

**November 2009 Getting Ahead Program Update  
Submitted by: Mickie Sjoberg**

**FDC Training**

11-13

**Getting Ahead Program**

11-3 Focus Group Webinar

11-4 Attended Board meeting

11-9 Received notification of partnership with Eastern Colorado Workforce Centers. Proposal was accepted by ECWC's Board of Directors

11-10 Co-facilitated Getting Ahead workshop with Jackie, in Yuma, CO. Attended by six facilitators and two Family Resource Directors

11-17 Met with Sterling Workforce Center and NJC to discuss integrating Getting Ahead curriculum into CNA and Nurses programs

11-17 **Presented** Getting Ahead Program to Eastern Colorado Workforce Centers

11-24 Attended Town meeting/ speaker Governor Ritter

**Additional Activities**

- Updated and reworked all required Getting Ahead assessments, and program/ grant required client forms and documentation, based on feedback from GA workshop
- Scheduled make-up session for Kit Carson facilitator on December 9<sup>th</sup>
- Morgan County has completed four weeks of curriculum and weekly reports have been received from facilitator
- Partnership has been agreed upon between GA program and Eastern Colorado Workforce Centers. CWC will refer clients matching TANF eligibility requirements and pay for client's cost.
- Meeting has been scheduled for December 11<sup>th</sup> with Regional Department of Human Services to discuss partnership
- Lincoln/ Elbert County facilitator has confirmed donated curriculum site, partnership for childcare and food
- All program information, facilitator contact information, forms and handouts for the GA program are posted on Rural Solutions' website. Forms/handouts will be password protected for privacy and posted in Word format to allow for adjustments. Password is: **devol**
- Client brochure for Getting Ahead has been completed and is available for all facilitators/ referring agencies. Agency brochure is still in production.

**November 2009 Program Updates  
Submitted By: Maranda Miller**

**Office of Suicide Prevention Grant, The Colorado Trust Preventing Suicide Initiative and Project Safety Net**

11-2- Presented Yellow Ribbon to a freshman foundations class at Sterling High School.

11-4- Jeff from Second Wind Fund attended the board meeting to discuss the possibility of Rural Solutions becoming an affiliate.  
11-4- Michelle participated in the teen health fair in Wray. Thanks Michelle!  
11-4- Presented QPR to employees at Sunset Manor in Brush.  
11-10- Participated in the Bridging the Divide Conference call to organize the next state suicide prevention conference.  
11-10- Submitted a Rural Health Center Grant for funding the Second Wind Fund of Northeast Colorado.  
11-12- Michelle participated in the teen health fair in Akron. Thanks again Michelle!!  
11-12- Presented at Logan County Coordinating council on our suicide prevention services.  
11-12- Attended the Assets for Colorado Youth training in Yuma.  
11-16- Participated in a conference call with CSU on the evaluation of Project Safety Net  
11-17- Participated in the Bringing Communities Together for Mental Health stakeholder's meeting with CMHC in Yuma  
11-18- Participated in a video conference meeting with Suicide Prevention Coalition of Colorado. Thanks again Liz for the use of your office, staff and equipment!  
11-18- Jackie and I met with Karla and Liz at CMHC to discuss the new Project Safety Net Grant.  
11-21- Held a Survivors of Suicide event in Fort Morgan for Heartbeat participants.  
11-19- Presented QPR to staff at Woodlin schools and Wiggins schools. Also attended the Brush Schools health council meeting to discuss suicide prevention trainings.  
11-23- Presented Yellow Ribbon to a freshman foundations class at Sterling High School.  
11-24- Co-facilitated the monthly Heartbeat Support Group for those who have lost a loved one to suicide.

### **Other Grant Work**

11-16- Attended and spoke at the Human Services meeting.  
11-16- Went to the CASA open house in Sterling.

## **November 2009 Activity Report Glenda Bang, Fatherhood Coordinator**

### **Fatherhood Grant**

Attended regional training in Colorado Springs on November 16-17, 2009 for the Fatherhood Grant – Year 4  
Initiated new contract with Kit Carson Correctional Facility for new grant year  
Participated in monthly Fatherhood Council Meeting on November 25, 2009 via teleconference  
Reviewed goals and outcomes of grant and submitted them to State Fatherhood Program Specialist per mandate

### **Other Activities**

Attended Older Adults Meeting at Ft. Morgan Police Department on November 3, 2009  
Attended Rural Solutions board meeting on November 4, 2009  
Attended Gov. Ritter presentation at Sterling High School November 24, 2009

**November 2009 Coordinator Report**  
**Michelle Sharp**

**Health Disparities**

- 11/17 – Went to the Resources Unlimited meeting at Plains Medical Center in Limon, met Carolyn Juranek who is overseeing the HD grant at Plains Medical. Went to the ECCO meeting in Kiowa and visited with Kathy Kruse-Sylvester, the Public Health Nurse about the HD Grant and survey results.
- 11/18 – Attended the Navigator Luncheon in Yuma
- 11/18 – Met with John Gardner, CEO of the Yuma District Hospital, visited with him about the HD Grant and survey results.
- 11/23 – Met with Michelle Joy, CEO of Sterling Regional MedCenter, visited with her about the HD Grant and survey results.

**Preventing Suicide**

- 11/04 – Attended the Teen Health fair in Wray
- 11/12 – Attended the Teen Health fair in Akron

**Other Activities**

- 11/03 – Participated in the Focus Group Webinar
- 11/10 – Attended Design Team in Sterling, we are going to do a community night in January on Stress and Relaxation Management.
- 11/13 – Went to FDC training in Akron
- 11/16 – Went to the CASA Open house at the Family Resource Center office.
- 11/20 – Attended the Quick Books Training in Yuma that Rural Solutions brought out through Rural Philanthropy days. We had an excellent turn out of about 18 people.