



# **Houghton and Keweenaw Counties Communities That Care**

## **Community Action Plan 2019 – 2021**

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**Our mission:** Houghton Keweenaw Communities That Care shall utilize the CTC model with fidelity as a prevention framework to promote healthy youth development and reduce adolescent problem behaviors, such as substance abuse, depression/anxiety/suicide, violence, delinquency, school drop-out and teen pregnancy.

**Our vision:** To develop a supportive, safe community that empowers youth through education, positive relationships, healthy beliefs, and clear standards.

## **Houghton & Keweenaw Counties Community Action Plan Outline**

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## Executive Summary

Houghton and Keweenaw Counties implemented the Communities That Care (CTC) process to help achieve the community's vision of a compassionate, accepting community where all people work together to create a safe and healthy environment for all. The CTC system was developed by the Social Development Research Group at the University of Washington. Their research has identified risk factors that influence youth problem behaviors, and protective factors that buffer children from risk and help them succeed in life. For more information about Communities That Care, please visit the CTC website: [communitiesthatcare.net](http://communitiesthatcare.net).

The Houghton-Keweenaw Counties Communities That Care (H-K CTC) Community Action Plan describes ways to address the priority risk factors identified in the H-K CTC effort. H-K CTC has developed its outcome-focused plan based on data from the CTC Youth Survey and priorities identified by the community. The three identified priority youth risk factors included: **low perceived risk of harm from drug use, depressive symptoms, and low commitment to school**. An assessment was then completed of the existing youth-development and prevention resources that target these risk factors in Houghton and Keweenaw Counties.

Based on the findings, the following are the programs, policies, and practices currently being used to address the identified risk factors:

- **Low perceived risk of harm from drug use:**
  - Botvin Lifeskills Training (LST)
  - Guiding Good Choices (GGC)
  - Toward No Drug Abuse
  - Prime for Life (PFL)
- **Depressive symptoms:**
  - Guiding Good Choices
  - Break-Free From Depression
- **Low commitment to school:**
  - Upward Bound
  - Teen Outreach Program (TOP)
  - Big Brothers Big Sisters
  - Michigan Model for Health

The Communities That Care model focuses on promoting positive youth development and preventing problem behaviors by assessing predictors both of problem behaviors and of positive youth outcomes.

<b>Our Problem Behavior Reduction Goals</b>					
<i>(All rates expressed as percentages)</i>					
Behavior (10th Grade)	National Norm*	2017	2019	(Goal) 2021	(Goal) 2023
<b>Substance Use Outcomes (30 Day Use)</b>					
Marijuana	16.7	5.2	8.9	8.6	8.0
Cigarettes	4.2	9.9	14.1	13.5	13.0
Chewing Tobacco	3.9	14.3	9.9	9.5	9.0

\*National Norm = 2018 *Monitoring the Future* national survey

Risk and protective factors have been identified in research in many fields, including for problem adolescent behaviors. We identified the following risk factors as our priorities for immediate action, and have set the following goals:

<b>Our Risk Factor Goals</b>					
<i>(All rates expressed as percentages)</i>					
Risk Factor (10th Grade)	National Norm*	2017	2019	(Goal) 2021	(Goal) 2023
Low Perceived Risk of Harm from Drug Use	48.8	44.6	47.7	44.0	41.0
Depressive Symptoms	43.2	44.6	33.9	31.0	28.0
Low Commitment to School	45.9	46.1	60.6	55.0	51.0

\*National Norm = 2018 Bach Harrison Norm

### **Purpose and Use of the Action Plan**

Houghton-Keweenaw Communities that Care (H-K CTC) 2019 - 2021 Community Action Plan details the results of the work completed to date in the H-K CTC effort. It explains the changes we want for our community, the programs, policies, and practices used to address the identified priority risk factors and for that to move the community toward its vision. It identifies resource gaps, issues, and barriers by recommending evidence-based programs or strategies.

### **How to Use the Plan**

The Community Action Plan is intended to guide participants at the Implementation Planning Workshop, the Evaluation Planning Workshop, and the Funding Workshop to develop implementation, evaluation, and budgeting plans for the selected programs, policies, and practices.

# The Community Action Plan

## Data Collection Efforts

The Risk and Protective Factor Assessment Workgroup identified three risk factors as priorities for community planning: **low perceived risk of harm from drug use**, **depressive symptoms**, and **low commitment to school**. The workgroup collected and analyzed data from area youth with input from key leaders and the community priority risk factors were identified. The Community Assessment Report details the results of this work.

The assessment was completed using the Communities That Care Youth Survey and existing public data sources. The survey was administered to 8th, 10th, and 12th grades in Houghton Portage Township Schools, Hancock Public Schools, and Lake Linden-Hubbell Public Schools and to grades 10 and 12 in Dollar Bay-Tamarack City and Chassell Schools. Data was collected from public records to measure risk factors and problem behaviors not covered by the survey.

## Gaps, Issues, and Barriers

Based on the assessment information, the Risk and Protective Factor Assessment (Data) and Resources Assessment and Evaluation (Resource) Workgroup reported that:

- Botvin Life Skills is currently implemented in Houghton and Keweenaw Counties. This program addresses the priority risk factor low perceived risk of harm from drug use and is underway in all but one middle school.
- Universal tested, effective programs currently implemented in Houghton and Keweenaw Counties that address the priority risk factor **depressive symptoms** have extremely low saturation levels for middle and high school age youth as well as parents.
- Tested, effective programs for a selective and indicated youth population that address the priority risk factor **depressive symptoms** have not been identified as present in the community.
- Tested, effective prevention programs that address **low commitment to school** have not been implemented yet, have just begun implementation or have extremely low saturation levels.

## Recommendations

Based on the results of the community assessment, the work group recommended that:

- Existing tested, effective resources addressing **low perceived risk of harm from drug use** will continue to be expanded in Houghton and Keweenaw County middle and high schools, and these existing programs continue to be monitored for effectiveness.
- The Community Board will work to acquire funding for and encourage all Houghton and Keweenaw County middle and high schools to implement *Signs of Suicide* (S.O.S.), as a universal tested, effective program to address the priority risk factor, **depressive symptoms**.
- The Community Action Plan includes a proposal to implement *Break Free from Depression* conducted by Natalie Morgan, LMSW at CCISD. It is a 4-module curriculum focused on increasing awareness about adolescent depression and designed for use in high school classrooms. The goals are to increase adolescents' awareness about depression, teach them how to recognize it in themselves and in their friends, and give them strategies for finding help. *Break-Free from Depression* addresses the priority risk factor **depressive symptoms** for a universal student population.
- The Community Board will continue to research a program to address the priority risk factor **depressive symptoms** for a selective and indicated student population in all Houghton and Keweenaw middle and high schools.
- The Community Board will work with local prevention providers to increase offerings and participation in an existing universal tested, effective resource, Guiding Good Choices, to address the priority risk factor **depressive symptoms** by targeting parents of middle school age youth.
- The Community Board will assist in the planning, funding, outreach, and implementation of one annual community awareness and healing event, a suicide prevention walk, as supplementary universal community education and support tool to address the priority risk factor **depressive symptoms** as well as to continue to reduce stigma surrounding, suicide, depression, and mental illness.

Generally speaking, youth substance use rates (problem behavior) in Houghton and Keweenaw County are lower than the national average. **The noted exception is tobacco use.** According to the Communities That Care Youth Survey, Houghton and Keweenaw County High School Seniors use of cigarettes during the last 30 days is 115% higher than the national average, and their chewing tobacco use during the last 30 days is 342% higher than

the national average. It is recommended that the Board support and/or create local anti-tobacco and cessation messaging, policies, and practices, in addition to implementing Botvin's Life Skills which identify tobacco use reduction as an expected outcome.

Existing tested, effective resources addressing **low commitment to school** will continue to be expanded in Houghton and Keweenaw County middle and high schools, and these existing programs continue to be monitored for effectiveness.

### **Community-Level Outcomes**

H-K CTC developed outcome goals for the following priority health & behavior problems:

- **Cigarettes**
- **Chewing Tobacco**
- **Marijuana**

H-K CTC developed outcome goals for the following priority risk factors:

- **Low Perceived Risk of Harm from Drug Use**
- **Depressive Symptoms**
- **Low Commitment to School**

Health and behavior outcomes are meant to identify the changes that need to be made in behaviors to reach the Houghton and Keweenaw community vision. The outcomes will help measure changes in the problem behaviors of substance use. The following behavior outcomes were drafted to help identify the changes that need to be made:

Additionally, self-seeking and other help behavior will be measured annually by the increased utilization of the Mobile Response Team and Dial Help Crisis Services from youth ages 0-17.

Risk-factor outcomes are meant to identify the changes Houghton and Keweenaw Counties need to make in its priority risk factors to achieve the previously described behavior changes, as well as to measure the change in the priority risk factors **depressive symptoms, low commitment to school and low perceived risk of drug use**. The following priority risk factor outcomes were drafted to help identify the changes that need to be made

## **Selected Programs, Policies and Practices**

*Existing Tested, Effective Resources:*

### **Botvin Lifeskills Training (LST)**

To address the risk factor **low perceived risk of harm from drug use**, Houghton and Keweenaw Counties selected the program Botvin's Lifeskills Training:

LifeSkills Training (LST) is a classroom-based universal prevention program designed to prevent adolescent tobacco, alcohol, marijuana use, opioid use, prescription drug misuse, and violence. LST contains 30 sessions to be taught over three years (15, 10, and five sessions), and additional opioid (one) and violence prevention lessons also are available each year (three, two, and two sessions). Three major program components teach students: (1) personal self-management skills, (2) social skills, and (3) information and resistance skills specifically related to drug use. Skills are taught using instruction, demonstration, feedback, reinforcement, and practice – (Blueprints for Healthy Youth Development)

The Copper Country Mental Health Institute, Dial Help Community Support & Outreach Center, and Western U.P. Health Department currently has staffing and funding and is implementing this program in Houghton and Keweenaw Counties.

### **Guiding Good Choices**

To address the risk factors of **depressive symptoms and low perceived risk of harm from drug use**, Houghton and Keweenaw Counties selected the program Guiding Good Choices.

Guiding Good Choices (GGC) is a family competency training program for parents of children in middle school. The program contains five-sessions, with an average session length of two hours each week. Children are required to attend one session that teaches peer resistance skills. The other four sessions are solely for parents and include instruction on: (a) identification of risk factors for adolescent substance abuse and a strategy to enhance protective family processes; (b) development of effective parenting practices, particularly regarding substance use issues; (c) family conflict management; and (d) use of family meetings as a vehicle for improving family management and positive child involvement – (Blueprints for Healthy Youth Development)

Dial Help Community Support & Outreach Center currently has staffing and funding, and is implementing this program in Houghton and Keweenaw Counties. There are currently 3 trained instructors in the county.

### **Wyman's Teen Outreach Program® (TOP®)**

To address the risk factor of **low commitment to school**, Houghton and Keweenaw Counties selected TOP®.

Wyman's evidence-based TOP® is a positive youth development program designed to build teens' educational success, life and leadership skills, and healthy behaviors and relationships. As a result, teens are better able to navigate challenges during the teenage years - a time when decisions matter.

TOP® is designed to meet the developmental needs of middle (6th-8th grades) and high school (9th-12th grades) teens in a variety of settings, including in school, after-school, through community organizations or in systems and institutional settings. Curriculum topics include: emotion management, problem-solving, decision-making, goal-setting, health and wellness, healthy decision making, self-understanding, social identity, empathy, communication, relationships and community.

Dial Help Community Support & Outreach Center currently has staffing and funding, and is implementing this program in 2 middle schools and 2 high schools in Houghton and Keweenaw Counties. There are currently 4 trained instructors in the county.

### **Michigan Model For Health**

To address the risk factor of **low commitment to school**,

The Michigan Model for Health™ (MMH) is a nationally acclaimed skills-based curriculum that provides comprehensive school health education for school-aged children grades K-12 since 1984. MMH is implemented in over 39 states and it is recognized as a [reliable and evidence-based program](#) that is aligned with both national and state health education standards.

The program facilitates sequential learning through lessons that include a variety of teaching and learning techniques, skill development and practice, and emphasizes positive lifestyle behaviors in students and families. Learning centers on knowledge, skills, self-efficacy, and environmental support for healthy behaviors and includes age-appropriate lessons/activities

The **Michigan Model for Health™** Program is nationally recognized as an evidenced-based health curriculum and has been a part of many research projects over the past 20 years.

Students who received the Michigan Model for Health™ have:

- Better interpersonal communication skills
- Stronger social/emotional skills
- Less reported aggression
- Improved safety skills

- Stronger drug refusal skills
- Less reported alcohol and tobacco use
- Better self-management skills
- Improved pro-safety and physical activity skills
- Enhanced knowledge and skills in physical activity and nutrition

Teachers are trained in MMH by the Regional School Health Coordinator. Coalition members, and agencies will encourage school districts to implement MMH in elementary schools with fidelity utilizing trained teachers, fidelity checklists and grade level pre and post tests.

### **Program-Level Outcomes**

The following participant outcomes were drafted for Botvin Lifeskills Training Program:

- Increase student knowledge, skills, and attitudes by 2 - 5% for students in grades 6, 7, and 8 for Botvin Lifeskills, as measured by matched pre and post-test surveys.

The following implementation outcome was drafted for Botvin Lifeskills Training:

- Botvin Lifeskills will be implemented and/or offered to Houghton - Portage Township Schools, Hancock Public Schools, Dollar Bay Schools, Adams Township Schools, Lake Linden Schools, Stanton Township Schools, Chassell Township Schools, and Calumet-Laurium-Keweenaw Schools for all students in grades 6, 7, and 8 by 2019 for school districts currently implementing, and 2020 for new school district implementations.

The following implementation outcome was drafted for Guiding Good Choices

- Increase offerings of the Guiding Good Choices Program to four offerings per year: Target goals for implementation include offering a minimum of 4 Guiding Good Choice Series reaching between 30 and 100 participants.

The following implementation outcome was drafted for Wyman's Teen Outreach Program®

- Support the increased offerings in all area middle and high schools in Houghton and Keweenaw Counties. Decrease in academic failure and suspension.

The following implementation outcome was drafted for Michigan Model for Health™

Support the increased offerings in all area elementary schools in Houghton and Keweenaw counties. Increase commitment to schools

### **Preliminary Evaluation Plans**

Evaluation of the Botvin Life Skills Program, will be used to report the program's achievements to Houghton and Keweenaw Counties community members and funders. Implementation goals will be measured by the prevention provider's program Coordinator who will record attendance, hours logged, and activities to ensure program implementation fidelity.

Prevention Program Coordinators will be responsible for coordinating the collection of data to measure implementation goals through matched pre- and post-test surveys.

Participant outcomes will be evaluated using matched pre- and post-testing of identified behaviors. A pre-test will be administered before program implementation, with a post-test administered at the end of the completion of the program. Statistical analysis & reporting will be conducted by the Resource Assessment and Evaluation Work Group. Evaluation costs, if applicable, will be determined.

Evaluation Plan for GGC, and TOP will be completed during Phase 5.

### **Preliminary implementation Plans and Budgets**

- Currently, funding and providers exist and have begun the implementation of Botvin Lifeskills through the Northcare Network. In the event any additional instructors are needed, online instructor training is available periodically on a nearly monthly basis and training funding is available to prevention providers.
- Currently, funding and providers exist for Guiding Good Choices through the Northcare Network. There are currently two trained instructors in the county.
- Preliminary implementation plans for Guiding Good Choices include expanding offerings to 4 series annually engaging between 30 and 100 parents
- Currently, funding and providers exist for TOPs through the Northcare Network. There are currently 4 trained instructors in the county. The program is currently being implemented at 2 middle schools and 2 high schools in Houghton and Keweenaw Counties.

### **Goals for Coalition Development**

- Increase the number of persons actively engaged with CTC (both on the coalition and on specific workgroups) by 50%.

- Increase the number of coalition members who are on staff at local middle schools, as well as members from the faith-based communities, and increase youth involvement.
- Increase the number of active members on the Funding Work Group, as we move further into the funding acquisition phase of the Communities That Care Model.
- Increase capacity by offering on demand or rotating topic coalition orientations, in order to engage and enlist prospective members in an efficient and effective manner.

### **Goals for Promoting the Social Development Strategy**

A key element of our CTC effort is to build protection community-wide by promoting the Social Development Strategy. During this action plan period, we plan specifically on targeting educational professionals and parents of adolescent children. The Copper Country Intermediate School District Regional School Health Coordinator will offer Social Development Strategy Teacher Trainings.

Additionally, the Social Development Strategy is a key foundational part of Guiding Good Choices, a program the action plan identifies as a tested, effective program slated for increased offerings.

# Conclusion & Recommendations

## Summary of Key Findings

The following are previous key findings that have importance to the Houghton and Keweenaw Community Action Plan:

- The community has identified the following priority risk factors for the community: **Low Perceived Risk of Harm from Drug Use, Depressive Symptoms, and Low Commitment to School.**

The following are the key findings of the Houghton and Keweenaw Community Action Plan:

- To address the risk factor friends **Low Perceived Risk of Harm from Drug Use**, the Houghton and Keweenaw Community selected Botvin Lifeskills Training and Guiding Good Choices.
- To address the risk factor **Depressive Symptoms**, the Houghton and Keweenaw Community selected the program Guiding Good Choices.
- To address the risk factor **Low Commitment to School**, the Houghton and Keweenaw Communities selected Wyman's Teen Outreach Program® and Michigan Model for Health™.

## Recommendations for Next Steps

The following are recommendations for next steps by those responsible for implementing, budgeting, and evaluating programs in Phase Five of the Communities That Care effort:

- Develop detailed implementation plans to deliver each program with fidelity.
- Develop specific evaluation plans to monitor program delivery and participant outcomes.
- Identify future sources of funding, including local, state, and federal funding streams and local, state and federal grants.
- Partner with local prevention providers to expand, enhance, and monitor the effectiveness of existing tested, effective resources that address the priority risk factor **low perceived risk of harm from drug use** by taking the following actions:
  - a. Increasing the number of students in grades 6, 7, and 8 being provided Botvin's Lifeskills Training, by offering and encouraging Botvin's Lifeskills Training to be implemented in all Houghton and Keweenaw County Middle Schools.
  - b. Continuing to monitor school-based survey results along with anonymous matched pre-and-post program results

- c. In conjunction with reviewing the results of the third implementation of the youth survey, explore, craft, and/or focus group the need and the structure for an adolescent Prime for Life intervention for youth that have incurred a substance use infraction or referral (not to replace any need for individual treatment).
- Because Houghton and Keweenaw Counties lack sufficient services for adolescent mental health and depression and anxiety issues, a progressive, tiered prevention model is required to address the priority risk factor of **depressive symptoms**, which H-K CTC will provide by taking the following actions:
  - a. If needed, offering additional classroom-based support to address crises that may arise for youth and schools during the above programming via the existing local Mobile Response Team (MRT), in order to work towards a wrap-around support model; the MRT is made up of trained staff from the local crisis center and is already working with the targeted schools
- H-K CTC will work with local prevention providers, parents, and the community to increase offerings of Guiding Good Choices, an adolescent parenting series proven to reduce problem behaviors, as well as **depressive symptoms**, in middle school age children.
- H-K CTC will spearhead an annual Suicide Prevention Walk, in order to raise awareness and reduce stigma surrounding suicide, depression, and mental illness.
- Partner with local prevention providers to expand, enhance, and monitor the effectiveness of existing tested, effective resources that address the priority risk factor **low commitment to school** by taking the following actions:
  - a. Increasing the number of students in middle and high school who participate in a TOP ® club at their school, and encourage TOP® to be implemented in all Houghton and Keweenaw County Middle and High Schools.
  - b. Continuing to monitor school-based survey results along with anonymous matched pre-and-post program results
  - c. In conjunction with reviewing the results of the third implementation of the youth survey, explore, craft, and/or focus group the need and the structure for an adolescent Prime for Life intervention for youth that have incurred a substance use infraction or referral (not to replace any need for individual treatment).
  - d. Continuing to monitor school-based survey results along with anonymous matched pre-and-post program results.