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# Together *for children*

THE WASHINGTON COUNTY  
COMMISSION ON CHILDREN  
AND FAMILIES

## Summer Food Program

During the school year, thousands of Oregon children depend on free or reduced price meals each day. However, when school ends for the year, so does this important resource.

The Summer Food Program was developed to help bridge the gap in nutritional services by providing meals to children while school is out of session.

All children ages 1 to 18 are eligible to take part in the program. There are no applications, no registration, no proof of income, and no need to show ID to participate. All children are welcome!

In addition to meals, some sites also provide nutrition education, and a

range of fun activities including arts and crafts, games, and sports.

In 2006 the Summer Food Program served over 121,000 meals to children, at 26 sites in Washington County. In 2008 over 210,000 were served, at 37 sites.

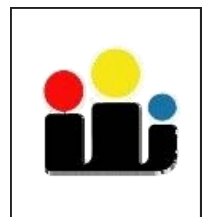
Asked how she accounts for the phenomenal success of the program Sunny Ross, Summer Food Coordinator explained, "Once you get community partners involved, and school districts feel supported, the growth becomes exponential."

This year, 45 sites in Washington County will participate in the Summer Food Program, providing thousands of meals to children.



## INTERN WINS FULBRIGHT

Jean Laschever recently learned that she was awarded a Fulbright Scholarship. The Fulbright is an international exchange program designed to increase mutual understanding between the people of the United States and other countries. Jean will be traveling to India to study HIV/AIDS education policy and services. Jean has been an intern with the Commission on Children and Families for the past nine months. She recently completed her undergraduate work at Pacific University as a Social Work/Sociology double major. Jean's primary career interest is in the area of reproductive health.



# Face it Parents Campaign



*Members of the Youth Advisory Council record radio ads for Face it Parents Campaign*

When approached by Oregon Partnership to help work on the Face it Parents campaign the Commission’s Youth Advisory Council (YAC) responded with overwhelming enthusiasm. Teens were given two guidelines:

- 1) Create a “do not furnish alcohol to minors” message, and
- 2) Direct the message at parents

YAC members wrote radio ads using their personal experiences. They spoke to the fact that most teens know where alcohol is stored at home. They then shared that their choice not to consume alcohol was based on their parent’s positive role modeling, as well as the clear rules about responsible drinking their parents had established.

Radio ads aired on K103 and were streamed online over various other radio stations during the month of March. It was hoped that the ads would serve as a reminder during spring break, and help keep kids safe and healthy.

For more information on the Face it Parents campaign visit:

[www.faceitparents.com](http://www.faceitparents.com)

**WANT TO  
HELP?  
Volunteer  
Here**



## **GIVE WHERE YOU LIVE.**

In cooperation with a powerful network of organizations, [iGiveWhereILive.net](http://iGiveWhereILive.net) supports interests and concerns in Washington County – a community that values individual and community initiatives in areas as diverse as restoring natural areas, community center development, and the arts, just to name a few.

## **WANT TO CHANGE THE WORLD?**

Get started in your own community. [Hands On Greater Portland](http://HandsOnGreaterPortland) can help. They will connect you with a volunteer opportunity that makes a meaningful, rewarding change in the Portland area. Build a house. Tutor a child. Care for abandoned pets. Build hiking trails. Lead a volunteer group. Join a non-profit Board.

Providing organizations listed at these sites with your time and financial support is the best way to show your commitment to making Washington County a better place to live.

# 2009 Washington County Public Health Award

The Commission on Children and Families has been privileged to work with Lisa Vincent for the past four years, strengthening the summer food program. We are proud to announce that on Thursday, April 9th, 2009 Washington County recognized Lisa as the 2009 Public Health individual award recipient for her work addressing children's nutritional health.

Lisa is program coordinator for the summer food program in the Beaverton School District and works to ensure that all children, regardless of income or circumstance, have access to regular nutritious meals during the summer months.

In 2008, over the course of eight weeks, Lisa and her team provided over 100,000 meals to children ages 1-18 at summer food sites. Lisa and her staff provided meals at schools, parks, and apartment complexes in areas where 50% or more of the families are at 185% of the poverty level or below.

Since many children are left home alone during the summer months because their parents are unable to afford childcare, walking to a local school or park is not always an option. To address this, Lisa and her staff delivered meals directly to apartment complexes. Lisa works hard to meet children where they are, and best support their unique needs.

Lisa goes above and beyond simply providing meals. Lisa also works with volunteers to incorporate activity programs at summer food sites. Lisa knows the importance of engaging children in positive, healthy, educational, and physical activities.

Another passion of Lisa's is gardening, which she shares by teaching others to grow fresh food. Last summer she incorporated an educational and hands on gardening experience at several summer food sites. Children learned about the benefits of gardening, how to plant seeds, and properly take care of plants. Every child who participated in the program took home plants.

Lisa continually works with community groups to increase access by adding new sites throughout the area. She works with sites in other districts to provide meals, coordinates with community volunteers to serve meals, works to incorporate nutrition education programs into sites, and locates groups and secures funds to host activity programs at sites.

Lisa is truly remarkable and a deserving recipient of the award. She is a much appreciated and respected member of her community.



*Lisa Vincent accepts award*

# School-Based Health Center Opens at Forest Grove High School



*Leticia Sanchez and Elizabeth Guzman, Forest Grove Youth Advisory Council members, in front of the center*

*Nurse practitioner Sue Bisgyer and Victoria Roberts*



The Commission on Children and Families, as part of the Washington County School-Based Health Initiative, is happy to announce the opening of the Forest Grove School District School-Based Health.

One of only three school-based health centers in Washington County, the center was two years in the making and involved more than two dozen community partners, including Cisco Systems, LifeWorks NW, Tuality Healthcare, Washington County Commission on Children and Families and other Washington County agencies.

Located on the campus of Forest Grove High School, the modular office provides sports physicals, treatment of chronic diseases, mental health counseling, immunizations, health education and other services to Forest Grove and Gaston students. The center takes health insurance but also offers a sliding fee for patients without insurance.

State and federal grants covered the \$477,000 cost. Virginia Garcia Memorial Health Center will operate the center, which officially opened its doors on April 30th.

The Washington County Commission on Children and Families (WCCCF) has a NEW website! The site is designed to improve your ability to find important services and information. Our look, feel and navigation have all being re-worked with this overriding goal in mind.

The NEW website project is not simply a change in how the website looks. It is a complete redesign from the colors used on the site, to the software running it, to the organization. Some of the things you can find there include our mission and history, resources for families, resources for providers, a parenting class calendar, and much more. Please stop by to check us out.  
<http://www.co.washington.or.us/hhs/ccf>

## NEW WCCCF WEBSITE



# English Literacy for Somali and Somali Bantu Citizens Group



*Barbara and Muslimo*

Members of the Somali Bantu Citizens Group (SBCG) in Beaverton were looking for help to learn English so they could better communicate with medical and social services systems. Representatives from the Commission on Children and Families, Tualatin Valley Housing Partners and the Beaverton Police Department worked with the SBCG and connected them to the Beaverton Literacy Council. The Literacy Council, staffed by volunteers, started providing Sunday classes at the Merlo Station Apartments in January this year.

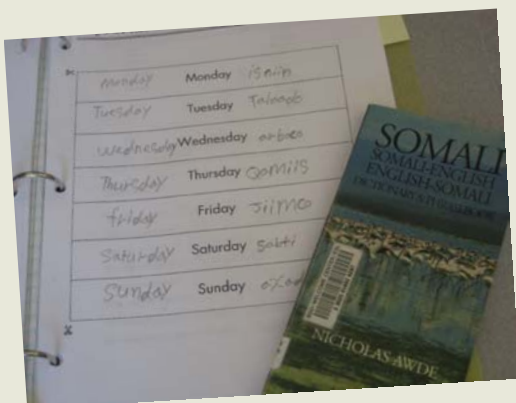
The Somali Bantu speak Af Maay (often called Maay Maay) but most are not able to read or write in their native language as few attended primary school. Some Somali Bantu also speak Somali and most began learning English while in refugee camps in Kenya. Most of the Somali Bantu living in Beaverton come from the towns of Jilib and Jamaame in the southern portion of Somalia.



*Somali English Student Osman*

Descended from slaves brought from throughout eastern Africa, most Somali Bantu were farmers or worked in agriculture-related industries before fleeing the ongoing civil war in Somalia. Currently, the local Somali Bantu men are employed throughout the metropolitan area and most attend classes at Portland Community College. The local Somali Bantu women are homemakers who look after all children of the SBCG.

About one quarter of the students in the classes are Somalis. The Somalis of Beaverton are also refugees from the current civil war and come from throughout central and southern Somalia. Most were farmers or mechanics in Somalia. They speak Somali and many are able to read and write the language. Some also speak Swahili. They also began learning English in refugee camps. The Somali men in BLC's classes are elderly and are involved in their community as leaders while the Somali women are homemakers.



Both groups have children enrolled in various schools in the Beaverton School District and are very interested in their children's success. The Somali Bantu and Somalis share the Islamic faith and customs.

The volunteer tutors are deeply impressed with the determination of the students to achieve better lives for themselves and their children.

Following are stories written for BLC by class participants.

# Somali Bantu and Somalis of Beaverton Share Their Stories

*"My name is Hassan Ali. I was born in Somalia in 1983. I am from Jilib. My parents came from Aminey. I came to the United States in October 10/18/04. I come with my family my daughter and my wife. When I arrived at the airport I met with my two American friends. They was waiting at the airport. It was very difficult to me. I was worry where to go." Hassan and his wife, Fatuma, have four children including a Barnes ES student. He works at Epson and attends PCC. His parents are still in a refugee camp in Kenya.*



*Fellow Student and Abdi*

*"My name is Maryan Adde. I am from Somalia. I live in Beaverton. I have three children." Maryan attended primary school for five years in Somalia. A widow, she stayed in refugee camps in Ethiopia and Kenya before coming to the United States. Her youngest child is a high school student.*

*"This is Mohamed Aden. I am from Somalia. I was born in the city called Harawo. My mother was born in the town called Garasey. My father was born in the city called Yaklo. My mother and father are at Somalia." Mohamed and his wife, Sadia, have five children including a Fir Grove ES student. He works at Epson and attends PCC.*



*Maryan and Volunteer Tutor*

*"My name is Ramadhan Musa. I am from Somalia. When I was in Somalia, I was a farmer and a fisherman. I am 45 years old. My father was driver and mechanic. He was 98 years old. I came to the USA on the 18<sup>th</sup> of Feb 2004. When I first moved here, I spoke a little bit of English but now I speak more. I am happy to reside here in Oregon with my family. My children goes to school five days a week. They are learning English. Since they have started school, they have made new friends." Ramadhan and his wife, Fatuma, have nine children including five in local schools and eight grandchildren. Their oldest children attend college in New York and Virginia. Ramadhan works at Jake's Grill.*

*"My name is Abdi. I was born in Somalia. I want to speak English." Abdi Mutumula and his wife, Halima, have six children including students at Barnes ES and Meadow Park MS. He was from Libanga near Jilib and worked in a sugar refinery. His parents were from Mozambique. He works at the American Red Cross and attends PCC.*

# PROM PERFECT

## For a Safe and Sober Prom

The Commission on Children and Families recently worked in collaboration with Beaverton Together!, Helping Empower Youth Together! (HEY!) and Tigard Turns the Tide to develop the Prom Perfect campaign. The campaign was designed to help teens, adults and businesses to do their part to make prom-night safe.

Area businesses that cater to prom-goers participated by encouraging young people to stay drug and alcohol free. Prom Perfect messages featured on posters, wallet-sized cards and clothes hangers were made available for use in stores, restaurants and limousines, as well as with tuxedo, dresses, corsages and other prom-related products.

Parents and other caring adults were asked to: Talk with their children about their prom-night plans, offer alcohol and drug-free parties before and/or after the

prom, offer a ride home to their teen, anytime, no questions asked, and finally to use the Prom Perfect Website.

The Prom Perfect Website allowed parents to type in their child's cell phone number and their name, and to choose a message to be delivered to their teen's cell phone at a specified time. Hopefully teens will heed the messages and stay safe and sober.

### Sample Messages

- *Be Smart. Be Safe. Have fun tonight. Don't drink! Love you!!!*
- *Hope you're having fun! You're important to us, so stay safe tonight.*
- *Look who is text messaging! Celebrate. Have fun. Don't drink!*
- *If your friends are drinking, call me anytime and I will bring you home.*
- *Feeling pressured to do something you don't want to do? Use me as an excuse, and I'll come get you!*
- *We're so proud of you! Enjoy your Prom night! Stay safe and sober!*



**WASHINGTON COUNTY  
FAMILY VOLUNTEER FAIR**

If you can, bring a can (of food)

**LEARN SERVE!**

- How families can get together to help
- Where to volunteer
- About local programs for families
- Who needs your help
- Other families in need
- By packing food boxes
- By writing letters to home-bound seniors
- By making art kits for summer food sites
- By planting flowers

**10 A.M. - 2 P.M. SATURDAY, MAY 30 TIGARD HIGH SCHOOL**

# HEY!

## Empower Youth!



**HEY! (Helping Empower Youth) Together is a drug and alcohol prevention coalition that brings schools, families and the community together with the support and resources to promote safe, healthy lifestyles for Hillsboro youth.**



HEY! working together with a compassionate and caring community can empower our youth to make good choices and create better futures.

**For more info call:  
(503) 681-5363**

# It's our future.

## HEY! Together Coalition Empowers Youth to Make Good Choices

The Commission on Children and Families through the Hillsboro School District's Safe Schools/Healthy Students Grant provided initial staff support for HEY! A locally based coalition group. HEY! seeks to:

- Establish and strengthen collaboration with the greater Hillsboro community; local businesses, Chamber of Commerce, local media, private non-profit agencies, private citizen volunteers, the religious/faith community, law enforcement, healthcare organizations, the School District, Federal, State and local governments to support the efforts of HEY! Together to prevent and reduce substance abuse among youth;
- Reduce substance abuse among youth by addressing the specific risk factors in the community at large.

After two years of comprehensive community drug abuse prevention planning, the HEY! Together Coalition, was awarded a \$625,000 grant from the White House Office of National Drug Control Policy.

In applying for the grant, the HEY! Together Coalition, gathered and reviewed data to assess specific risk factors and preventative factors for youth drug and alcohol use in the community. For instance:

- Child Protective Services reports methamphetamine use is a factor in over 90% of cases opened in the past year.
- There was a 215% increase in youth criminal mischief arrests from 2005-2007.
- In 2002, Washington County was designated a High Intensity Drug Trafficking Area (HIDTA), primarily based on methamphetamine traffic.

With the area experiencing significant growth in both population and diversity over the last ten years, the risk factors for youth substance abuse has increased. The grant will be used to promote science-based, environmental strategies for substance abuse prevention within the Hillsboro School District.

# Partnership Wins Federal Grant

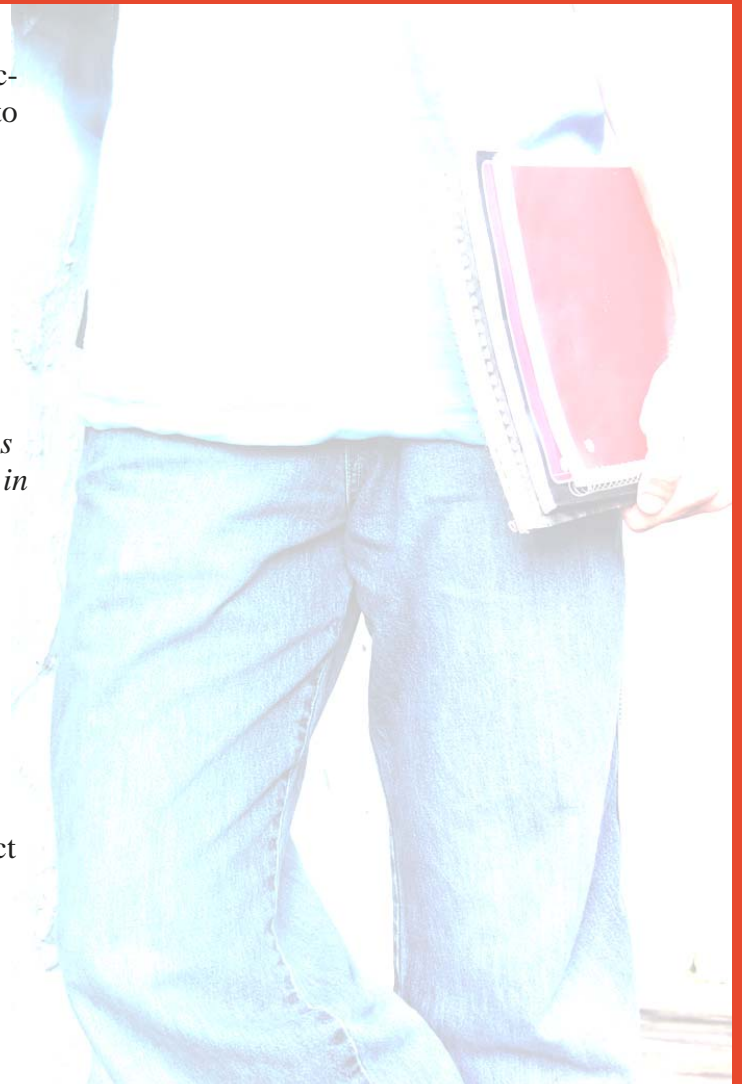
The Washington County Partnership for School Success was recently awarded its second federal grant to integrate mental health and school systems.

The Partnership addresses countywide barriers to learning and teaching by developing multi-agency teams to support the needs of students and families and build systems to increase the coordination and access to services in Washington County.

The Partnership is “*committed to accessible services for the mental health and well-being of all students in our community.*”

Partners involved in this venture include:

- The Washington County Commission on Children & Families
- Washington County School Districts (Banks, Gaston, Forest Grove, Beaverton, Tigard-Tualatin, Sherwood and Hillsboro)
- Northwest Regional Education Service District
- Department of Human Services
- Washington County Juvenile Department
- Washington County Mental Health Division
- Various Law Enforcement Agencies



The Washington County Partnership for Student Success is hosting a two-day training "Responding to School Tragedies" on October 23rd and 29th (the Crisis Management Institute-Cheri Lovre).

The training will provide all schools in Washington County with a common foundation and response strategy for tragedies that occur in our schools and communities.

Participants will be provided with a common language, strategies, and a shared understanding to strengthen tragedy/crisis response teams at the building, district and county level.

For additional information please contact: Rebecca Collett at 503-764-6267 or [rebecca\\_collett@co.washington.or.us](mailto:rebecca_collett@co.washington.or.us).

# Washington County Commission on Children and Families 2009

## WCCCF MEMBERS

**Christine Murray, Chair**, *Child and Family Therapist*

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

**Martha Brooks**, *Executive Director, Fight Crime: Invest in Kids*

**Anna Geller**, *President, Geller, Silvas and Associates*

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

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

**Nancy Kingston**, *Retired School Administrator*

**Donna Maddux**, *Attorney in Charge, Organized Crime Section, Oregon DOJ*

**Marv Ott**, *Superintendent, Banks School District*

**Jill Raichel**, *Trainer, Child and Family Division, Department of Health and Human Services*

**Doug Riggs**, *President, Northwest Grassroots & Communications*

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

**Enedelia Schofield**, *Principal, Hillsboro School District*

**Susan Stoltenberg**, *Executive Director, Impact NW*

## EX-OFFICIOS

**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*

**Janet Kretzmeier**, *Chair, Coalition of Children and Families Commissions*

**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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### Meetings:

7:00 - 8:30 PM

Second Thursday of the Month

Room 1411 E

Capital Center,

18640 NW Walker Rd.

Beaverton, 97006

