



San Juan Island
Prevention Coalition
Islanders Making Healthy Choices

Strengthening Families as a Collaborative Community Effort

September 22, 2021

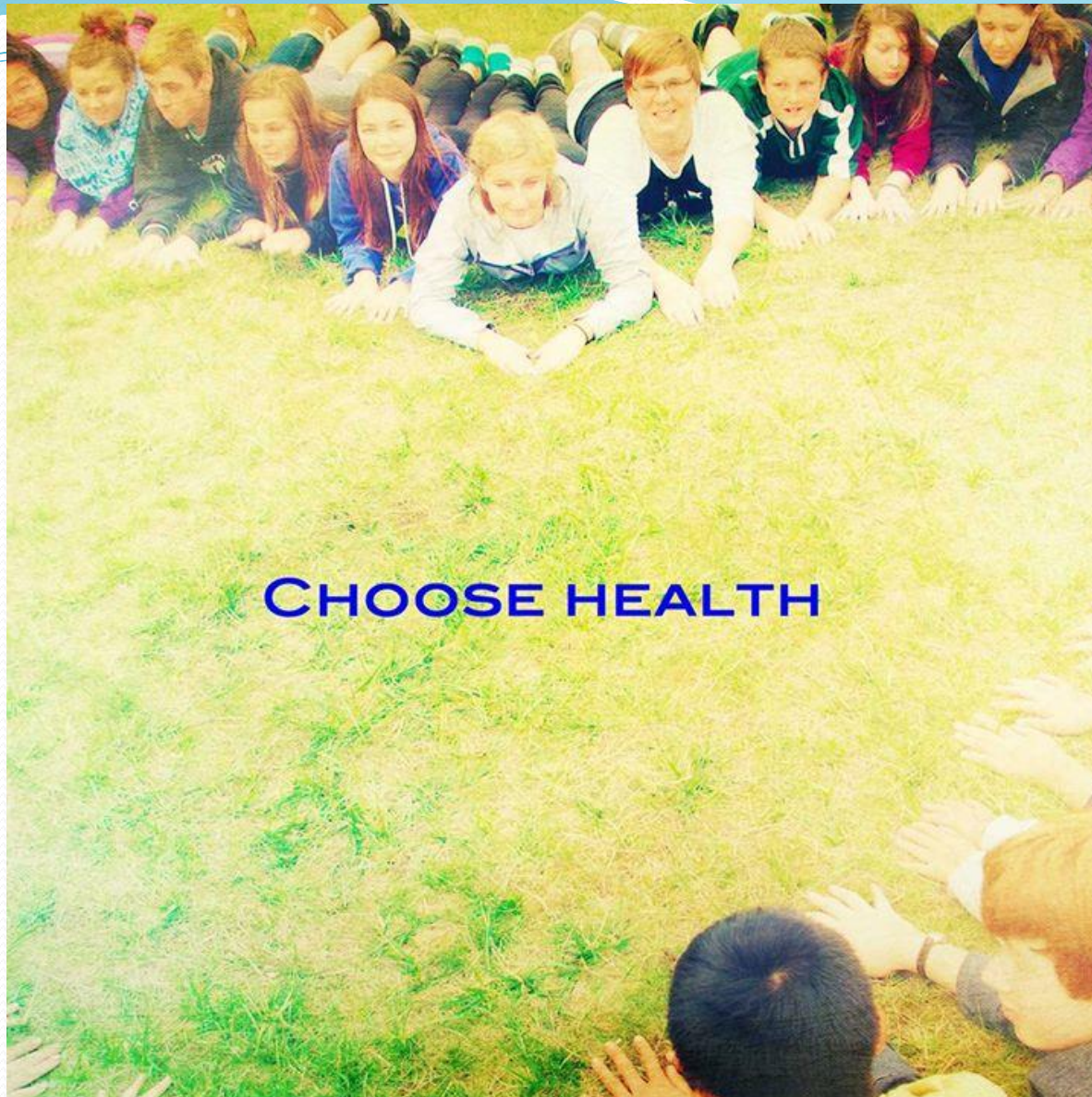
Cynthia Stark-Wickman, M.Ed., CPP, Executive Coordinator

prevention@sanjuanco.co 360.370.7516

**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)

DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE
PLANNING FRAMEWORK



- 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

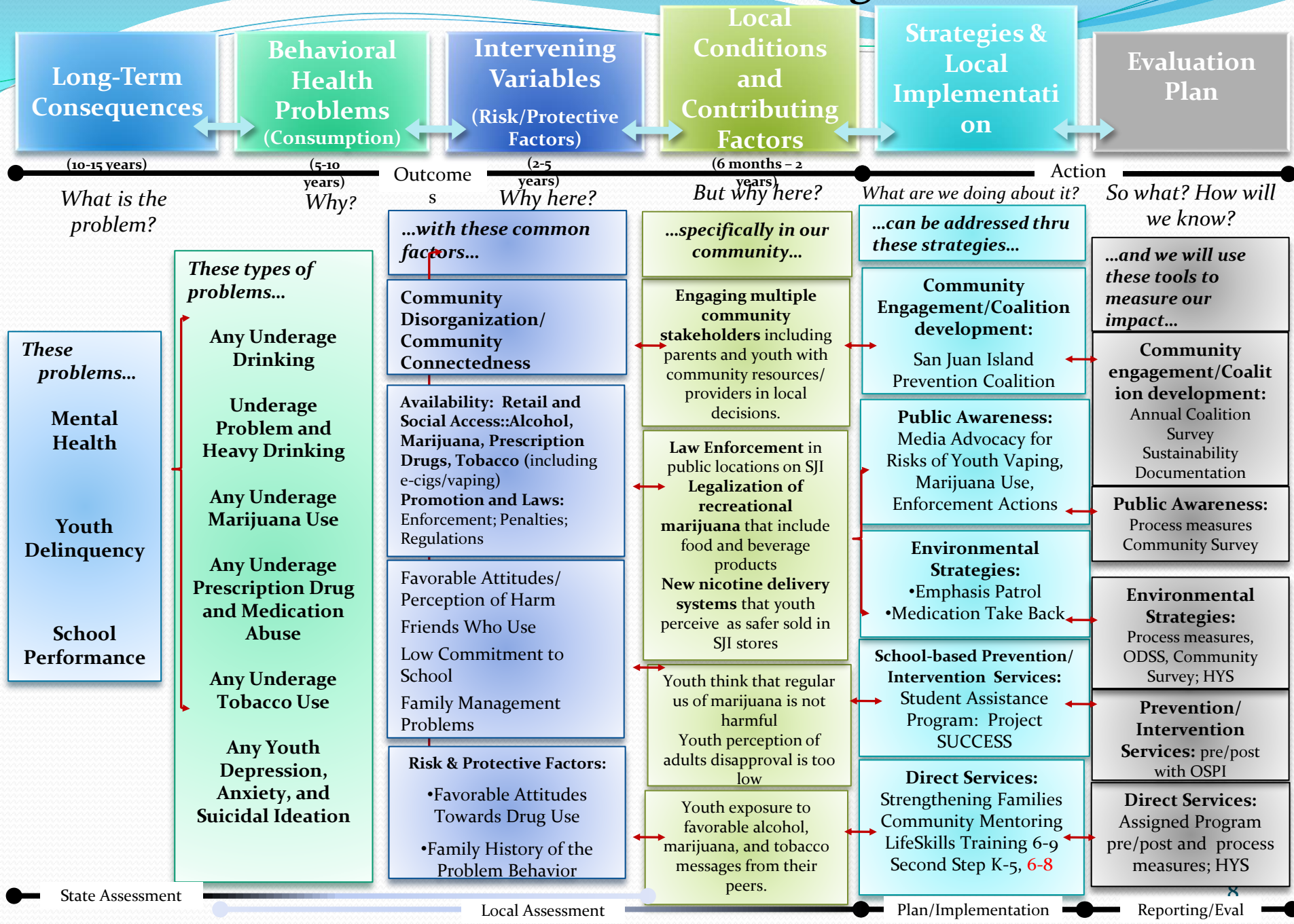
is a

natural counter-weight

to

Adverse Childhood Experiences
(ACEs)

San Juan Island Prevention Coalition Logic Model revised 08.18.2015





San Juan Island
Prevention Coalition
Islanders Making Healthy Choices

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

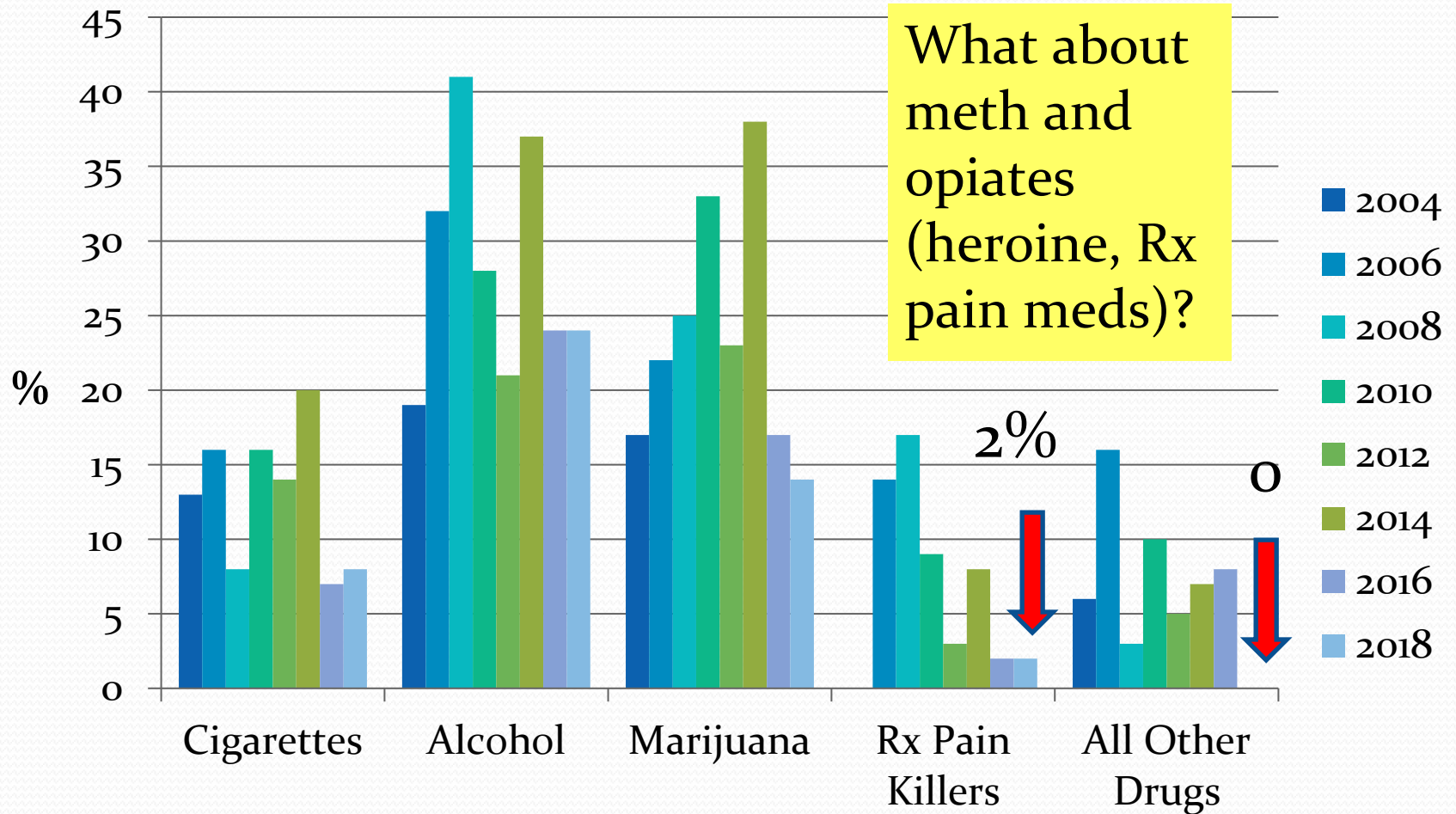
National Institute of Drug Abuse (NIDA)

National Institute of Health (NIH)



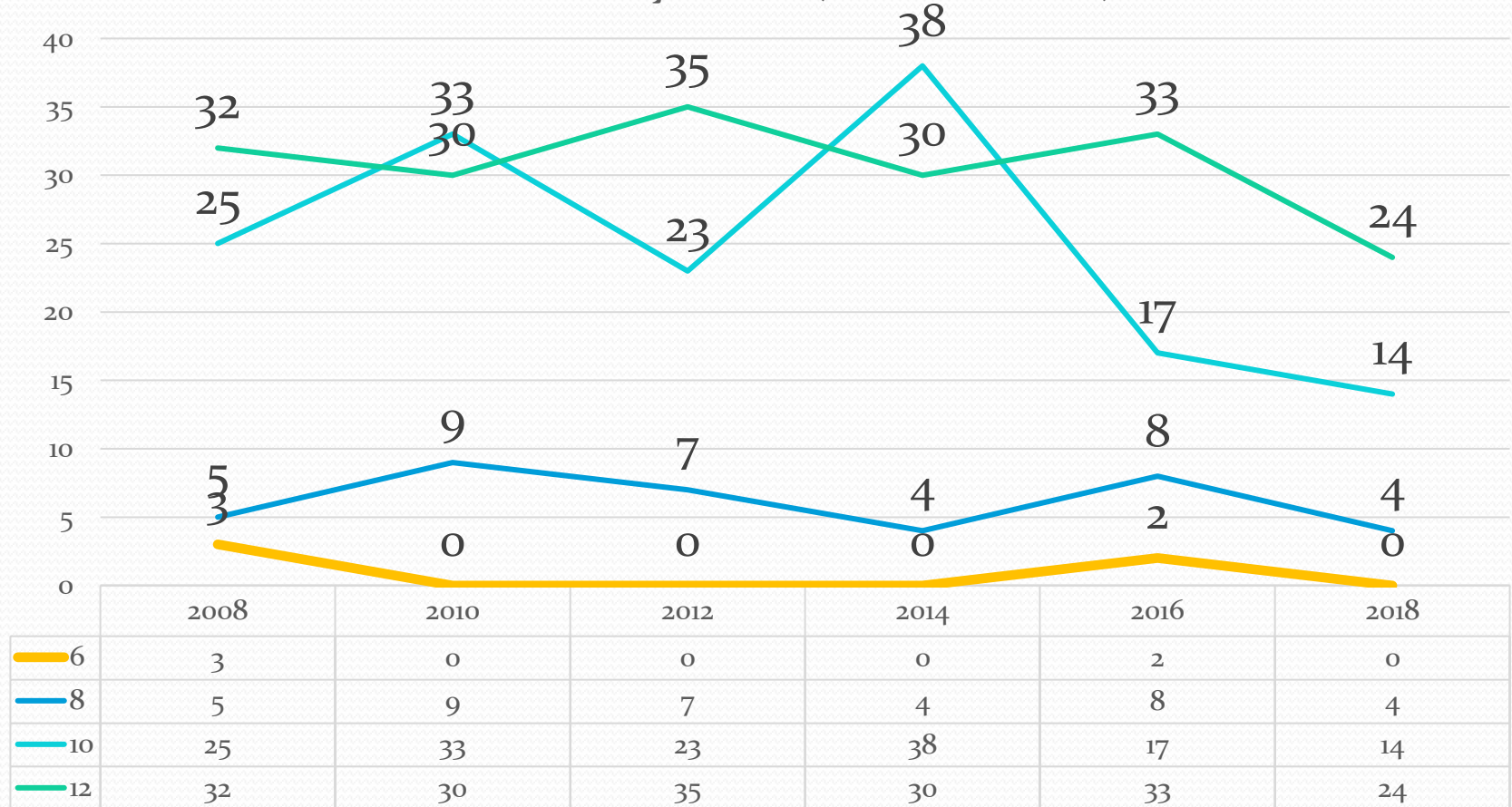
San Juan Island
Prevention Coalition
Islanders Making Healthy Choices

Grade 10 Self Report Use: All Drugs



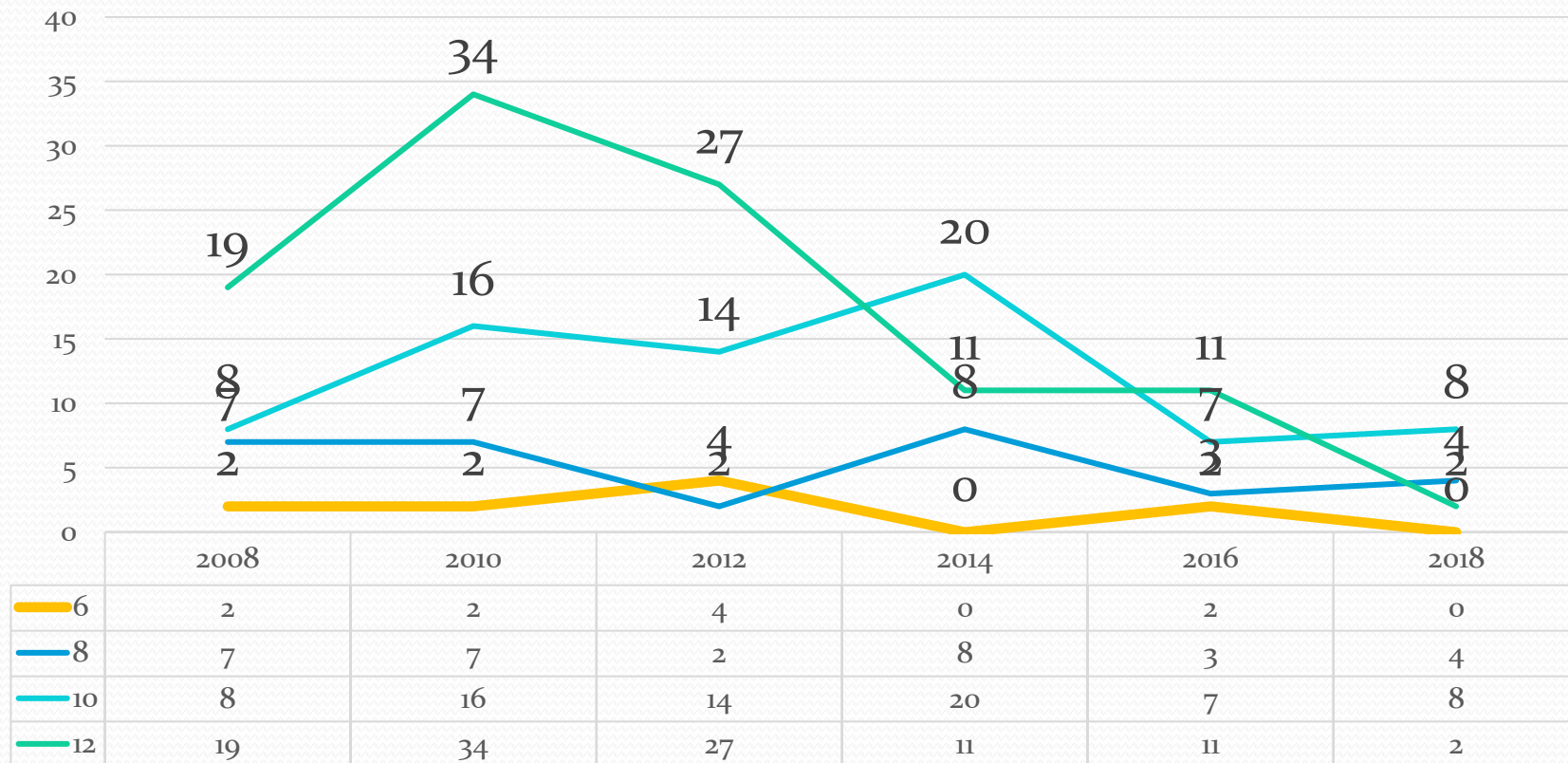
Cannabis/Marijuana 30 Day Use (%)

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



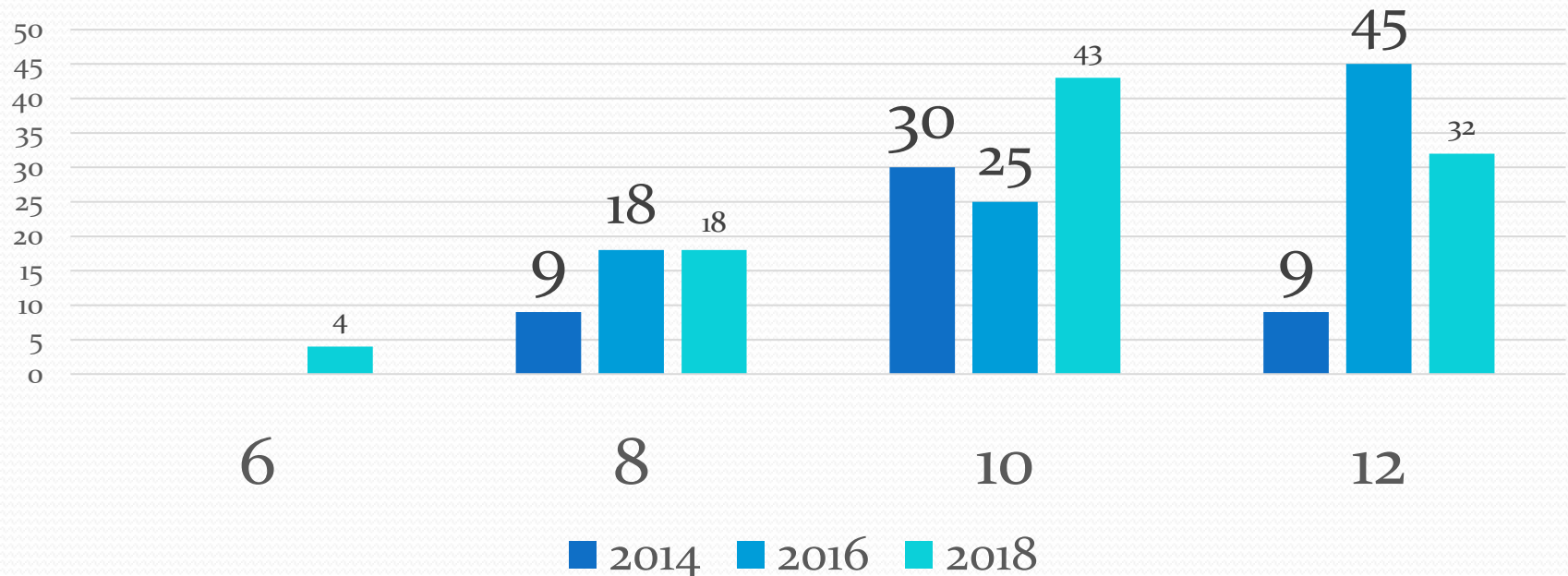
Cigarettes – 30 Day Use (%)

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



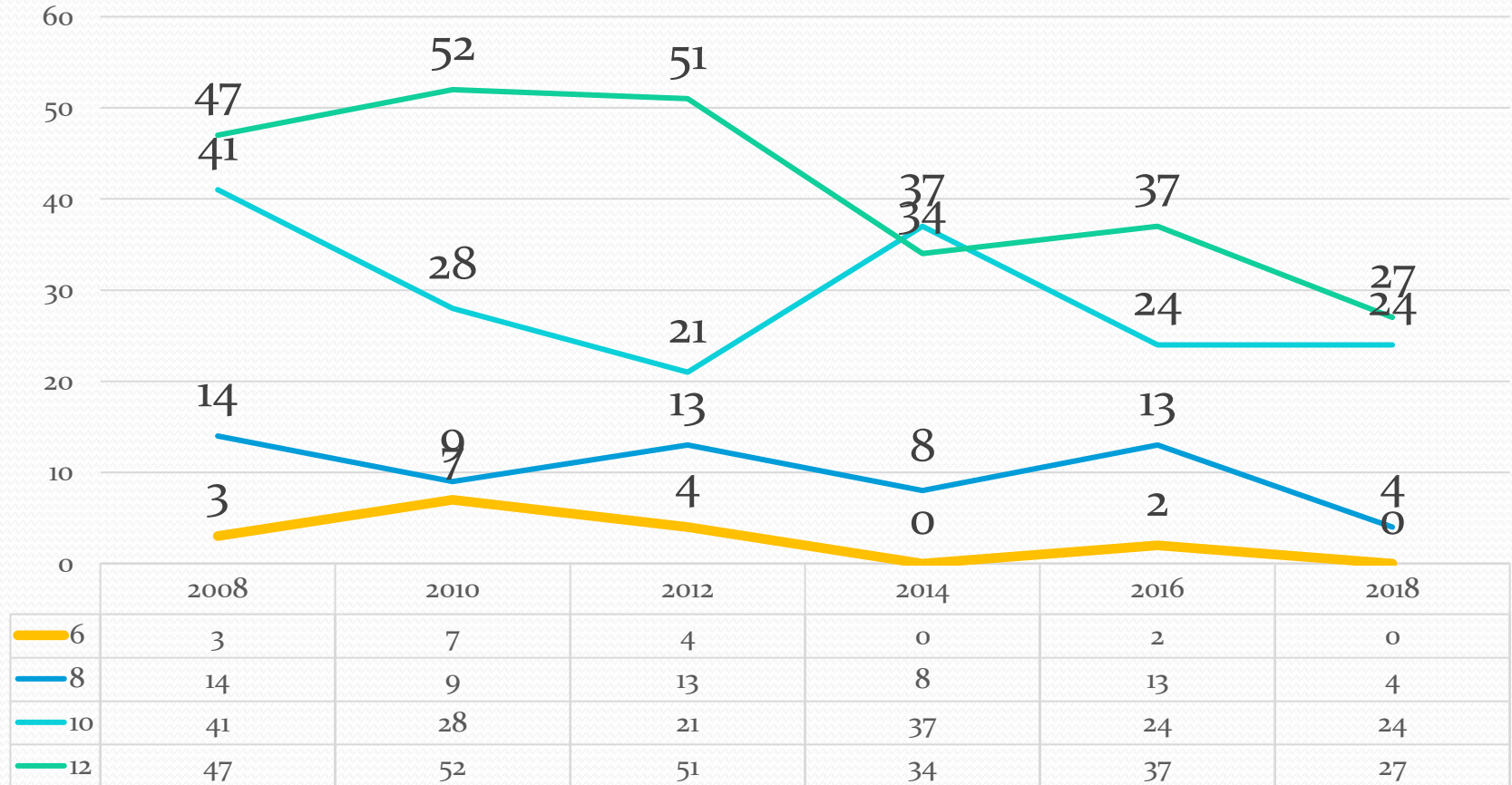
While Cigarette Use is DOWN, E-Cigarette and Vaping Use is UP

Percentage of Youth Use of E-Cigarette or Vaping Product



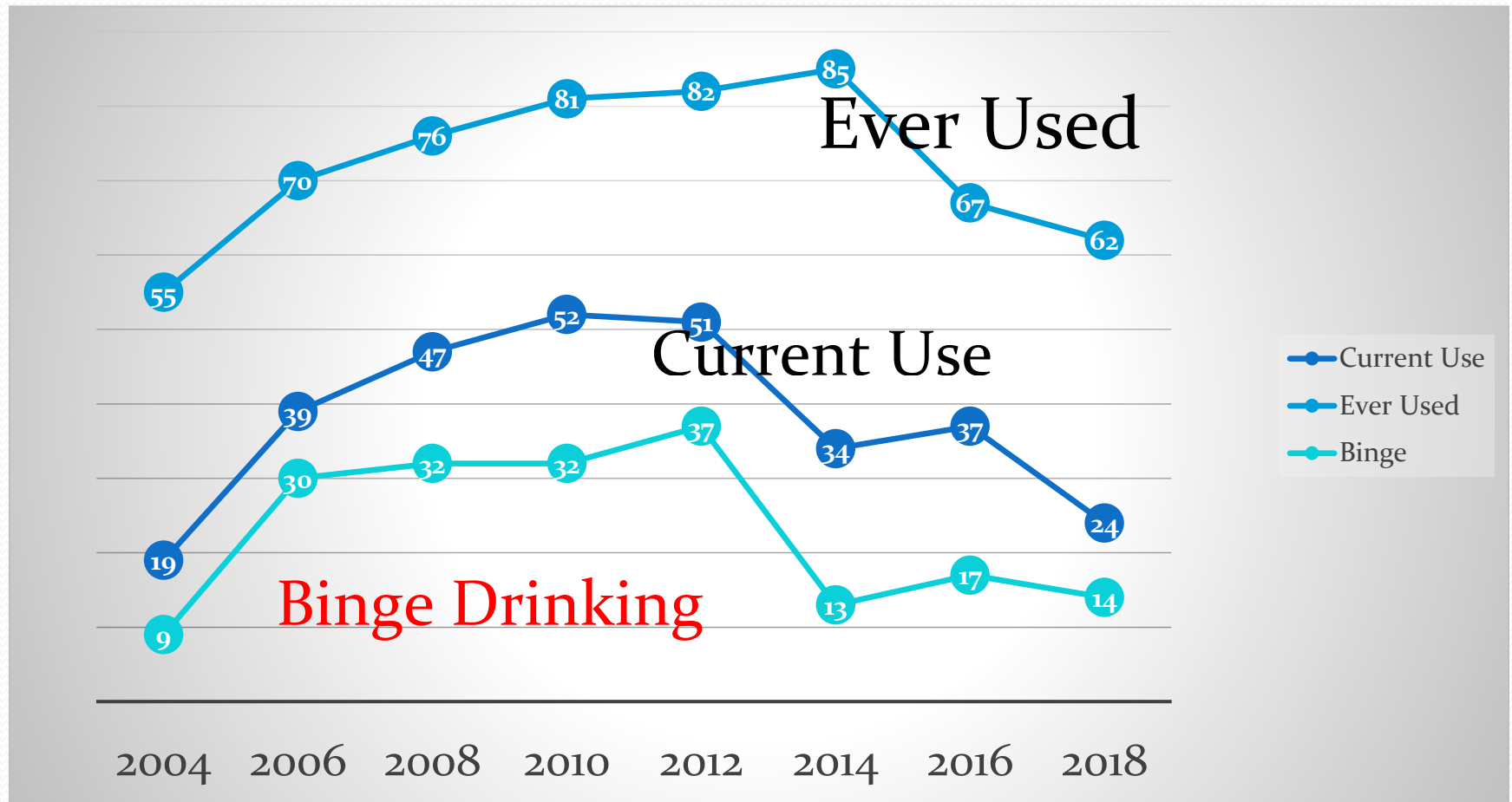
Alcohol – 30 Day Use (%)

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



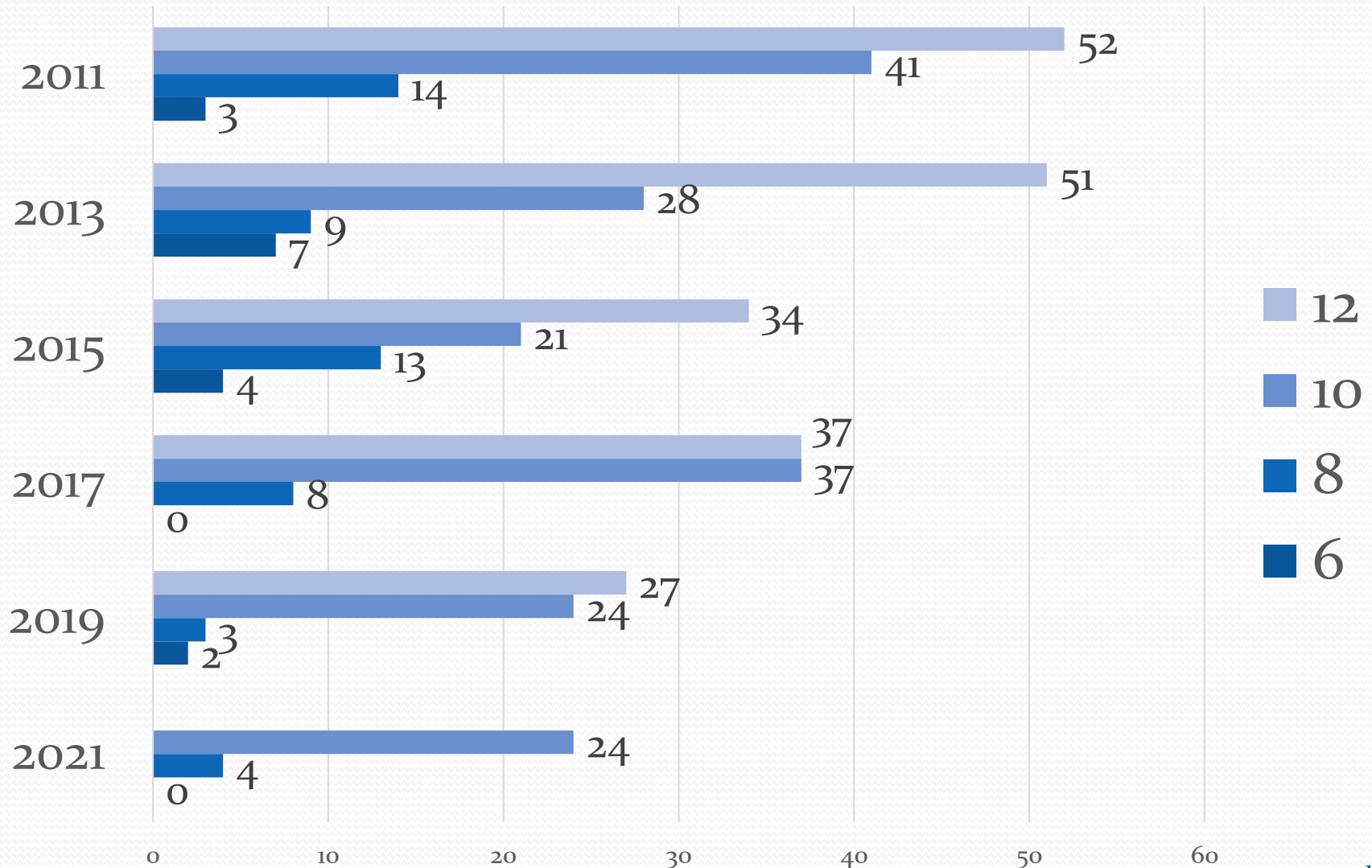


Grade 10 Alcohol Use Trends



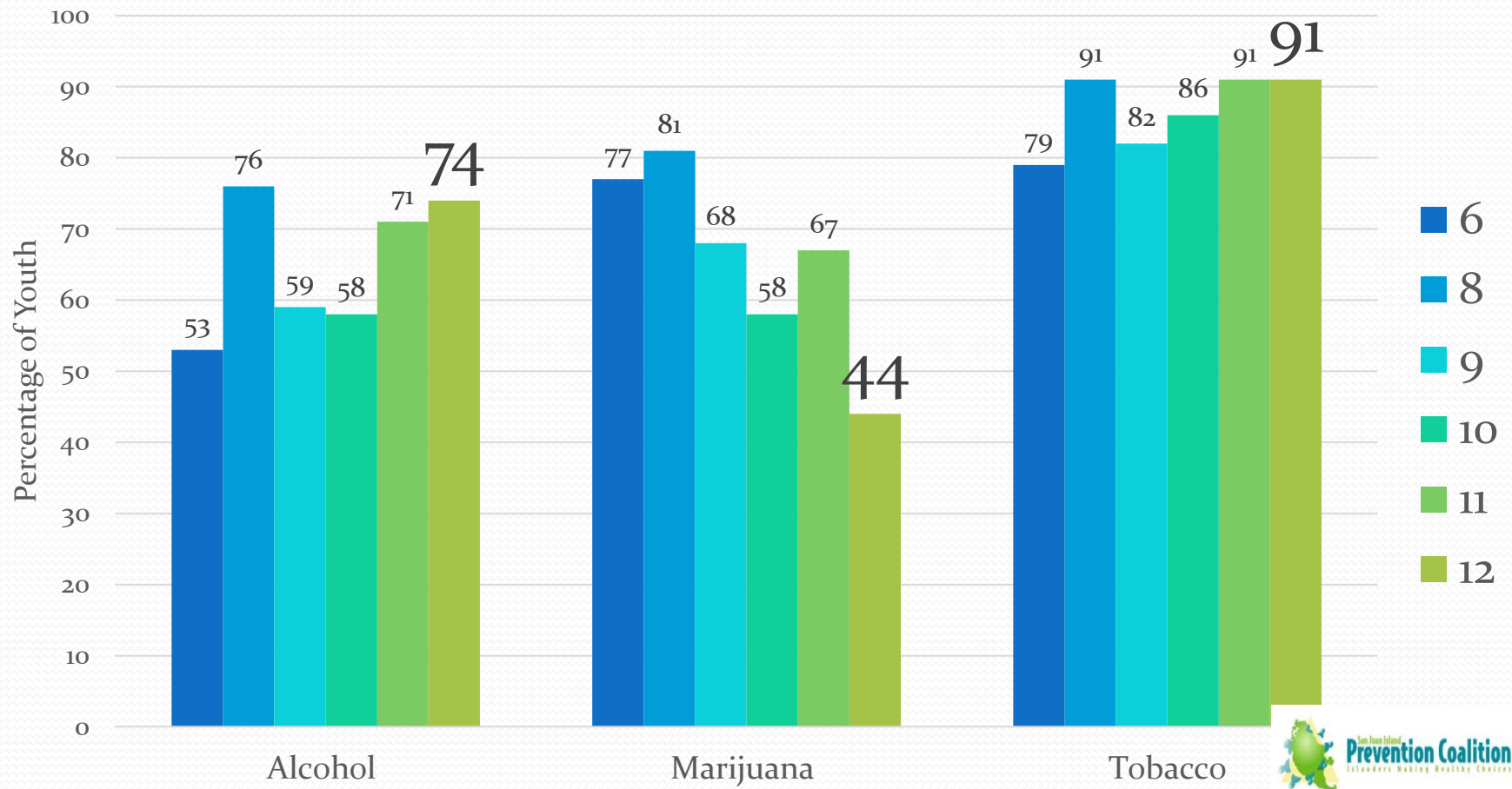
Alcohol: 30 Day Use - Cohorts

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 15,000

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 in-person 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

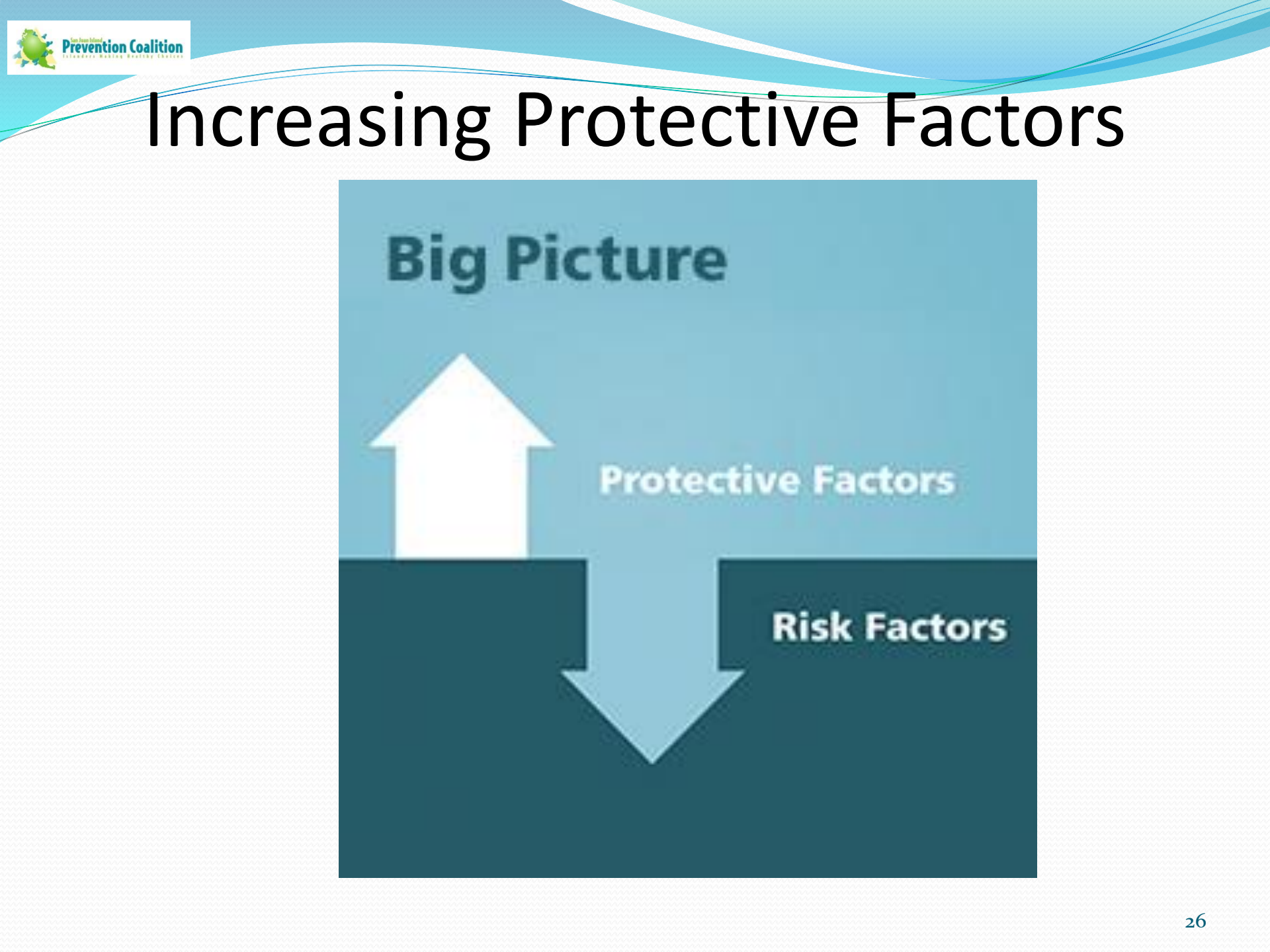
- Estimated Need (primarily staff) \$ 21,000
- COVID-19 Adaptations in a virtual and hybrid mode; requires more time, and tech support
- **Planning and Implementation**
 - Fall 2021- Booster sessions, recruiting, virtual and in person preparations for delivery for Spanish sessions
 - Spring 2022 - Seven 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 mini-boosters, and a “wrap around” focus



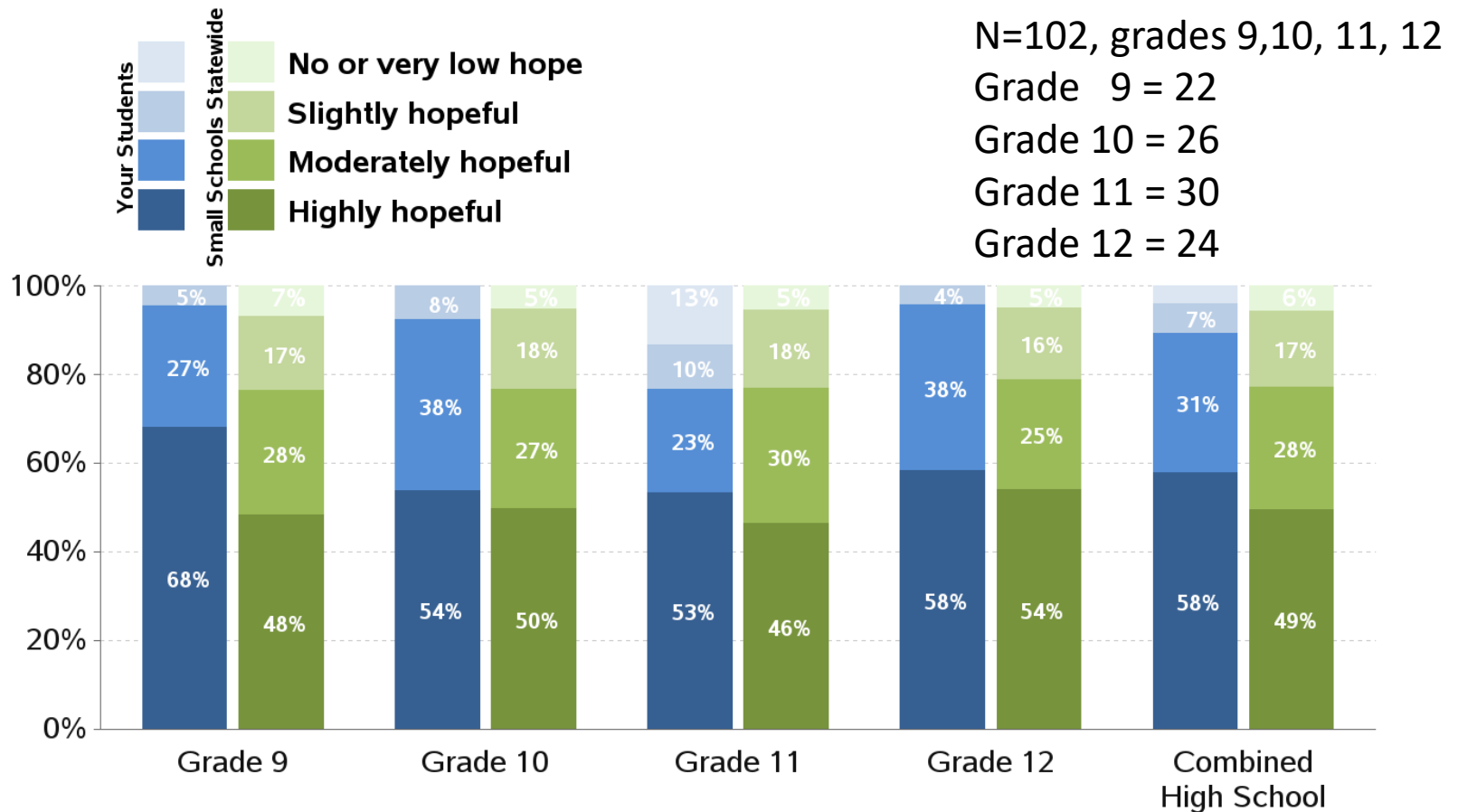


Increasing Protective Factors



Children's Hope Scale – Healthy Youth Survey 2018 FHHS

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



Friday Harbor High School (San Juan Island School District)
- Source: 2018 Healthy Youth Survey

