



To HCI Board Members and Friends of HCI:

We are off to a great start in 2006 and welcome to HCI's electronic newsletter! Expect to see in your e-mail during the second week of each month updates and announcements on the activities and new happenings in our community.

And we welcome your comments, suggestions, or new ideas for community activities. Just email them to castaubach@comcast.net.

Take care and enjoy the newsletter!

Carol Staubach
HCI Executive Director

HCI E-Newsletter

PARENTS EDUCATION PROGRAMS STARTING IN MARCH

HCI is building and improving our parenting education program from the two previous years. We now have commitments from three organizations, Rocky Run YMCA; Springton Lake Middle School; and Reformation Lutheran Church to deliver parenting education and discussion groups within their organizations. Through a deeper collaboration with these organizations, HCI hopes to involve a greater number of parents than previous years and create a sustainable initiative. The goal is to provide an opportunity for parents to increase their knowledge and skills, have access to local professionals, and be aware of resources that meets the needs of families, especially if faced with a crisis.

Thanks to our supporters and coordinators at: Rocky Run YMCA – Andi Youndt, Executive Director, and Emma Daly; Reformation Lutheran Church – Leah Schade, Asst. Pastor; and Springton Lake Middle School – Chris Marchese, Principal.

The HCI Parenting Series provides the three host organizations with two guest lectures by local family therapists and four parenting group discussions. Topics include:

- Communicating with Youth
- Discipline, Boundaries and Control
- Bullying, Self-Esteem and Personal Assets
- Social Pressures: Sexuality, Substance Abuse and Popular Culture

HCI is thrilled to have three local specialists involved with this initiative.

Larry Schwab, MA, LFT, is the project manager and coordinator of program delivery for the organizations. Larry is a Licensed Marriage and Family Therapist who has worked in a variety of mental health settings and private practice for over 15 years. He facilitates leadership retreats and workshops for churches, and leads Small Group Ministry programs. He has also taught at the high school and undergraduate levels, after obtaining a Certificate in Education from Oxford University.

Dan Collins, Ph.D, is a licensed psychologist with 24 years of experience and proprietor of the Pastoral Counseling Network, a pastoral psychology practice with offices in center city and suburban Philadelphia, PA. His most recent administrative appointment was as Chief Operating Officer of the Center for Innovative Family Achievements, Inc. (CIFA) in Trenton, New Jersey. CIFA is a certified Teaching-Family Model site that serves the developmentally disabled.

Tony Goldsmith, MA, MSIS, is a licensed clinician who provides evaluations and psychotherapy specializing in child and family work. He is a consultant to Rose Tree Media School District in their emotional support program and also consults with Children and Youth services of Delaware County for child evaluations.

HCI provides the framework for this project, which includes project design, management, training materials, outcome evaluations, and a Handbook for the leaders of the group discussions. Through the generosity of Delaware County Office of Behavioral Health and State Representative Tom Killion, HCI will fund and coordinate presentations at the host organizations by the family therapists. They will also meet with facilitators for debriefing and be available for crisis intervention if needed.

Please provide us your feedback or your interest in being involved with this initiative.

DELAWARE COUNTY SUICIDE PREVENTION AWARENESS TASK FORCE

Carol Staubach serves on the county wide task force whose job is to create awareness and provide education on suicide prevention and the services available in the county to support prevention of suicide and be a catalyst for other groups to initiate needed activity in their own communities to eliminate the tragic loss of human lives through suicide.

Established in 2002, the task force is made up of representatives from:

- County and private human service agencies & organizations
- School districts and the Intermediate Unit
- Crisis center(s)
- Suicide prevention & survivor advocacy groups
- Community coalitions
- The faith-based community
- The law enforcement community
- The medical community

Recently there was a Greater Philadelphia multi-county Task Force Meeting. These meetings will continue for the purpose of comparing activities in all the counties and to share effective programs and data that help each other in their mission.

The Delaware County Task Force is available to consult with your group or provide training and education seminars. For more information, call Carol Staubach at 610-891-6034 or email her at castaubach@comcast.net.

MEATLESS MONDAY CAMPAIGN

The Meatless Monday Campaign continues with initiatives to improve nutrition knowledge and health eating among students at Springton Lake Middle School. Meatless Monday partners are Springton Lake Middle School, Riddle Memorial Hospital and the Rocky Run YMCA. Grants are provided to communities like Rose Tree Media through Johns Hopkins School of Public Health to help us improve our diets and reduce our intake of saturated fat by 15% and reduce the incidence of heart disease in America. We are engaging middle-school students in fun, interactive activities on healthy eating to increase their knowledge, skills and ability to make health food choices. Wouldn't it be great if our students learned healthy eating at an early age and adopted life long healthy eating habits?

The Springton Lake Health Council has put together the following initiatives:

- ❑ Created a focused nutritional curriculum
- ❑ Started an after school healthy cooking program
- ❑ Meatless entrées on Mondays in the school cafeteria
- ❑ Meatless Monday Healthy Recipe contest for middle school students. Winners are awarded prizes and receive publicity
- ❑ Fun “Taste Testings”

Erik Schunk, the Riddle Hospital food service director, has sponsored a Meatless Monday entrees at the hospital cafeteria. For both the students and employees of Riddle Hospital, we have realized how important awareness and education are to supporting healthy changes and eating habits. We will be thinking of fun ways to encourage students and adults to try new recipes and foods. The taste testing in March was a success with the students. Pat Gildea, food services director at SLMS, Jean Wallace, Neil Goldstein, Jean Campbell, and Carol Staubach prepared samples of two types of melons for each student to try and vote on which one was their favorite. Pat served it the following day and the melons were a hit! The taste testing for March will be “Go for the Greens” and you guessed it, will take place on St. Patrick’s Day.

The great news is that the community is getting involved in the campaign to promote healthy eating. Trader Joe’s of Media has recently stated their interest and support the Meatless Monday Campaign. They will be working with the after school cooking program and the upcoming taste testings at Springton Lake Middle School.

Our project was highlighted on the national Meatless Monday website – www.meatlessmonday.com. If you go on to www.meatlessmonday.com you can click on our report, there are plenty of pictures there.

YOUTH SPORTS ORGANIZATION – SPORTS WORKSHOPS

Doug Hosier- HCI Student Intern

Sportsmanship today is becoming an archaic ideal, especially in the world of professional sports. Young athletes are far more likely to witness trash talking and flashy celebration dances from the “role models” in the major sporting leagues today. Therefore, these young athletes need a new realm to learn this important life skill.

HCI, in partnership with The Media Youth Center and The Rocky Run YMCA, is in the process of planning sportsmanship workshops for our emerging athletes in elementary and middle school grades. Warren Bittner and I, both graduates of Penncrest High School and former varsity athletes, are key project leaders for HCI. I lettered in football and lacrosse while Warren was a varsity athlete in football, basketball, and baseball. Using our personal experience and expertise, we have developed fun and interesting ways to deliver the messages of sportsmanship and the “40 Assets” to the various age groups of young athletes. Once the content design of the workshops was completed, we recruited athletes from Penncrest and taught them how to effectively run the workshops for the kids at the Y. These workshops will target children in grades 2-5, in order to instill these important values early in the careers of these future athletes. Nationally, the YMCA has adopted the same “40 Assets” as HCI, making it the perfect breeding ground for sports-based HCI programs. Andi Youndt, the new Executive Director of the Rocky Run YMCA and a member of the HCI Board of Directors, has been a great help and will continue to be an essential partner in the success of these workshops. By giving HCI use of the Y’s first-rate facilities during the school year and summer camps, the Y also grants HCI access to a nexus of children and young adults already interested in bettering themselves.

“The Rocky Run YMCA is excited to partner with Healthy Communities Initiative in an effort to change Delaware County through leadership programs that nurture the lifelong development of individuals and families. Through our combined efforts, we hope to improve Asset development in our youth while building strong kids, strong families and strong communities.”- Andi Youndt, Executive Director, Rocky Run YMCA

The Media Youth Center hosted a pilot workshop for the 4th grade boys' league in 2004, as part of HCI's introduction of the "40 Assets" to athletes, coaches and parents. HCI hopes to reach more leagues this winter as the workshops are planned.

The Media Youth Center will sign up over 1,500 youngsters this year and HCI hopes to reach as many as possible with this important message of positive youth development.

The Media Youth Center would also like to explore making a connection with the HCI Youth Council to design some programs at the site and assist in making their community service projects a reality. There is a chance that HCI could use the Media Youth Center as a place for recruiting youth who have been tough to reach.

HCI YOUTH COUNCIL

Community Service at Penncrest High School will be in full swing during 2006 as HCI prepares to enhance the opportunities that the students will have to earn their credits. Utilizing the strong and broad network HCI has with community groups, businesses, agencies and organizations, there will be plenty of unique and meaningful experiences for the students to choose from as their way to serve and give back to others. In past years Riddle Village opened their billiards room to high school students to play with residents there, experience positive intergenerational conversations and have fun. High School students shared their computer knowledge with residents of Fair Acres as a new outreach for Penncrest. Students also developed publishing, editing and communications skills while working on the HCI Newsletters, press releases and project plans. The goal in 2006 is to recruit younger students at the high school through community service opportunities and then to link them further into HCI projects. HCI will be working closely with staff at the high school so that students are well informed of all the opportunities they can explore.

NEUMANN COLLEGE MUSIC EVENT/FUNDRAISER

HCI Concert to Feature Local Artists and Raise Money for Youth Council

HCI Youth Council will host a concert on Saturday, April 1, 2006 at Neumann College, 8pm –11pm, featuring young, local musicians as a benefit for the **Student Union**, which is a major focus of the HCI Youth Council. Musicians bringing their styles and lyrics to the event will be **Chris D'Esposito, Kevin Wilfong and "Special Guests" Random Haze**. They are all donating their time as a way to support the HCI Youth Council. Neumann College students partnering with HCI on this event are members of SIFE (Students in Free Enterprise). HCI is very appreciative of Neumann's offer to hold the event on their campus at no cost to HCI. Tickets are \$5 and there will be a lounge area for "coffee and hanging out". **Contact Erica Nachamkin, Amy Roller, Alex Dalgliesh or Michelle Henry at Penncrest for tickets**. They can tell you how to volunteer with the event or to be part of the HCI Youth Council.

MATT COBURN SCHOLARSHIP

HCI is proud to announce the formation of the Matt Coburn Youth Leadership Fund. Set up by Matt's family in his memory, an annual award will go to a student chosen to attend a leadership conference as a representative of HCI.

A panel will be formed to review students for consideration. Further details on this process will be sent out, but if you are interested in either serving on the panel or applying for the scholarship, please contact Carol Staubach, 610-891- 6034 or castaubach@comcast.net

INFORMATION TECHNOLOGY

HCI is getting ready to improve our technology infrastructure by expanding our current website to include new tools that will encourage participation and communication among the staff, board, volunteers and the community at large. By utilizing web based technology, HCI can provide these avenues of greater communication within the financial resources available.

HCI will be creating a portal for Youth, and one for the general Community.

Syndicate Pictures provided us, as a donation to HCI, our original website and has been hired to create the newly enhanced product. Syndicate Pictures is a full-service advertising and multimedia company located on State Street in Media. By using the latest technology and employing talented designers and technical experts, Syndicate Pictures is able to deliver compelling communication strategies.

Matthew Haas started Syndicate Pictures while a student at Drexel University, graduating with degrees in Computer Science and Film and Video Production. Matthew and his company have worked for over six years with Delaware County in developing and delivering the County's annual Safe School programs. Matthew produced the video *Mobilizing Communities to Prevent Youth Suicide* for the District Attorney's office – this highlighted the HCI community efforts and part of the video was filmed at Penncrest and Neumann College. Syndicate Pictures supports a national task force on Prevention of *Internet Crimes Against Children*, developing education materials for prevention and action steps to report a crime.

Matthew wants to mentor and coach high school students who have an interest in website creation and online tools and would like to create a team of students for this project. He needs three students. This student team will be tasked with working with Matthew and his staff to develop the Youth Portal for the HCI Website.

Here are very brief job descriptions:

Web Designer: must have easy access to the internet, some knowledge of HTML programming. FTP knowledge is a plus. Familiar with IM (Chat) and Bulletin Boards. Have email access.

Photo/Designer/Artist: access to digital camera, experience working with photoshop (or other photo manipulation program). Have email access.

Writer: Experience with creative writing or working for school newspaper. Would like to have experience using the web. Have email access.

Each student will be asked to give about 2-3 hours per week toward the project.

This team will meet with Matthew to lay out the project, and continue to discuss the ongoing project through future meetings and online communications. Students will support the graphic design and learn how to program the required functionality for Message Boards; Youth Surveys; Chat Rooms. If you know of any student who is interested, email Carol Staubach at castaubach@comcast.net.

PUBLIC RELATIONS

HCI Column to be featured in County Press Newspapers

County Press Newspapers unveiled the first HCI COLUMN as a weekly feature with news, comments, advice and anecdotes associated with Asset Development and the community. HCI is grateful for this generous gift of valued space in the newspaper and encourages students, parents, business people, teachers, coaches and more, to think about sending in your submission for consideration to publish.

Submissions should be under 500 words.. Please email to: mgrieco@riddlehospital.org and include your name, address, phone, email and affiliation (school, business, congregation, sports team, parent, etc). Essays, poems, lyrics, editorials, or just a great story are some suggestions for those wishing to share their thoughts with others. Topics must be related to HCI and the 40 ASSETS. For more information on HCI, visit www.hci-rtm.org

HCI in TEEN TALK Every Month

Town Talk Newspapers' TEEN TALK section will highlight HCI monthly. Sponsors are needed to cover the cost of the space and it is well worth the dollars. The Town Talk is distributed to more than 25,000 homes in our community and the HCI ad will appear every 4th edition. This exposure gives HCI the important opportunity to reach more families, youth and community leaders with the message of positive youth development. Each month is a different theme that addresses specific assets. The sponsor will have their logo and a special message for readers in this space. Please consider helping HCI build more awareness of the value of youth in our community, the importance of building assets, and making a difference in the lives of everyone. The cost is \$180 for 5x8 space. Please call or email Martha Grieco at 610-891-6286 or mgrieco@riddlehospital.org to sponsor an upcoming ad.

HCI is Recruiting Help for Public Relations and Promotion

The job of keeping HCI in the public eye.... in the newspapers, on websites, at community events, with mass mailings, sending email announcements, and more....this is a job for "SUPERMAN"! Not really, but certainly more than one person. HCI desperately needs a viable, active and committed team of people to be on the Public Relations Team. Several years ago, a dynamite team was formed and worked very hard with results that were amazing. Things change, people move on, students graduate and the team dwindled down again.

Please consider helping out on this team! We need **your** help to make HCI's image more visible, more consistent, more diverse, more creative....to offer your talents, call today 610-891-6286 or email mgrieco@riddlehospital.org with your contact information. Thanks!

COMMUNITY NEWS AND EVENTS

Mobile Skate Park Needs Volunteers

Youth in our community need your help. Stop by Board Stiff, 114-116 South Olive Street in Media, and sign up with Chris to support the Mobile Skate Park Initiative. Starting in March each Sunday afternoon between 12:30 p.m. and 4 p.m., a minimum number of two adults are needed to set up portable skate board ramps on the third floor of the parking garage. A pickup truck is best for moving the ramps from their storage area to the skate board site. Once the skate course is set up, adults oversee the skating area while kids are skating, and take down the ramps to return them to storage when skating stops at 3:30 p.m.

By participating in this program, adults meet the great youth of the area and provide a safe skateboarding experience for all ages of youth. To sign up, just see Chris at Board Stiff or call him at 610-565-4570. Board Stiff is open between 12 noon and 6 p.m. every day.

Come make a difference for youth in Media!

Mark Your Calendars

- **Tuesday, March 28, 2006 at 7:00 p.m.**

YES Theater - Opening Night at Delaware County Community College

YES (Youth Educating Society) Theater is a youth driven performance troupe that through their performances talks about issues current and pertinent to teens in Delaware County. This program is for youth ages 13 -16. YES is always looking for host organizations and deliver performances in many venues throughout Delaware County. For more information, contact Susaye Lawson at Holcomb Behavioral Health, 484-444-0412 or email at slawson@holcombbhs.org

- **Thursday, March 30 from 6:00 p.m. to 9:00 p.m.**

Town Hall Meeting: First-ever open forum in Delaware County on underage drinking. Community Hospital, 2600 W. 9th Street, Chester

- **Week of April 3rd is National Alcohol Screening Day (NASD)**

Are You Drinking At-Risk?

About NASD: An annual event that provides information about alcohol and health as well as free, anonymous screening for alcohol-use disorders. The program is designed to provide outreach, screening and education about alcohol's effects on health for the general public.

Event sites are located in community, college, primary health care, military and employment settings. If you would like to provide this free service to your community,

If you or you'd like your organization to participate, the NASD Training will take place on Friday, March 24, from 2:00 PM - 4:00 PM at the Holcomb office in Media. Please contact Holcomb at 484-444-0412.