart cards will be distributed to brighten the day of seniors who get meals through Loaves and Fishes.

At another table, a group of moms and children from Adelante Mujeres and Adelante Chicas were preparing felt finger puppets for later use by children in the Head Start early childhood program.

“Parents love it,” said program coordinator Betty Merritt. “It’s a great way to show kids how to care for others.”

Hands on Greater Portland is a nonprofit that connects volunteers in Washington and Multnomah counties with projects that fit their schedule



and interests.

For more information about Hands on Greater Portland, see www.handsonportland.org. The website lists volunteer opportunities available all around the Portland area by day, interests and target ages of the volunteers.

For more on Washington County Commission on Children and Families see www.co.washington.or.us/hhs/ccf.

From past Volunteer Fair Attendees

“We really enjoyed the opportunity to volunteer and look forward to doing more of it!” -Abby

“Loved it—very organized—very family friendly.” -Sandy

“It was a good toe-in-the-water experience.” -Carol

“It was our first volunteer project and my kids and I enjoyed it.” -Janice

“It was a good experience for me, the people that showed up were nice and everything like the projects were great.” -Emanuel

There is a free lunch (and breakfast) for kids this summer

by Corinna Crocker The Forest Grove Times—2010

A nutritious lunch isn't much farther than a couple blocks away for hundreds of kids in Washington County.



The Summer Food Program, a federally-funded program that provides free lunches to students, is now entering its fourth year.

It started back up for the summer Monday morning.

The program keeps kids from being hungry during the summer. The kids can do activities, exercise, receive a nutritious meal and get some adult attention," said program coordinator Betty Merritt.

Local schools—where more than 51 percent of students qualify for free or reduced-price lunch—have summer food locations set up every day with volunteers handing out meals. Every student under the age of 18 in the area qualifies for a free lunch and breakfast.

Most meal times are around noon, when kids receive a well-balanced sack lunch. Diana Stotz, senior program coordinator, said the lunches include sandwiches, fruit, vegetables and milk.

During the current recession, demand is up for the program. This summer, program leaders expect to hand out about 250,000 meals, up from 100,000 meals when the program started in the county in 2006, said Pro-

gram Coordinator Betty Merritt.

"We are trying to bridge the gap for students that rely on free and reduced lunches," she noted. This year the number of sites is up to 52 in Washington County, more than double the 25 sites in 2006.

Children and teens in the area are able to walk to the sites with several locations in each school district.

There are six locations in Forest Grove, including Joseph Gale Elementary School, Lincoln Park, Rose Grove Park, Tom McCall Upper Elementary School and Hatleman Park. Forest Grove High School is offering breakfast only.

Lunches are also provided at sites in Hillsboro, seven in Tigard/Tualatin and 28 in the Beaverton School District.

"The program's goal is to feed young people that need assistance. It is also a fun and engaging place for kids to go," Stotz said.

Healthy Kids Program

by Roger Gregory, The Oregonian—2010

Children of low-income Washington County families are eligible for enrollment in the state's Healthy Kids plan.

The plan allows no-cost, comprehensive coverage for children in families with income below \$44,000 per year, and premiums that average \$50 per month for two children in families of four whose annual income is between \$44,000 and \$66,000. Coverage is extended through the child's 19th birthday.

The plan is an extension of Oregon's Health Plan, with more options

for more families, said county social worker Alina Maldonado. "The coverage is very good," said Maldonado. "Medical, dental and vision care are included, so are prescriptions and medical equipment. It also includes regular checkups and preventive care and mental health and chemical dependency services."

The program is funded in Washington County by three different grants: a Targeted Outreach Grant from the Oregon Department of Human Services awarded in February to the Washington County Commission on Children

and Families. The commission is also administering two similar grants for the Beaverton School District and the Oregon School Based Health Care Network.

With the assistance of outreach workers, families in the county have completed applications for more than 600 children and youth. The outreach workers were hired with funding from the three grants.

For more about Healthy Kids and how it works in Washington County, call the county commission at 503-846-4539.

All Babies Deserve a “Healthy Start”



Healthy Start was established by the legislature in 1993 to assist families in giving their new born children a “healthy start” in life.

Healthy Start seeks to connect with every family giving birth to their first child to offer resources, with more than 300 receiving intensive home visiting services.

While it costs approximately \$3000 a year for each family served with intensive home visiting, this investment is far less than the cost to society of incarceration later in life, poor achievement in school, or involvement with the Child Welfare system.

Fight Crime: Invest in Kids, an anti-crime organization, estimates that in Oregon alone, child abuse and neglect contributes to the creation of almost 400 new criminals each year. Further, the victims are two and a half times more likely than others to attempt suicide.

The tragedy is that most child abuse and neglect can be prevented and Healthy Start can help. Research shows that Healthy Start reduces parenting related stress, leads to better access to health care, promotes child literacy and, for those involved in the program’s intensive home visits, cuts the rate of child abuse in half.

In the November 25, 2010 issue of the *Beaverton Times* an article by Kristen Forbes looked at Healthy Start from the perspectives of Devenie Harris, an intern from Pacific University and Annalise Johnson, an AmeriCorps volunteer. Getting the word out about the program is important, according to Ms. Harris.

“I wish people knew this resource was here. I think a lot of people don’t know about all of the benefits that are available to them, and all the resources and education that are pretty much at their fingertips.”

Johnson adds, “It’s not specific for a certain population. Anyone who is a first time parent can benefit. There are play groups and socialization and other resources available. The program is free. All the services are free. It can never hurt for anyone to just call or email to figure out if they qualify.”

For more information on local Healthy Start services and for contact information go to www.co.washington.or.us/HHS/Services/NewParentNetwork or call the CCF office at 503-846-4539.

Please visit the Washington County Commission on Children and Families (WCCCF) website at <http://www.co.washington.or.us/hhs/ccf> !

Here you will find a comprehensive plan and community snapshots of Banks, Beaverton, Forest Grove, Hillsboro, Sherwood, Tigard, Tualatin.

You will also find links to ways you can help and how you can find help.

There are also resources for families, including a parenting class calendar and activity guide, resources for providers, that includes reports and invoice examples, and much more.



Community Schools

The Washington County CCFs Community Schools Action Team presented Quatama Elementary and Five Oaks Elementary with banners recognizing them as Community Schools. The Team based their recommendations on responses to a recent survey distributed to local schools.

A Community School is a neighborhood hub. It addresses barriers to learning through:

- Enhanced and extended day/summer programming
- Family support programs
- Community resources in the school

Other schools have been identified, and will receive banners in the near future. The Action Team is seeking sustainable funding for a community schools initiative to support further efforts to develop community school sites.



New Work Study Student: Chase Girvin

My name is Chase Girvin and I am graduate student at Pacific University in the counseling psychology program. I am a work study student with the Commission and I also volunteer with LifeWorks NW where my focus is on helping older adults with mental health issues.

I recently moved here after eight years in New York City, mostly spent living in the Greek area that is Astoria, Queens. I also spent six months of this year in Australia. I am greatly enjoying getting to know the new places and faces here. Learning the subtle differences between East and West Coasts has been interesting. I do have to admit I miss how big sports are on the East Coast and especially having the Mets be a regular topic of conversation.

Improving the quality of life for a single person or family is essential for the overall development of a community. This is what I see as the goal of the programs supported by the efforts of the Commission on Children and Families. I am very thankful for the opportunity to work here and gain perspective on our governmental social support system.

Previously I worked in advertising, most recently at DraftFCB as a media planner and buyer. Dually I was serving in the Marine Corps reserve, based out of Brooklyn, NY. Changing careers to work in mental health is very different from what I'm used to doing.

I'm sure this experience with the commission will be invaluable to my personal and career growth. In addition I look forward to exploring all that Oregon has to offer.



6th Annual Youth Summit

Hosted by the Washington County Commission on Children and Families and the Youth Advisory Council, the 6th Annual Youth Summit was a remarkable success. This year's summit, attended by over 400 local students, advisors, and mentors focused on Alcohol and Drug Prevention and Violence Prevention.

Students listened to speakers well-versed in each of these areas. They then worked in school teams to consider how their communities are impacted by these issues and to plan projects to address them. Packets containing guidelines and an application for grants of up to \$750 were distributed to the teams. The grant applications were then read and rated and funding recommendations were made.

The Youth Advisory Council or YAC are a group of local students who meet twice a month and plan the Youth Summit and other community projects. In a recent issue of the *Beaverton Times* Kristen Forbes covered the summit and interviewed several YAC members. Hanna Al-Narjan, a Beaverton High School Junior, explained that members focus a lot of their energies toward the Youth Summit in the fall, and the culmination event at the end of the year.

“We see the whole projects through,” she said. “We plan what goals we want to work toward, and the groups make their projects based off of that. At the Youth Summit they get ideas, they talk to each other, they hear presentations from adult leaders, then go back to their school and come up with an application they send it to us and we read it and decide whether it works. If it doesn't we sent it back to them, ask them to tweak it, and they send it again.”

Megan Stewart, Beaverton High School Senior notes, “The students who attend are usually involved in student leadership at their school. They're student leaders who are trying to make a difference and who want to make a difference. They go back to their respective schools and spread that around.”

As for the next step, Aloha High School Junior Sami Gray says, “Once we approve them, we step back. The next time we see them is at the culmination event in May. That's when we see how all of the projects we approved became real and how they helped the communities.”

This year the loss of senior YAC members who have graduated and moved on, or who were attending for their last time, was keenly felt. New members, full of energy and eager to learn from those who have volunteered hours of hard work, make the transition slightly less painful and send the message that they are ready to step up and do what they can to help.

For information about the Youth Summit or the Youth Advisory Council contact the Commission office at 503-846-4539.



The 6th Annual Giving Guide

The 6th Annual Giving Guide was recently distributed as an insert in the county's Community Newspapers.

It contained information about the many wonderful organizations and agencies providing social services in Washington County. It also shared brief, heart-touching stories of those individuals whose lives who have been touched by those organizations.

By purchasing advertising, the Commission on Children and Families supports the efforts of the Giving Guide's efforts to provide resource information

to the community.

This year the CCF placed the half-page ad you see to the right. We hope this ad helps the community understand the commissions work to reach the goal of increasing the health and wellness of children and families of Washington County.

For more information about the Commission please visit our website at www.co.washington.or.us/hhs/ccf.

To learn more about I Give Where I Live visit their website: www.igivewhereilive.net

Together for Children in Washington County



Bringing people together in their communities to find solutions to issues facing families.

Enlisting community leaders to become champions for children and youth.

Coordinating services for children and families to maximize the effectiveness of limited resources.

www.co.washington.or.us/hhs/ccf

**Washington County Commission on
Children and Families**



Fleece Blankets From the YAC



The Youth Advisory Council (YAC) has been awarded a small grant to purchase materials for a service project in partnership with Project Homeless Connect.

They plan to make blankets for the homeless. The blankets will be hand tied and made of warm fleece. They believe they can make 20-25 blankets before the January event.

Last year the YAC made more than 20 blankets, which were distributed to the homeless through Project Homeless Connect and the Safe Place Youth Shelter.

WASHINGTON COUNTY COMMISSION ON
CHILDREN AND FAMILIES



WCCCF MEMBERS 2010

Christine Murray, Chair, *Child and Family Therapist*

Doug Riggs, Vice-Chair, *President, Northwest Grassroots & Communications*

Susan Bender Phelps, *Director, Tualatin Hills Parks and Recreation Foundation*

Anna Geller, *President, Geller Silvas and Associates*

Diana Groener, *Child Advocate*

Kristine Harris, *Retired School Counselor, Beaverton School District*

Marilyn Harrison, *Executive Director, Child Development Services, NIKE, Inc.*

Nancy Kingston, *Retired School Administrator*

Janet Kretzmeier, *Child Advocate*

Katie Riley, *Assistant Professor, Director of Education, Director Epidemiology and Biostatistics, OHSU*

Susan Stoltenberg, *Executive Director, Impact NW*

Mano Vela, *Electronics Engineer, Intel*

EX-OFFICIO MEMBERS

Jill Archer, *Senior Program Coordinator, Washington County Mental Health*

Erin Calvert, *Division Manager, Washington County Juvenile Department*

Kelly Jurman, *Health Promotion Supervisor, Washington County Health and Human Services*

Karin Kelley-Torregroza, *Executive Director, Vision Action Network*

James Sager, *Assistant Superintendent, Northwest Regional Education Service District*

Enedelia Schofield, *Principal, Hillsboro School District*

Dick Stenson, *CEO Tuality Hospital*

Tom Vlahos, *Branch Manager, Department of Human Services/Child Welfare*

Shirley Vollmuller, *Branch Manager, Department of Human Services/Child Welfare*

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Website: www.co.washington.or.us/hhs/ccf

Meetings:

7:00 - 8:30 PM

Second Thursday of the Month

Room 1411 E (Entrance D1)

Capital Center,

18640 NW Walker Rd.

Beaverton, 97006