



**Nine Star Education & Employment Services**

*Developing Alaska's Workforce*

THE *Teen*

**BEAT**

April  
2009



## **POWER program provides Resources for Anchorage Youth**

By **Donn Liston**  
Teacher/Editor

Pick a card, any card: "Emotional Health, Survival, Educational Opportunities, Pregnancy Resources, Tobacco, Legal Resources, STD HIV/AIDS, Job Training & Placement." These cards are available at the POWER clinic and youth may use the information on these cards to take control of situations that might get out of hand.

It beats rolling the dice!

These cards are part of a comprehensive youth-driven program based in the Downtown Anchorage Transit Center, where Municipality of Anchorage public health nurses and youth Peer Outreach Workers collaborate to provide resources to any youth. The P.O.W.E.R. acronym stands for Peer Outreach Workers Education and Referral program. It is sponsored by the Alaska Youth and Parent Foundation (AYPF), a non-profit agency dedicated to serving the needs of runaway and homeless adolescents and their families. Specifically the program offers training to teens, providing them with the skills to do street outreach, conduct prevention-based presentations to their peers, and staff the free downtown POWER Teen Clinic.

V. Kay Lahdenpera, MPH, BSN, RN is Executive Director of the program. As a non-profit corporation it has a board of directors which oversees operation and compliance with requirements.

Peer Outreach Workers conduct street outreach by providing teens with resources and referrals. Peer educators provide free single-session and multiple-session groups and workshops at teen shelters and other facilities on topics such as health education, HIV/AIDS/STD, substance abuse, domestic violence, sexual assault, stress and building healthy relationships. Teens are welcome to stop by the

P.O.W.E.R. youth advocates, Reanna, Lead Peer Outreach Worker, kicks back at the AYPF center with Peer Outreach co-workers Jennifer and Buom.

## **If you end up in jail, and are given dangerous drugs, the State of Alaska denies responsibility for damage to your health**

In a legal response to the court case challenging forced drugging of youth, the State of Alaska has admitted that it is incapable of protecting children and youth in its care from improper and harmful psychiatric drugging, according to Jim Gottstein, the attorney challenging this practice for youth in state custody.

The lawsuit was filed last fall to halt administration and paying for psychiatric drugs given to children and youth without safeguards being in place to make sure proper decision-making occurs. In response to the State's admission on March 30, Gottstein said: "The point is the State has the responsibility to properly care for the children and youth in its care regardless of the *culture of pediatric psychiatry* (which currently exists). It is

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**SOA in Denial from Page 1**

shameful the State is abdicating its responsibility when it should be working to correct the problem."

The lawsuit seeks to prohibit the psychiatric drugging of children and youth by the State unless and until:



Jim Gottstein

- 1) Evidence-based psychosocial interventions have been exhausted,
- (2) rationally anticipated benefits of psychotropic drug treatment outweigh the risks,
- (3) the person or entity authorizing administration of the drug(s) is fully informed of the risks and potential benefits, and
- (4) close monitoring of, and appropriate means of responding to, treatment emergent effects are in place.

<http://psychrights.org/States/Alaska/PsychRightsvAlaska.htm>

"Practically every day brings revelations that pediatric psychopharmacology is the result of illegal drug company actions to improperly influence psychiatrists to prescribe extremely harmful drugs to children and youth, in spite of there being no real evidence of their efficacy," said Gottstein. "Rather than meeting its mandate to properly care for and protect these children and youth from harm, the actions of the State are reprehensible," Gottstein declared.

<http://psychrights.org/States/Alaska/PsychRightsvAlaska.htm>

"The State's main legal objective really seems to be to keep its dominant role in the psychiatric drugging of children and youth in its care hidden rather than admitting it has a drug problem and seeking help," concluded Gottstein.



POWER Outreach Workers have decided they would like to spread Awareness of Sexual Assault in April by hosting an Art Competition at the POWER Teen Clinic, located in the downtown transit center, on how teens would express the effects of sexual assault. We are very excited to see what comes in. We will have a showing of the art on Wednesday, April 22nd from 5-7pm.

**Forms Of Art**

- Poetry
- Paintings
- Sketches
- Essays
- Sculptures
- Photography
- Etc...

**Prizes**

- First- \$70 equivalent or more...
- Second- \$50 equivalent or more...

**To Enter or for more info Contact The P.O.W.E.R Teen Clinic 929-2633**

## True Life Competition

With **P.O.W.E.R**

**Free Food!!**

**And Prizes!!**

**Teens this is your chance to show off your art!!**

**Support Sexual Assault Awareness Month**

**Wednesday, April 22nd**

**5-7PM**

**At The Teen P.O.W.E.R. Clinic**  
( Located in the Downtown Transit Center)



Peer Outreach workers were recognized at the Spirit of Youth Award banquet and won the Lifesaver and Prevention awards: Duke Rhodes, Tallia Reasoner, Buon Bichiok, Reanna Page Jennifer Bird.

**Ice Classic from Page 8**

Every year, more than a 100,000 tickets are sold for \$2.50 each in Alaska's oldest betting lottery. Over \$10 million have been paid out to winners in the history of the event. In 2008, the single winning ticket was worth more than \$300,000. Not a bad return on a \$2.50 investment.

Guesses can be made through April 5. Look for the big red can at your favorite supermarket.

**NOTE: Jeff is the guy who builds the tripod for the Nenana Ice Classic!**