



SOMERSET COUNTY LOCAL MANAGEMENT BOARD

EMPOWERING CHILDREN, YOUTH AND FAMILIES

Issue 1

September 21, 2007

DIRECTOR'S CORNER:

I am very excited to have become a part of the Somerset County Local Management Board team in April 2007.

Somerset County is a welcoming community that cares about its families and children. At the Somerset County Local Management Board we also care greatly about helping to provide

needed programs and services to families, as well as maintaining a safe and healthy community.

In our efforts to do this we want to be able to communicate with the people that our services impact, which includes families, agencies, faith-based organizations, and others.

We are looking forward to an exciting year and contin-

ued collaboration and partnerships with great people, as well as developing new ones.

It is our hope that this newsletter will assist us in providing details about our role, provide information about programs and activities, and help us develop a mechanism through which we can have ongoing communication.

Tracey Cottman, LCSW-C
Executive Director



MEET THE STAFF

We would like to introduce you to the staff of the Somerset County Local Management Board.

Our Executive Director is Ms. Tracey Cottman. She is a licensed certified clinical social worker who has many years of experience working with families and children, and doing community outreach.

Our Program Monitor is Mr.

Adam Belton, who also does grant writing within the organization to bring additional funding to Somerset County. Adam is originally from North Carolina, and enjoys fishing in his free time.

Our Fiscal Manager is Ms. Susanna Henson, who also works on publications and website design for the organization. Susanna grew

up in Crisfield, and enjoys playing piano in her free time.

The Family Navigator for the Somerset Family Link is Ms. Tonya Wilson, M. Ed. She is the information and referral agent for Somerset County, and also provides family support within the community. She has also worked in the Upward Bound program in the past.

Inside this issue:

Who We Are	2
Event Highlight	2
SCLMB Funded Programs	2
Fun and Games	4

County Facts:

- Somerset County is 327 square miles of land and 284 square miles of water.
- The county population density is 79 persons per square mile, the statewide density is 568.7 persons per square mile.

From the Somerset County Needs Assessment

WHO WE ARE

The Somerset County Local Management Board is responsible for developing family-focused, community-based services for children and families. We identify priorities and target resources for improvement based on a community needs assessment. The organization also aids in developing collaboration and cooperation between the agencies and or-



ganizations of Somerset County.

We are charged with planning, coordinating and evaluating grant-funded programs and services that benefit children, youth and families. Part of our task is to assess the delivery of services, identify gaps that may exist, and work to remove fragmentation and duplication.

EVENT HIGHLIGHT

In a joint effort between the SCLMB and the Somerset County Board of Education through the Safe Schools/Healthy Students initiative, planning began to provide a summit at the end of the school year for the male students in grades 5-12. The event was titled "Steppin' Up Our Game Youth Summit", and was held on June 15, 2007 at Washington High School.

The "Steppin' Up Our Game" Youth Summit was a day geared toward providing education and empowerment for

the youth, which included a strong male presence to help provide a positive experience with male adults. Transportation was provided to and from the event. The youth participated in three workshops of their choice, one being focused on physical activity and fitness, and the other two being focused on providing life skills, empowerment and education. The boys were provided with a hot breakfast, lunch, and afternoon snack.

In addition, a DJ was enlisted during

lunch for entertainment, and informational kiosks ranging from local summer activities for youth to college recruitment information were set up for the youth to peruse during lunch. The day was started with a presentation by a pastor from a local church, and was closed with a presentation by Baltimore Ravens player Daniel Wilcox. The boys received door prizes and gifts at the close of the day, and many of the youth expressed appreciation for the information provided, and also enjoyed have a day geared just for them.

SCLMB FUNDED PROGRAMS

COMMUNITY BASED AFTER SCHOOL PROGRAM

The Costen After School program was the first program that we implemented the 40 Developmental Assets as part of its design and curriculum in Somerset County, in addition to the tutoring, pre-

vention education, and other activities that are provided. The Costen After School program serves twenty children in 6th through 8th grade, with transportation provided to and from the pro-

gram site. The transportation is a crucial element in Somerset County, as this has been a barrier to our families obtaining services in the past.

For information, call 410-957-0129

STARS FOR FAMILIES

Start Taking Alcohol Risks Seriously (STARS) for Families is an alcohol prevention program for middle school students in 6th and 7th grade at Somerset Intermediate School. It targets the post-

ponement of alcohol use until adulthood by increasing protective factors through peer-resistance education, and task-oriented family education sessions to improve family interactions.

Students engage in the program by receiving educational material that is shared with their families, and by receiving one-on-one nurse consultations.

For information, call 410-651-1730

ANTI-GANG STRATEGY FUNDING

A county-wide gang assessment and strategic plan were completed with a prior grant in 2006, allowing the SCLMB to apply for the Comprehensive Anti-Gang Strategy Grant. This grant is

funded through the United States Attorney's Office, which was awarded to Somerset County to fund a part-time Gang Resistance Coordinator/Gang Prosecutor. Additional funds were lev-

eraged from the Somerset County Commissioners to make the position full-time.

For information, call 410-651-0320



SCLMB FUNDED PROGRAMS - CONTINUED

SOMERSET FAMILY LINK (LOCAL ACCESS MECHANISM)

This program acts as an information / referral system, coordinates and links families to services and resources, provides individual family to family support, builds family to family support in the community, coaches families on using effective advocacy skills, develops a plan

of service through family collaboration, and provides follow-up services with families. The Family Navigator of the program helps eligible families to complete applications for benefits and services, create individualized "family plans", identify, link and coordinate

needed services and supports, and develop necessary skills to advocate effectively for the needs of their child. All services and information are kept confidential.

For information, call 410-623-2248

VOYAGE TO EXCELLENCE AFTER SCHOOL AND SUMMER PROGRAMS

This is a reading and math intervention program, with homework assistance, snacks, and other supplemental activities including recreation, computers, crafts, and presentations from the Ward Museum and the Health Department.

Voyage to Excellence is a program

funded by the 21st Century Grant awarded to the Board of Education. The funds provided by the SCLMB help to enhance the number of Special Education trained assistants that are available during the after school program, thereby providing additional services to the Special Education students of Som-

erset County.

In addition we have also provided supplemental funding for the Voyage to Excellence Summer Program, which is structured in the same manner as the after school program.

For information, call 410-623-4321

PEACEMAKERS

Peacemakers is a youth violence prevention/intervention program that targets students grades 6-8. Peacemakers is a "Maryland Blueprint Recommended Program" which uses a 17-session cur-

riculum that addresses the main psychological factors involved in violent versus skillful responses to conflict. This program is unique in that it includes a remediation component for adolescents

with serious aggression related problems. The program aims to reduce aggression related incidents and decrease suspensions for violent behavior.

For information, call 410-651-5711

HEALTHY FAMILIES

Healthy Families is a home visiting program for any new parent in Somerset County. Parents can enroll in the program during the third trimester of pregnancy and until the baby is 3 months

old. Home visits can occur weekly, bi-weekly, monthly or quarterly. During a home visit, the home visitor will provide a structured activity for the parent and the baby. They will also provide helpful

safety and developmental information as well as referrals to other services from which the family could benefit.

For information, call 410-621-0889

COMMUNITIES MOBILIZING FOR CHANGE ON ALCOHOL (CMCA)

CMCA is a Substance Abuse Mental Health Services Administration Model Program aimed at reducing the availability of alcohol to minors (13-20 years old) by affecting public support of underage alcohol consumption, changing institutional policies that enable alcohol

use by minors, and enforcement of laws regulating alcohol sales. The program is directed by a CMCA Coordinator who recruits community members to serve on the Somerset County CMCA Taskforce. The CMCA Taskforce membership determines what factors contribute

to the availability of alcohol to minors in Somerset County and enact strategies such as alcohol sales compliance checks and alcohol server training.

For information, call 443-523-1700

CHILD ADVOCACY CENTER TRAINING

We have been actively involved in the creation and ongoing support of the Somerset County Child Advocacy Center. We applied for and received two Children's Justice Act Grants that pro-

vided needed training to Child Advocacy Center staff. Five staff attended the 18th Annual Crimes Against Children's Conference in Dallas, Texas and over 20 Child Advocacy Center staff and

other professionals serving abused and neglected children attended a Secondary Trauma Training Series provided by Dr. Roger Friedman.

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Empowering Children, Youth and Families

We're on the Web!
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FUN AND GAMES

The 40 Developmental Assets are Positive experiences, relationships, opportunities, and personal qualities that young people need to grow up healthy, caring and responsible. They are also the building blocks of healthy development that take a common sense approach to helping young people thrive. In each newsletter, we will be highlighting one of the 40 Developmental Assets by providing the definition and an activity that helps to build and develop that particular asset.*

This newsletter we will be focused Asset 33: Interpersonal Competence. This asset asserts that a young person has empathy, sensitivity, and friendship skills, which influences many opportunities that may come your child's way over his or her lifetime. Having good people skills affects how well children do at school, on teams, in their family,

with friends, and on the job. Talking about these skills with children is one step toward helping them increase their mastery of these skills. The following exercise will help you build this Developmental Asset with your child.



Friends

1. Think about a best friend you had at your child's age. What were the qualities you admired in that friend? Are they still the qualities that you seek in a friend? Why or why not?

Mission:

To promote a safe, healthy and stable environment for all Somerset County children and families by achieving a comprehensive system of education, health, and human services through public and private interagency collaboration.

Vision:

Somerset County is a community in which the entire family feels safe, supported and involved; youth are active and involved; adults excel in the workforce; and people from all socioeconomic levels contribute to the community.

2. Ask your child to think about a friend. What qualities about this friend does your child like best? What things can your child do to be a good friend?
3. Listen to your child's comments. Affirm the things your child mentions that you also appreciate in his or her friend.**

* Adapted from *Building Developmental Assets in School Communities*.

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