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# San Juan Safe Communities Connection eNewsletter

January  
2009

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Greetings!

Many of you are already aware of this, but January is "National Mentoring Month." To me that is a reason to celebrate. Not that it will bring with it more money for that cause, necessarily, but because it shines the light of awareness and notoriety to this very important form of giving.



Here at Safe Communities we are engaged in implementing a "drill down strategy." This simply means that rather than creating programs that deal solely with a solution to a symptom of a problem, such as substance abuse, or street gang membership, we are trying to get as close as possible to the homes in each neighborhood, in an effort to impact the root causes. These homes and neighborhoods are the environments that are shaping what our children grow up to become. To accomplish this approach entails bringing certain programming into those neighborhoods, and working with the schools and other service agencies to identify and provide services to those kids who are in the highest risk group.

The presence of certain identifiable factors indicates the likelihood of a kid engaging in unhealthy risky behavior. Some of these "at risk" factors we consider are: Kids between the ages of 8 and 18; who live in a neighborhood or go to schools where sub-cultural groups, such as gangs exist; who come from homes where there is very little or no parental supervision or guidance; whose parents or older siblings are engaged in illegal or abnormal behaviors; and who are typically the products of broken or at the very least dysfunctional homes; and who ALWAYS possess a low self esteem.

Mentoring and parent support are huge parts of our "drill down strategy", and go to the heart of addressing most of these "at risk" factors. This strategy involves creating strategic partnerships with existing community resources whenever possible, or creating programming if those resources do not exist. We are working with San Juan College and local volunteers to provide the parenting curriculum and with the Big Brothers/Big Sisters program for both community and site-based mentoring matches in specific neighborhoods. I might point out that San Juan Regional Hospital is providing the monies to create many of the Big Brothers/Big Sisters matches in the Sycamore Park Community Center area, and have adopted that facility for the purpose of recruiting the adult matches.

The UmattR Trading Card program was created to provide peer mentoring in all San Juan County school districts. We are also in the process of developing a gang intervention program which has a high-risk mentoring component. Big Brothers/Big Sisters are assisting us in the development of this component.

I thank the college, the schools, the hospital, Big Brothers/Big Sisters, and all the volunteers for the wonderful work they do, and would encourage everyone who reads this to consider how you can individually help. Call Chris at Big Brothers/Big Sisters at 326-1508 to volunteer as a mentor, or for other volunteer opportunities, call the San Juan College Volunteer Center at 566-3293 or Safe Communities at 599-1490.

[Health Risks of New Mexico](#)

[Sycamore Park Community](#)

## Adolescents

### Highlights of Report Findings

The following are key report findings of identified risks to the health of New Mexico adolescents:

- 49% of New Mexico high school students report using one or more substances (cigarettes, alcohol, marijuana, inhalants, or cocaine) in the prior month (NM YRRS, 2005).
- 27% of 8th grade students in New Mexico use tobacco (NM YRRS, 2005).
- 46% of New Mexico high school students report that they had engaged in sexual intercourse and 31% report being currently sexually active (NM YRRS, 2005).
- Motor vehicle-related injuries, suicide, and homicide are leading causes of death for adolescents in New Mexico (NMDOH Vital Records).
- In 2004, the New Mexico suicide rate for 18 to 24 year olds was more than twice the national rate; the New Mexico suicide rate among 10 to 17 year olds was three times the national rate (CDC WISQARS).
- 13% of Hispanic and American Indian high school students and 7% of White high school students report not having enough food to eat (NM YRRS, 2005).
- Over a quarter (27%) of New Mexico high school students are either obese or overweight (NM YRRS, 2005).

*Sources: Bureau of New Mexico Vital Records and Health Statistics and Injury and Behavioral Epidemiology Bureau, NMDOH*



## SIX WAYS TO HELP YOUR GRANT WRITER WRITE A BETTER GRANT

By Sherri Grona

Henry Ford once said, "Before everything else, getting ready is the secret to success." This holds true for making funding requests. In other words, providing a grant writer with some

## Center

### Parenting Classes Begin January 26th, 5 pm - 7pm

**Open to all parents in the Community.**

**The eight classes will be held as follows:**

*January 26, Feb. 2, 9, 23, March 2, 9 16, 30, and then will start over again.*

**Instructor: Alice Trujillo**



## Community Calendar

### January 21st

Prevention Task Force Lunch  
11:30-1:00 at the Region Inn

### January 21st

AFFORDABLE HOUSING ALLIANCE  
Farmington Civic Center - Board Room 2-5pm

### February 12th

SJSCI Monthly Board Meeting  
Farmington Civic Center  
8:30 am

### February 12th

The 14th Creating Cultural Harmony  
Conference

Time: 7:30 am to 5:00 pm

Location: Henderson Fine Arts Center  
For more information, contact San Juan  
County Partnership at 505-566-5869.

### February 19th

Meth 360 Presentation  
Farmington Civic Center  
6:30 PM - 7:30 PM

For more information, contact SJSCI at  
505-599-1492

## SAN JUAN COUNTY PARTNERSHIP

### Positive Community Norms

by Laura McClenny

Well here it is, 2009 in San Juan County, and we have much to be thankful for. A recent holiday card that was distributed here at San Juan County Partnership highlighted "ordinary miracles" that are what truly make this time of year, and every day in Northern New Mexico, special: calls from old friends, green lights on our way to work, fast lines at the grocery store, good songs on the radio... Most of us can think of another long list that is more personal. What counts is that our communities are full of ordinary goodness. We see positive community spirit in our daily lives.

basic information upfront can increase your organization's chances of getting money.

There is some basic information a grant writer needs in order to complete a funding request. Your organization gets a better grant proposal when you provide the grant writer with essential information in electronic format before they even sit down to complete the application. This includes budget information, articles of incorporation, mission statement, and detailed information about the problem you plan to solve. More specifically, there are six essential information pieces that it is in your best interest to provide.

### 1. Budget and Annual Report

Be prepared to provide the grant writer with your organization's annual report and audited financial statement. The financial statement should be available to the grant writer in a common electronic spreadsheet format such as Microsoft Excel or Corel Quattro. If you give a grant writer a paper or word processor copy of your budget, they may have to spend time converting it to spreadsheet format; and since grant writers are generally paid by the hour, that will be time lost from the essential grant writing activity or increased cost to your organization.

### 2. Mission Statement and Organizational History

Provide the grant writer with an electronic copy of your organization's mission statement and a brief history of your organization. When was your organization started? Who started it? Why?

If your organization is a nonprofit organization, how has it historically accomplished its mission? For example, if it is a choral society, how many concerts has it performed each year? What was the attendance? Has it performed at retirement homes, hospitals, or orphanages?

### 3. Board of Directors

The grant writer will need to know who is on your board of directors, and how they can be contacted. Again, provide this information electronically to your grant writer. Don't make them dig for it - that's time lost from the essential process of grant writing.

Also provide the grant writer with your articles of incorporation and, if you are a nonprofit, provide 501 (c) 3 information and any letters of compliance from the New Mexico Attorney General. All information must be in electronic format. E-mail attachments are normally best, unless the information is highly sensitive.

### 4. Statement of Problem or Need

If you are asking for grant money then presumably you have identified a need or a problem that has to be solved. Document the need/problem and give the information to the grant writer electronically. The grant writer's job is to start with your information and edit it to increase your chances of being successfully funded.

### 5. Goals/Solution

How will you use your grant money to solve the problem or need that you identified? Why is your organization best qualified to solve the problem or meet the need? Type it all into your word processor and provide it to the grant writer in an electronic format.

### 6. Other Information

Before the grant writer is finished they will need to know details of how your organization plans to administer the grant program, how you will measure the results, other funding sources, and how your organization plans to follow up on the grant activity.

San Juan County Partnership's current initiative with Most of Us® is centered around "spirit, science and action." This prevention work is based in science and has proven to reduce dangerous drug and alcohol use among young people. One of the best activities with this initiative is that high school students play an integral part in voicing the best part of growing up in our county. No other time of the year brings out the positive spirit like late December - and with a new year we naturally look forward and backward. San Juan County has many not-so ordinary accomplishments during 2008 that celebrate and support families.

New buildings are springing up at both San Juan College and Dine' College, new community centers and new recreation facilities have been completed, along with a new facility for families needing temporary shelter. Elementary schools use terms like honor, dignity and respect to describe their educational community, while children and their families are seen as a unit. High school sports teams are making parents, teachers and coaches proud. No doubt they are proud of themselves. Community collaboration within the Navajo Nation has allowed the "Celebrating and Restoring Family Wellness" educational gatherings to grow and thrive. True support for people of all ages exists and continues to expand.

At the Partnership we like to think of Positive Community Norms, Most of Us®, as an antidote to what we often find in popular, national news headlines. As we are plagued by media giants who tend to consistently, "over-admire the problems." The ordinary goodness in our community better reflects who we really are.

A very prosperous and happy new year to county residents, and a special thanks to all those who have contributed to Most Of Us®.

For more information or to schedule a presentation:

Laura McClenny 505-566-5871 or Jennifer Laramendy 505-566-5877.  
mclennyl@sjcpartnership.org

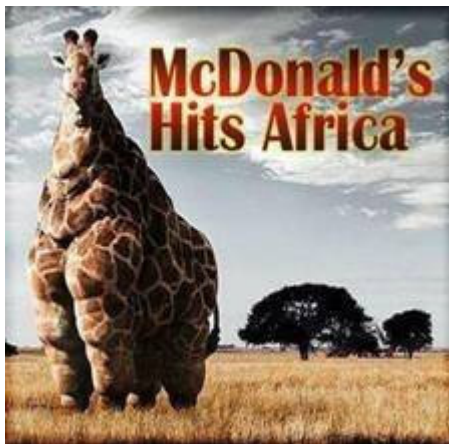
## WHY PROMOTE TREATMENT?

**Reduce turnover costs:** Replacing an employee costs from a few thousand dollars for an hourly worker to as much as \$100,000 for a top executive. This does not include the loss of institutional knowledge, service continuity, and coworker productivity and morale that can accompany employee turnover.

**Reduce healthcare costs:** Excessive substance use can complicate existing health conditions and can lead to addiction to drugs or alcohol. Research shows that healthcare savings from investing in substance abuse treatment can exceed costs by a 12 to 1 ratio.

You may want to create an electronic file folder containing these elements so they can be sent at a moment's notice. Having this information ready for the grant writer will significantly increase your chances of being funded. Miguel De Cervantes said, "To be prepared is half the victory."

Additionally, San Juan Safe Communities Initiative, Inc. recently implemented the use of a Services Request Form. This form should be used by organization seeking assistance in identifying grants for which to apply. They are available at the SJSCI offices or by calling 505-599-1490. For more information on funding opportunities or technical assistance check out the website.



**Improve productivity:** Research indicates that substance abuse treatment improves work performance and productivity while reducing interpersonal conflicts and drug- and alcohol-related accidents.

## ARTICLES OF INTEREST

### TEACHER MAGAZINE

**Mentor Helps Hispanic Teens Stay in School**  
December 24, 2008

**Maria Gonzalez is not a teacher, but she's on a mission to improve graduation rates among Hispanics in her Connecticut town.**

[Read More](#)

### Helping Young Offenders Return to Communities

**Three part SAMHSA article on helping youth offenders return to communities.**

[Read More](#)

### From Addiction to Recovery - The Story of One Teen's Triumph

**Good article about a recovering addict!**

[Read More](#)

## San Juan Safe Communities Initiative

**Meth 360**  
"Uniting Communities to Fight Meth"



San Juan Safe Communities Initiative is offering three Presentation Opportunities:

January 22nd, February 19th or March 19th

at Farmington Civic Center 6:30 pm to 7:30 pm

OPEN TO ALL

Presenter Dan Darnell, Executive Director of San Juan Safe Communities Initiative

What is Meth360?

Meth360 is a free community presentation. The program's goal is to unite communities in the fight against methamphetamine.

San Juan Safe Communities Initiative  
"Building a Safer Community"

For more information call 505.599.1492

## LIFE SKILL DATES

### First half of 2009

Quick reminder, of the phone number/process to call for registering. Some courts, probation office's simply email me the list of their people who will be attending a class. If a person needs to call and reserve a space (Recommended, but not required) they need to call me on my cell phone 215-3137, or at home 327-7239.

If they are unable to talk with me they can leave a message, telling me their name, a number, and what class they plan to attend. Many students do not have a number, so if a class is ever "full", I will leave that message on my machines letting students know that they will need to plan for another date. Effective January 1, 2009, the cost of the class is now \$65. (The first time in 12 years that the price has increased)

January 23-24  
January 30-31  
February 20-21  
March 6-7  
March 27-28  
April 3-4  
April 17-18  
May 8-9  
May 22-23

Classes are still at the St. Mary's Parish center, students enter on the right side of the building. The classes are always held 6pm -9:45 pm on Friday night and 8 am - 4 pm on Saturday (though, with good participation, we are often done by 2:30 at the latest) Students must attend BOTH classes to complete. The cost of the class is \$65, cash or money order only! If a person pre-pays their payment will be good for 90 days. (Pre-pays are stronger promises to the courts/probation officers that they intend to complete the class soon, and will always be given a signed note confirming their payment and registration.

Please call me if you have any questions!  
Ken Kernagis

## LINKS

For more...check out these links.

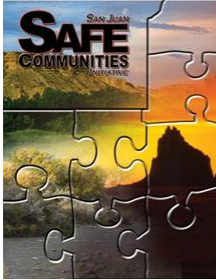
<http://www.ncjrs.gov/> National Criminal Justice Reference Service (US DOJ)  
<http://www.hsph.harvard.edu/chc/wmy2009/index.html> Harvard Mentoring Project  
<http://www.teachermagazine.org> Teachers Magazine  
<http://www.samhsa.gov/> Substance Abuse and Mental Health Services Administration  
<http://www.theantidrug.com/> Parents The Anti-Drug  
<http://www.dfaf.org/> Drug Free America Foundation, Inc.  
<http://www.nlc.org/iyef/> National League of Cities, Institute for Youth, Education, and Families  
<http://www.methproject.org/> The Meth Project  
<http://www.methawarenessproject.org/> Meth Awareness Project  
<http://www.methresources.gov/> Meth Resources.gov  
<http://www.whitehousedrugpolicy.gov/> The Office of National Drug Control Policy  
<http://methfree.mostofus.org/> Meth-Free Montana; Most of Us  
<http://www.ngcrc.com/ngcrc/page17.htm> National Gang Crime Research Center



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Suppression



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