

Strengthening Families as a Collaborative Community Effort September 22, 2021

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The mission of the San Juan Island Prevention Coalition is to

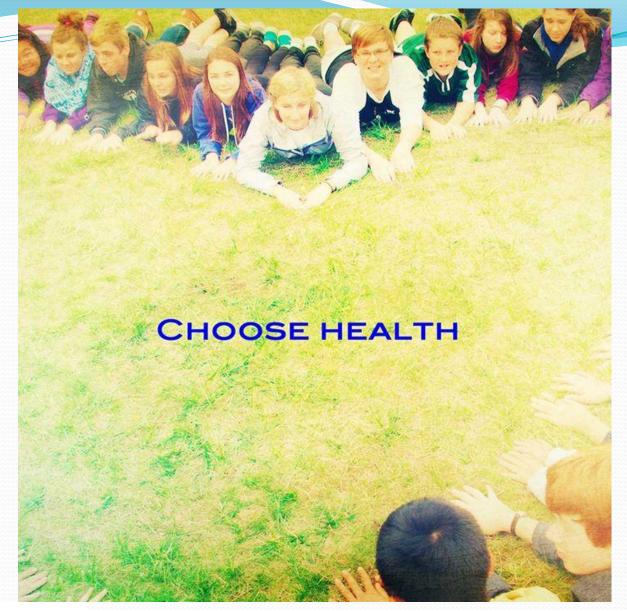
reduce substance abuse by youth and to create a community culture supporting healthy choices and responsible behaviors in youth and adults.







Our vision: Islanders making healthy choices







Purposes of today's presentation

- Gratitude First! Thank you!
- Aim 1 To update the SJCPHD#1 on the **progress** of the Strengthening Families Program for Parents and Youth 10-14 (SFP) prevention initiative: Phases 4 and 5, including adaptations due to COVID-19
- Aim 2 Share the plan for moving forward through 2021 and 2022



Health Care Authority's Prevention

System: Community Prevention and Wellness Initiative (CPWI)



- Current base funding level is \$110,000/year
 - 80,800 federal Substance Abuse Block Grant
 - 23,400 WA Dedicated Marijuana Account
 - 5,800 WA General Fund Admin
- Additional countywide DMA grant of \$12,000 for Strengthening Families (\$4,000 for SJI) for Jul 1, 2020-June 2021; Sunset in June 2021



SJIPC's Goals

- Increase community connectedness we operate as a Community of Practice and use the Collective Impact model for building community resiliency
- 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
- Increase family management skills and family bonding (addresses the risk factor of poor family management)



Tipping the Scale



Resilience
is a
natural counter-weight
to

Adverse Childhood Experiences (ACEs)

San Juan Island Prevention Coalition Logic Model revised 08.18.2015 Strategies & Conditions **Behavioral Intervening** Evaluation Local **Long-Term Variables** Health and Plan **Implementati** Contributing Consequences Problems (Risk/Protective on (Consumption) Factors) **Factors** (2-5 (6 months - 2 (10-15 years) (5-10 Outcome years) years) But why here? What are we doing about it? So what? How will What is the Why here? Why? we know? ...can be addressed thru problem? ...with these common ...specifically in our these strategies... community... factors... ...and we will use These types of these tools to **Community** problems... **Engaging multiple** Community measure our **Engagement/Coalition** community Disorganization/ impact... development: **Any Underage** stakeholders including Community These **Community** parents and youth with **Drinking** San Juan Island **Connectedness** problems... engagement/Coalit community resources/ **Prevention Coalition** ion development: providers in local Availability: Retail and Underage decisions. **Annual Coalition** Mental **Public Awareness:** Social Access::Alcohol, **Problem and** Survey Media Advocacy for Health Marijuana, Prescription **Heavy Drinking** Law Enforcement in Sustainability Drugs, Tobacco (including Risks of Youth Vaping, public locations on SJI Documentation e-cigs/vaping) Marijuana Use, Legalization of **Any Underage Promotion and Laws: Enforcement Actions Public Awareness:** recreational Marijuana Use Enforcement; Penalties; Youth marijuana that include Process measures Regulations **Community Survey** food and beverage **Environmental Delinquency Any Underage** products **Strategies:** Favorable Attitudes/ New nicotine delivery **Prescription Drug** •Emphasis Patrol **Environmental** Perception of Harm systems that youth and Medication Medication Take Back **Strategies:** Friends Who Use perceive as safer sold in School Abuse Process measures, SII stores Low Commitment to **Performance** School-based Prevention/ ODSS, Community School Intervention Services: Survey; HYS **Any Underage** Youth think that regular Tobacco Use us of marijuana is not Student Assistance **Family Management** Prevention/ Program: Project harmful **Problems** Intervention Youth perception of **SUCCESS Any Youth** Services: pre/post **Risk & Protective Factors:** adults disapproval is too Depression, with OSPI **Direct Services:** low Anxiety, and •Favorable Attitudes Strengthening Families **Direct Services:** Youth exposure to Suicidal Ideation Towards Drug Use **Community Mentoring Assigned Program** favorable alcohol, LifeSkills Training 6-9 pre/post and process marijuana, and tobacco •Family History of the Second Step K-5, 6-8 messages from their measures; HYS Problem Behavior peers. State Assessment

Local Assessment

Plan/Implementation

Reporting/Eval



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

Anecdotal, pre and post surveys State Survey School Survey

Data Driven Decision-Making

Washington Healthy Youth Survey www.AskHYS.net

Covid Student Survey Washington www.CSSWashington

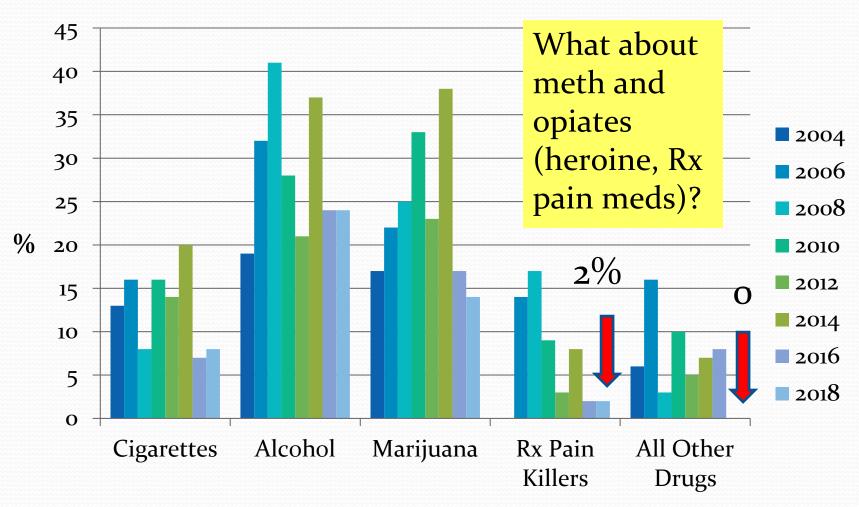
Monitoring the Future www.monitoringthefuture.org

University of Michigan
National Institute of Drug Abuse (NIDA)
National Institute of Health (NIH)



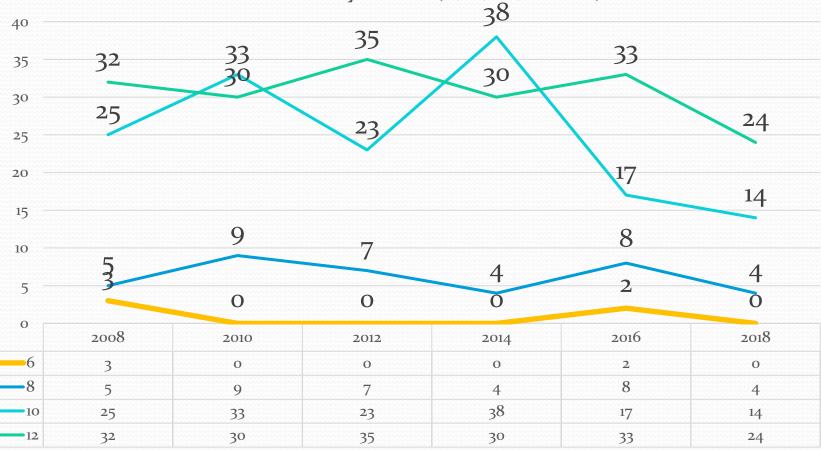


Grade 10 Self Report Use: All Drugs



Cannabis/Marijuana 30 Day Use (%)

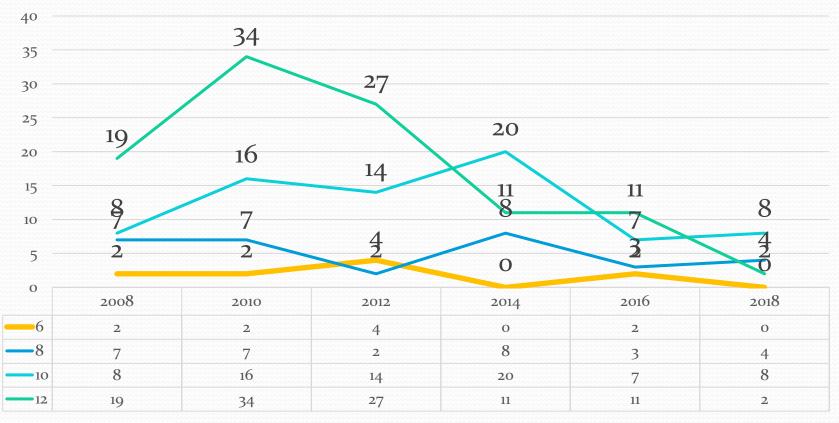
Cannabis Use Over Time by Grade (6, 8, 10, and 12): 2008 - 2018





Cigarettes - 30 Day Use (%)

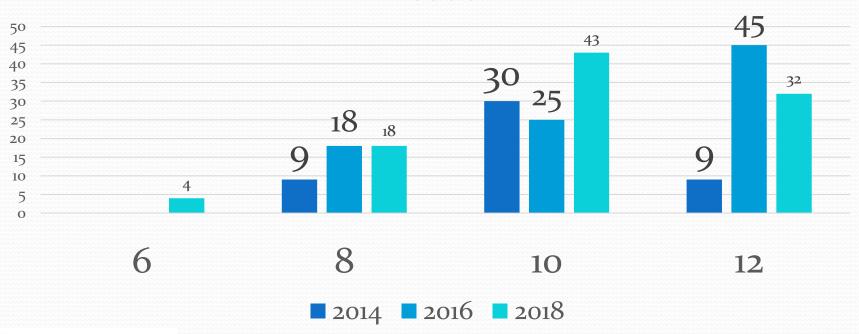
Cigarettes/Tobacco Use Over Time by Grade (6, 8, 10, and 12): 2008 - 2018





While Cigarette Use is DOWN, E-Cigarette and Vaping Use is UP

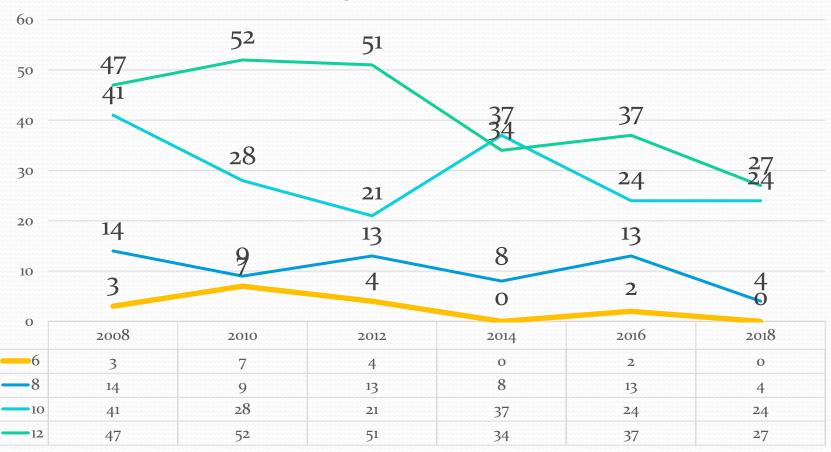
Percentage of Youth Use of E-Cigarette or Vaping Product





Alcohol – 30 Day Use (%)

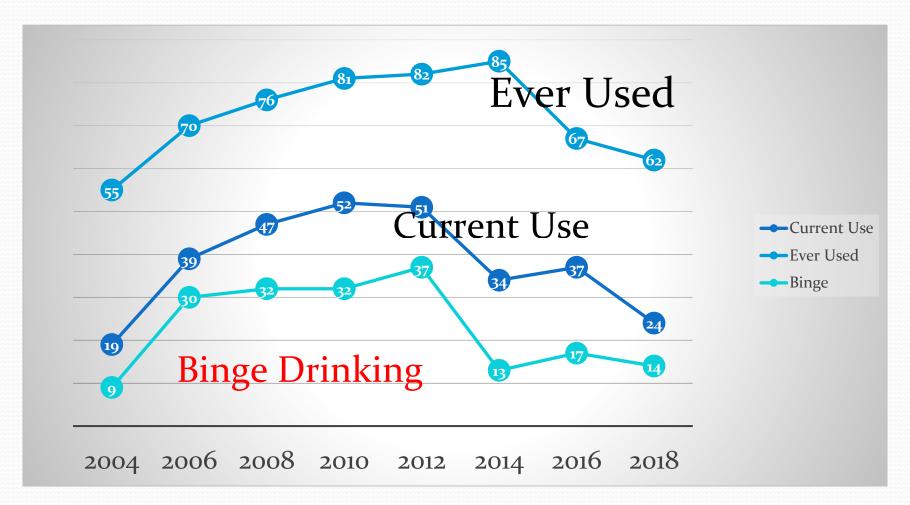
Alcohol Use Over Time by Grade (6, 8, 10, and 12): 2008 - 2018







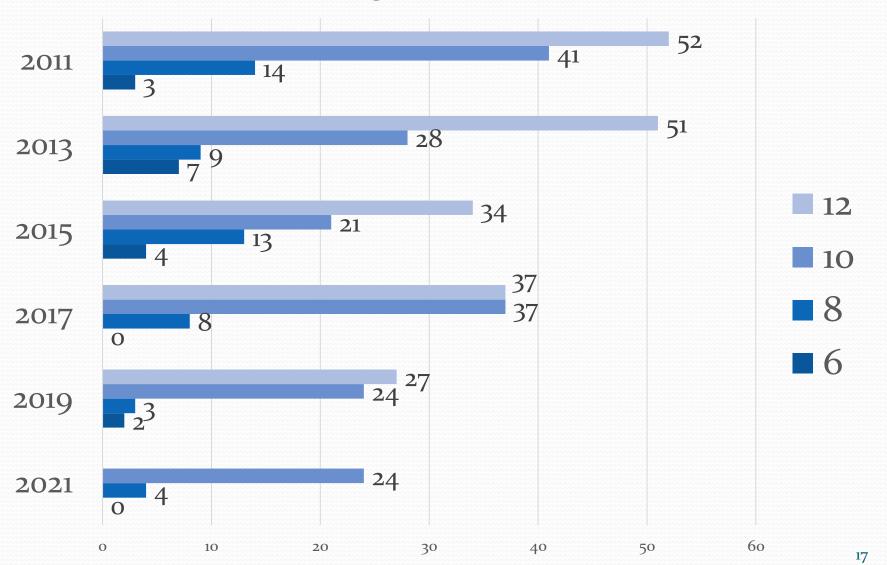
Grade 10 Alcohol Use Trends





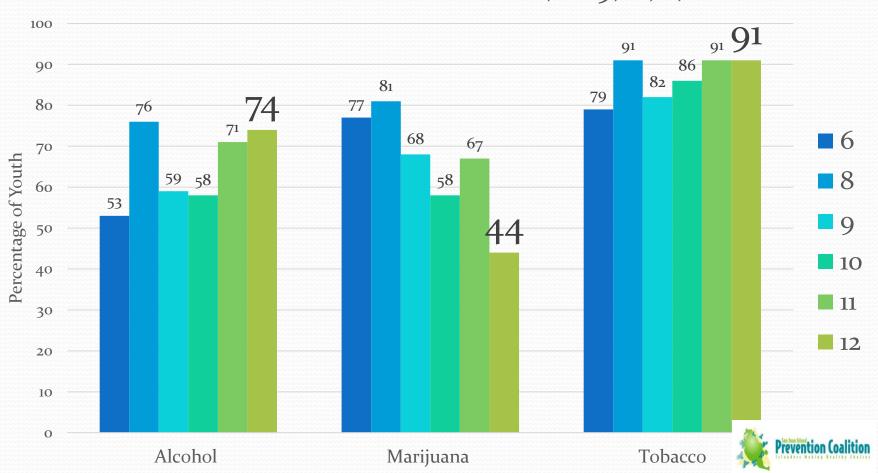
Alcohol: 30 Day Use - Cohorts

Cohorts By Graduation Year



Perceived Risk of Regular Drug Use

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





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 2020-21 Virtual Training for Virtual Adaptations Planning, Implementation

- Spent about in a 12-month cycle \$ 21,000
- Training Costs 7 persons, 12 hours 3,000
- Program Trainer Guides and Materials 3,000
- Staff and Coordination Time 15 virtual sessions - total of 40 hours X 6 staff, including tech support



Strengthening Families Program 2021-2022 Needs for Phase 5

- Ongoing Facilitator Training to build training cadre for San Juan Island, including in Spanish
- Planning and Implementation
 - Fall 2021- Booster sessions, recruiting, first inperson Spanish Session in October/November
 - Spring 2022 English series March/April
 - Ongoing
 – Booster sessions, planning



Strengthening Families Program

2021-2022 Needs: Phases 1-4 Follow-up and Phase 5 Implementation

- Estimated Need (primarily staff) \$ 21,000
- COVID-19 Adaptations in a virtual and hybrid mode; requires more time, and tech support
- Planning and Implementation
 - Fall 2021- Booster sessions, recruiting, virtual and in person preparations for delivery for Spanish sessions
 - Spring 2022 Seven sessions for parents/youth
 - Ongoing
 – Booster sessions, recruiting



Strengthening Families Program 2021-22 Needs: Phases 2-4 Follow-up & Implementation

- What we really need is some flexibility for authentically meeting the needs of our families
- What that looks like:
 - Checking in with ALL previously trained families, and those families that we are recruiting
 - Check in visits when delivering food
 - Check in visits virtually
 - Ability to meet with school personnel to assess the family needs, including translation, adapted miniboosters, and a "wrap around" focus









Increasing Protective Factors



Children's Hope Scale - Healthy Youth Survey 2018 FHHS

Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal.

