



# Healthy Brains for Children

*Preventing Prenatal Exposure to Alcohol*

August 2010 Newsletter

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**HEALTHY BRAINS FOR CHILDREN IS ASKING FOR YOUR HELP. WE ARE IN NEED OF YOUR SUPPORT AS WE CONTINUE OUR MISSION OF PREVENTION OF PRENATAL EXPOSURE TO ALCOHOL. ANY SIZE DONATION IS APPRECIATED. YOUR DONATIONS ARE TAX DEDUCTIBLE.**

**YOU CAN DONATE USING OUR [DONATIONS WEBPAGE](#)..**

### FROM THE EXECUTIVE DIRECTOR

Jody Allen Crowe, M. Ed.

Good news! We are in the final stages of our 501 (c) (3) non-profit tax exempt application. Any donation to Healthy Brains for Children is currently tax deductible. When the letter of determination is in our files, we will provide a copy of the letter of determination to any donor of over \$500 or anyone who requests the letter. Following the completion of this application, we will be raising the money to apply for the group exemption letter that will provide the tax exemption status for any chapter in good standing with Healthy Brains for Children, Inc.

**Healthy Brains for Children is planning our first annual Healthy Brains for Children Convention to be held Nov 19-20. More information soon.**

April, 2010, proved to be a special month for Healthy Brains for Children.

- Two communities successfully held their “Beginning the Journey” events, with powerful voices in the prevention world keynoting each event.
- Healthy Brains for Children welcomed three new board members to our organization at our April 21<sup>st</sup> board meeting.

I also had the opportunity to speak to VFW leaders of Itasca County.

May, June, and July were pretty quiet compared to April. I was able to travel to Oregon with members of my family for a graduation. While on the family trip, I was able to make good contacts in Oregon and South Dakota. Unfortunately, my travel plans did not allow me to meet with others in Montana and Idaho as I had originally planned. I also traveled to Kentucky to visit family in July.

In the past several months, our message has been presented to people at the upper levels of the federal government by people who have read my book. People have personally presented copies of the book to the US Surgeon General and to the Assistant Secretary of Health and Human Services, as well as to committee members working on the recent health regulations.

Grand Rapids and Brainerd are following up on their “Beginning the Journey” events with chapter meetings and action plans using the ideas generated by people who attended the events. We want to thank Dr. Larry Burd and Dr. Ira Chasnoff for their inspiring presentations. Both communities seem energized around the goal of prevention of prenatal exposure to alcohol.

Here are some of the comments from the “Beginning the Journey” participants:

-Phenomenal speakers-could have listened to them all day! -Learned a lot from the panel! The whole day was informative

-I loved that we got to bring all of our ideas together and talk about them.

-Really encouraged us to take action

Here are some ways our participants felt we can improve our “Beginning the Journey” events:

-More time to plan how and when to implement preventions strategies.

-More Diet Coke

I am looking forward to visiting with interested people in Rapid City, South Dakota, in September. I have been invited to communities in Montana, Georgia, Louisiana, and Kentucky to determine the level of interest in starting chapters in those communities.

Our board president and Brainerd Lakes Area Chapter President, Peter Johnson, is a longtime Rotarian. He has confirmed that I will be a keynote speaker for the 2011 District 5580 Rotary Convention to be held in Grand Forks in April, 2011. On a sad note, Peter lost his 94 year old father on July 26. Our condolences go to Peter and his family.

If you would like me to visit your community, please contact me and we can work out the details. I encourage you to get your service clubs involved in this effort.

### **Chapter Reports**

#### **Brainerd Lakes Chapter of Healthy Brains for Children**

The Brainerd Lakes Area Chapter of Healthy Brains for Children has been meeting monthly following up on the action plans developed at their event. One hundred and seven people attended the session on April 22 that was sponsored by the Brainerd Rotary Clubs and Rotary District 5580. Twenty-two participants stated they are interested in either getting on our mailing list or joining the group. A long list of prevention ideas were generated in the brain storming session. From that list, several action plans are being developed. Each action plan identifies the interested volunteers who will be implementing the action plans.

The action plans in development for the Brainerd Chapter include:

- FASD education program in Jail
- Educate professionals / educators
- Awareness and training for Foster Care for Mom and Child
- Educate Early, Often, Annually

- High School Peer Group / Newspapers
- Public Awareness

The Brainerd Lakes Area Chapter is hosting a booth at the Crow Wing County Fair August 3-7. Chapter members and volunteers will be at the fair raising awareness and recruiting community members for their initiative.

#### **Healthy Brains for Children, Grand Rapids Chapter**

The Grand Rapids Chapter is busy following up on their “Beginning the Journey” event that was held the day following the Brainerd event. The Blandin Foundation funded this full day community wide grassroots effort. A total of 84 participants registered for the event. The evaluations strongly requested a return of Dr. Chasnoff to the Grand Rapids area. The Grand Rapids Chapter is working on four focus projects that came out of the event.

- A committee is working on bringing Dr. Chasnoff and his Leadership Institute to the Grand Rapids area.
- A committee is working on community awareness with an event in September, including a women’s motorcycle rally and a Pampered Pregnancy event.
- The chapter is working with the local Baby Steps and Clean Start programs to include prevention education for every individual in the program.
- The chapter is developing a Poster Project with the goal of producing personalized posters in the doctor’s offices and in other locations. The posters would feature doctors, nurses, business owners and local people encouraging their patrons to abstain from alcohol when pregnant.
- Another project is the Targeted Awareness Project. HBC will train speakers to provide presentations to groups. The chapter has a goal of providing monthly sessions that would be required through adjudication for incarcerated and/or sentenced adolescents and adults.
- Youth Project – Inviting youth to develop materials for youth.

Good community connections were made with the event and the consensus was strong to continue this grassroots effort

### **Healthy Brains for Children, Southeast Idaho Chapter**

On May 15th the Southeast Idaho chapter held its first public event as part of an open house at the Fort Hall Replica and Pocatello Junction historical sites. It was a highly attended free public event that introduced hundreds of community members to Healthy Brains for Children.

### **The Greater Mankato Area Chapter of Healthy Brains for Children**

On July 27, the first meeting of the Greater Mankato Area Chapter of Healthy Brains for Children was held at the Blue Earth Public Library. This meeting was held to determine interest in starting a chapter. There was strong support for the start-up and a second meeting was scheduled for August 12.

Notable among the participants were representatives from the United Way, Blue Earth Public Health, Congressman Tim Walz's office, the Greater Mankato Diversity Council, a retired MSU professor, and from the Southeastern Recovery Center. Mankato Mayor John Brady has expressed his strong support for our initiative.

The first event for the Greater Mankato Area Chapter of Healthy Brains for Children was a booth was set up

and manned at the Blue Earth County Fair. Many good contacts were made.

### **The Fargo Moorhead Area Chapter of Healthy Brains for Children**

Our Executive Director, Jody Allen Crowe will be in the Fargo Moorhead area in September to speak at the regional MSSA Conference and to continue the development of the chapter in the F/M area.

An on-line training is being developed to train volunteers who will be implementing the various projects in the communities. An announcement will be forthcoming on the start-up and cost of the training. A certificate of completion will be required for specific volunteer tasks.

### **Upcoming Speaking/Training/Other**

**Crow Wing County Fair Aug. 3-7**

**Kiwanis District Convention Aug. 12-13, Fargo, ND**

**Cass Lake Bena Schools – 8/31/10**

**Pine River Backus School - 9/2/10**

**MSSA Conference – Sept 15, 16, Moorhead, MN**

**MSSA Conference – Sept 24, North Mankato, MN**

**MSSA Conference – Oct. 21, Minneapolis, MN**

**Become a member of Healthy Brains for Children. Your membership provides reduced rates for the Annual Convention and any Healthy Brains for Children on-line or on-site training. Your membership also supports our mission of prevention of prenatal exposure to alcohol. Check for membership information at**

**[www.healthybrainsforchildren.org](http://www.healthybrainsforchildren.org)**

**Please consider a donation to Healthy Brains for Children, Inc.**

**Donation can be made at [www.healthybrainsforchildren.org](http://www.healthybrainsforchildren.org)**

**Checks can be sent to**

**Healthy Brains for Children, Inc**

**14412 Laurian Lane**

**Brainerd, MN 56401**

Be the change agent in your community. Contact me to find out how YOU can start a chapter of Healthy Brains for Children in YOUR community!

Healthy Brains for Children will send you **The Fatal Link** when you donate \$20 or more.

