

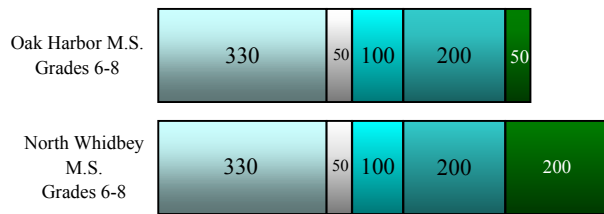
# A Guide to the Community Projects

December 2000, Project Action Plan

## Oak Harbor Community SIG Project

Program Services	Risk Factors					Protective Factors					Science Rigor	Annual Program Service Cost
	Favorable Attitudes Toward Drug Use	Early Initiation of the Problem Behavior	Early and Persistent Antisocial Behavior	Academic Failure	Lack of Commitment to School	Healthy Beliefs and Clear Standards	Social Skills					
Project ALERT*	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	5	\$25,638
Support Groups*	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	1-2	\$68,968
Tutoring*	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	4-5	\$14,330
Big Brothers/Big Sisters Mentoring*	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	5	\$15,000
After School Activities*	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	1-2	\$14,330

### Annual Target Population



- Project ALERT
- Big Brother/Big Sister Mentoring
- Support Groups
- After-School Activities
- Tutoring

### Anticipated Changes

\*Student Assistance Program (incorporates the individual program services)

**Staff**

- Avoid participating in high-risk behaviors
- Ideals that are incongruent with high-risk behaviors
- Bond with prosocial institutions (such as church and school)
- Encourage conventional beliefs about social norms regarding high-risk behavior

**Students**

- Improve school-related behaviors
- Improve school bonding & acceptance
- Improve math and reading scores
- Increase ATOD knowledge & refusal skills
- Delay initiation of marijuana and tobacco

**School**

- Positive instructional climate
- Big Brothers/Big Sisters Mentoring**
- Delay initiation into high-risk behaviors
- Increase bonding with pro-social institutions

Anticipated Number of Participants

Island County - Island County Stanwood Community Public Health and Safety Network

Project Action Plan

DSHS, RDA Progress Report 4.43-8C



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

**Community Project Name:** Oak Harbor Community SIG Project

**Lead Agency for SIG Community Project:** Island County Stanwood Public Health and Safety Network (Island County)

**Address of Lead Agency:** PO Box 726 Langley, WA 98260

**Phone number/e-mail of Lead Agency:** (360) 678-6386/679 (Kathy) 7350x7461 (Sandy)/pmsystems@Whidbey.net or SandyA@co.island.wa.us

**Project Director:** Kathy McLaughlin & Sandy Aikins **Contact:** Jen Glyzinski /jglyzinski@ohsd.net

PRG SVC #	Program Service Name	Science Rigor	Budget	Beginning	End	Provider	Location
1	Student Assistance Program		\$55,731			Oak Harbor School District; North Whidbey Middle School and Oak Harbor Middle School	Oak Harbor School District; North Whidbey Middle School and Oak Harbor Middle School
a.	School Prevention Climate	1		10/01 09/01	06/02 06/02		
b.	Project Alert	5		09/01	06/02		
c.	Support Groups	1,2		10/01 01/02 04/02	12/01 03/02 06/02		
d.	Tutoring	4		09/01	06/02		
2	Big Brothers/Big Sisters Mentoring	5	\$24,720	09/01	08/02	Big Brothers/Big Sisters	Big Brothers/Big Sisters
3	After School Activities	1,2	\$37,380	09/01	06/02	Partnership with Youth	Partnership with Youth
<b>TOTAL</b>			<b>\$117,831</b>				

**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>• Big Brothers and Big Sisters to provide a mentoring program for at-risk ATOD middle school students in the way of community (adult) and school (middle and high school students) based mentors.</li> <li>• Pacific Training Network to perform the Student Assistance Program Training for the Middle School Counselors, Prevention Specialists, SAP Coordinator and other related staff.</li> <li>• Oak Harbor School District will implement the school –based, social resistance curriculum, Project ALERT.</li> </ul>	<ul style="list-style-type: none"> <li>• County ATOD Prevention Specialist through the Island County Stanwood Public Health and Safety Network (Island County) to provide support and direction in working with at-risk Alcohol, Tobacco and other Drugs (A.T.O.D.) middle school students.</li> <li>• Partnership With Youth organization to provide an after school student activity program that will promote: personal commitment – to avoid participating in high-risk behaviors, ideals – that are incongruent with high-risk behaviors, bonding – with pro-social institutions (such as church and school), and conventional beliefs about social norms regarding high-risk behaviors.</li> <li>• Additional partners Y3 - NAS -Whidbey Naval Air Station; 4-H Ropes Challenge Program, Americorps Volunteer Program.</li> </ul>
--	---

**Approval Date:** \_\_\_\_\_ **Approved By:** \_\_\_\_\_  
State Incentive Grant Project Director

**NAME OF PREVENTION PROGRAM: Student Assistance Program**

1.		2.	3.		4.
RISK FACTOR PRIORITIZED		RISK FACTOR(S) INDICATOR	PROTECTIVE FACTOR(S) PRIORITIZED		PROTECTIVE FACTOR(S) INDICATOR
Prg Svs #*			Prg Svs #*		
1c, 3	<ul style="list-style-type: none"> <li>Favorable attitudes towards drug use</li> </ul>	<ul style="list-style-type: none"> <li>Student Responses on WSSAHB</li> <li>Academic Failure</li> <li>School Attendance</li> <li>School disciplinary actions for drug/alcohol related offences</li> <li>Juvenile arrests for drug/alcohol law violations</li> <li>Adolescents in ATOD treatment</li> <li>School disciplinary actions for behavior problems</li> </ul>	1a, b, c, 2, 3	<ul style="list-style-type: none"> <li>Healthy Beliefs and Clear Standards Opportunities, Skills and Recognition</li> <li>Social Skills</li> </ul>	<ul style="list-style-type: none"> <li>Student Responses on WSSAHB</li> <li>School community discussion</li> <li>Community prevention leaders discussions</li> </ul>
1a, 2	<ul style="list-style-type: none"> <li>Early and persistent anti-social behavior</li> </ul>				
1b	<ul style="list-style-type: none"> <li>Early first use</li> </ul>				
1d	<ul style="list-style-type: none"> <li>Academic failure/drop out of school</li> </ul>				
1c, 2, 3	<ul style="list-style-type: none"> <li>Lack of commitment to school</li> </ul>				

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

**NAME OF PREVENTION PROGRAM: Student Assistance Program**

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>	<u>Staff</u>
<ul style="list-style-type: none"> <li>The middle schools' staff are supportive of prevention efforts</li> <li>There is excellent community support and coordination of resources to target prevention</li> </ul>	<ul style="list-style-type: none"> <li>There are no structured youth activities for middle school age children</li> <li>The schools do not have prevention curriculum</li> </ul>	<ul style="list-style-type: none"> <li>There is a high incidence of youth reported for aggressive and assaultive behaviors</li> <li>High incidence of family physical abuse</li> </ul>	<ul style="list-style-type: none"> <li>Students lack positive relationships with adults</li> </ul>	<ul style="list-style-type: none"> <li>There are no comprehensive processes or protocols for addressing problems</li> <li>In fact, there may be interference due to structure of "military community"</li> </ul>		<ul style="list-style-type: none"> <li>The middle school staff will understand and promote a school climate aimed at reducing risk factors and enhancing protective factors when working with students</li> </ul>
					1a	<u>School Climate:</u> <ul style="list-style-type: none"> <li>Positive instructional climate (responsiveness to student needs, classroom management patterns, parent involvement, etc.)</li> </ul>
					1b	<u>Students:</u> Youth targeted for Project ALERT curriculum will: <ul style="list-style-type: none"> <li>Increase ATOD knowledge</li> <li>Acquire refusal skills</li> <li>Delay initiation of use of marijuana and tobacco</li> </ul> Recognize that not all people use alcohol, tobacco, and other drugs
					1c	Youth targeted for special topics small groups will: <ul style="list-style-type: none"> <li>Improve school –related behaviors</li> </ul>
					1d	Youth targeted for tutoring will: <ul style="list-style-type: none"> <li>Improve math and reading and other course scores.</li> </ul>
					2	Youth targeted for mentoring will respond to one or more the following: <ul style="list-style-type: none"> <li>Delay initiation into high-risk behaviors (substance use)</li> <li>Increase bonding with pro-social institutions (such as church and school)</li> </ul>
3	Youth targeted for after school activities will: <ul style="list-style-type: none"> <li>Increase bonding with pro-social institutions (school)</li> </ul>					

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

**NAME OF PREVENTION PROGRAM: Student Assistance Program**

6

Washington State Incentive Grant – April 2002

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			Oak Harbor Middle School and North Whidbey Middle School			35 in each middle school	All middle school staff will receive some kind of ATOD training and/or SAP training	<u>Students:</u> <ul style="list-style-type: none"> <li>All 6th grade students in middle school will participate in Project ALERT</li> </ul> <u>Staff:</u> <ul style="list-style-type: none"> <li>Staff members of middle school who give direct prevention services to the students</li> <li>Staff members of middle school who give direct services to the students</li> </ul> <u>Students:</u> <ul style="list-style-type: none"> <li>Referral from teachers based on low grades</li> </ul>
1b	220	6 <sup>th</sup>				4 in each middle school	<ul style="list-style-type: none"> <li>1 psychologist (2 ½ days/week)</li> <li>2 middle school counselors (full-time)</li> <li>1 prevention specialists (full-time)</li> <li>1 SAP coordinator (2 ½ days/week)</li> </ul>	
1c	100	6,7,8						
1d	75	6,7,8						
2	40	6,7,8						
3	300	6,7,8						

**NAME OF PREVENTION PROGRAM: Student Assistance Program**

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 #	Approximately 750 students in each middle school will be exposed to one or more of the following ATOD prevention activities:	Rigor	Universal	Selective	Indicated	(Community, family, school, individual)
1a	<ul style="list-style-type: none"> <li>Student identification and referral process and Individual ATOD screening</li> <li>Multi-agency coordination and collaboration</li> <li>Each school has a Student Assistance Team made up of: Principal, Assistant Principal, Counselors, Preventionists, Psychologist, and SAP Coordinator, who meet weekly and make referrals to the BB/BS program for a suitable match. This program provides role modeling, and encourages pro-social development, a better commitment to school, and bonding to adults who foster healthy lifestyle choice.</li> </ul>	1	X	X	X	School, Community
1b	<ul style="list-style-type: none"> <li><b>Project ALERT</b> (exposure in the classroom) will be offered to all 6th graders as part of their health curriculum to help build resistance skills to ATOD use by focusing on adolescent pressure that leads to experimentation with the gateway drugs of alcohol, tobacco, marijuana, and inhalants.</li> </ul>	5	X			
1c	<ul style="list-style-type: none"> <li><b>ATOD support groups</b> (anger management groups, ATOD awareness groups, social support groups, etc.)</li> </ul>	1,2		X		
1d	<ul style="list-style-type: none"> <li><b>Youth Tutoring</b> is offered three days a week for two hours a day to 50-100 at-risk youth based on their teacher's recommendation. The youth receive tutoring in math, reading, or other courses as needed, plus they get encouragement to succeed in school</li> </ul>	4		X		
2	<ul style="list-style-type: none"> <li><b>Mentoring Program</b> (Big Brothers/Big Sisters)</li> </ul>	5		X		
3	<ul style="list-style-type: none"> <li><b>After school supervised activities</b> are held three times a week for two hours a night to increase bonding with pro-socials institutions. Monthly evening events are planned to encourage parent involvement. Some of the activities are: tutoring, knitting, chess, sign language, Judo, World of Computers, Spanish, study hall, square dancing, and scrap book.</li> </ul>	1,2	X			

NAME OF PREVENTION PROGRAM: **Student Assistance Program**

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 #*		Number of cycle per activity	Number of Sessions	Length (in hours) of each session		Begin	End
1a	<ul style="list-style-type: none"> <li>• <b>Personal Commitment:</b> To avoid participating in high-risk behaviors such as ATOD usage.</li> <li>• <b>Ideals:</b> That are incongruent with high-risk behaviors such as ATOD usage.</li> <li>• <b>Conventional Beliefs About Social Norms:</b> Regarding high-risk behaviors such as ATOD usage.</li> <li>• <b>Bonding:</b> Provide role modeling (teachers and other staff), promote bonding with others who support non-drug use and encourage a pro-social development and a better commitment to school.</li> <li>• <b>Healthy Beliefs and Clear Standards:</b> Promote clear behavior guidelines and healthy beliefs and clear standard that will promote learning, participation, and responsibility, and student involvement in pro-social activities.</li> <li>• <b>Social Skills:</b> Inter- and intra-personal skills that promote problem solving/planning/ creative and divergent thinking to foster social and academic compliance.</li> </ul>	1	Staff - <b>SAP Training</b> 1/2-Day initial 1-hour Booster <b>WORKSHOP ATOD</b>	3 hours  2 hours	School  School	10/01  09/01	06/02  06/02
1b		4	<b>Project ALERT curriculum</b> (11 lessons, a week apart)	Classroom lessons	School	09/01	06/02
1c		3	<b>Support groups</b> (by specific topics) 6 weeks (typically) Series 1 Series 2 Series 3	45 minutes 45 minutes 45 minutes	School	10/01 01/02 04/02	12/01 03/02 06/02
1d		4	<b>Tutoring</b>	4 days/week 2 hours/day	School	09/01	06/02
2		ongoing	<b>Mentoring</b> (Big Brothers/Big Sisters Program)				
3		4	<b>After school Activities (Partnership With Youth)</b> 5 days/week	2 hours/days	School	09/01	06/02