

A Guide to the Community Projects

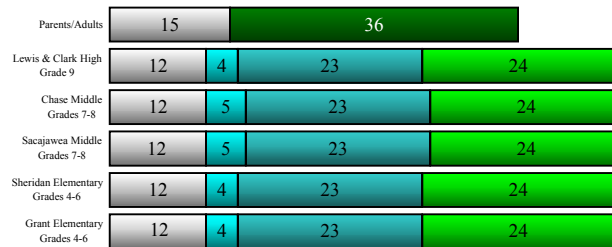
December 2000, Project Action Plan

East Central Neighborhood Project

Program Services	Risk Factors									Protective Factors					Science Rigor	Annual Program Service Cost	
	Favorable Attitudes Toward the Problem Behavior	Early Initiation of the Problem Behavior	Rebelliousness	Friends Who Engage in the Problem Behavior	Family Management Problems	Lack of Commitment to School	Healthy Beliefs and Clear Standards	Social Skills	Bonding- Family Attachment	Opportunities for Prosocial Involvement	Rewards for Prosocial Involvement						
Family Advocacy Network (FAN)	♦										♦	♦	♦	♦	♦	5	\$30,950
Mentoring		♦				♦					♦	♦	♦	♦	♦	3	\$20,950
Media Literacy	♦	♦									♦	♦	♦	♦	♦	2	\$6,800
The Multi-component Nurturing Program					♦						♦					5	\$40,109
Prevention Program Support Services*	♦	♦	♦	♦							♦					1-2	\$22,550

*Includes: Alternative Activities, Ropes Course, Drug-Free Dances, Reading/Literacy Program

Annual Target Population



- Family Advocacy Network
- Mentoring
- Media Literacy
- The Multi-component Nurturing Program
- Prevention Program Support Services*

Anticipated Changes

Family Advocacy Network

- Increase perception of ATOD harm
- Increase refusal skills

Mentoring

- Increase understanding of prosocial values
- Increase appreciation for role of older adults
- Delay initiation of ATOD use

Media Literacy

- Increase resilience against negative influence of ATOD

The Multi-component Nurturing Program

- Increase opportunities for youth to engage in community service;
- Increase participation in activities with mentors

Prevention Program Support Services*

- Increase voluntary participation by youth in alternative recreational activities
- Increase awareness and knowledge about the role of media and understanding media literacy
- Form stronger peer to peer bonds through involvement in the creation of drug-free dances;
- Improve leadership skills and problem-solving skills through Ropes Course training

Anticipated Number of Participants



**B1State Incentive Grant
COMMUNITY-BASED PREVENTION ACTION PLAN IMPLEMENTATION MATRIX**

Community Project Name: East Central Neighborhood Project

Lead Agency for SIG Community Project: Spokane County Community Services

Address of Lead Agency: 721 N. Jefferson, Suite 403 Spokane, WA 99260

Phone number/e-mail of Lead Agency: (509) 477-5722/ azeuge@spokanecounty.org

Project Director: Alan Zeuge

PRG SVC #	Program Service Name	Science Rigor	Budget	Beginning	End	Provider	Location
1	SMART Moves Program a. Start SMART b. Stay SMART	5	\$15,373 \$10,437	7/01	8/02	East Central Community Center Martin Luther King Jr. Family Outreach Center	
2	Non-School Hour Alternative Activities (infrastructure for SMART Moves Program)	3	\$28,779 \$19,383	7/01	8/02	East Central Community Center Martin Luther King Jr. Family Outreach Center	
3	The Nurturing Program	5	\$33,765	7/01	6/02	Spokane County Cooperative Center	
TOTAL			\$107,737				

Exhibit: Y3 SIG B2 July 1, 2001 to August 31, 2002 SIG Prevention Action Plan: Spokane - 01

2. List Partners: (Indicate specific contribution to prevention service specified, such as: deliver services, in-kind (space, etc), funds, referrals)

<ul style="list-style-type: none"> • Grant and Sheridan Elementary/Middle School: • City of Spokane • Chase and Sacajawea Middle Schools: • New Hope Baptist Church • St. Matthew Baptist Church • Calvary Church • RSVP (Retired Senior Volunteer Program): • Greater Spokane Substance Abuse Council’s Prevention Center • Spokane Regional Health District • Lewis and Clark High School: Student/parent referral • Martin Luther King Jr., Family Outreach Center /East Central Community Center: referral source • Centenary United Methodist Church: • Support, Care And Networking for Families (SCAN): referral source • DSHS Child Protection Services: referral source • Vanessa Behan Crisis Nursery: referral source and childcare • Source One Counseling: referral source • Spokane County Juvenile Court: referral source 	<ul style="list-style-type: none"> • Student referral. • In-kind space and facilities • Student referral. • Encourage community members to participate • In-kind deliver services. • In-kind service delivery • In-kind service delivery • In kind • In kind • In kind • In kind • Space
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Approval Date: _____

Approved By: _____
 State Incentive Grant Project Director

NAME OF PREVENTION PROGRAM: East Central Community Center

1.		2.		3.		4.	
RISK FACTOR PRIORITIZED		RISK FACTOR(S) INDICATOR		PROTECTIVE FACTOR(S) PRIORITIZED		PROTECTIVE FACTOR(S) INDICATOR	
Prg Svs #*				Prg Svs #*			
1,2	<ul style="list-style-type: none"> • Low commitment to school • Early initiation of problem behaviors 	<ul style="list-style-type: none"> • Information from principals and community center (principals and staff interviewed say: kids missed school).. • DOH indicates high suicide (attempts and rate) for East Central Community area • Core GIS data, adolescents in treatment. 	1,2	<ul style="list-style-type: none"> • Bonding with caring adults and mentors • Recognition • Healthy Beliefs and Clear Standards • Social competency skills 	<ul style="list-style-type: none"> • Opportunities for youth to engage in community services activities; • Community Center staff interviews indicated that staff promotes and instills values such as non-use, promotes social skill building 		
2			2	<ul style="list-style-type: none"> • Bonding with Family 	<ul style="list-style-type: none"> • Through interaction with parents promotes bonding among family members. 		
3	<ul style="list-style-type: none"> • Family Management Problems 	<ul style="list-style-type: none"> • High incidence of divorce rates • Parents in chemical dependency treatment • High incidence of child abuse and neglect (CORE-GIS data) 	3	<ul style="list-style-type: none"> • Bonding to family • Creating healthy beliefs and clear standards 	<ul style="list-style-type: none"> • Community Center staff interviews indicated that staff promotes and instills values such as non-use, promotes social skill building through interaction with parents promotes bonding among family members. 		

* See Table on page one for key to program services

NAME OF PREVENTION PROGRAM: East Central Community Center

Washington State Incentive Grant – April 2002

5.		6.			7.	
RESOURCE ASSESSMENT (for Risk Factor/Protective Factor)		PROBLEM(S) RELATED TO PRIORITIZED:			ANTICIPATED IMMEDIATE CHANGES Related to participation in Prevention Services (refers to immediate outcomes)	
<i>Available</i>	<i>Missing</i>	<i>Risk Factor</i>	<i>Protective Factor</i>	<i>Resource Gaps</i>	<i>Prg Svs #*</i>	
<ul style="list-style-type: none"> • Providing speakers to staff at Community Center; • Field trips as rewards • East Central COPS Station • Community Resource Officer • Free standing existing Library • Health Clinic • Food Bank 	<ul style="list-style-type: none"> • Volunteers to work with youth. • Well planned joint activities that bring families closer together • Linkages among the various resources • Families not aware of available resources 	<ul style="list-style-type: none"> • Lack of positive role models in the community • Lack of youth supervision • Lack of supportive relationships 	<ul style="list-style-type: none"> • Insufficient number of qualified staff trained in prevention principles • Lack of opportunities for many youth at risk who are currently not being served 	<ul style="list-style-type: none"> • Lack of family activities • Lack of opportunities for teens, jobs, recreational activities • Lack of Funds for family activities 	1	<ul style="list-style-type: none"> • Increase perception of harm from using marijuana • Increase ability to refuse alcohol, tobacco, and marijuana
					1,2	<ul style="list-style-type: none"> • Become more resilient against negative influences of alcohol, tobacco, and marijuana • Increase voluntary participation.. Improved leadership skills and problem solving skills.
<ul style="list-style-type: none"> • 21st Century Grant • Spokane Child and Abuse Neglect Agency • All programs offered at the Community Center (Health Clinic, Spokane Neighborhood Action Program, Library) • The ECCC has a following based on existing services and facilities 	<ul style="list-style-type: none"> • Existing parenting programs which involve both parents and their children • Volunteers for mentoring literacy activities • Referrals to existing resources at the center or in the community 	<ul style="list-style-type: none"> • Poor communication between parents and their children as evidenced by poor family cohesion, for example. • Dysfunctional behavior among family members • Youth at risk for ATOD use. • (# of adolescents and adults in treatment, CORE GIS data; interviews with community center staff. 	<ul style="list-style-type: none"> • Lack of educational opportunities • Lack of bonding among family members, due to • Dysfunctional family interaction • Lack of effective communication • (Interviews with community center staff and principals) 	<ul style="list-style-type: none"> • Lack of programs to work with the family as a unit, such as the Nurturing Program. • Lack of support for parents • (Interviews with community center staff and principals, social workers at DSHS 	3	<ul style="list-style-type: none"> • Improvement in family management skills due to: • Improved communication between parents and their children, • Improved parental discipline; • Improvement in family cohesion

* See Table on page one for key to program services

NAME OF PREVENTION PROGRAM: East Central Community Center

8.								9.
TARGET POPULATION								ELIGIBILITY TO PARTICIPATE (Criteria)
Prg Svs #*	YOUTH			School Survey		ADULT		
	Proposed	Description (by grade, ethnicity)	By School	Fall 99	Fall 00	Proposed	Description	
1a	55 (20-35 at each community site)	<ul style="list-style-type: none"> • Various Ethnicity (African-American, Asian, Hispanic and Caucasian) • 4th-9th Grades 	Elementary(s): Grant Sheridan		X	30	<ul style="list-style-type: none"> • Parents of at risk youth enrolled in the program. • Participating schools, teachers, counselors or principals to refer at risk youth to the East Central Community Center. 	YOUTH <ul style="list-style-type: none"> • First priority for high risk youth/discipline problems • Failing in academics • Youth not involved in any school sponsored activities, such as music, sports, ski-club, literature club, etc. • Self referrals – youth who wants to come for socialization • Students who have already been in the program and who wish to continue. PARENTS <ul style="list-style-type: none"> • Parent of youth in programs
1b	20 (10 at each community site)		Middle/Junior High(s): Sacajawea Chase					
2	60 40 (SIG Summer Program, ECCC, 7/02-8/02)		High School(s):” Lewis & Clark				15	
3	16-24			X		16-24	<ul style="list-style-type: none"> • Parents of youth enrolled in MLK Jr. Family Outreach Center & East Central Community Center and the community at large 	<ul style="list-style-type: none"> • First priority for parents who live in the East Central Neighborhood and whose children are enrolled at the MLK Jr. Family Outreach Center, and ECCC • Secondary referrals come from Spokane Child Abuse Network, DSHS, Juvenile Court, area schools and self-referrals

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10.			11.			12.
PROGRAM ACTIVITY(S) Related to Prevention Actions and Program Services			Institute of Medicine PREVENTION DEFINITION			DOMAIN(S) OF ACTIVITY(S)
Prg Svs #		Rigor	Universal	Selective	Indicated	(Community, family, school, individual)
1	<ul style="list-style-type: none"> • SMART Moves offers a comprehensive strategy to help young people ages 6-15 make wise choices about drugs and alcohol. Programs to be implemented are Start SMART (ages 10-12) and Stay SMART (ages 13-15). The curriculum addresses age-appropriate issues and provides information and skills needed for youth to adopt the attitudes and behaviors of healthy lifestyles and positive character development. 	5	X			Individual/Peer, Family
1,2	<ul style="list-style-type: none"> • Variety of recreation i.e., ball games, bowling and board games • Field Trips • Ropes Course • Drug-free dances • Media Literacy and Reading Literacy • Group mentoring • Community Service • Cooking • Arts & Crafts • Computer lab 	3		X		Individual/Peer
3	<ul style="list-style-type: none"> • The Nurturing Curriculum which is based on the following principles and goals: <ul style="list-style-type: none"> - The family is a system and involvement of all members is essential for change; - A major focus is to build empathy among all family members; - Parenting exists on a continuum; - Adults, children and adolescents learn on both cognitive and feeling levels; - A major goal is to increase self-esteem and positive self-concept; and - All families would prefer to display healthy interaction (rather than abuse, problem interactions) given a chance. • Activities will consist of audiovisual presentations, games, instruction manuals, coloring books, discussions, problem solving. 	5		X		Family

NAME OF PREVENTION PROGRAM: East Central Community Center

13.		14.			15.	16.	
PROTECTIVE FACTORS/COMPONENTS/INCENTIVES ADDRESSED IN EACH ACTIVITY		DOSAGE OF EACH ACTIVITY(S).			LOCATION OF EACH ACTIVITY(S)	ACTIVITY BEGIN AND END DATES	
Prg Svs #*		Number time each program cycle offered	Number of sessions each program cycle	Lenth (in hours) of sessions		Begin	End
1a	<ul style="list-style-type: none"> • Skill building: developing social skills, refusal skills, conflict resolution skills; • Bonding – attachment/commitment to family and others (mentors, teachers, community center staff) who support drug free life styles and a positive pro-social environment • Opportunities for all youth to participate in drug-free alternative recreational activities. 		57 (1 to 3 times/week)	1.5 to 2 hrs or ½ hr	<ul style="list-style-type: none"> • East Central Community Center • Martin Luther King Jr. Family Outreach Center • Other sites in the community SIG Summer Program, East Central Community Center	7/01	8/02
1b							
2		1	144 sessions	2 hours			
			45 sessions	8 hours			
3	<ul style="list-style-type: none"> • Increase of self – esteem and positive self concept • (games) • Healthy Interactions through problem solving and learning of positive communication skills • Learning to respect each other through healthy family interactions – videos with discussions following the presentations • Bonding with family through joint family activities: joint meals, family outings 	2	12 sessions 1/week	3 hrs	<ul style="list-style-type: none"> • Century United Methodist Church 	7/01	3/30/02