

Strengthening Families as a Collaborative Community Effort August 22, 2018

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The mission of the San Juan Island Prevention Coalition is to reduce substance abuse by youth and to create a community culture supporting healthy choices and responsible behaviors in youth and adults.







Our vision: Islanders making healthy choices



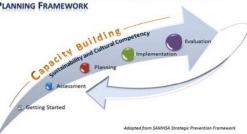
Purposes of today's presentation

• Aim 1 – To update the SJIHD#1 on the progress of the Strengthening Families Program for Parents and Youth 10-14 (SFP) prevention initiative

• Aim 2 – Share the plan for moving forward through 2018 into 2019



Health Care Authority's Prevention System: Community Prevention



- Current funding level is \$110,000 per year
 - 13,800 federal Partnership for Success
 - 70,000 federal Substance Abuse Block Grant
 - 24,000 WA Dedicated Marijuana Account
 - 2,200 WA General Fund Admin





SJIPC's Goals

- Increase community connectedness
- Reduce favorable attitudes toward the problem behavior (youth drug use, misuse, and addiction)
- Decrease community laws and norms favorable to youth use of alcohol, tobacco, marijuana, prescription drugs and medicines
- Decrease the risk factor of low enforcement of alcohol and marijuana laws (includes adults providing substances)

San Juan Island Prevention Coalition Logic Model revised 08.18.2015

			Local		
				Strategies &	
	Behaviora		Conditions	Local	Evaluation
Long-Tern	n Health	Variables	and		Plan
Consequence	es Problem	S (Risk/Protective	Contributing	Implementati	Fidii
	(Consumptio	(IUSK/FIOUCCUVC	Factors	on 🔶	
		(2 5	(6 months - 2		
(10-15 years)	(5-10 years)	Outcome vears)		Acti	
What is the	Why?	s Why here?	But why here?	What are we doing about it?	So what? How will
problem?	,	with these common	specifically in our	can be addressed thru	we know?
1		factors	community	these strategies	and we will use
	These types of			C	these tools to
	problems	Community	Engaging multiple	Community	measure our
		Disorganization/	community	Engagement/Coalition development:	impact
These	Any Underage	Community	stakeholders including parents and youth with	→ -	Community
problems	Drinking	Connectedness	community resources/	San Juan Island ←	engagement/Coalit
Proteinion	TT 1	Availability: Retail and	providers in local	Prevention Coalition	ion development:
Mental	Underage	Social Access::Alcohol,	decisions.	Public Awareness:	Annual Coalition
Health	Problem and	Marijuana, Prescription	Law Enforcement in	Media Advocacy for	Survey
	Heavy Drinking	Drugs, Tobacco (including	public locations on SJI	Risks of Youth Vaping,	Sustainability
	A., TT. 1	e-cigs/vaping)	←→ Legalization of	Marijuana Use,	Documentation
	Any Underage	Promotion and Laws:	recreational	Enforcement Actions	Public Awareness:
Youth	Marijuana Use	Enforcement; Penalties; Regulations	marijuana that include		Process measures
Delinquency	Ann IIn Jamas		food and beverage	Environmental	Community Survey
	Any Underage	Favorable Attitudes/	products New nicotine delivery	Strategies:	
	Prescription Drug and Medication	Perception of Harm	systems that youth	•Emphasis Patrol	Environmental
School	Abuse	Friends Who Use	perceive as safer sold in	 Medication Take Back 	Strategies:
	Abuse	Low Commitment to	SJI stores	School-based Prevention/	Process measures,
Performance	Any Underage	School	Variab thin1 that was 1	Intervention Services:	ODSS, Community Survey; HYS
	Tobacco Use		Youth think that regular us of marijuana is not	Student Assistance	
		Family Management Problems	harmful	Program: Project	Prevention/
	Any Youth		Youth perception of	SUCCESS	Intervention
	Depression,	Risk & Protective Factors:	adults disapproval is too		Services: pre/post with OSPI
	Anxiety, and	•Favorable Attitudes	low	Direct Services:	
	Suicidal Ideation	Towards Drug Use	Youth exposure to	Strengthening Families	Direct Services:
	Surcial facation		favorable alcohol,	Community Mentoring	Assigned Program
		•Family History of the	marijuana, and tobacco	Second Step K-5	pre/post and process measures; HYS
		Problem Behavior	messages from their peers.	Second Step K-5	measures, 1115
State Assessment Local Assessment Local Assessment Plan/Implementation Reporting/Eval					
Local Assessment Plan/implementation - Reporting/Eval					



How does the San Juan Island Prevention Coalition Monitor its progress?

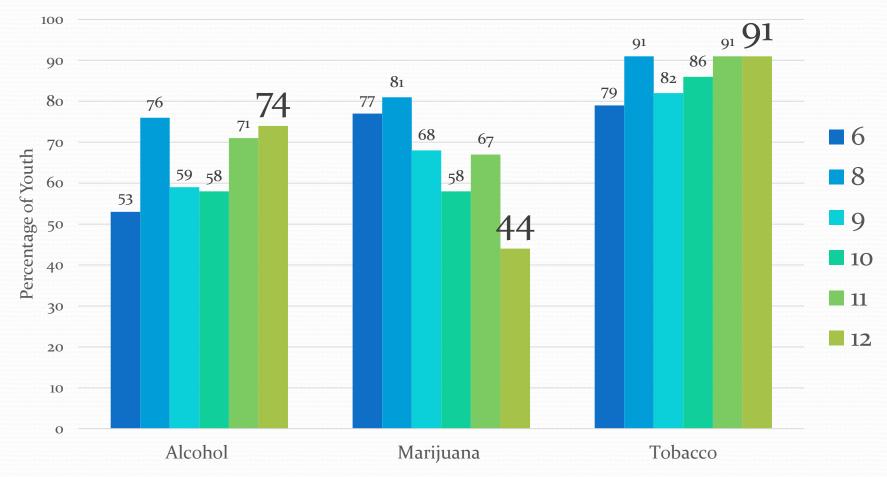
Data Driven Decision-Making

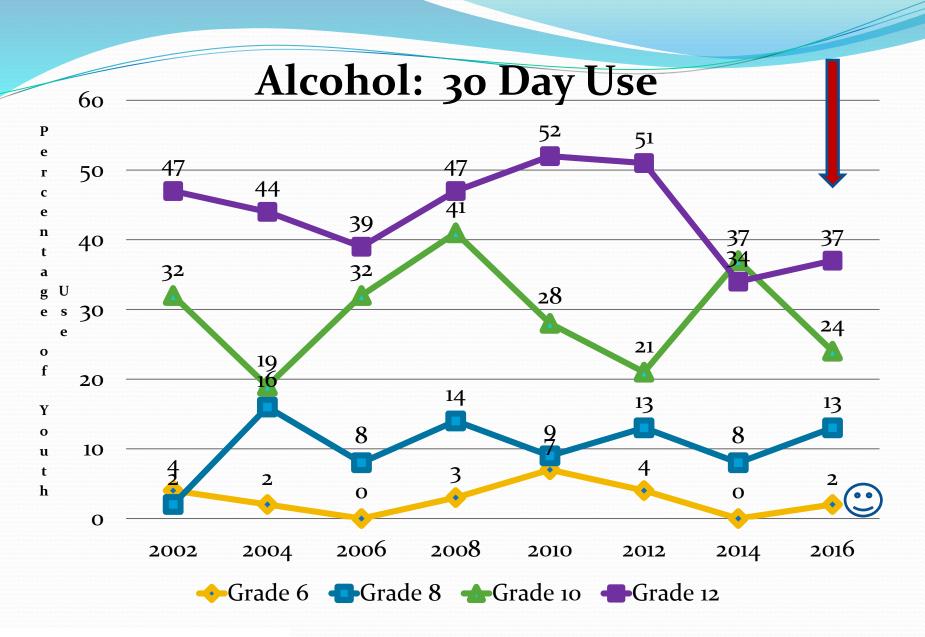
Washington State Healthy Youth Survey www.AskHYS.net

Monitoring the Future www.monitoringthefuture.org University of Michigan National Institute of Drug Abuse (NIDA) National Institute of Health (NIH)

Perceived Risk of Regular Drug Use

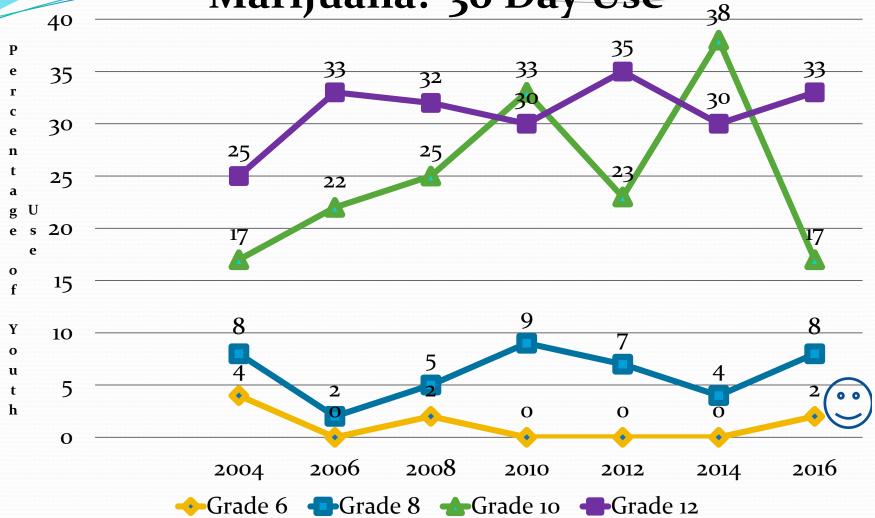
Moderate + Great Risk: Grades 6, 8. 9,10,11,and 12





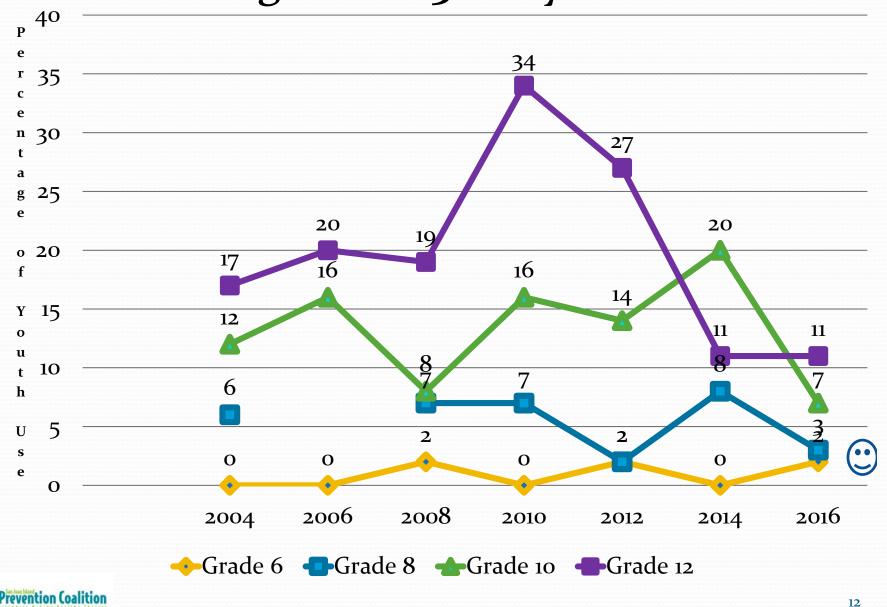


Marijuana: 30 Day Use



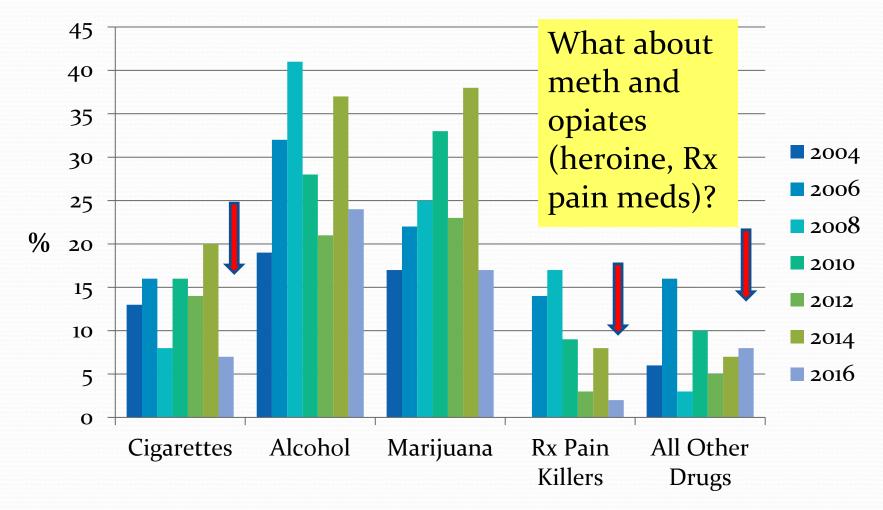


Cigarette: 30 Day Use



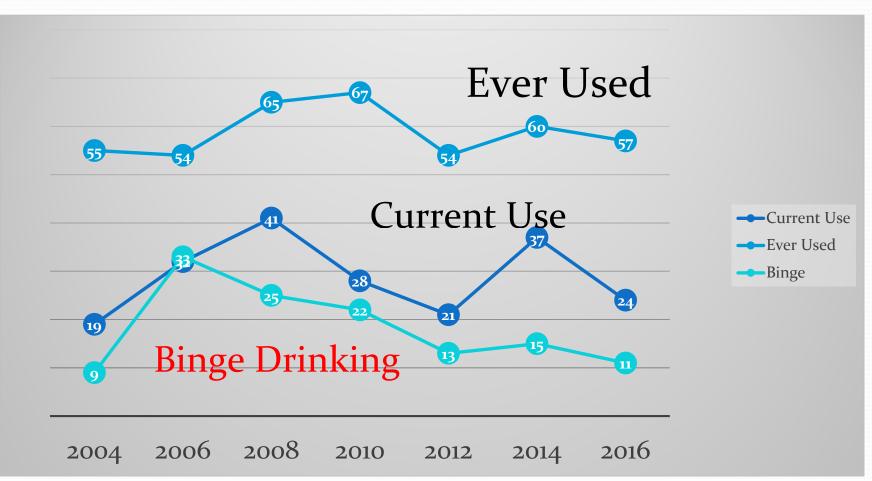


Grade 10 Self Report Use: All Drugs



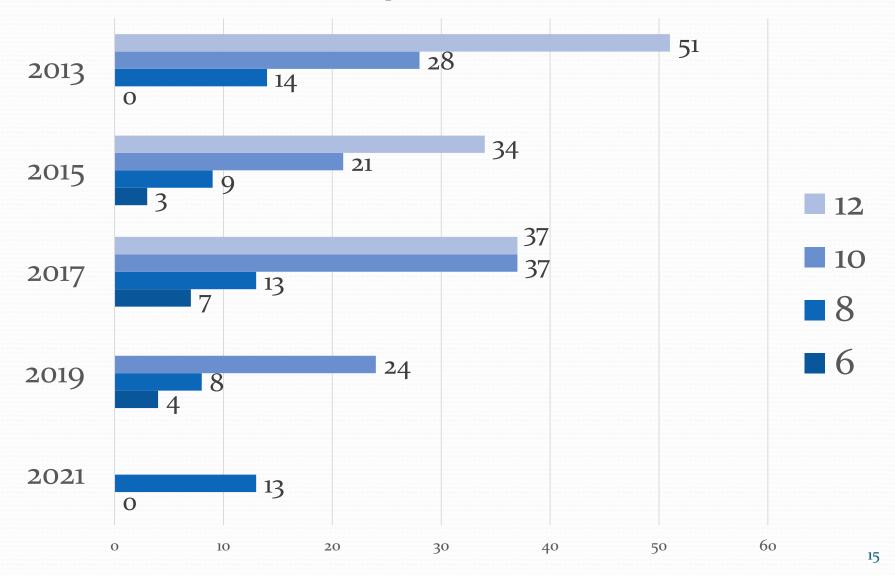


Grade 10 Alcohol Use Trends



Alcohol: 30 Day Use - Cohorts

Cohorts By Graduation Year





Strengthening Families Program 10-14

✓ Family Skills Training

✓ Designed to enhance school success and reduce youth substance abuse

 ✓ Parents/guardians learn about risk factors for substance abuse, enhancing parent-child bonding, monitoring parental guideline...Children learn resistance skills



- Evidenced-Based Program- well researched for success; has state support systems
- Addresses both the family and the youth
- Cost benefit analysis indicates a **\$ 5,805** cost benefit per individual (see page 7 in handout)
- Opportunity to advocate the program to all parents and guardians through primary care physicians, nurse practitioners, as well as school, community, counseling, and recreation



Strengthening Families Program 2018 Phase 1: Training and Planning

• Spent about

\$ 14,500

- Training Costs 6 persons, 3 days 9,500
- Program Trainer Guides and Materials 1,000
- Staff and Coordination Time 4,000



Strengthening Families Program 2018-2019 Needs for Phase 2

Estimated Need

\$ 10,000

Planning and Implementation

- Fall 2018 Seven sessions for parent/youth
- Fall 2019 Seven sessions for parent/youth





Thank

You!







