



# Fetal, Infant, Child Mortality and Prevention Newsletter

March 2013

Volume 2, Issue 1

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## Inside this issue:

“Buckle Up” Montana 2

Time to Replace those Batteries 2

Pediatrics: Physician Advice to Adolescents about Drinking and Other Health Behav- 3

Coping with Cyberbullying: Differences between Victims, Bully-Victims and Children not Involved in Bullying 3

Things to Remember 4

## Big Improvements for FICMR!

As you’re aware, improvements are being made to the FIMCR Program. The Child Death Review (CDR) System will be implemented to the FICMR program which will help with preventability implementation and counties to have access to their FICMR information. CDR training will be held on Thursday afternoon, April 18th in Missoula by Teri Covington, from the National Child Death Review Center. Everyone will be trained on CDR Version 2.2s; however CDR Version 3 is slated to be released in June or July and Teri will show us the difference between these two versions.

Basic 101 FICMR Training be on Thursday morning and presented by Teri and myself. After completion of training, lunch will be provided. This training session will include discussions on setting up a FICMR review team, how to facilitate team meetings, state requirements, confidentiality, and much more.

Registration for FICMR training day is required and there is **no fee**. Travel reimbursement is available for one person per county for Wednesday. Thursday travel reimbursement, you must travel a minimum of 250 in your return trip home. The FICMR registration form is on the [FICMR website](#) and must be sent to Mark Squires, by March 31, 2013.

**All of those attending the CDR training, bring your laptops and make sure they are charged! We have limited access to plug in everyone's laptop.**

Thank you to everyone for your continuing efforts towards FICMR.

—Lori Rowe

FICMR Program Coordinator



## **“Buckle Up” Montana Teens**

The [Montana Department of Transportation](#) - State Highway Traffic Safety Office (MDT-SHTSO) and Office of Public Instruction (OPI) are working together to spread the “Buckle Up” message, a seat belt awareness campaign aimed at Montana high school student drivers.

“Buckle Up, so we can see you again” is the message on the large metal Buckle Up Signs that are funded by the MDT-SHTSO . The idea and design originated in Great Falls with artist, coach and driver ed teacher, Jerry Olson, the 2012 Montana Traffic Education Teacher of the Year. In January 2013, Montana high schools were contacted by OPI’s Traffic Education Office to offer, free of charge, Buckle Up Signs for the parking lot exits at their high school and sports field. The signs are customized with the school’s colors and mascot logos. As of February 1, 2013 101 schools have signed up to participate in the “Buckle Up” Signs for Montana schools campaign.

Participating schools were asked to coordinate with their local MDT Buckle Up Montana Coordinator, (if there is one located in their county) or a student group to conduct seat belt surveys before and after the signs were installed **and** during Teen Driver Safety Week in October. Survey forms will be provided and collected by OPI annually. For more information contact [Buckle up Montana](#).



## **Time to Replace those Batteries!**



Since we all had to change our clocks to spring forward on March 10th, why not take the time to change those batteries in your smoke alarms too! Did you know that a working smoke alarm reduces a person’s chance of dying in a fire by half? It is important to replace smoke alarm batteries at least once a year, unless they are a 10 year lithium battery.

For best protection, install smoke alarms on every floor of your home, mounted high on the walls or ceilings. Smoke alarms should be located outside every sleeping area (hallways) and in every bedroom.

Smoke alarms do not last forever. It is important that smoke alarms are tested monthly. The maximum life expectancy for a smoke alarm is 8 to 10 years. After that, the entire unit should be replaced. If your smoke alarm doesn’t respond properly when it is tested, replace it immediately.

This is also a good time to practice family fire drills and teach the children about fire safety. Remember it is important to have two escape routes for each room of the house in case one is blocked by the fire. Make sure there is a designated meeting place outside so everyone is accounted for. Then call 911 from your cell phone or neighbor’s house. For more information on smoke alarms and fire safety, visit [www.safekids.org](http://www.safekids.org).

## **Pediatrics: Physician Advice to Adolescents About Drinking and Other Health Behaviors**

In January 2013, Pediatrics did a study on 10th graders (average age of 16) who saw a physician in the past year and were asked and given advice about their drinking. Pediatrics hypothesized that advice would vary due to students being asked about their drinking, bingeing, and drunkenness frequency. The study found that 36% of the students reported drinking, 28% bingeing, and 23% reported drunkenness. In the past year, 82% of the students saw a physician and of that group 54% were asked about drinking, 40% were advised about related harms, and 17% were advised to reduce or stop drinking. Respondents asked about drinking were more often advised to reduce or stop drinking. In conclusion, efforts were warranted to increase the proportion of physicians who follow professional guidelines to screen and counsel adolescents about unhealthy alcohol use and other behaviors that pose health risks. To read the entire Pediatric study, please [click here](#).



### **FICMR Trivia:**

True/False: FICMR teams need to have an operating plan that is developed by the team which must include covering collection and destruction of information obtained in the meeting.

Answers: Is True! All county FICMR teams must have an operation plan. MCA 50-19-403

## **Coping With Cyberbullying: Differences Between Victims, Bully-Victims and Children Not Involved in Bullying**



The Journal of Community & Applied Social Psychology released a study in January 2013 that investigated the relationship between the use of coping strategies to deal with daily stressors in general and the use of coping strategies to deal with cyberbullying, in particular among children aged 11 and 12 years. Included in the investigation was the impact of coping strategies on depression and health in victims of cyberbullying. The results showed that victims differed significantly from bully-victims (i.e. victims that also bully) and from children not involved in cyberbullying, in that they use certain emotion-focused coping strategies for daily stressors in general more than others. Additionally, this study investigated among victims of cyberbullying the relation between coping strategies in daily life, cyberspecific coping, depressive feelings and health complaints. Results of the study stressed the importance of teaching children how to stand up for themselves and employ effective coping strategies to deal with stress in day to day life in general and to deal with cyberbullying in particular.

To read the entire study done by the Journal of Community & Applied Social Psychology, please [click here](#).



## A Few Things to Remember

- ✓ Make sure you have 5 multidisciplinary core team members at your FICMR Review Meetings. Your reports are considered incomplete and will be returned. Please refer to [MCA 50-19-403](#) for more information.
- ✓ Remember to bring your fully charged laptops to the FICMR Training on April 18th!
- ✓ Please **do not review any 2013 deaths** until after you have completed the CDR training on April 18th. All 2013 FICMR Reviews will need to be done on the CDR.
- ✓ CDR access information will be mailed after CDR Training and may take few weeks for them to be mailed.
- ✓ Next FICMR Conference call is scheduled for May 15th at 9 am.
- ✓ Remember to use the Montana FICMR Review Case Report for all 2012 cases which are due by Dec 31, 2013.

