

# Children, Youth & Family Consortium

## CYFC Monthly

### CYFC Monthly — August 2015

#### Back to School at Bruce Vento

Sara Langworthy, Extension Educator — Children, Youth & Family Consortium

Most stores have had their “Back to School” sections stocked for weeks now — a reminder that summer is winding down. As it does, we want to tell you what’s happening with students headed back to school at Bruce Vento Elementary School in St. Paul.

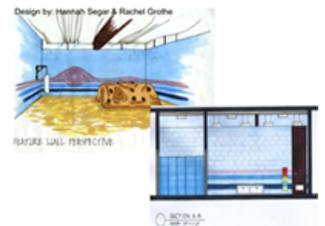
Those of you who subscribe to our [project blog](#) know about the many exciting things happening at the school, but for those of you who haven’t been following along, here are top four things you should know.

#### **The Basics**

With generous support from an Extension Issue Area Grant, CYFC is engaging in a “Healthy Bodies, Healthy Minds, Healthy Learners” partnership with Bruce Vento Elementary School in St. Paul’s Greater East Side neighborhood to develop engaging learning environments, increase access to healthy foods, and build positive community-school connections. Never heard of Bruce Vento Elementary School? Click [here](#) for a short video overview of the school and its strengths and challenges.

#### **Volunteers to Paint Calming Room**

Volunteers will paint the Bruce Vento school’s calming room so it’s ready for use by the time school starts. The calming room provides a place for students to go to regulate their emotions and prevent behavioral outbursts. Two U of M College of Design students Emily Devore and Rachel Grothe received Undergraduate Research Opportunities Program funds to work with CYFC staff to complete a design for the calming room (see graphics). Read more about their work [here](#).



#### **School-Community Garden a Success**

The school-community garden has been a success, with a steady stream of visitors over the summer months. The St. Paul Police Department has provided strong support for this effort, with Officer Cindy Rost inviting neighborhood youth to help harvest vegetables from the garden. Read more about Officer Rost’s experience [here](#).



Thanks to Officer Rost and others, participation in the school-community garden has been good this summer. But many neighborhood residents don’t know about the garden yet. As a result, CYFC staff members plan to partner with parents, teachers, and students this fall to increase awareness of the garden so participation goes up next spring.

#### **You Can Help!**

As a part of the [U of M Alumni Association's Day of Service](#) on Saturday, September 19, from 9 a.m. to noon, we're looking for volunteers to help us clean up some of the gardens and landscaping around the school. All are welcome! Sign up by emailing Judy Myers at [myers463@umn.edu](mailto:myers463@umn.edu).

## Consortium News

Creating Accountable Communities for Health 2015 – Conference: Advancing an Integrative Approach to Community, Health and Well-being

Sponsor: Commons Health and several co-sponsors

Dates: September 9-10, 2015

Location: Duluth, MN

Cost: \$150

Credit: 12 continuing education hours

Communities across the country have identified mental health and obesity as some of their most important health needs. CYFC staff and Extension Health and Nutrition staff will participate in this event and serve as panel members, facilitators, etc. We look forward to joining others throughout the Midwest and nationally to address the connected issues of obesity and mental health and explore place-based approaches to health and well-being. Learn more and register [here](#).

Register now for the next Lessons from the Field!

Children in Common: Ensuring the Emotional Well-Being of Children When Parenting Apart — Conference  
Sponsor: University of Minnesota Extension Center for Family Development — Children, Youth & Family Consortium

Date: October 22, 2015

Cost: \$25-\$50

Location: Minneapolis U of M McNamara Alumni Center and live web stream

This year's Lessons from the Field conference, "Children in Common: Ensuring the Emotional Well-Being of Children When Parenting Apart," features two nationally known research and practice professionals: [Kathryn Edin, Ph.D.](#), professor of sociology at [Johns Hopkins University, Baltimore](#), and [James McHale, Ph.D.](#), director of the Family Study Center at the University of South Florida-St. Petersburg. Edin's studies on poverty have influenced research, practice, and policy; McHale is the nation's leading researcher on coparenting dynamics in diverse family systems. Joining them will be four panelists from Minnesota who will help participants:

- Increase their understanding of the complexities of coparenting when parents live apart.
- Apply innovative practices in their work with children, youth, and parents when parents live apart.
- Use reflection to examine practice approaches that show value and respect for the assets and strengths of children, youth, and parents when parents live apart.
- Differentiate between the challenges of single parenting with one or more partners and parenting following divorce.
- Analyze the effectiveness of currently used intervention techniques.
- Compare research, practices, and policies related to parenting with a child's other parent.

Attend in person at the McNamara Alumni Center or watch on the web. Register [here](#). Want to **WIN a FREE REGISTRATION?** Take a few minutes to [read](#) then [evaluate](#) the most recent issue of the Children's Mental Health eReview. You will then be entered to win free registration.

### Attachment Matters: Raising the Bar for Child Well-Being — Conference

Sponsor: Association for Training on Trauma and Attachment in Children (ATTACH)

Dates: September 24-27, 2015

Cost: \$75-\$520

Location: Minneapolis, MN

Association for Training on Trauma and Attachment in Children will host a conference for parents and professionals from across North America to learn from one another and receive cutting-edge training from leading speakers in the field of trauma and attachment. University of Minnesota Extension is a co-sponsor of this conference, and CYFC staff Sara Langworthy, Cari Michaels, and Judy Myers will be presenting on CYFC's work creating trauma-sensitive contexts through community partnerships. Find more information and register [here](#).

## University & Community Announcements

### **Community-based Participatory Research — Course**

Sponsor: University of Minnesota School of Public Health

Dates: September 14 – December 19, 2015

Cost: Free for community practitioners or regular tuition for graduate students

Credit: 2 academic credits or certificate of completion

Location: Minneapolis, MN

[Susan Gust, Community Development Consultant](#), and [Cathy Jordan, Ph.D., University of Minnesota](#), invite graduate students and community practitioners to discover how community-based participatory research can add to their understanding and inform how they address health and social disparities. Learn the purposes and applications of partnership formation and maintenance, issues of power, trust, race, class, social justice and more. Learn about the course [here](#).

### **Effective Screening and Referral Processes for Depression in Adolescents — Presentation**

Sponsor: U.S. Department of Health and Human Services

Date: September 10, 2015

Location: Minneapolis, MN

[Nimi Singh, M.D., M.P.H.](#), University of Minnesota, will discuss an integrated interdisciplinary approach to promoting mental health in adolescents and skills to evaluate their mental health. She will also demonstrate the process of effective adolescent screening and referral. Learn more and register here. [no longer active]

### **Back to School: Strategies for Working with Students with Fetal Alcohol Spectrum Disorders — Webinar**

Sponsor: Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)

Date: August 25, 2015

Cost: Free or \$25 for continuing education credit

Location: Online

[Charlene Myklebust, Psy.D.](#), will present strategies for working with students with a fetal alcohol spectrum disorder (FASD). This event is designed for those with a basic understanding of FASD. Register [here](#).

**Nature Heals: Nature-Based Therapies Research — Symposium**

Sponsors: University of Minnesota Center for Spirituality & Healing and the Minnesota Landscape Arboretum

Dates: October 1, 2015

Cost: \$165

Location: Chaska, MN

Clinicians, policy makers, urban designers, engineers, architects, scientists and other professionals interested in the experiential application of nature-based therapies research are invited to this symposium. Explore this topic through lectures and question-and-answer time with a panel of experts. Register [here](#).

**Child Maltreatment: A Neurodevelopmental Perspective on the Role of Trauma and Neglect in Psychopathology — Workshop**

Sponsor: Minnesota Association for Children's Mental Health

Date: September 29, 2015

Location: Hopkins, MN

Cost: \$159

Bruce Perry, M.D., Ph.D., will lead this introductory-level workshop to help you understand the effects of trauma and neglect from a neurodevelopmental perspective. You will also learn the signs and symptoms of trauma and neglect in children, as well as new strategies for care, program development, and policy related to developmental trauma. Learn more and register [here](#).

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