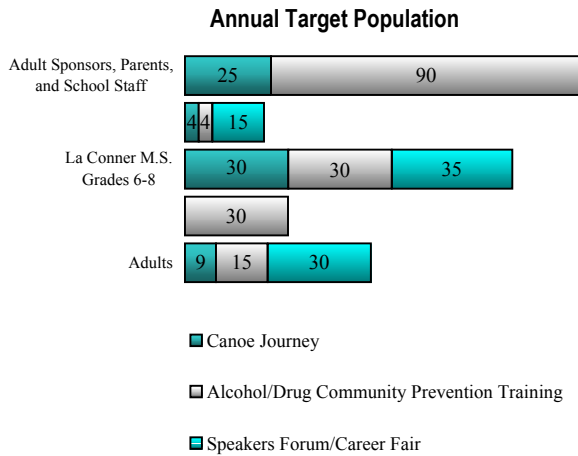


# A Guide to the Community Projects

## December 2000, Project Action Plan

Program Services	Risk Factors								Protective Factors				Science Rigor	Annual Program Service Cost
	Community Laws and Norms Favorable to Drug Use	Low Neighborhood Attachment and Community Disorganization	Lack of Commitment to School	Academic Failure	Healthy Beliefs and Clear Standards	Opportunities for Prosocial Involvement								
Canoe Journey	♦	♦	♦	♦									1-2	\$37,000
Alcohol/Drug Prevention Training	♦	♦	♦	♦									3	\$31,000
Speakers Forum/Career Fair	♦	♦	♦	♦									1-2	\$26,525



Anticipated Number of Participants

### Anticipated Changes

- Canoe Journey**
  - Alcohol/Drug Community Prevention Training**
  - Speakers Forum/Career Fair**
- Learn to be involved in their traditions  
 Be involved in healthy activities (versus hanging out)  
 Develop positive attitudes toward school, families, and communities  
 Adults will be trained in parenting skills



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

Community Project Name: Swinomish Prevention Project

Lead Agency for SIG Community Project: Swinomish Tribal Community

Address of Lead Agency: P.O. Box 817 (11404 Moorage Way) LaConner, WA 98257

Phone number/e-mail of Lead Agency: (360) 466-1058/lindaday@cnw.com

Project Director: Linda E. Day

PRG SVC #	Program Service Name	Science Rigor	Budget	Beginning	End	Provider	Location
1	Speaker Forum/Career Fair	1	\$31,546	10/01	4/02	Tribal Cultural Resources Coordinator	
2	Canoe Journey	2 5	\$33,296	7/01	8/02	Tribal Cultural Resources Coordinator	
3	Alcohol/Drug Prevention Seminars	3	\$32,206	8/01	6/02	Sobriety Training Institutes	
<b>TOTAL</b>			<b>\$97,048</b>				

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"> <li>• Skagit County Human Services</li> <li>• LaConner School District #311</li> <li>• Americorps</li> <li>• Skagit Community Network</li> <li>• Swinomish Tribe</li> </ul>	
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Approval Date:

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Approved  
By:

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State Incentive Grant Project Director

**NAME OF PREVENTION PROGRAM: Swinomish**

1.		2.		3.		4.	
RISK FACTOR PRIORITIZED		RISK FACTOR(S) INDICATOR		PROTECTIVE FACTOR(S) PRIORITIZED		PROTECTIVE FACTOR(S) INDICATOR	
Prg Svs #*				Prg Svs #*			
1,3	<ul style="list-style-type: none"> <li>Community laws and norms favorable towards alcohol and drug use</li> </ul>	<ul style="list-style-type: none"> <li><u>WSSAHB</u></li> <li>Community has high crime rate</li> <li>Involving youth using alcohol and other drugs</li> <li>High DUI/MIP rates (information from Tribal Police)</li> </ul>	1,2,3	<ul style="list-style-type: none"> <li>Community people do not connect with each other</li> <li>People in community do not have beliefs that are healthy</li> <li>Clear standards for opportunities for pro-social involvement</li> </ul>	<ul style="list-style-type: none"> <li><u>WSSAHB</u></li> <li>Information from key community leaders</li> </ul>		
1, 2, 3	<ul style="list-style-type: none"> <li>Low attachment to community/neighborhood values and norms</li> </ul>						
2	<ul style="list-style-type: none"> <li>Youth have little commitment to schools</li> </ul>						
2	<ul style="list-style-type: none"> <li>Academic failure</li> </ul>						

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)	
Available	Missing	Risk Factor	Protective Factor	Resource Gaps	Prg Svs #*	
<ul style="list-style-type: none"> <li>Schools committed to program within school setting</li> <li>Schools willing to give students school credit for participating in cultural events</li> </ul>	<ul style="list-style-type: none"> <li>Community doesn't have any organized youth programs such as Boys and Girls Club</li> <li>Tribe lacks family traditions, such as songs and stories</li> </ul>	Youth hang out with nothing to do	Not all tribal people subscribe to a healthy belief system	No place for any activities to give Youth exposure to the traditional ways	1, 2, 3	<ul style="list-style-type: none"> <li>Youth will learn to be involved in their cultural traditions</li> </ul>
					2	<ul style="list-style-type: none"> <li>Youth will be involved in healthy activities (versus hanging out)</li> </ul>
					2	<ul style="list-style-type: none"> <li>Youth will develop positive attitudes towards school, their families, and their communities</li> </ul>
					3	<ul style="list-style-type: none"> <li>Adults will be trained in parenting skills and to support youth in prevention</li> </ul>

\* See Table on page one for key to program services

**NAME OF PREVENTION PROGRAM: Swinomish**

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Washington State Incentive Grant – April 2002

8. TARGET POPULATION							9. ELIGIBILITY TO PARTICIPATE (Criteria)	
Prg Svs #*	YOUTH			School Survey		ADULT		
	Proposed	Description (by grade, ethnicity)	By School	Spr 98	Spr 00	Proposed	Description	
3	100	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup>	LaConner ELeментарy			10	Adult Sponsors	Tribal members/community members
3	30	9 <sup>th</sup>	LaConner Middle School			50	Parents of those who attended camp and preschoolers	
3	4	10 <sup>th</sup> – 12 <sup>th</sup>	LaConner High School			0		
1	50	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup>	LaConner Middle School			30		
2	30	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup>	Laconner Middle School			25		
2	4	9 <sup>th</sup>	LaConner High School			31		

10. PROGRAM ACTIVITY(S) Related to Prevention Actions and Program Services				11. Institute of Medicine PREVENTION DEFINITION			12. DOMAIN(S) OF ACTIVITY(S)
Prg Svs #		Rigor	Universal	Selective	Indicated	(Community, family, school, individual)	
1	Speaker Forum/Career Fair: Career fair is coordinated with the school	1		X		Community, School	
2	Canoe Journey: Program consisting of aspects in carving, language, songs and dance, storytelling and journey. Participants will also learn about archeological sites while camping. These different activities will involve parents and elders. <ul style="list-style-type: none"> <li>• Canoe Carving</li> <li>• Legends (i.e. honoring our children)</li> <li>• Camping</li> <li>• Family Trees</li> <li>• Archeological experience</li> <li>• Traditional Songs and Dance</li> <li>• Regalia Making</li> <li>• Build Sweat Lodge</li> </ul>	2, 5				Community, Family, Individual	
3	Alcohol/Drug Prevention Seminars: Seminars for adults on prevention, healing, and cultural teachings. Seminars for youth on leadership, prevention, and cultural teachings. These will consist of a Youth Leadership workshop, a Healing workshop, a Prevention conference, and Cultural workshops.	3				Community	

**NAME OF PREVENTION PROGRAM: Swinomish**

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 #*		<i>Number of times each program cycle offered</i>	<i>Number of sessions for each cycle</i>	<i>Length (in hours) of session</i>	<i>Community, Family, School, Individual</i>	<i>Begin</i>	<i>End</i>
1	Speaker Forum Canoe Day Speakers (school, community)	1 4 9	1 day 1 day 1 day	Entire day Entire day Entire day	School Community	10/01	4/02
2	Canoe Journey					7/01	8/02
	a. Canoe Carving		10	2-3 hrs			
	b. Legends		10	1 hr			
	c. Camping		8	2 hrs			
	d. Family trees		10	2 hrs			
	e. Archeological		10	1-2 hrs			
	f. Traditional songs/dance		10	1-2			
	g. Regalia making		6	1 hr			
	h. Build sweat lodge		4	1-2 hrs			
3	Alcohol and Drug Prevention Seminars				8/01	6/02	
	a. Cultural camp	Youth 1 Men 1	1 1	3 3			
	b. Cultural events	5	1	3			