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| ***GIRL CONNECTION***  For those who serve adolescent females  April 2012  Division of Criminal and Juvenile Justice Planning  Department of Human Rights | Logo.tif | |
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| The next Iowa Task Force for Young Women  meeting will be held  ***May 4th***  10am-Noon  Urbandale Public Library  3520 86th St.  Urbandale, IA | | |
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| ***Articles, Resources, Funding Opportunities***  **Miss Representation – The Film**  Like drawing back a curtain to let bright light stream in, [Miss Representation](http://www.missrepresentation.org/the-film/) (90 min; TV-14 DL) uncovers a glaring reality we live with every day but fail to see. Written and directed by Jennifer Siebel Newsom, the film exposes how mainstream media contribute to the under-representation of women in positions of power and influence in America. The film challenges the media’s limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself. Announcing the 5th National Conference on Behavioral Health for Women and GirlsHealth, Empowerment, Resilience, and Recovery (HERR) Conference; July 17–19, 2012  |  San Diego Marriott Marquis and Marina SAMHSA, in partnership with Mental Health Systems, Inc., is pleased to host the [5th National Conference on Behavioral Health for Women and Girls: Health, Empowerment, Resilience, and Recovery](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTIwMzE5LjYyNTcxMDEmbWVzc2FnZWlkPU1EQi1QUkQtQlVMLTIwMTIwMzE5LjYyNTcxMDEmZGF0YWJhc2VpZD0xMDAxJnNlcmlhbD0xNjkxNzc3MyZlbWFpbGlkPWxpbmRhLm1jZ2lubmlzQGlkcGguaW93YS5nb3YmdXNlcmlkPWxpbmRhLm1jZ2lubmlzQGlkcGguaW93YS5nb3YmZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUlkPSYmJg==&&&103&&&http://samhsawomensconference.org/).  This 2½-day conference will bring together a diverse audience with an interest in prevention, mental health, and addiction services for women and girls. Join with leaders, colleagues, and stakeholders as we create a 2½-day conference community to discuss the current research, innovations, and trends serving women, girls, and their families.  As suggested by the conference theme, "It's All About HERR—Health, Empowerment, Resilience, and Recovery," the 2012 conference will be implementation focused; build alignment and unity by 1) creating a better shared understanding across prevention, mental health, and substance abuse treatment and recovery fields; and 2) creating a learning community focused on women and girls. The conference embodies gender-responsive, recovery-oriented, culturally competent, trauma-informed principles and practices and celebrates diversity.  **New Online Course on Bullying Prevention**  The National Center for School Engagement, in collaboration with the Partnership for Families and Children, has released the online course, “[Getting Serious: A Best Practice Approach to Bullying Prevention](http://partnershipuniversity.org/new-course-getting-serious-best-practice-approach-bullying-prevention-0).” The course provides an overview of bullying concepts and trends, highlights the links between school climate and bullying, and introduces best practices in bullying prevention.   * [**"The Hunger Games" could change the face of Hollywood heroes**](http://r.smartbrief.com/resp/dAnfCczMrkCcycbjCidanXBWcNOMVB?format=standard) from the Geena Davis Institute on Gender in Media * Katniss Everdeen, the lead character in "The Hunger Games," could set the standard for the modern Hollywood hero -- capable, strong and female. Many observers are hoping the movie, which has achieved blockbuster status through massive ticket sales, will propel Hollywood to come forth with more females heroes in a lead role. [Forbes](http://r.smartbrief.com/resp/dAnfCczMrkCcycbjCidanXBWcNOMVB?format=standard) (3/26), [Daily News (New York)](http://r.smartbrief.com/resp/dAnfCczMrkCcycbkCidanXBWcNQRDC?format=standard) (3/26) * [**President Obama lauds Title IX's contribution to progress**](http://r.smartbrief.com/resp/dAnfCczMrkCcycbnCidanXBWcNfyyF?format=standard) from the Geena Davis Institute on Gender in Media * Over the last 40 years, Title IX has changed the way American media and society view women’s spots and helped make society more equal in general, U.S. President Barack Obama said in this interview. "I think the challenge is making sure that, in terms of implementation, schools continue to take Title IX seriously … it is good for our society; it will create stronger, more confident women," Obama added. [ESPN.com](http://r.smartbrief.com/resp/dAnfCczMrkCcycbnCidanXBWcNfyyF?format=standard) (3/26)   **From the New York Times** [Puberty Before Age 10: A New ‘Normal’?](http://www.nytimes.com/2012/04/01/magazine/puberty-before-age-10-a-new-normal.html) **OJJDP Announces FY 2012 Funding Opportunities**  The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has announced the following funding opportunities:   * [Second Chance Act Juvenile Offender Reentry Program](http://www.ojjdp.gov/grants/solicitations/FY2012/SecondChanceActDemo.pdf). Funding is available to provide services and programs to successfully reintegrate juvenile offenders as they return to their communities, families, schools, and the workforce. Applications are due by 11:59 p.m. E.T. on May 14, 2012. * [Juvenile Drug Courts/Reclaiming Futures](http://www.ojjdp.gov/grants/solicitations/FY2012/JuvDrugCtrf.pdf). This grant opportunity provides funds for building the capacity of states, state and local courts, units of local government, and Indian tribal governments to develop and establish juvenile drug courts for substance abusing juvenile offenders. Applications are due by 11:59 p.m. E.T. on May 16, 2012. * [Enforcing Underage Drinking Laws Discretionary Program](http://www.ojjdp.gov/grants/solicitations/FY2012/EUDLDisc.pdf): Initiative to Reduce Underage Drinking in the Military. OJJDP is seeking applicants for this funding opportunity to reduce the consumption of alcoholic beverages by underage enlisted personnel serving in the U.S. Air Force and U.S. Marine Corps. Applications are due by 11:59 p.m. E.T. on May 16, 2012. * [Mentoring Enhancement Demonstration Program](http://www.ojjdp.gov/grants/solicitations/FY2012/MentoringEnhancementDemonstrationProgram.pdf). OJJDP will support evidence-based enhancements to improve the effectiveness of mentoring programs and reduce risk factors for juvenile delinquency. Applications are due by 11:59 p.m. E.T. on May 14, 2012. * [Multi-State Mentoring Initiative](http://www.ojjdp.gov/grants/solicitations/FY2012/Multistatementoring.pdf). This program will fund efforts to build the capacity of organizations to implement mentoring programs across multiple states. Applicants must propose developing or implementing mentoring programming in at least five states. Applications are due by 11:59 p.m. E.T. on May 16, 2012. * [Local Mentoring Coordinator Program](http://www.ojjdp.gov/grants/solicitations/FY2012/LocalMentoringCoordination.pdf). This grant opportunity provides funding to support the coordination and enhancement of existing mentoring programs through a mentoring coordinator staff position. Applications are due by 11:59 p.m. E.T. on May 14, 2012.   **Girls In The Juvenile Justice System - Award Winning PBS Documentary**  [***Girl Trouble***](http://t.ymlp290.net/jwaiamsbuacaemeavaeuwue/click.php) is an award-winning documentary produced by Critical Images Inc., featured on the PBS Nationally-Acclaimed Series: Independent Lens. It is an intimate look at the compelling personal stories of three teenagers entangled in San Francisco's juvenile justice system. The film documents the girls' remarkable successes and heartbreaking setbacks over a four-year period- their daily struggles with poverty, violence, public defenders and homelessness, and exposes a system that fails to end the cycle of incarceration.  **Training Opportunity**  **Gender – Responsive**, **Trauma - Informed**  **Services For Women and Girls**  **3 Days - $159.00 and 21 CEU's**  **Helping Women Recover ~ Beyond Trauma ~ Voices ~ A Woman's Way through The Twelve Steps**    **Designed for counselors, therapists, clinical supervisors, and program administrators,** [the training](http://riverridgetreatmentcenter.com/training.html) **focuses on the elements needed for women's recovery services.**   * Three day professional training (June 19th, 20th, and 21st) where Dr. Covington and her approved trainers will be presenting and available throughout the conference to address individual or organizational inquiries. * June 19th and 20th choose from three different 2-day workshops (Helping Women Recover, Beyond Trauma or Voices) and receive a **FREE** journal for that curriculum. * June 20th, 5-7 pm Dr. Covington will present a special session that addresses the needs of women in the correctional system. * June 21st A Woman's Way through The Twelve Steps workshop presented by Dr. Covington and receive **FREE** A Woman's Way through The Twelve Steps book. * Onsite bookstore provided by Hazelden   **Reserve dates June 19th & 20th @ $159.00 & get June 21st for free (21 CEU's). Separate cost if attending only Thursday, June 21st (3rd day) training, the cost is $49 for 7 CEUs.** | | ***“A Female Responsive Approach***  ***to Substance Abuse”***  *by Kathy Nesteby*  Equality does not equal sameness is a phrase often heard in female-responsive service circles and it certainly holds true when applied to substance abuse settings as well. Providing young women services designed for young men is not equal and so-called “gender neutral” services are rarely neutral. But, making the shift to being more female-responsive need not be an overwhelming undertaking.  Learning to be female-responsive can start with something as simple as recognizing that although females tend to be more verbal, communication in mixed-gender groups may still be male-dominated due to cultural expectations that females defer to others and males “take charge”.  It can also start by challenging accepted but unproven notions like “girls need to be in mixed-gender settings in order to learn to interact appropriately with boys.” After all, if someone had been attacked by a shark, would you begin to treat their fear by throwing them in a shark tank?  Females with substance abuse problems often have extensive histories of sexual abuse at the hands of males. Although males in the treatment environment are highly unlikely to be the same “sharks” who abused her that doesn’t make her fear any less valid or debilitating. It is difficult to work on your substance abuse issues, when you are constantly looking over your shoulder in fear. There are other ways to help her work on her interactions with males that don’t involve throwing her straight into the deep end.  Below you will find information about other areas of gender divergence specific to substance abuse as well as practical suggestions for incorporating female-responsive practice.  Gender Divergence in Substance Abuse   * Alcohol-dependent females have greater histories of psychiatric disorders and earlier onset of mental illness than males.1 * Cognitive behavioral therapies focus on recognizing “cues” and “triggers” but these are often different for females.2 * For females a “no” carries more risk due to their prioritization of relationships. Females may abuse substances in an attempt to build or maintain relationships. They are also more apt to be introduced to substances by a romantic partner.3 * Child abuse, particularly sexual abuse, predicts all kinds of pathology, but the strongest association is with drug and alcohol abuse.4 Females sexual abuse victims outnumber male victims. * While gender itself is not a strong predictor of treatment retention, completion, or outcomes, females do benefit from longer treatment duration and receipt of simultaneous mental health services.2 * Females have a heightened sensitivity to some of the neurochemical effects of drugs. This adverse impact on the central nervous system alters the same neurotransmitters that are involved in affective and mood disorders.4 So, it is essential that females with mood or anxiety diagnosis be assessed for substance abuse and vice versa. * Females “telescope” more quickly than their male counterparts. Telescoping refers to the progression of drug/alcohol abuse from first time use to addiction to admission to treatment.   ***DID YOU KNOW?***  There is a greater craving for nicotine during the follicular phase of menstruation, so setting a quit date during the luteal phase may have greater success. This may also hold true for other addictive substances.4  Female-Responsive Components and Examples   1. Provide emotional and physical safety  * Single gender environment focused on female issues with a high degree of confidentiality * Staff are respectful and non-exploitive and there is a clear and simple grievance procedure for clients  1. Be culturally appropriate  * Definition of an individual’s culture and its role is left to client and respected by staff * Program materials are inclusive and broadly define culture  1. Be relationship-based  * Supportive rather than confrontational group environments which emphasize self-worth and assertiveness * Staff relationships with clients are not based on behavior compliance  1. Provide positive female role models and mentors  * Programs have females in recovery on staff or as outside mentors who are able to guide young women while allowing them to find their own path to recovery * Staff challenge examples of role models from the wider world who support negative stereotypes  1. Address the abuse in girls’ lives  * Staff are trained to provide trauma-informed care (see below) which is integrated in all levels of program/policy * Programs integrate mental health, substance abuse and victim services  1. Address sexuality, pregnancy, and parenting  * Staff provide young women with the opportunity to identify personal sexual limits and rehearse communicating those to a potential partner * Programs address conflicting societal messages and double standards about sexual behavior  1. Be strength-based  * Staff avoid use of negative labels (e.g. manipulative, attention-seeking, etc.) that describe normal human behavior * Structure meaningful opportunities for young women to set goals and achieve success  1. Provide opportunities that promote educational success and employability  * Programs invite women from a variety of fields to discuss their career path * Programs encourage consideration of non-traditional careers  1. Address the unique health needs of females, including nutritional concerns and regular physical activity  * Programs offer a reasonable range of physical exercise options * Programs offer multiple health care options whenever possible  1. Provide opportunities for spiritual expression  * Staff do not interfere with young women changing the language in any materials referencing a spiritual being from “he” to “she” or a non-gender alternative. * Staff treat all spiritual beliefs, including the absence of belief, respectfully  1. Involve members of girls’ families and/or support networks  * Programs address the relationships young women have with other substance abusing family members * Programs do not use restriction of family visits as punishment   Trauma-Informed Care5  By no means comprehensive, this list is simply intended as a place to start for those wishing to provide services in a more trauma-informed way.   * Respect privacy * Maximize the number of choices available * Pay attention to boundaries (e.g. saying “no” to hugs is OK) * Use language and practice that communicates and demonstrates the value of empowerment * Educate women about trauma and Post-Traumatic Stress Disorder (PTSD) – information is power! * Normalize PTSD reactions – (i.e. trauma responses are normal reactions to abnormal situations, they don’t mean something is inherently abnormal about her) * Include calming coping skills in all basic skill-building – (e.g. self-soothing, breathing techniques, meditation, etc.) * Move from confrontation to empowerment models * Do NOT use purely punitive approaches (e.g. shaming, intrusive monitoring, etc.) * Maintain a “first do no harm” credo. Ask yourself if you are making matters better or worse. Are you in a power struggle? Are you causing or exacerbating existing trauma? * Minimize potentially re-traumatizing practices (e.g. searches, seclusion and restraint)   MC900436093[1]  ***Now Available: Gender Responsive Program Assessment tool, site visit and technical assistance***  Created by Dr. Stephanie Covington and Dr. Barbara Bloom (Center for Gender and Justice) and based on their earlier work for the National Institute of Corrections, the Gender Responsive Program Assessment tool© facilitates program evaluation of services to females involved in or at risk for involvement in the juvenile justice system, whether in single or mixed gender environments.  For more information, please visit our  [WEBSITE](http://www.women.iowa.gov/girls/). |
| REFERENCES | | |
| 1. Bright, Charlotte, Victoria Osborne and Geoffrey Greif. “One Dozen Considerations When Working with Women in Substance Abuse Groups.” *Journal of Psychoactive Drugs*. Vol. 43 (1), 64-68. 2011. 2. Grella, Christine. “From Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services and Outcomes of Women in Substance Abuse Treatment.” Journal of Psychoactive Drugs. Sup. 5, Nov. 2008. 3. Yih-Ing, Hser and Niv Noosha. “Pregnant Women in Women-Only and Mixed-Gender Substance Abuse Treatment Programs: A Comparison of Client Characteristics and Program Services.” Journal of Behavioral Health Services & Research.  Oct 2006. 431-441. 4. Godfrey, Jodi. “Conversation with the Experts-Toward Optimal Health: Kathleen Brady, PhD, MD, Discusses Challenges of Substance Abuse in Women.” Journal of Women’s Health. Vol. 16, N. 2, 2007. 5. Covington, Stephanie. “Women and Addiction: A Trauma-Informed Approach.” Journal of Psychoactive Drugs. Sup. 5. Nov. 2008. | | |
| *The Girl Connection* newsletter is provided as a service of the Iowa Task Force for Young Women (ITFYW). For back issues, more information about the ITFYW or any information included in this newsletter, please contact:  Kathy Nesteby  515-281-6915  [Kathy.Nesteby@iowa.gov](mailto:Kathy.Nesteby@iowa.gov)  [www.women.iowa.gov/girls](http://www.women.iowa.gov/girls) | | |