

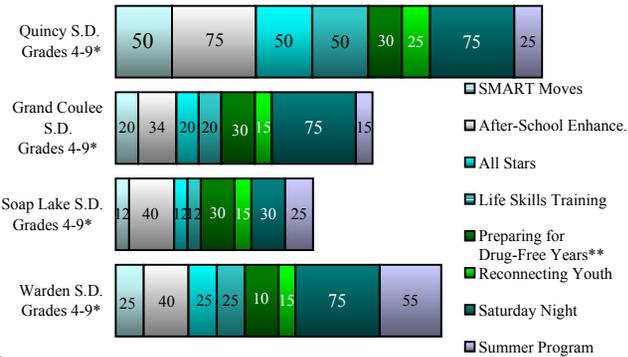
A Guide to the Community Projects

December 2000, Project Action Plan

Grant County SIG Prevention Project

Program Services	Risk Factors								Protective Factors					Science Rigor	Annual Program Service Cost
	Favorable Attitudes Toward the Problem Behavior	Friends Who Engage in the Problem Behavior	Early Initiation of the Problem Behavior	Family Management Problems	Family Conflict	Academic Failure	Early and Persistent Antisocial Behavior	Social Skills	Healthy Beliefs and Clear Standards	Bonding: Attachment to School	Bonding: Family Attachment	Opportunities for Prosocial Involvement			
SMART Moves	♦	♦						♦					4	\$12,906	
After School Enhancement Program	♦	♦	♦			♦		♦					1	\$35,380	
All Stars	♦							♦	♦	♦			4	\$16,105	
Life Skills Training	♦							♦	♦				5	\$15,195	
Preparing for the Drug Free Years	♦			♦	♦		♦	♦			♦	♦	5	\$13,321	
Reconnecting Youth		♦				♦				♦			4	\$12,846	
Saturday Night	♦		♦					♦			♦	♦	1	\$2,187	
Summer Program	♦					♦		♦		♦	♦		1	\$35,180	

Annual Target Population



*For a list of schools in this school district, see Appendix 6

Anticipated Changes

SMART Moves

- Increase social skills
- Increase peer resistance skills
- Increase problem solving & decision making skills
- Increase knowledge of health consequences of ATOD use

After-School Enhancement Program

- Increase knowledge of life skills
- Increase knowledge of nutrition and personal safety
- Increase communication skills
- Learn conflict resolution and team building skills

All Stars

- Improve commitment among participating youth to avoid high-risk behavior

Life Skills

- Decrease use of alcohol, tobacco, and marijuana
- Change in favorable attitudes toward drug use

Preparing for the Drug-Free Years

- Increase parenting skills
- Increase family bonding
- Increase in child's opportunity for involvement

Reconnecting Youth

- Decrease deviant peer bonding
- Decrease anger and aggression

Saturday Night

- Show less favorable attitudes toward alcohol, tobacco, and other drug use

Summer Program

- Increase knowledge of nutrition and personal safety
- Increase knowledge of the health consequences of ATOD use
- Increase communication skills
- Increase resistance skills
- Increase conflict resolution and team building skills
- Decrease use of alcohol, tobacco, and marijuana
- Change in favorable attitudes toward drug use
- Increase parenting skills
- Increase family bonding
- Increase in child's opportunity for involvement

Anticipated Changes repeated across multiple programs

- Increase bonding to school
- Improve school grades



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

Community Project Name: Grant County SIG Prevention Project

Lead Agency for SIG Community Project: Grant County Prevention & Recovery Center

Address of Lead Agency: 1525 East Wheeler, P.O. Box 1217 Moses Lake, WA 98837

Phone number/e-mail of Lead Agency: (509) 765-5402/ pparc@televar.com, aparc@televar.com

Project Director: Jennifer Lane / Wendy Hanover

PRG SVC #	Program Service Name	Science Rigor	Budget	Beginning	End	Provider/Location
1	Non School Hour Infrastructure Program	1,2				
a.	After School		\$55,323	10/01	6/02	Grand Coulee Dam, Warden, and Soap Lake SD, PARC
b.	Summer		\$39,489	6/01	8/01	Grand Coulee Dam, Warden, and Soap Lake SD, PARC, Boys and Girls Club
c.	Saturday Night		\$2,400	10/01	6/02	Soap Lake and Quincy PD, Youth Center
2	SMART Moves Program	5	\$10,388	10/01	6/02	Boys and Girls Club
a.	Start SMART					
3	All Stars	5	\$6,650	10/01	5/02	Grand Coulee Dam, Warden, and Soap Lake SD, PARC
4	Life Skills	5	\$7,275	10/01	2/02	Grand Coulee Dam and Warden SD, PARC
5	Reconnecting Youth	5	\$9,000	10/01	5/02	Warden SD, PARC
6	Preparing for the Drug Free Years	5	\$2,615	10/01	4/02	Warden, Quincy, Soap Lake/ PARC
7	Strengthening Families		\$3,860	2/02	4/02	Grand Coulee /PARC & Grand Coulee Dam S.D.
TOTAL			\$137,000			

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"> • Grand Coulee School District, Grand Coulee Dam Middle School • Boys & Girls Club of the Columbia Basin • WSU County Cooperative Extension • Lake Roosevelt High School • Quincy School District • Grant County Health District • Q-Care • Police Department • Fire Department • Soap Lake School District • Kids Night Out • Soap Lake High School • Warden School District • Warden High School 	<ul style="list-style-type: none"> • Space for program implementation, assistance with parent recruitment • Training & technical support, implementation of program • Assistance with program planning, training, and curriculum Talking with T.J Videos • Space for implementation and referrals • Space for program implementation • Tobacco prevention information • Staff and organizational support, assistance with participant recruitment • Personal safety • Fire Safety • Space for program implementation, assistance with parent recruitment • Program implementation • Space for implementation and referrals • Space for program implementation and referrals • Assistance with parent recruitment and space for implementation and referrals
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Approval Date: _____

Approved By: _____
 State Incentive Grant Project Director

NAME OF PREVENTION PROGRAM: Grant County PARC

1.		2.	3.		4.
RISK FACTOR PRIORITIZED		RISK FACTOR(S) INDICATOR	PROTECTIVE FACTOR(S) PRIORITIZED		PROTECTIVE FACTOR(S) INDICATOR
Prg Svs #*			Prg Svs #*		
1,2,4,3	<ul style="list-style-type: none"> Favorable attitudes toward drug use 	<ul style="list-style-type: none"> % of 12th graders who show favorable attitudes toward drug use based on information from Washington State Adolescent Health Behavior Survey % of 6th, 8th, 10th, & 12th graders who have friends who use based on the 1999 Washington State Adolescent Health Behavior Survey Washington State Adolescent Health Behavior Survey Washington State Adolescent Health Behavior Survey & School Drop Out Rate. 	1,2,4,6,7	<ul style="list-style-type: none"> Healthy Beliefs and Clear Standards Bonding 	<ul style="list-style-type: none"> Washington State Adolescent Health Behavior Survey
1,2,4	<ul style="list-style-type: none"> Friends who use 		1,5,7	<ul style="list-style-type: none"> Opportunities for involvement 	
1,2	<ul style="list-style-type: none"> Early Initiation 		3,5	<ul style="list-style-type: none"> Bonding to school 	
1,5	<ul style="list-style-type: none"> Academic Failure 		1,2,4	<ul style="list-style-type: none"> Skills, social competence 	
6,7	<ul style="list-style-type: none"> Anti-Social behavior in early adolescence. Family Management Problems Family Conflict 		6,7	<ul style="list-style-type: none"> Bonding to family 	

NAME OF PREVENTION PROGRAM: Grant County PARC

* See Table on page one for key to program services5.		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 #*	
<p>ALL LOCATIONS</p> <ul style="list-style-type: none"> Schools Churches Sports Programs Sports Activity Bus transports youth home from sports activities <p>WARDEN</p> <ul style="list-style-type: none"> Ameri-Corps/Vista volunteers <p>QUINCY</p> <ul style="list-style-type: none"> Community Center Quincy Prevention Council Quincy Family Support Network Wellness day at middle school Aquatics Center 	<ul style="list-style-type: none"> Affordable Out of school care for youth Lack of Out of Time School Activities Activities for youth not interested in sports. Few sports programs for elementary aged youth Community Center for youth and families to participate in activities. Drug free out of school activities Drug and Alcohol Education Affordable out of school care for youth Few sports programs for elementary aged youth 	<p>SOAP LAKE/GRAND COULEE</p> <ul style="list-style-type: none"> Little or no tax base for schools to provide additional educational and recreational activities and to maintain facilities, youth often left unsupervised which increase odds of problem behaviors. Gang activity and involvement has increased in the area, many youth have friends or acquaintances that are involved in ATOD use or gangs. <p>WARDEN/QUINCY</p> <ul style="list-style-type: none"> Youth left unsupervised after school <p>QUINCY</p> <ul style="list-style-type: none"> Parent fail to keep track of youth 	<ul style="list-style-type: none"> Youth have few out of school activities; do not have the opportunity to bond with positive adult role models. 	<p>GRAND COULEE</p> <ul style="list-style-type: none"> The Grand Coulee Dam School District serves 5 counties, the district is often excluded from services and funding. Youth isolated from programs because of the districts large service area <p>ALL LOCATIONS</p> <ul style="list-style-type: none"> Many youth are from single parent families where the parent works or from families which both parents work Youth are often left unsupervised Need to increase parent skills to be effective in the small amount of time they have with youth. Parents need to understand their role in preventing their child's drug use. Public transportation No youth community centers 	1	<ul style="list-style-type: none"> Increase youth knowledge of life skills. Increase youth knowledge of nutrition and personal safety Increase youth knowledge of the negative consequences of ATOD use. Increase youth communication skills Increase youth resistance skills Increase youth conflict resolution and team building skills. Improved school grades
					2	<ul style="list-style-type: none"> Increase social skills Increase peer resistance skills Increase problem solving & decision making skills Increase knowledge of health consequences of using ATOD
					3	<ul style="list-style-type: none"> Improved commitment among participating youth to avoid high-risk behavior Increased bonding to school Youth view high-risk behavior to be less accepted Youth view their lifestyle to be incongruent with high-risk behaviors
					4	<ul style="list-style-type: none"> Decreased use of alcohol, tobacco, and marijuana Change in favorable attitudes toward drug use Increase in social competence skills
					5	<ul style="list-style-type: none"> Improved school grades Increased youth conflict resolution and teambuilding skills Increased bonding to school Increased youth knowledge of the negative consequences of alcohol, tobacco, and other drug use.
					6	<ul style="list-style-type: none"> Increased parenting skills Increased family bonding Increase in child's opportunity for involvement
					7	<ul style="list-style-type: none"> Increased family management skills Improved interpersonal skills in youth Increased family bonding.

NAME OF PREVENTION PROGRAM: Grant County PARC

8.							9.					
TARGET POPULATION							ELIGIBILITY TO PARTICIPATE (Criteria)					
Prg Svs #*	YOUTH			School Survey		ADULT						
	Proposed	Description (by grade, ethnicity)	By School	Spr 98	Fall 99	Proposed		Description				
1a.	6-11	4 th grade	Grand Coulee Elementary	X	X			All youth are invited to participate				
	12-23	5 th -6 th grade	Grand Coulee Dam Middle		X							
	30-60	4 th -6 th grade	Monument Elementary		X							
	10-20	4 th grade	Soap Lake Elementary		X							
		5 th - 6 th grade	Soap Lake Middle School		X							
	14-27	4 th grade	Warden Elementary		X							
	6-13	5 th -6 th grade	Warden Middle		X							
	b.	15-20	4 th -6 th grade		Grand Coulee Elementary				X			
		5-20	4 th - 6 th grade		Monument Elementary							
		10-20	4 th -5 th grade		Soap Lake Elementary							
5-10		6 th grade	Soap Lake Elementary									
c.	30-75	5 th -8 th grade	Quincy Jr. High	X								
	10-20	6 th -8 th grade	Soap Lake Middle									
	5-10	9 th grade	Soap Lake High									
2	10-20	4 th -5 th grade	Grand Coulee Elementary									
	20-40	4 th -6 th grade	Monument Elementary									
	6-12	4 th grade	Soap Lake Elementary									
	12-25	4 th grade	Warden Elementary									
3	10-20	5 th grade	Grand Coulee Dam Middle				Classroom					
	6-12	5 th 6 th grade	Monument Elementary									
	10-20	5 th grade	Soap Lake Elementary									
	15-25	5 th grade	Warden Elementary									
4	50-75	7 th grade	Grand Coulee Dam Middle				Classroom					
	6-12	5 th 6 th grade	Monument Elementary									
	75-100	4 th , 5 th , & 8 th grade	Delancey Houghton Elem.									
	12-25	6 th grade	Warden Elementary									
5	5-10	9 th grade	Quincy Alternative High	X			Alternative School					
	5-10		Soap Lake High									
	7-15		Warden High									
6					20-40 15-30 15-30	Parent of youth grades 4 th -9 th in the Quincy, Soap Lake and Warden School Districts	All parents invited to participate					
7	5-10	5 th -8 th graders	Grand Coulee Dam Middle School			5-10	Parents of youth grades 4 th -9 th in Grand Coulee	All Parent invited to participate				

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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)
1a,b, c,	<p>Non-School Hour Infrastructure Program:</p> <ul style="list-style-type: none"> • Talking with T.J. – conflict resolution and teamwork video • Nutrition: teaching youth to prepare and select healthy snacks • Character Counts: building personal moral strength • Copy Kids: Sewing projects, photography, crafts, consumer credit counseling • Tobacco Prevention: educational activities to promote resistance skills for tobacco use • Portable Challenge & recreation activities: team building, problem solving activities. • Recreational reading – encouraging youth to read for enjoyment and offering reading assistance 	1,2	X			School/Individual
2	<p>SMART Moves/Start SMART - The Journey Begins:</p> <ul style="list-style-type: none"> • Consequences • Puberty • Decision Making How Friends Affect Use 	5	X			
3	<p>ALL STARS - Program Orientation:</p> <ul style="list-style-type: none"> • The World of the future • Make Your Mark • Only the Lonely • Logical Consequences and Ideals-Based Reputations • Opinion Poll Game • Getting to Know Youth • Norms: Unwritten Rules of Behavior 	5	X			
4	<p>Life Skills: Students will learn the following skills through demonstration, instruction, feedback, reinforcement, behavioral rehearsal, and extended practice:</p>	5	X			

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	<ul style="list-style-type: none"> • Self Image • Decision Making • Smoking: Myths & Realities • Smoking and Biofeedback • Alcohol: Myths and Realities 	<ul style="list-style-type: none"> • Marijuana; Myths & Realities • Advertising • Coping with Anxiety • Communication Skills • Social Skills • Assertiveness 				
5	<p>Reconnecting Youth:</p> <ul style="list-style-type: none"> • Self esteem enhancement • Decision making • Personal control interpersonal communication • Social activities and school bonding • Homework assistance 		5		X	
6	<p>Preparing for the Drug Free Years (PDFY):</p> <ul style="list-style-type: none"> • How to Prevent Drug Abuse in Your Family • Developing a Family Position on Drugs • How to Say No to Drugs How to Express and Control Your Anger • How to Strengthen Family Bonds 		5	X		
7	<p>Strengthening Families</p> <p>Parent Sessions 1-7 Topics</p> <p>Session 1 -Using Love and Limits</p> <p>Session 2- Making House Rules</p> <p>Session 3 -Encouraging Good Behavior</p> <p>Session 4 -Using Consequences</p> <p>Session 5 -Building Bridges</p> <p>Session 6 -Protecting Against Substance Abuse</p> <p>Session 7 -Using Community Resources</p> <p>Youth Session 1-7 Topics</p> <p>Session 1 -Having Goals and Dreams</p> <p>Session 2- Appreciating Parents</p> <p>Session 3- Dealing with Stress</p>	<p>Session 4- Following Rules</p> <p>Session 5- Handling Peer Pressure I</p> <p>Session 6- Handling Peer Pressure II</p> <p>Session 7- Reaching Out To Others</p> <p>Family Sessions 1-7 Topics</p> <p>Session 1- Supporting Goals and Dreams</p> <p>Session 2- Appreciating Family Members</p> <p>Session 3- Using Family Members</p> <p>Session 4- Understanding Family Values</p> <p>Session 5- Building Family Communication</p> <p>Session 6- Reaching Our Goals</p> <p>Session 7- Putting It All Together and Graduation</p>			X	

NAME OF PREVENTION PROGRAM: Grant County PARC

13. PROTECTIVE FACTORS/COMPONENTS/INCENTIVES ADDRESSED IN EACH ACTIVITY		14. DOSAGE OF EACH ACTIVITY(S)/PROGRAM			15. LOCATION OF EACH ACTIVITY(S)	16. ACTIVITY BEGIN AND END DATES	
Prg Svs #*		<i>Number of cycles per activity</i>	<i>Number of sessions in each program cycle</i>	<i>Length (in hours) of each session</i>		<i>Begin</i>	<i>End</i>
1	Recognition event for youth completing the program.						
a.	Opportunities for youth to participate in positive activities.	1 per site	61	2.5 hours	Quincy Wa., Soap Lake Elem., Warden Elem., Grand Coulee Wa. Increase hours in Quincy Site. Currently they run 5 days per week for 2 hours. Increase to 2.5 hours 5 days per week.	10/01	6/02
b.		1 per site	15	6	Warden Middle, Grand Coulee Middle School, Soap Lake Elementary, Quincy Park	6/01	8/01
		1 Grand Coulee	10			6/17/02	6/30/02
c.		2	13	2 hours	Quincy Junior High, Soap Lake Youth Outreach Center	10/01	6/02
2		7	12	1 hour	Quincy Wa., Soap Lake Elem., Warden Elem., Grand Coulee Wa.	10/01	6/02
3		6	17	45 minutes	Quincy Wa., Soap Lake Elem., Warden Elem., Grand Coulee Wa.	10/01	5/02
4		7 1 2	15 10 5	45 minutes	Quincy Wa., Soap Lke Middle, Warden Middle, Grand Coulee Middle	10/01	2/02
5	2	48	1.5 hours	Quincy High, Smokiam Alternative High, Warden High	10/01	5/02	
6	Certificate for each participant completing the program and also a support network for parents will be formed to assist parents in the future.	3	5	2 hours	Quincy Wa., Soap Lake Wa., Warden Wa.,	10/01	4/02
7	Certificates for youth and families completing the program	1	7	2 hours	Grand Coulee	2/02	4/02