



San Juan Island
Prevention Coalition
Islanders Making Healthy Choices

Strengthening Families as a Collaborative Community Effort

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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 and Wellness Initiative (CPWI)

DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE
PLANNING FRAMEWORK



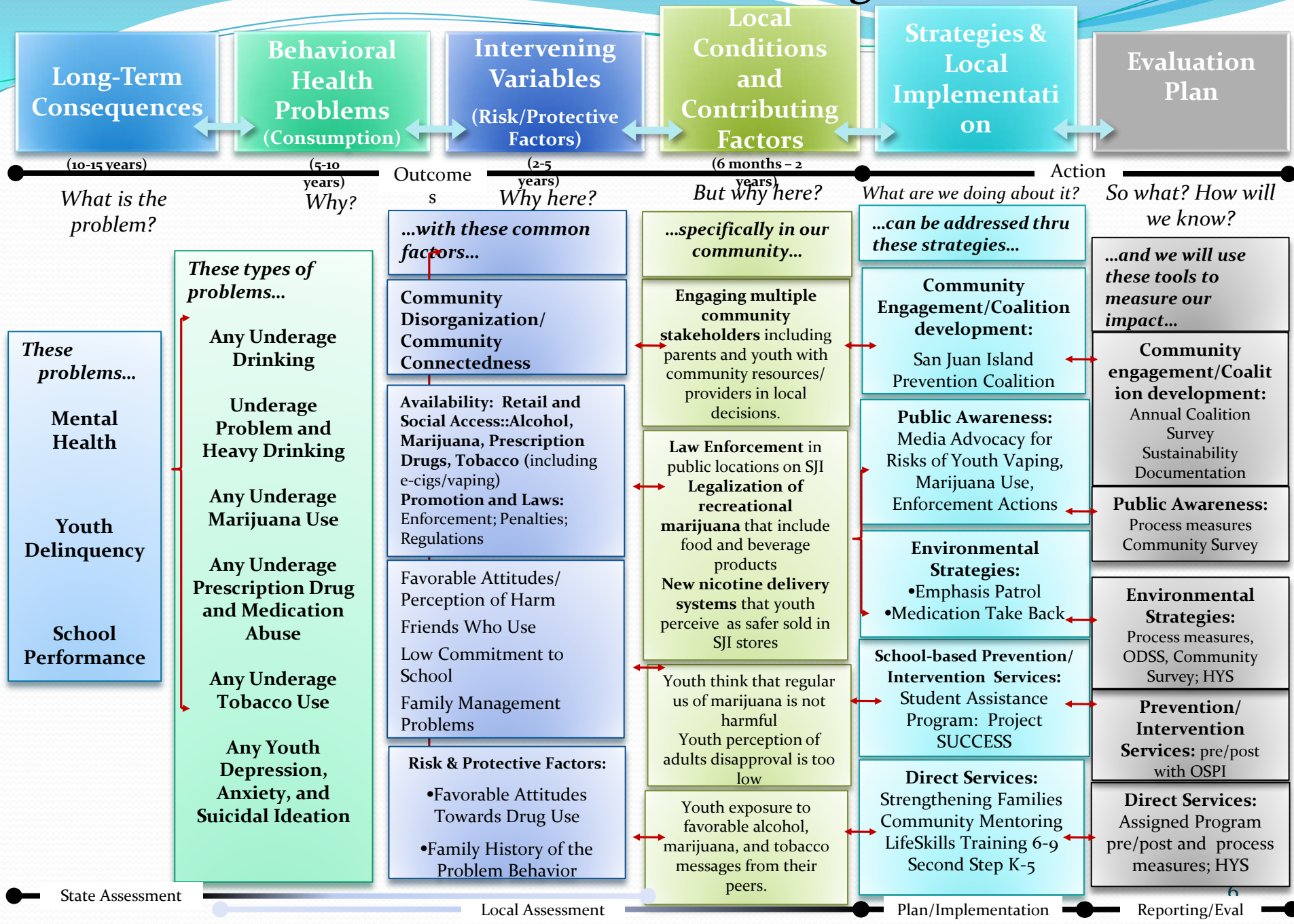
- Current funding level is \$110,000 per year
 - 13,800 federal Partnership for Success
 - 70,000 federal Substance Abuse Block Grant
 - **24,000 WA Dedicated Marijuana Account**
 - 2,200 WA General Fund Admin



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





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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

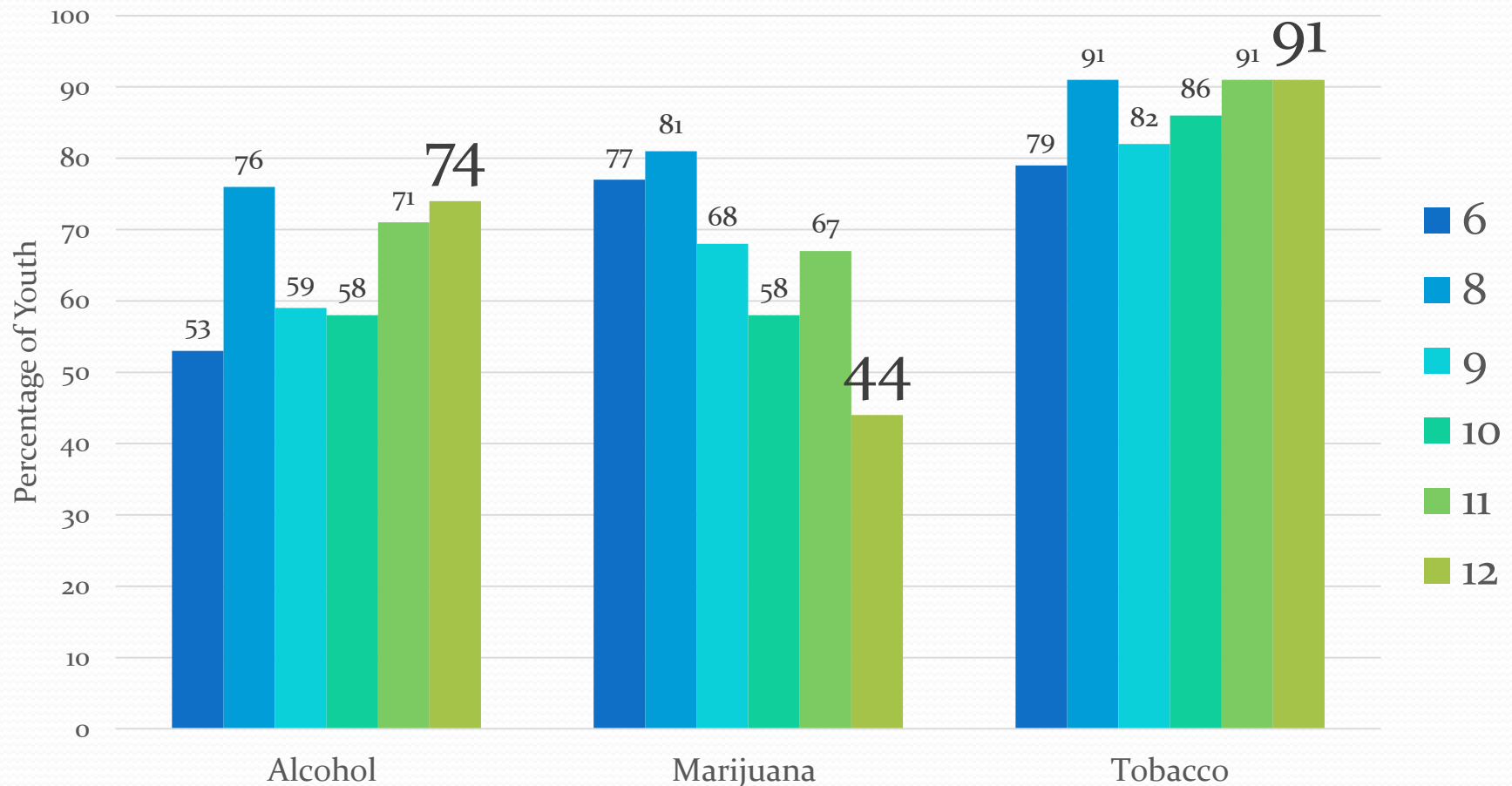
University of Michigan

National Institute of Drug Abuse (NIDA)

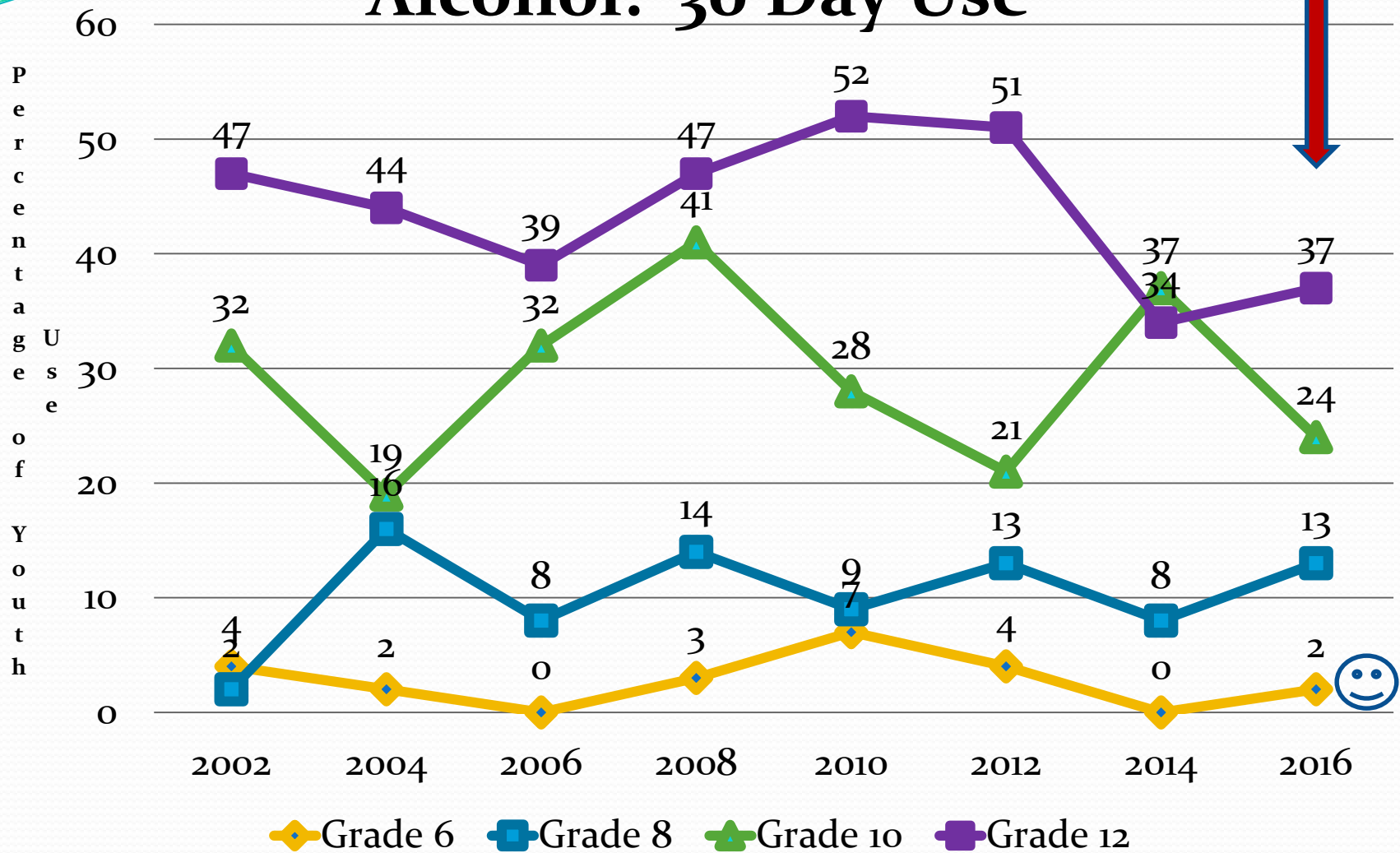
National Institute of Health (NIH)

Perceived Risk of Regular Drug Use

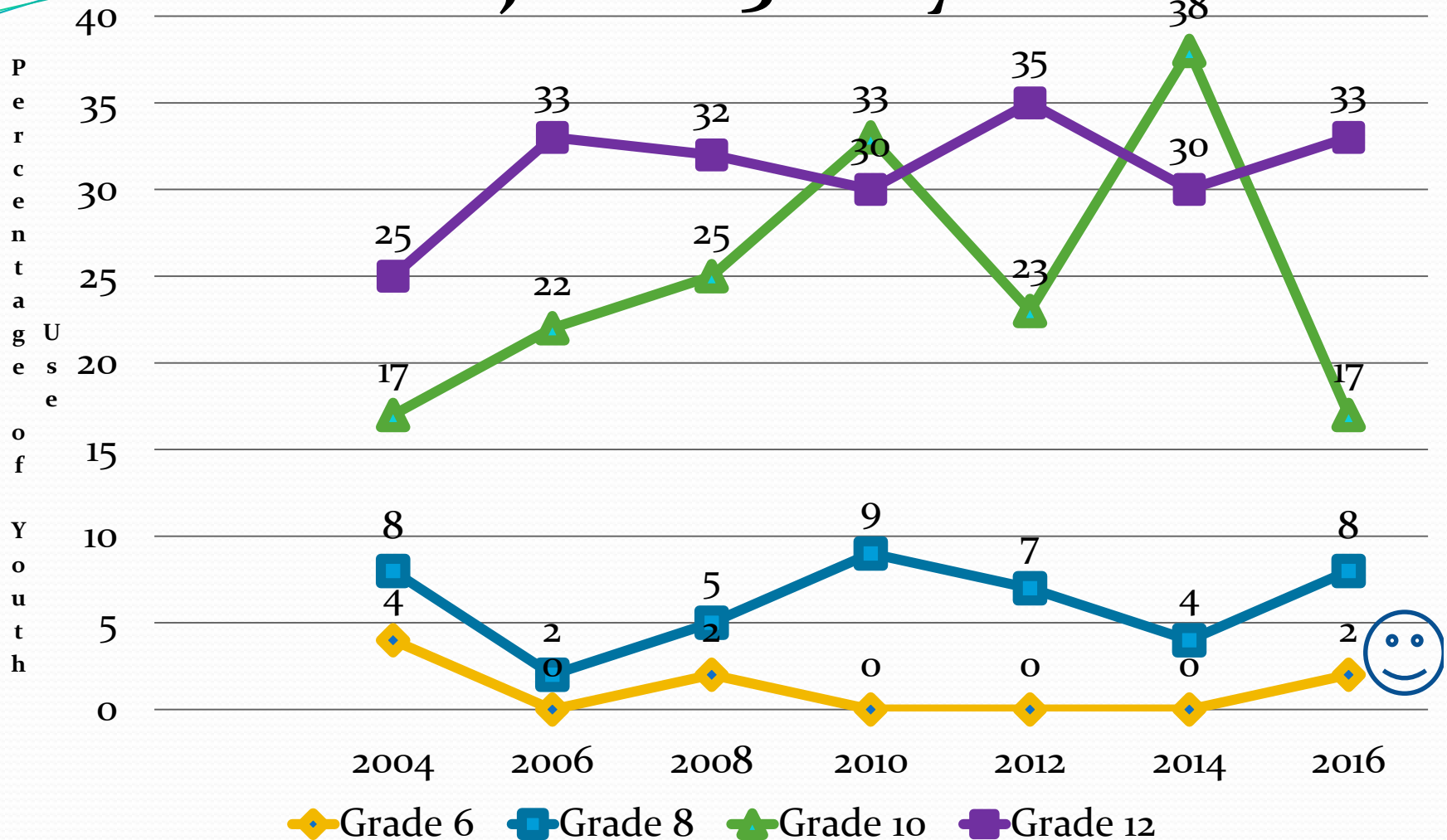
Moderate + Great Risk: Grades 6, 8, 9, 10, 11, and 12



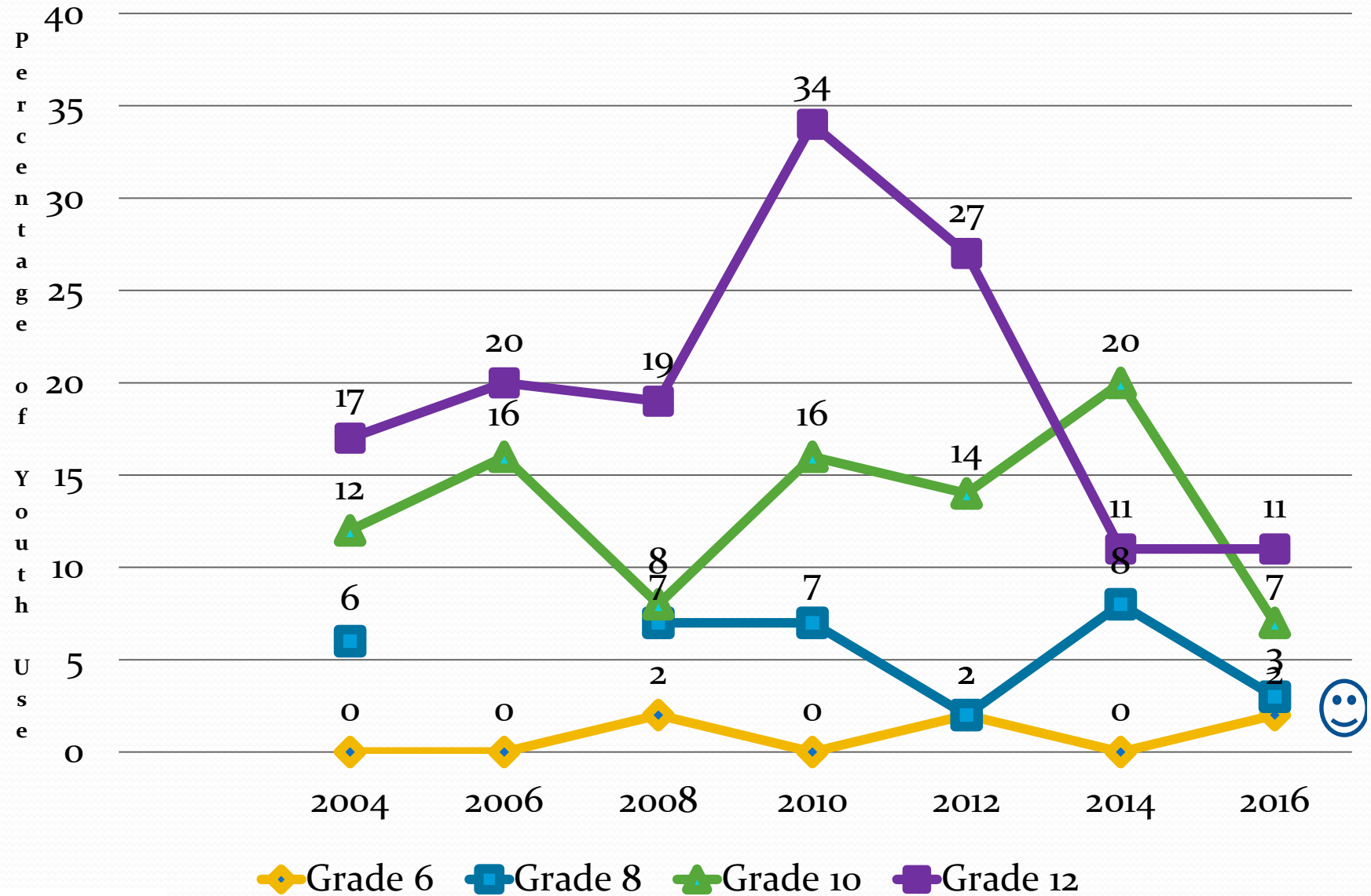
Alcohol: 30 Day Use



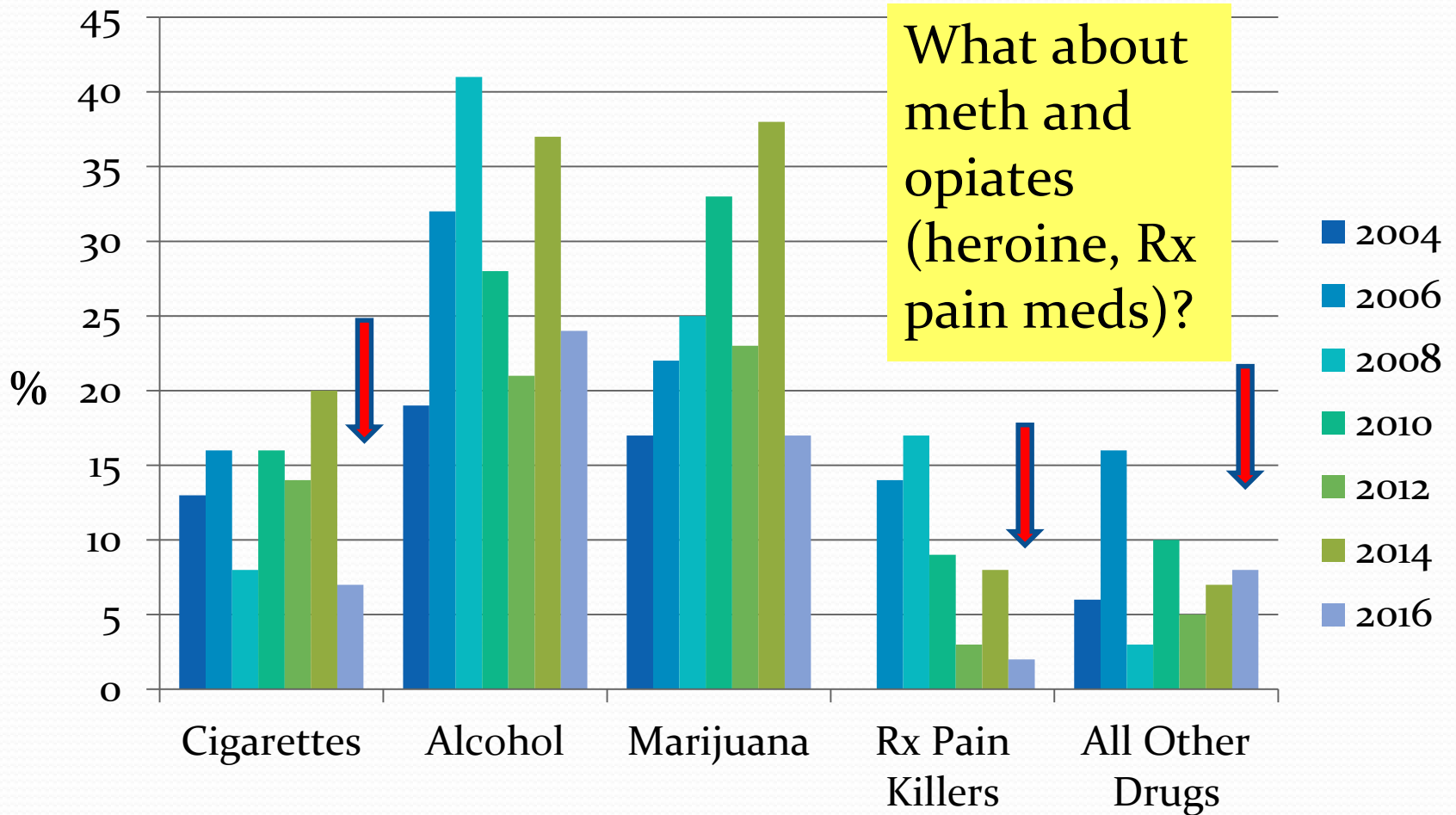
Marijuana: 30 Day Use



Cigarette: 30 Day Use

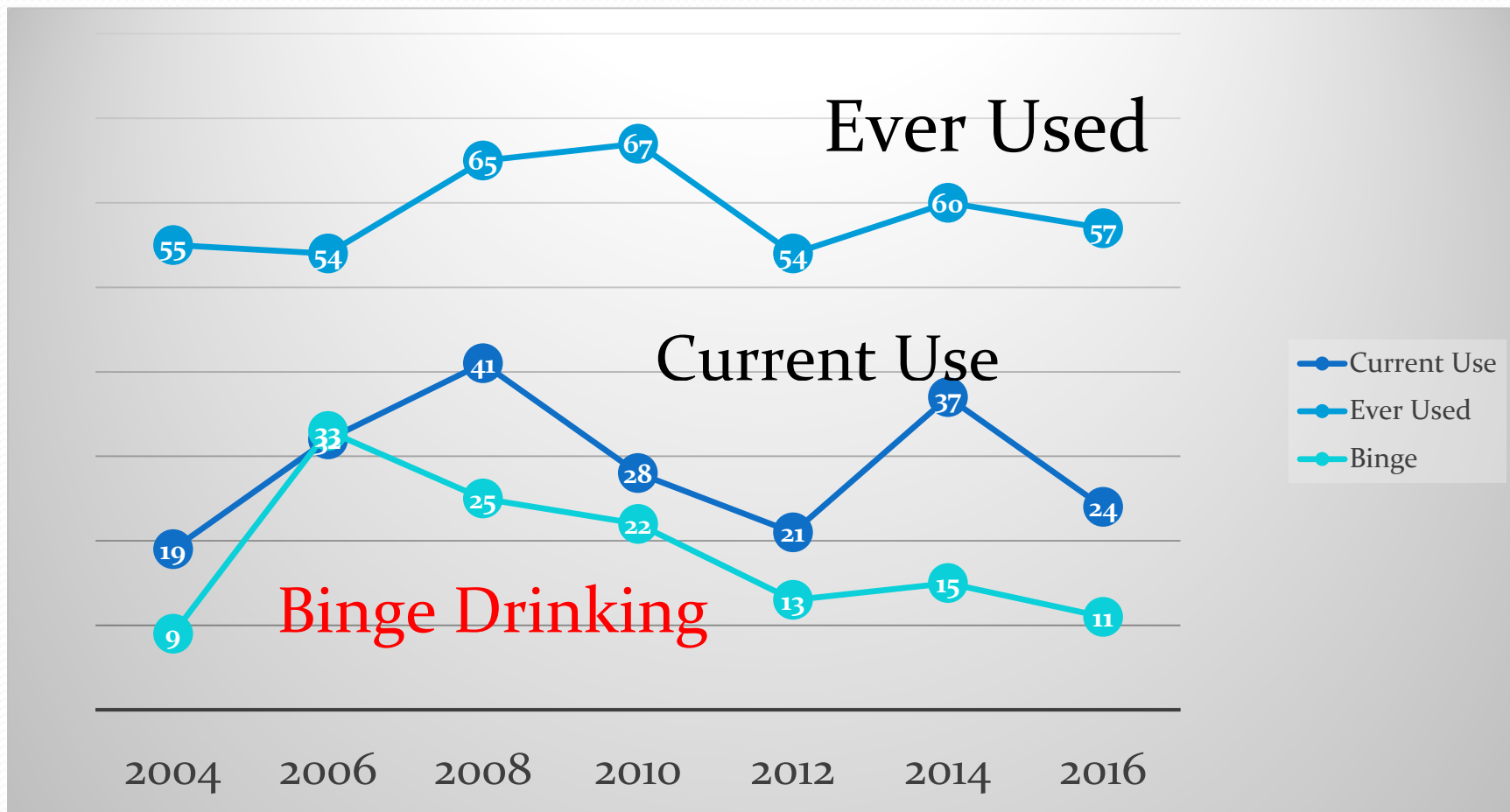


Grade 10 Self Report Use: All Drugs



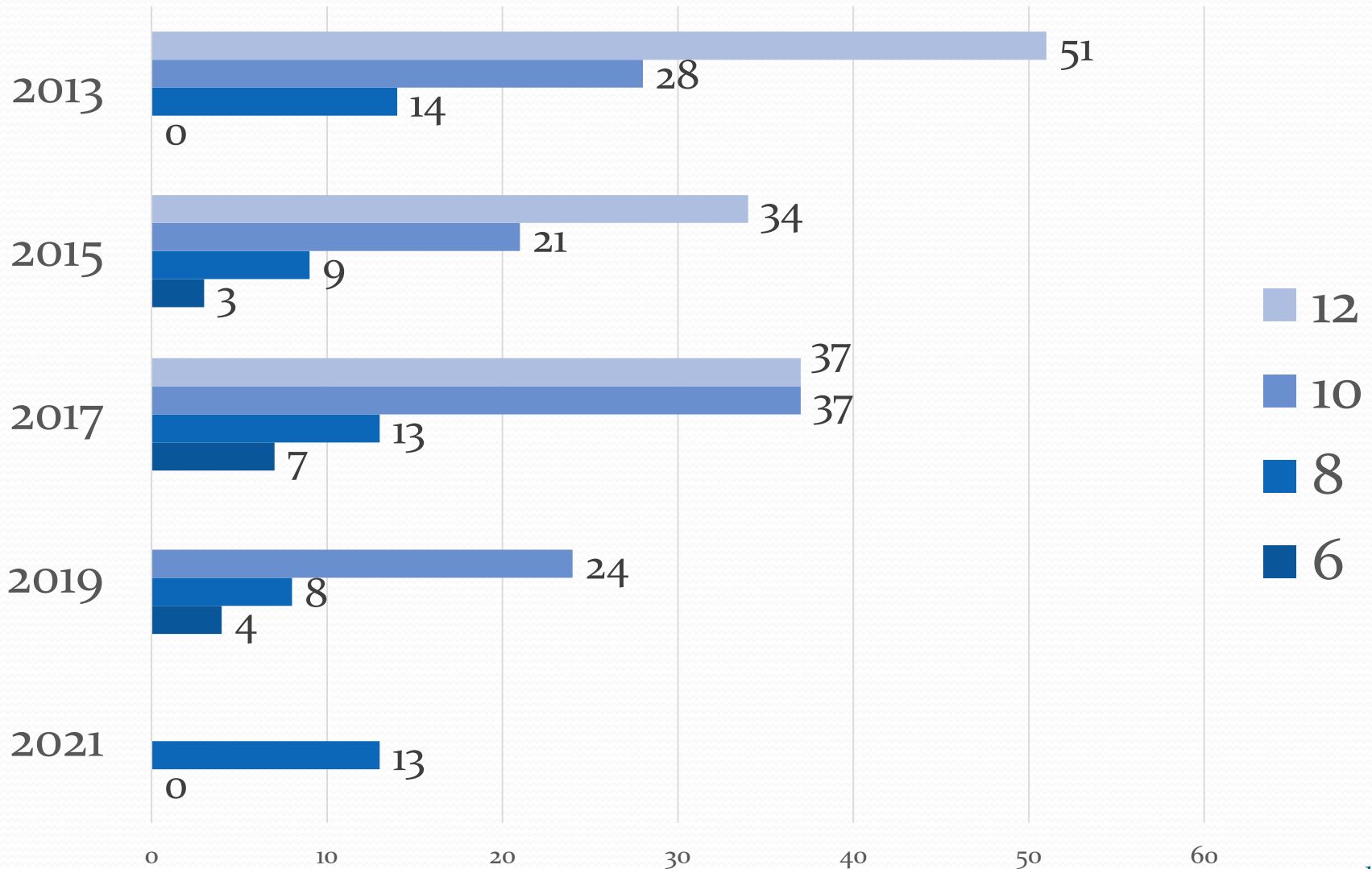


Grade 10 Alcohol Use Trends



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

Why Strengthening Families?

- 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

