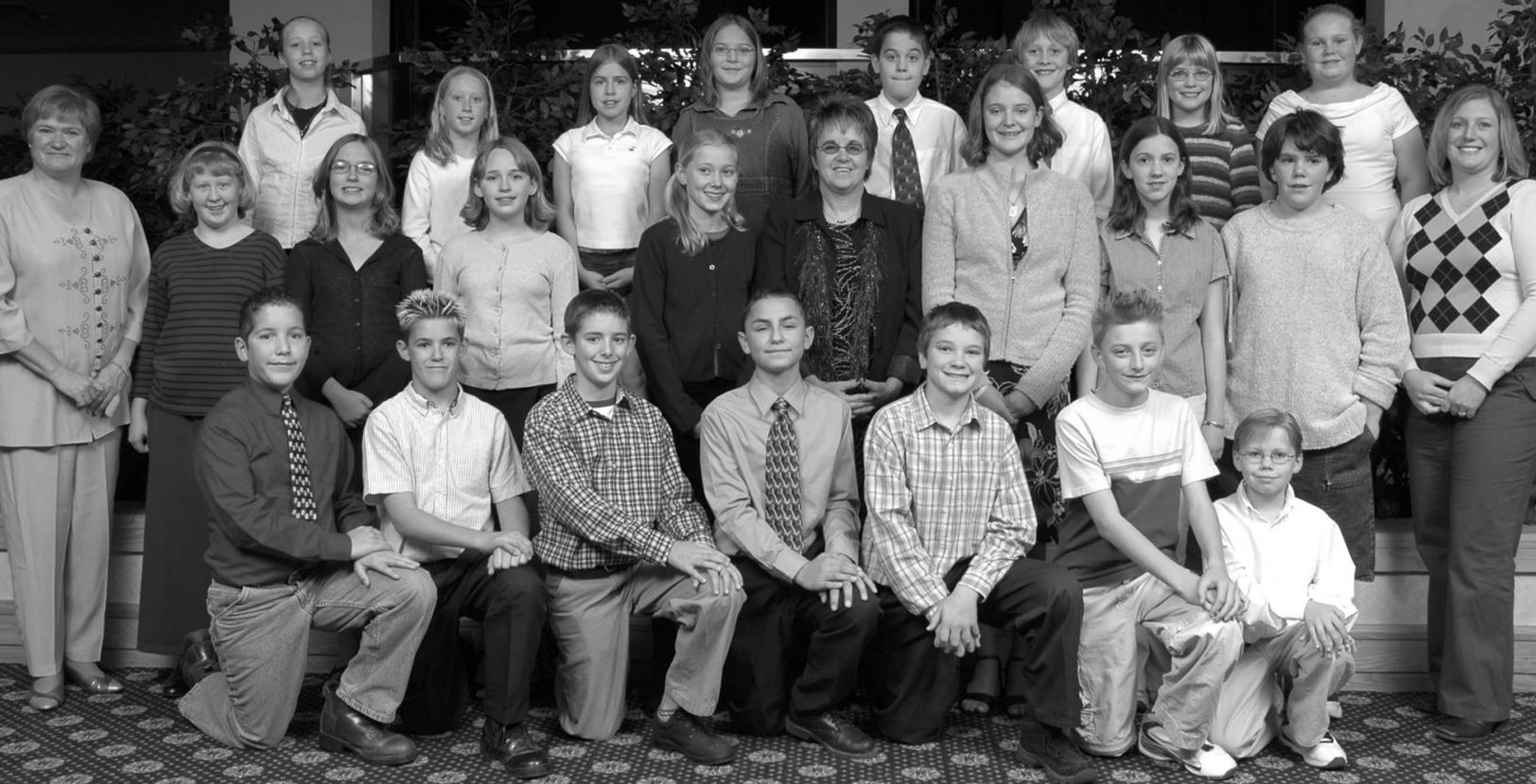


# CAÑON CITY'S AWARD WINNING SERVICE LEARNING PROGRAM



# COMMUNITY CONNECTION

WWW.COLORADOTRUST.ORG

CommunityConnection is the quarterly e-newsletter from The Colorado Trust.

## REALLIFE

### AFTER-SCHOOL INITIATIVE

What started off as a small component of Washington Elementary School's after-school program has blossomed into an award-winning and growing service learning program. The students who take part in Cañon City's Project L.E.A.D. (Leadership, Education and Advancement for student Development) after-school service-learning program were named Colorado's Outstanding Youth Group for the 2004 National Philanthropy Day.

With many of his classmates on stage at the awards ceremony in Denver, 11-year-old Connor Levin ticked off a long-list of their accomplishments: cleaning up Cañon City's River Walk, using the collected trash to create a Christmas tree for the Community Art Center, making Easter baskets for residents of the local senior center, putting on a talent show for the seniors, volunteering at a soup kitchen and collecting \$4,000 for an orphanage in Nepal. The students learned of the extreme need for food and clothing at the orphanage after exchanging pen-pal letters with students in Nepal. "Helping people makes me feel better about myself," said Levia. "It also gives me a different view of the world - one of giving and not receiving. It makes me grateful for what I have that others don't."

Project L.E.A.D. is one of 32 grantees under The Colorado Trust's five-year After-School Initiative. The \$11 million initiative, which concludes this year, serves children between fourth and ninth grades across Colorado. The various programs provide youth with social and recreational skill-

building, such as leadership development, mentoring, sports activities, academic support and development of computer skills.

The students who participate in the service-learning group "learn to be independent thinkers and become aware of the community around them. They also gain public speaking, planning and organizational skills that will help them in their future schooling and careers," said Jessica Evans, Project L.E.A.D. Supervisor.

Collectively, the Cañon City youth brainstorm and vote on the service projects they will take on. For projects to be approved, they must provide a service, involve some type of learning and strive to empower the people they're helping. The students meet one day a week to work on their projects. "There is some oversight by the teachers, but the kids really do most of it," said Evans. "They plan all aspects of the projects, make arrangements and do the work. And they learn from their mistakes. One time they forgot to reserve a bus for one of their projects and they ended up walking all the way there. They never forgot to reserve the bus after that!"

The students, whom Evans calls "simply amazing and inspiring," are working hard now to raise money for the Southeast Asia tsunamis victims. They also have plans to raise money for victims of the 2004 Florida hurricanes, hold an art show for senior citizens and aid soldiers in Iraq.

"I have seen so many of the students bloom in this program," said Evan. "I'm excited about the difference we can continue to make for the kids and the community."

## TRUSTNEWS

### ADVANCING COLORADO'S MENTAL HEALTH CARE

The Colorado Trust recently joined together with three other Colorado foundations in a project designed to better meet the needs of Coloradans with severe mental illnesses. Advancing Colorado's Mental Health Care is a five-year, \$4.1 million joint effort of the Caring for Colorado Foundation, The Colorado Trust, The Denver Foundation and HealthONE Alliance. This collaborative effort stems from the 2003 report, *The Status of Mental Health Care in Colorado*, which examined the crisis situation in Colorado's mental health care system. The report was commissioned by the Mental Health Funders Collaborative, which was comprised of eight foundations that came together to gain a better understanding of the way Colorado addresses mental health care needs.

According to the report, only one-third of those who need mental health treatment in Colorado currently receive it, the care is often inaccessible and inadequate, and costs continue to rise as state expenditures decrease. To address these issues, the Advancing Colorado's Mental Health Care Project will support the "integration" of mental health services in up to 10 Colorado communities.

Integration means coordinating treatment across agencies. Currently, a patient with a behavioral or mental health diagnosis may receive care from a variety of different, disconnected sources such

as human services, criminal justice, the school system, a primary care doctor and community mental health services. This non-integrated type of care often results in poor mental health outcomes for the patient and frustration for family members and caregivers. The project's goal is to help persons with mental illness be treated across agencies, regardless of the agency funding sources, organizational structures or policy and practice differences. Communities selected to participate in this project will be chosen through a competitive Request for Proposals (RFP) process. The RFP will be released in spring 2005. A search is currently underway to hire a Project Coordinator for this effort. For more information about Advancing Colorado's Mental Health Care, go to [www.coloradotruster.org](http://www.coloradotruster.org), or contact Carol Breslau, Vice President for Initiatives at The Colorado Trust.



## TRUSTNEWS

### TRUST INITIATIVE TO PREVENT BULLYING

A new initiative of The Colorado Trust aims to help schools and community organizations prevent bullying. Research shows that bullying can no longer be dismissed with a “kids will be kids” view. Long-term effects of bullying indicate that youth who bully typically have a criminal record by age 24. And victims have an increased chance for experiencing academic failure, school absenteeism, low self-esteem, depression and an inability to connect socially with other youth as a result of being bullied.

“One of the most important issues to be addressed through this effort will be educating and empowering the vast majority of students who are neither bullying nor being bullied, but are bystanders,” said John R. Moran, Jr., President and CEO of The Colorado Trust. “The recent tragic stabbing at Montbello High School underscores the importance of increasing awareness among students, teachers and others about bullying, including how to put a stop to it and how to prevent it altogether.” Research shows that in most schools, 85% of students are bystanders - students not actively involved in the bullying activity, only 6-7% of students are considered bullies and 9% are victims.

Subtle and overt bullying activities include the exclusion of targeted youth in peer activities or social events, gossiping about others in harshly negative ways, unprovoked physical and verbal attacks and, most recently, the utilization of the Internet to anonymously harass and verbally attack vulnerable students.

The Trust has a long-standing commitment to encouraging positive youth development and preventing youth

violence through such initiatives as the Safe2Tell Hotline, Safe Communities~Safe Schools, Assets for Colorado Youth and After-School. For the Bullying Prevention Initiative, The Trust is conducting a competitive Request for Proposals process to select up to 35 grantees from across the state. The effort will focus on providing support to schools and community-based organizations for new, existing or the expansion of bullying prevention programs. Programs must be evidenced-based, which means funded programs will be considered to be a best practice, promising or an emerging program as defined by prevention research. Grant awards will average \$50,000 a year over a three year period, with grantees also receiving technical assistance, training and numerous networking opportunities.

An independent evaluation of this initiative will be conducted to determine if, as a result of this initiative, youth and adults are able to intervene in a positive way when confronted with bullying activities. The evaluation will also look at whether adults are better able to implement the bullying prevention programs and strategies.

To view the Request for Proposals visit [www.coloradotrust.org](http://www.coloradotrust.org). The deadline for submitting proposals is March 1, 2005.

#### WEB EXTRA

**KUSA-9News recently did a series on bullying at schools, including information about The Trust's new Bullying Prevention Initiative. To view the series, go to [www.9news.com](http://www.9news.com); from the home page, go to “News” on the left side of the page and then click on “Education.” Scroll down the page until you see the Bullying at School series.**



# COMMUNITY CONNECTION

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## TRUSTNEWS

### **TRUST BOARD OFFICERS NAMED**

At its December 2004 meeting, the Board of Trustees of The Colorado Trust named the following Trustees as officers for 2005:

- Chairman - Jerome M. Buckley, M.D., Chairman and CEO, COPIC Insurance Company
- Vice Chairman - William N. Maniatis, M.D., Urologist, Advanced Urology, P.C.
- Secretary - Kathryn A. Paul, President and CEO, Delta Dental Plan of Colorado
- Treasurer - Stephen B. Clark, President, SB Clark, Inc.

### **STAFF NEWS**

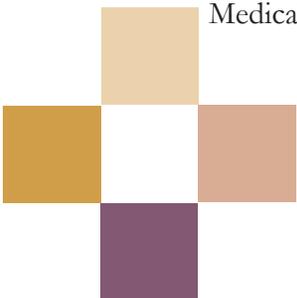
Welcome to three new staff members who have joined The Colorado Trust. Laurel Petralia and Ginger Harrell have joined The Trust as Program Officers. They will work with Senior Program Officers Susan Downs-Karkos and Ed Guajardo Lucero in developing and implementing Trust Initiatives. Laurel formerly served as Senior Manager for Prevention Programs at the Colorado Prevention Center, where she helped to create and launch community-based health initiatives emphasizing outreach to at-risk populations. Ginger worked for the Metro Community Provider Network as a Project Manager for the Healthy Start Project, an effort to reduce infant mortality and decrease the incidence of low birth weight babies. And Heidi Holmberg is The Trust's new Hospitality Coordinator. She previously served as Events Coordinator for the Colorado Chautauqua Association in Boulder.

### **TRUST BOARD MEMBER NAMED CARDIOLOGIST OF THE YEAR**

Congratulations to Trustee Reginald L. Washington, M.D. on being named 2004 Cardiologist of the Year by Presbyterian/St. Luke's Medical Center. The award praised Dr. Washington's tireless work in advocating for pediatric health, the elimination of childhood obesity and improved clinical intervention of cardiac disease from infancy through adulthood.

### **COLORADO HEALTHY PEOPLE 2010 INITIATIVE WINS AWARD**

The Colorado Trust's Colorado Healthy People 2010 Initiative received the 2004 Denver Medical Society Community Education Award for its ongoing efforts to promote health in the community. The award is given each year to a community organization or individual who has successfully focused on a significant health issue affecting the Denver community and whose efforts have resulted in improved public awareness and understanding. Colorado Trust President John R. Moran, Jr. accepted the award at the Denver Medical Society's Annual Meeting in November.



## COMMUNITY SPEAK

### COMMUNITY SPEAK

IN YOUR WORK UNDER THE TRUST'S COLORADO HEALTHY PEOPLE 2010 INITIATIVE, WHAT ARE THE GREATEST OPPORTUNITIES AND CHALLENGES IN HELPING PEOPLE TO MAKE HEALTHY LIFESTYLE CHOICES?



**Kendra Kurihara**  
*Program Director,  
Full Circle of Lake County*

economic situation of our clients. Many parents work long hours far from home, and most of the youth live in areas with few amenities and no access to safe, fun recreation. Parents would rather their children stay inside when they are at work so they know they are safe. At the same time, one of the biggest opportunities we have in Lake County is the natural resources that surround our community. There are ample hiking and biking trails within close proximity of town, and snow sports are

“We have found that the secret to a successful physically active program for 12- to 14-year-olds is to make the activities varied, fun and social. A challenge to engaging youth in healthy life-style choices is the competition we have with television, video games and the sport of “just hanging out.” Another challenge is the

plenty in the winter. A challenge to getting youth outdoors in the summer and winter, however, is whether they have the right clothing, equipment and instruction for the activity. To address this, our organization connects youth with local outdoor recreational resources and helps give them the confidence, skills and equipment to get the most from these experiences.”

“The biggest challenge is figuring out how best to reach out to people who aren't already doing healthy things. Toward that end, we have started holding focus groups of people who are 20 or more pounds overweight to get input on how to better reach and motivate that group of individuals. We also have had some wonderful opportunities through collaboration with the community. For example, we have been able to work with local restaurants to put stickers on their menus that denote the Healthy People 2010 recommendations for healthy food items. And we have seen real evidence that when people are successful in making healthy lifestyle choices it definitely makes for huge changes in their lives.”



**Kay Rosenthal, Ph.D., R.N.**  
*Health Educator,  
Salud Estes Park Healthy People  
Project*

## COMMUNITYSPEAK, *continued*

“In our project, based in Pueblo businesses, the most important challenges include employee time constraints, avoidance and difficulty maintaining healthy actions. The employees in the first business we worked with were under a great deal of time pressures, which sometimes created a tendency to avoid scheduled classes and activities. Fortunately, we also have numerous opportunities to support our behavior change efforts. All three businesses chosen for the grant activities have strong administrative support and established wellness committees. All employees are allowed to engage in wellness activities on work time, which is imperative to address the time constraints present in our culture today. The grant money also has provided the opportunity to hire qualified health educators to conduct programming based on valid behavior change theory with evidence-based curriculum. As a result of the program, the first business we worked with has hired, with their own funds, a health promotion specialist to continue the efforts started by the grant.”



**Carol Foust, Ph.D., L.P.C.**  
*Chair and Associate Professor,  
Dept. of Exercise Science,  
Health Promotion & Recreation,  
Colorado State University - Pueblo*

