

VOLUME 1.1 • AUGUST 2020



MARQUETTE COUNTY CARES

COMMUNITIES THAT CARE NEWSLETTER

The Marquette County Health Dept. Community Outreach Division

maintains a guiding role with Marquette County Cares, providing a CTC facilitator to assist and train coalition members.

Please contact **Jennifer Eyler**, MC2 Coordinator, for any questions regarding coalition activity at 906-315-2613.

COMMUNITIES THAT WHAT?

BY KAMILE YOUNG, PR WORKGROUP CHAIR

"Communities that Care (CTC) is an evidence-based program that allows anyone in the community to make a positive impact based on scientific prevention methods. The CTC system builds a positive future for youth community wide through a five phased planning and implementation process. Communities that Care brings together diverse stakeholders and community members to address and prevent youth health and problem behaviors through data collected specific to the community. Through the uses of web-based workshops CTC is able to create a coalition that reflects the needs of the community and builds on the strength and dedication of those involved."

Data Workgroup



"I'm the vice chair of the Data Workgroup. I analyzed the data from the youth survey along with the rest of the group. I feel good knowing we have data from a scientifically-developed survey on which to base our decisions."

The Data Work Group recently completed the 2020 Community Assessment Report, an important step toward the coalition's action plan to implement evidence-based prevention programming throughout the county. Based on data from students in grades 6, 8, 10 and 12, the group recommends the coalition focus on the risk factors of low perceived risk of drug use and depressive symptoms."

LINDA REMSBURG

TAKE A PEEK!

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The U. P. Children's Museum
invites you to join as we:

Paint the Town with LOVE

A chalk art festival and contest in your own driveway
a fundraising event to support the Children's Museum

The weekend of August 28, 29, 30, 2020



**A Community wide chalk art fest,
OPEN TO EVERYONE...**

families, friends, young, old, singles, groups, the
whole community is invited to participate...

Registration

Register online and the Museum will have paint packets ready for pick-up on the week of the event... then paint in your driveway or sidewalk, take pictures and videos, send them to the Museum's event page to be eligible for prizes.

For details and to register visit
www.upchildrensmuseum.org
The Upper Peninsula Children's Museum,
123 West George Avenue, Marquette, Michigan
906-226-2311

It's FREE to paint!

Help the Museum by being a sponsor
Sponsorships \$100 or \$500 (all sponsors are named on a driveway, will be featured in social media, and will help to support the Upper Peninsula Children's Museum as we get through this difficult time... Together with love!)



The Museum is open five days a week, limited volunteer, robust cleaning, safety measures throughout, pre-purchase tickets only visit www.upchildrensmuseum.org



Join a CTC workgroup

from Deb Pascoe

Your participation in one of CTC's workgroups will have a long-term positive impact on the lives of the children in our community, which in turn will have a positive, lasting impact on our entire community. You'll use your abilities to help CTC enhance and develop programs that will enrich the lives of our community's younger members, guiding them toward positive life choices and a brighter future. Not sure where your skills and interests fit in? Here is a brief description of each workgroup's activities and goals. Groups meet once each month for approximately an hour. It's a small time commitment that can make a big difference for Marquette County.

The Maintenance workgroup establishes protocols for CTC, develops educational material for new members, and fosters team building and recognition activities. If you are skilled at development and implementation, and if you enjoy organizing fun, spirit building programs, this may be the group for you.

The Funding workgroup is a good fit for volunteers who enjoy a mix of planning, implementation, and community outreach. Funding workgroup members identify funding sources to aid the CTC, helps develop a strategic funding plan, identifies and communicates with potential funders. Workgroup members also have an opportunity to write grants and proposals, and help with raising funds.

Public Outreach workgroup members are the connection between the community and CTC. They maintain contact with stakeholders and key leaders, work with the media to promote CTC, develop social media, flyers, posters, and brochures, and develop and maintain a distribution list for CTC materials. If you're creative and a people person, you're a good fit for this group.

If development and programming match your skills and interest, consider joining the **Resource work group**. The group develops an inventory of existing programs, policies, and practices, assesses and identifies gaps in the existing programs. Workgroup members recommend tested, effective programs, policies, and practices to fill gaps in existing programs. Group members present their findings verbally and in a written report, participate in the development of a community action plan, designing and overseeing its evaluation.

The data workgroup reviews data from the CTC Youth Survey, and collects public data for review. The committee recommends priority risk and protective factors to be addressed, presents recommendations to the community board and key leaders, reports progress and findings, designs and implements an evaluation of changes in community-level outcomes, and reassesses outcomes every two to three years.

Do you enjoy working with young people? **The youth involvement workgroup** is your match. Members identify and engage existing youth groups, brainstorm ways to involve youths in CTC, recruit youths for work group participation and other CTC tasks, and coordinate skills development for and recognition of participating youths.

**For more information about any or all of these groups, contact
CTC Coordinator Jenifer Eyler
at 906-315-2613, or jeyley@mqtco.org.**

POSITIVE ACTION

POSITIVE ACTION IS A SOCIAL AND EMOTIONAL LEARNING PROGRAM DESIGNED TO IMPROVE STUDENT BEHAVIOR AND ACADEMIC MOTIVATION.

POSITIVE ACTION EMBEDS ACADEMIC CONTENT IN LESSONS DESIGNED TO DEVELOP AN INTRINSIC INTEREST IN LEARNING AND PROMOTE PRO-SOCIAL BEHAVIOR.

Cherry Creek School in Year 3 of its Positive Action program. As students learn to identify their Self-Concept, the program introduces positive actions for the body and the mind.

As students become aware of their responsibility for the care of their bodies they learn the physical and intellectual aspects of self-concept, and that positive people take good care of their bodies and minds; they feel healthy and strong and are excited by new ideas.

Lessons focus on specific positive actions for physical health (nutrition, hygiene, avoiding harmful substances, exercise, sleep, avoiding illness) and positive actions for intellectual health (learning, problem-solving, creative thinking, memory and curiosity).



*from
Jenifer
Eyler*

MC2 is looking into including Positive Action in its new community action plan that we will be writing within the next month or so. We will potentially be looking to work with a West End school because most of the funds we have come from the West End Health Foundation.

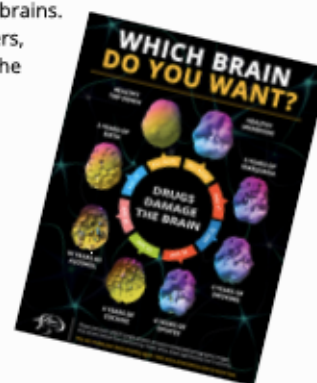
Substance Abuse Posters *Which Brain do you Want?*

Which brain Do you you want? Be sure to look for these posters in schools provided by Marquette County Cares through the generosity of the West End Health Foundation. The strikingly colorful posters show healthy brains versus those under the influence of marijuana, smoking, opiates, cocaine, alcohol or meth. The brains are SPECT (single photon emission computed tomography) images that assess blood flow and activity. The holes in the brains show areas significantly low blood flow activity related to the use of these substances.

The posters are provided by www.amenclinics.com and can be viewed by googling images "Which Brain do you want?" "A picture is worth a thousand words." What better image to have in our heads when someone encourages us, especially our children with growing brains, to abuse a substance and seriously damage our brains.

If you would like posters, they are available on the brainmd.com site.

*Iris Katers,
Marquette County
Cares Coalition*



Video winners 2019 link:

https://www.youtube.com/watch?v=tEX_4WGBZ1k



PSA 2020 contest winners have been selected, but the winners are a secret until school is in session. The 2021 PSA contest information will be announced in October.