



The Girls' Advocate

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Evidenced Based Programming for Girls

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Evidence-Based Practice for Girls in Action-Girls Inc. of NW Oregon

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For more information about *The Girls' Advocate* or to become a member of the Coalition of Advocates for Equal Access for Girls, contact Pam Patton at 503.233.4356 Help us be a voice for girls and girls' needs in Oregon!

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The focus of Evidence-Based Practice (EBP) interventions with children, yet still relatively new, has made several achievements in the past decade. Though there is debate about the appropriate applications of bridging science and service, there is now an assembly of communication for the clinical and general public on treating childhood mental health disorders. Therefore it is no surprise a national agenda set in motion by the National Institute of Mental Health and the Surgeon General's National Action Agenda for Child Mental Health has initiatives stemming from states, foundations, and local social service agencies to launch EBP into their programs to ensure "well-established" or "probable efficacious" service delivery. Girls Incorporated, the national youth serving organization that inspires all girls to be strong, smart, and bold knows this agenda all too well.

For more than half a century, Girls Incorporated has developed research-based informal education programs focused on the special strengths and needs of girls and young women ages 6 to 20. In such areas of math and science, pregnancy prevention and drug abuse prevention, media literacy, economic literacy, adolescent health, violence prevention, and sports participation, Girls Inc. has demonstrated its leadership and long-term commitment to the design and implementation of age-appropriate, research-based, and evaluated programs for girls and young women. They have a National Resource Center that serves the organizations research, information services, and training site that for years has carried out what only now is a national agenda.

As an affiliate of a national leader serving girls and with eight years of developing relationships with schools and community organizations, Girls Inc. of NW Oregon, formally the Girls' Initiative Network, will serve 500 girls with EBP models in 2005-2006.

Three of the evidence-based models we use are: *Friendly PEERS* makes drugs and alcohol prevention fun and engaging through leadership, enrichment programming, substance education, and peer training. *Operation SMART* (science, math and relevant technology) engages girls as explorers and technicians, proving that the laboratory of life is all around us. *GO Onward* prepares girls living in foster care or transitioning from

residential facilities to engage in their futures through clinician coaching, peer support, enrichment programming and career and educational development. All three Girls Inc. of NW Oregon programs are valuable to our communities because they have been proven to work and because they are needed. Drug and alcohol use for girls continue to rise, surpassing their male counterparts in all substance areas except marijuana. Oregon women earn 68 cents on every male dollar, largely because of under representation in technology fields, Oregon's number one industry. Oregon taxpayers pay \$43,000 per year to incarcerate girls and another \$12,000-\$20,00 per year for drug and alcohol treatment. With a 78% adolescent relapse rate, *GO Onward* is more relevant than ever. With the astonishing cost it takes to support girls in our community who are at high-risk, it only makes sense to invest in the national agenda of EBP especially in the area of transitional services that focuses on recidivism and relapse prevention. Case in point, the *GO Onward* program. This program is founded on the evidenced-base model developed by Mark Godley, Ph.D and Julie Payton, LISW entitled Assertive Continuing Care Model. The premise of the model developed by Godley and Payton finds that most adolescents are in a vulnerable position between relapse or recidivism and maintaining stability after leaving out-of-home placements.

The methods used to support adolescents during a precarious time are more assertive than most step-down programs. The adolescent is returning to their family and/or peer milieu, which often has not changed and can be characterized by multiple problems, active substance abuse, and minimal support. As the first few months of transition are extremely tenacious, the Assertive Continuing Care model shifts the responsibility of the client to the service provider

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“Your Leadership, Your Way”

Coalition Hosts Third Annual Leadership Workshop for Women, December 1, 2005

By Anya Hankin

On December 1st, over sixty local women managers, supervisors, city council candidates, independent consultants, executive directors, presidents and vice presidents gathered at the Doubletree hotel near Lloyd Center for the third annual Leadership Workshop for Women. Co-sponsored by the *Coalition of Advocates for Equal Access for Girls* and *Morrison Child and Family Services*, the event supported women as they engaged in a process of self-discovery within the realm of leadership.

Beth Skidmore, Executive Vice President of Kids' Hope United, facilitated the daylong workshop entitled, “*Your Leadership, Your Way*” which attracted a diverse range of professional women from throughout Portland and the surrounding area. Seated at circular tables, quietly sharing introductions and warming frozen fingers around mugs of steaming coffee, the attendees reflected the whose-who of the non-profit community, along with a smattering of corporate representatives as well.

Featuring dynamic discussion, small group work, and an extensive PowerPoint presentation, the workshop addressed such themes as creating emotional intelligence in the workplace, survival strategies for women leaders, how to effectively get a raise, and taking responsibility for your own personal development.

With a seamless blend of feistiness, humor, and grace, Skidmore embodied the soul of a woman leader. Sharing personal anecdotes from thirty years of leadership experience, decades of motherhood, and offering quotes and academic references, she pushed participants to “explore their inner territory.”

“Leadership begins with something that grabs hold of you and won’t let go. This is where leaders must find their voice. To find your voice, you must explore your inner territory... You must know what you care about. Why? Because you can only be authentic when leading others according to the principles that matter most to you...” Kouzes/Posner The Leadership Challenge

In her agenda for the day Skidmore described the necessity of emotional intelligence. “For many years, women leaders have been instructed to ‘leave their emotions at the door.’ What organizations everywhere now know are the benefits of emotional intelligence in cultivating effective leaders who embrace innovation, performance and lasting relationships.”

Asking the questions, “What emotional resources do leaders need to thrive in a chaotic and changing environment? As a female leader, do you devote as much time to cultivating your own leadership talents as you do for others?” And, “Are women leaders better attuned to leveraging the emotions that underpin organizational life?” She led participants on an exploration to develop effective ways to understand and influence the way they

handle their own and other people’s emotions in the workplace. “The emotional aspect resonates for all great leaders; Gandhi, Rosa Parks, Margaret Thatcher, Eleanor Roosevelt, my fourth grade teacher... Emotional intelligence is truly the heart of leadership,” Skidmore declared. “You can learn everything else from a book,” she added with a smile.

After seven hours of compelling conversation, the women leaders headed back into the crisp downtown afternoon. Hearts filled with inspiration and affirmation; heads bursting with satisfying answers and dozens of new questions, they had much to ponder when they returned to their jobs the following morning.

Evidence Based Programs in Action Continued

to help maintain participation. In addition, the model highly supports the service provider to expand beyond the adolescent as the client and include the family/caregiver or other supports in the treatment. The model offers a stable, licensed professional to take note of co-occurring problems and be able to actively link the family to resources, and actively link the adolescent to pro-social relationships and activities. *GO Onward* provides this continuing care and much more to help achieve successful transitions into the community from out of home care.

Girls Inc. of NW Oregon programs use EBP models, but titles and designations are not the underpinnings of successful programming. Client and customer satisfaction and retention is. Girls Inc. of NW Oregon promotes program retention by listening to girls, through site visits, focus groups, and surveys to learn what they need and what they want.

What are girls saying? Girls want to have safe spaces where they can trust each other and take emotional and intellectual risks. Girls want good information and don't want to be embarrassed to ask for it. Girls want to be loved and supportive by adults who believe in them.

Friendly PEERsuasion, *Operation SMART*, and *GO Onward* are based on sound, research-based models with validated evaluation tools to measure the ongoing success of their implementation. The ingredients alone are great but the environment will prove most important. All Girls Inc. programs are girls only, provide safety and teach respect, challenge girls to think and act critically, and led by fun and caring women.

When training on Girls Inc. programs, Annette Klinefelter, Executive Director emphasizes “Fun and flexibility as the primary variables in the Girls Inc. program formula.” All the manuals in the world can't teach girls to believe in themselves, but the content can plant the seed and the proper conditions can watch them flourish.

For more information about Girls Inc. of NW Oregon, call 503.230.0054 or visit their website at www.girlsincnworegon.org.

President's Notes

Pam Patton
President of the
Coalition of Advocates
for Equal Access for Girls



2006 is here and the Coalition is beginning our 14th year with hope and energy. To start with, as part of our *outreach* efforts, on **January 25th** we will be holding our **Annual Meeting** from 11:30-1:30 at Kennedy School. We are pleased to have as our Keynote Speaker S. Renee Mitchell, award-winning journalist, playwright & poet. Joining her will be two young women from Helensview who participated in the “Write Around Portland” Project and they will also be sharing their writings. You will be able to hear the stories about their transformations and “finding their way back”, words of inspiration when we accept and understand our possibilities and the power of our voices. We will start off at 11:30 with lunch and our business meeting, including the election of 2006-2008 Board members and officers. **IT IS NOT TOO LATE FOR YOU TO JOIN THE BOARD** and be a powerful advocate for girls. (If you are interested you can let me or Pheobe Mae, Vice-President and Nomination Committee Chair know). From noon until one, we will hear from our main presentors and then from 1:00-1:30 as a follow up request from last year, we will provide you with the opportunity to network with some of the most outstanding advocates for girls and young women in the state.

In our ongoing *advocacy* for girls we will be actively participating on **three state department's implementation plans/movements** to ensure that girls get equity in access to the gender-responsive support and services they need to reach their full potential.

1. Oregon Youth Authority (OYA) – you may remember in the April issue of *The Girls Advocate* I shared that the OYA Young Women's Work Group that I had chaired, presented their Report and implementation recommendations to the Ways and Means Public Safety Subcommittee. In response to one of the four recommendations OYA established in November the Young Women's Implementation Committee. As a member of the OYA Advisory Committee, representing the Coalition, I chair this new committee and Khris Ward, OYA Community Resources, staff's the committee and facilitates the subcommittee meetings. The full committee has broken up into two subcommittees, one on Facilities and the other on Community. Each subcommittee will report back to the full committee on their recommendations for 2007-'09 (yikes can't believe I am writing 2009!!!) Budget requests that, when approved by the full committee, will go to Bob Jester, OYA Director (by March 31st). The Facilities Committee will be working on developing recommendations for implementation of a full range of close custody gender-responsive programming in a “single gender” facility so that young women have access to programs specific to their risk/need and individual issues. The Community Committee will be working on defining and planning for the community recommendations for young women: reinstate shelter care; adding a 45-90 day secure D&A and Mental Health stabilization program; providing adequate foster care and/or proctor and residential treatment.
2. The Department of Human Services (DHS) – Gender-Specific Services Policy Work Group, which the Coalition holds a seat on, chaired by Marita Baragli, with representation of each of the clusters serving children under 18 years of age, continues to meet in planning the ongoing efforts to implement DHS's department-wide Gender-Specific Services Policy.
3. The DHS Child Welfare Advisory Committee – continues to focus on the issues and services to teens in their Teen Subcommittee and the Futures Ad Hoc Committee may be considering a recommendation to the full committee that they look at the capacity issues and potential rule conflicts of serving 18 year olds and older, as well as at the capacity and access issues for girls and young women with the intense psychiatric residential and day treatment services (ITS) movement to Managed Health Organizations (MHO).

One of the Coalition's main efforts in *education* for our members is through presentation and discussions at our meetings. The Board has made a decision to go back to monthly meetings. We will continue our Annual meeting and a Regional meeting each year, but on the other months we will be alternating between Presentation meetings on a subject that will inform members on the latest programming and data on issues and services to girls and young women and Discussion meetings where we discuss pertinent issues of interest to our members. We will also have “roundtables” where members can share with each other new programs, services, trainings or ideas. If there is a topic you would like to discuss or a presentation you would like to share with others on models or data on working with girls let me know (pam.patton@morrisonkids.org) and we will get you on the Coalition's Agenda.

Lastly, you will be able to **pay your 2006 \$25.00 membership contribution** at the Annual Meeting, but if for some reason you have not officially joined as a member of the Coalition **now is your opportunity to become an active voice for girls!** (Contact Laura.Eccles@morrisonkids.org). *Then you too can get this great feeling that you have made a difference in the lives of girls and young women in Oregon.*

Calendar of Events

Coalition Meetings for 2006

(Meetings take place on the fourth Wednesday of the months listed and the Third Wednesday in November.)

- January 25th: Annual Meeting (see right)
- February 22nd: Will ITS move affect equal access?
- March 22nd: Discussion-Cultural Diversity
- April 26th: Presentation
- May 24th: Regional Meeting- Location TBA
- June 28th: Discussion
- July 26th: Presentation
- August: No Meeting
- September 27th: Presentation
- October 25th: Discussion
- November 15th: Presentation
- December: No Meeting

All meetings (except the annual and regional meetings) will be held from 12:00- 2:00 pm at Rosemont School 9911 SE Mt. Scott Blvd., Portland.

All members are welcome to attend! For directions, call 503.777.8090

Contact Laura at the Coalition for more information on any of these calendar items.
Phone: 503.233.4356, Email: laura.eccles@morrisonkids.org

REGISTER NOW!

COALITION
ANNUAL MEETING
JANUARY 25th, 2006
11:30 a.m.-1:30 p.m.

At McMenemy's Kennedy School 5736 NE
33rd Portland, OR 97211

Keynote Speaker: We are privileged to welcome
S. Renee Mitchell, an award-winning journalist,
playwright and poet.

Joining her will be two young women from Helensview
High School who participated in a Write Around Portland
Project and will be sharing their writings.

Join us for this empowering experience and the
opportunity to network
with some amazing advocates for girls!

**Cost: \$16 for Lunch/ You can also pay your
annual \$25 membership fee that day as well!**
**Register soon to secure your seat, we are
limited to 35 seats!**

Email: laura.eccles@morrisonkids.org Phone: 503.233.4356



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