

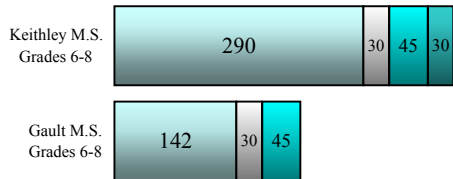
A Guide to the Community Projects

December 2000, Project Action Plan

United Communities Coalition of Pierce County

Program Services	Risk Factors								Protective Factors						Science Rigor	Annual Program Service Cost
	Low Neighborhood Attachment and Community Disorganization	Favorable Attitudes Toward the Problem Behavior	Early Initiation of the Problem Behavior	Lack of Commitment to School	Healthy Beliefs and Clear Standards	Social Skills	Bonding: Attachment to School	Bonding: Family Attachment	Opportunities for Prosocial Involvement	Rewards for Prosocial Involvement						
Project ALERT		♦	♦							♦	♦				5	\$14,297
Families and Schools Together (FAST)				♦							♦	♦			5	\$59,879
Media Literacy	♦	♦	♦									♦	♦		3	\$18,758
Safe School Zone	♦									♦	♦				1	\$24,537

Annual Target Population



- Project ALERT
- Families and Schools Together (FAST)
- Media Literacy
- Safe School Zone

Anticipated Changes

Anticipated Number of Participants

- Project ALERT**
Increase student knowledge of the harmful effects of ATOD use
- Family and Schools Together (FAST)**
Increase in parent's knowledge of harmful effects of ATOD
Increase in parent's sense of competence as parents
Reduced sense of social isolation for both parents and teens
- Media Literacy**
Increase in knowledge of advertising practices around alcohol and tobacco
Decrease in favorable attitudes
- Safe School Zone**
Increase community problem-solving abilities
Increase community awareness of laws and norms and effects of ATOD on the body, brain, and community
Increase family connection to community



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

Community Project Name: United Communities of Pierce County

Lead Agency for SIG Community Project: Crossroads Youth!

Address of Lead Agency: 5755 Southview Drive, Suite B 104, Gig Harbor, Wa. 98335

Phone number/e-mail of Lead Agency: (253) 853-2408/crossroads@narrows.com

Project Director: Daniel J. Bissonnett, MBA, MAC

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Washington State Incentive Grant – April 2002

PRG SVC #	Program Service Name	Science Rigor	Budget	Beginning	End	Provider	Location
1	Project ALERT	5	\$12,083	09/01	06/02	Crossroads incorporation with Gault and Keithly Middle Schools	6 th grade classrooms
2	Family and Schools Together (FAST)	5	\$52,277	10/01	06/02		Gault and Keithly Middle School
3	Media Literacy	3	\$17,486	10/01	06/02	Tacoma-Pierce County Health Department	
Community Mobilization		1	\$22,841			Safe Streets Campaign	Keithly Middle School and neighborhood area
4	ATOD Seminar			10/01			
5	Safe Streets Academy			09/01	10/01		
6	Block by Block Organizing			07/01	06/02		
7	Community Clean-Ups			12/01	03/02		
8	Coalition Development			09/01	07/02		
9	Community Graffiti Removal Team			08/01	06/02		
TOTAL			\$104,687				

Exhibit: Y3 SIG B1 July 1, 2001 to June 30, 2002 SIG Prevention Action Plan: Pierce - 01

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"> • Gault Middle School • Crossroads Treatment Center • Commission on Children, Youth, and Families • Tacoma School District • Safe Streets (Helping to place youth generated anti-drug messages in the community) • Tacoma – Pierce County Health Department • PCSD • Pierce County Human Services • Safe Streets Campaign, Community Mobilization 	<ul style="list-style-type: none"> • In-kind (space), referrals, funding • Deliver services • Funding • In-Kind • In-Kind
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Approval Date: _____

Approved By: _____
 State Incentive Grant Project Director

NAME OF PREVENTION PROGRAM: Crossroads Youth!

1.		2.	3.	4.
RISK FACTOR PRIORITIZED		RISK FACTOR(S) INDICATOR	PROTECTIVE FACTOR(S) PRIORITIZED	PROTECTIVE FACTOR(S) INDICATOR
Prg Svs #*				
1,3	<ul style="list-style-type: none"> Favorable attitudes towards drugs/problem behavior Early first use Early initiation of problem behavior 	<ul style="list-style-type: none"> There is a significant increase in reported ATOD use between 6th and 8th grades School reported data 	<ul style="list-style-type: none"> Healthy beliefs and clear standards 	WSSAHB
2,3	<ul style="list-style-type: none"> Lack of commitment to school 	<ul style="list-style-type: none"> School reports of dropout rates, behavior reports and parent involvement 	<ul style="list-style-type: none"> Bonding – attachment and commitment to family and school Spending quality time Encouraging supportive relationships Involving parents 	
3	<ul style="list-style-type: none"> Low neighborhood attachment Community disorganization 	<ul style="list-style-type: none"> There is a significant increase in reports ATOD use between 6th and 8th grades High mobility and transition 	<ul style="list-style-type: none"> Social skills Opportunity for pro-social involvement Recognition/rewards 	
4,5, 6,7, 8,9		<ul style="list-style-type: none"> Transitions and mobility report 	<ul style="list-style-type: none"> Caring (by providing social skill development opportunities) High Expectations (through healthy beliefs and clear standards) Participation (provide opportunities for involvement with recognition) 	Washington State Adolescent Health Behaviors Information

* See Table on page one for key to program services

NAME OF PREVENTION PROGRAM: Crossroads Youth!

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>Prg Svs #*</i>	<i>Available</i>	<i>Missing</i>	<i>Risk Factor</i>	<i>Protective Factor</i>	<i>Resource Gaps</i>	<i>Prg Svs #*</i>	
1,2, 3,4	<ul style="list-style-type: none"> • Camp Fire Boys and Girls • DEFY Youth Camp, • Campus Security • Once-a-week ATOD intervention services • Police • Empowerment Zone • Safe Streets Campaign for Gault 	<ul style="list-style-type: none"> • Limited availability of ATOD-related community resources for middle school aged children • A central service center for low-income families 	<ul style="list-style-type: none"> • Gault • Sixth graders scored higher on total risk factors than the district as a whole. • Available resources are limited and fragmented • Keithly located to university with high incidence of suspected drug dealing 	<ul style="list-style-type: none"> • No opportunities for this age group to gain legitimate knowledge and awareness about ATOD • No opportunities for families to network together • Parents are not attached to the school 	<ul style="list-style-type: none"> • Lack of readily available ATOD information resources and treatment for students • No parenting skills programs • No after school programs • Few or no community ties to school • Lack of parenting skills programs for parents of adolescents 	1	<ul style="list-style-type: none"> • Increase student knowledge and awareness of the harmful effects of ATOD use. • Reduce heavy smoking among experimenters
						2	<ul style="list-style-type: none"> • As a result of the program, parents and teens will report: <ul style="list-style-type: none"> - a connection to the school - increase sense of connection to family
						3	<ul style="list-style-type: none"> • Increased knowledge of the harmful effect of alcohol and tobacco. • Increase in knowledge of advertising practices around alcohol and tobacco. • Decrease in favorable attitude.
						4	<ul style="list-style-type: none"> • Process objectives • Increase community awareness of laws and norms and affects of ATOD on the body, brain and community.
						5,8	<ul style="list-style-type: none"> • Increase education in community problem solving
4,5, 6,7, 8,9	<ul style="list-style-type: none"> • Sprinker Recreation Center. • One day a week crisis intervention staffing and student assessment staffing 	<ul style="list-style-type: none"> • No central service centers for low-income families. 	<ul style="list-style-type: none"> • Available resources are limited and fragmented. • Sixth graders scored higher on total risk factor than the district as a whole. 	<ul style="list-style-type: none"> • Educate families on laws and norms and affects of ATOD on the body, brain and community. 	<ul style="list-style-type: none"> • Lack of family-friendly, free, accessible recreation. • No after school programs. • Few or no ties to school 	6,8	<ul style="list-style-type: none"> • Increase in community problem solving: Learn to identify problems (Illegal Drug Sales, Gang Behavior and Associated Violence), learn to identify resources, get resources, and learn to plan activities to solve problems.
						7,9	<ul style="list-style-type: none"> • Identify services to reduce risk factor (neighborhood blight, gang, and tagging graffiti) and increase family connection to community and increase community awareness of laws related to blight conditions and vandalism and sales of alcohol and tobacco to minors.

* See Table on page one for key to program services

NAME OF PREVENTION PROGRAM: Crossroads Youth!

8.								9.
TARGET POPULATION								ELIGIBILITY TO PARTICIPATE (Criteria)
Prg Svs #*	YOUTH			School Survey		ADULT		
	Proposed	Description (by grade, ethnicity)	By School	Spr 98	Fall 00	Proposed	Description	
1	142 290	6 th Graders	Gault Middle School Keithly Middle School					All sixth grade students at Gault and Keithly Middle School.
2	30 30	6 th Graders, all ethnicities	Gault Middle School Keithly Middle School			30		Referred by the school (either through discipline or counseling referrals) or self-referred.
3	45 45	6 th – 8 th , all ethnicity	Gault Middle School Keithly Middle School					Self-referral or referred by school personnel or FAST site manager. Criteria: youth may exhibit early warning signs of ATOD and have not started using or have had their first offense.
4	30	6 th grade	Keithly Middle School	X		30	School Personnel, Parents and community members, school youth	DEFY/FAST/ALERT School parents, youth and community, at-large
5						15		
6	8					240		
7	8					8		
8	8					15		
9	8					10		

NAME OF PREVENTION PROGRAM: Crossroads Youth!

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	Series of in-the-classroom education sessions (11 core and 3 booster lessons), including: <ul style="list-style-type: none"> • Extensive use of questions-and-answer techniques, small group exercises, role modeling, and repeated skills practice which focuses on enabling students to: <ul style="list-style-type: none"> - Develop reasons not to use drugs - Identify pressures to use drugs - Counter pro-drugs messages - Learn how to say no to external and internal pressures - Understand that most people do not use drugs - Recognize the benefits of resistance - Discuss impact of advertisement of alcohol and tobacco on society Learn about drug-free resources and support services in school and community	5	X			Individuals in school classrooms
2	2 FAST series, which includes: <ul style="list-style-type: none"> • 8 week curriculum of multiple family group activities: <ul style="list-style-type: none"> - Meal hosted by a family - Family sing-along - Structured family communication exercises - Family feelings identifications exercises - Parent support meetings while children play - Teen support group - One-to-one quality time - Winning-as-a-family exercises - Family therapeutic play time - Substance abuse education component - Closing ritual - Graduation • Monthly support groups for parents and teens Development of a school-based parent advisory council of FAST program graduates	5		X		Family School
3	Students deconstruct Alcohol and Tobacco messages, mapping advertising in their communities, learn about the harmful effects of alcohol and tobacco, and create anti-Alcohol and Tobacco messages for school and community placement.	3		X		Individual
4	ATOD Seminar. Educate community, family, and school, individual on methamphetamine harmful efforts and reinforcement of community laws and norms on ATOD.	1	X			Community Family School Individual

NAME OF PREVENTION PROGRAM: Crossroads Youth!

5	Safe Streets Academy. Community Leadership Development. Promote ATOD-free events and education programs for citizens to enhance personal safety and knowledge of dangerous activity. Topics include: Leadership, Facilitator Skills, Networking, Emergency Preparedness, CPR, 911, Drugs, Gangs, Community Orientated Policing, Group Dynamics, Risk and Protective Factors, and Developing Community Work Plans	1	X			Community Family School Individual
6	Block-by-Block Organizing. Educate neighborhood families on community mobilization efforts including community organization and reinforcement of community laws and norms.					
7	Community Clean-Ups. Educate families on community mobilization efforts including community clean-ups and reinforcement of community laws and norms.					
8	Coalition Development. Conduct Neighborhood Survey for perception of ATOD problem, tolerance to problem, community involvement and bonding, and prioritize what issues and concerns (risk factors) the neighborhood perceives promote ATOD use and abuse. Develop coalition work plan. Implement work plan.					
9	Community Graffiti Removal Team Project in the Keithley area. Promote ATOD-free events and educational programs for citizens to enhance personal safety and knowledge of dangerous activity. Promote healthy beliefs and clear standards with positive alternative activities (recreational and educational in the neighborhood).					

NAME OF PREVENTION PROGRAM: Crossroads Youth!

13. PROTECTIVE FACTORS/COMPONENTS/INCENTIVES ADDRESSED IN EACH ACTIVITY		14. DOSAGE OF EACH ACTIVITY(S).		15. LOCATION OF EACH ACTIVITY(S)	16. ACTIVITY BEGIN AND END DATES	
Prg Svs #*		Number of Sessions	Length of each session		Begin	End
1	Education of clear set of norms against use of tobacco, alcohol and other drugs of abuse	11 (core) 3 (booster)	50 minutes	6 th grade classrooms	09/01	06/02
2	FAST will promote healthy beliefs and clear standards using activities sited at the middle school which promote and teach positive family communication skills, offering opportunities to practice these skills during program sessions, providing therapeutic play time to promote bonding and recognizing participation in an end of series celebration. Following the FAST program, participants are invited to attend a once-a-month support group to maintain connections to each other and the school.	8 8 6 (support group meetings)	2.5 hours 2.5 hours 1.5 hours	Each 8-week session will be held at Gault and Keithly Middle School The 6 once-a-month support group sessions will be held at Gault and Keithly Middle School	10/01	06/02
3	Learn skills to deconstruct Alcohol and Tobacco messages. Opportunity to use audio visual equipment to create anti-Alcohol and Tobacco messages and the recognition of harm messages played/displayed in the school and community.	11 11	3 hours 3 hours	Gault Middle School Keithly Middle School	10/01	06/02
4	Participants will receive information on addiction & affects of methamphetamine on the human body, environmental impacts, drug abuse impact on the legal system and how to identify current trends/indicators and how they can organize in their community to report indicators.	1	3 hours	Keithly Middle School and neighborhood catchment area	10/01	
5	Promote healthy beliefs and clear standards with positive alternative activities (recreational and educational in the neighborhood).	6	8 hours each 18 hours total		09/01	10/01
6	Mobilize surrounding neighborhood blocks: Assist in improving relationships with Keithley. Promote ATOD-free events and educational programs for citizens to enhance personal safety and knowledge of dangerous activity. Promote healthy beliefs and clear standards with positive alternative activities (recreational and educational in the neighborhood).	24	2 hours each 48 hours total		07/01	06/02

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7	Participants will receive recognition for their participation in community clean-ups.	2	4 hours each 8 hours total	Keithly Middle School and neighborhood catchment area	12/01	03/02
8	Participants will develop the coalition: Assist in improving relationships with Keithley. Promote ATOD-free events and education programs for citizens to enhance personal safety and knowledge of dangerous activity. Promote healthy beliefs and clear standards with positive alternative activities	10	2 hours each 20 hours total		09/01	07/02
9	Participants will remove graffiti to keep criminal element out of their neighborhood and will receive education on community mobilization efforts including community organization and reinforcement of community laws and norms	6	3 hours each 18 hours total		08/01	08/02