



2019 - 2021 Action Plan

Kelly Rumpf, Megan Buck, Phil Hefner Gardiepy, Kevin Frievalt, Jaclyn Hollars, Ben Ryan,
Tracy Johnson, Sandra Teske

Our vision: Dickinson & Iron Counties are a nurturing environment that encourages youth to follow their passions and build them up so they can thrive and contribute to the future of the communities

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Local Support of Communities That Care

**Both counties*

| | |
|--|---------------------------------------|
| Big Brothers/Sisters | Superior Health Foundation |
| Medicare Access Coal | Dickinson /Iron inter School District |
| Caring House | United Way |
| Michigan Rehabilitation Services (MRS)* | Great Lakes Recovery |
| Child/Family services | Great Start Collaborative |
| LGBT Movement | Walmart |
| Community Substance Abuse Services | DHHS |
| MSU Extension | UPCAP |
| Dickinson-Iron County Health Dept.* | Grow and Lead |
| NorthPointe* | Dickinson County Library |
| Dickinson County Community Foundation | IM-K Community Schools |
| North Care Network* | Local Planning Group(LPG) |
| Dickinson County Commissioners | Michigan State police |
| Bay West Campus | Dickinson County Sheriff's Dept. |
| Dickinson/Iron County District Court* | Iron County Sheriff's Dept. |
| Salvation Army | Forest Park School |
| Health Care services | West Iron School |
| St Vincent's De Paul | Aspirus |
| Probation/Juvenile Court* | WIKB 99.1 FM Radio |
| Kiwanis* | Iron County Library |
| Office of Veterans Affairs | Auto Value of Iron River |
| Frog Country Radio | The Drug Store of Iron County |
| Dickinson County Prosecutor's Office | |
| TV6 WLUC TV | |
| Dickinson County Community Action | |

Community Goals

| Our Problem Behavior Reduction Goals (All rates expressed as percentages) | | | | |
|--|-------------|--------------|-------------------|-------------------|
| Substance Use Outcomes - 12th grade | 2017 | 2019* | 2021 Goals | 2023 Goals |
| 30 Day Use Alcohol Dickinson | 45% | 50% | 48% | 46% |
| 30 Day Use Marijuana Dickinson | 20% | 22% | 20% | 18% |
| 30 Day Use Alcohol Iron | 50% | 54% | 52% | 50% |
| 30 Day Use Marijuana Iron | 28% | 48% | 46% | 44% |

*Recreational marijuana was legalized in Michigan in November of 2018

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

| Our Risk Factor Goals (All rates expressed as percentages) | | | | |
|---|------------------|------------------|------------------|------------------|
| Risk Factor (10th Grade) | 2017 rate | 2019 rate | 2021 goal | 2023 goal |
| Depression/Anxiety - Dickinson | 43% | 51% | 48% | 45% |
| Perceived risk of drug use - Dickinson | 58% | 60% | 58% | 55% |
| Depression/Anxiety - Iron | 58% | 55% | 53% | 51% |
| Perceived risk of drug use - Iron | 78% | 84% | 82% | 80% |
| Our Protective Factor Goals | | | | |
| Protective Factor (10th Grade) | 2017 rate | 2019 rate | 2021 goal | 2023 goal |
| Opportunity for Prosocial involvement - Dickinson | 67% | 66% | 68% | 70% |
| Opportunity for Prosocial involvement - Iron | 62% | 55% | 57% | 59% |

Executive Summary

This plan describes the priority risk factors identified by the Dickinson Iron Communities that Care. The Communities That Care system is a way for members of a community to work together to promote positive youth development. The system was developed by the Social Development Research Group at the University of Washington. Their research has identified risk factors that predict youth problem behaviors and protective factors that buffer children from risk and help them succeed in life.

In 2017 the coalition gathered youth data which was processed and voted on by community members. In 2019, data was collected and processed by the Resource Assessment & Evaluation workgroup.

Because the data was similar to the 2017 data the workgroup chose to continue focusing on the previously chosen risk & protective factors.

1. Depression and anxiety
2. Perceived risk of drugs and alcohol usage
3. Prosocial behaviors

Workgroup members selected preliminary programs, policies and practices at the Community Planning Workshop and finalized their selections in early 2020. In addition, implementation goals as well as program and participant level outcomes were also decided. We will be looking to measure the way in which the programs will effect change and the extent of the desired change. The following programs, policies and practices were selected:

To address the risk factor **perceived risk of drugs/alcohol**

1. Botvin's Life Skills Training
2. Prime for life
3. Guiding Good Choices
4. Positive Action
5. Truth About Drug

To address **Depression and Anxiety**

1. Question Persuade & Refer (QPR)
2. Applied Suicide Intervention Skills Training (ASIST)
3. Positive Action
4. Guiding Good Choices

Community Profile

Purpose and use of the plan

Dickinson Iron CTC presents its 2019 - 2021 Community Action Plan. This plan describes the results of the work completed thus far in Dickinson County Communities That Care effort. It will describe the changes we want for our community, the programs, policies and practices that will be implemented to address the community's identified priority risk factors, and the outcomes that will measure progress toward our community's vision.

Prevention science overview

In the fall of 2016, Dickinson County began implementing the Communities That Care system. During the summer of 2020, the coalition combined with Iron County to become Dickinson Iron Communities That Care. The Communities That Care system helps community member's work together to efficiently and effectively promote positive youth development. The system was developed by Dr. J. David Hawkins and Dr. Richard F. Catalano of the Social Development Research Group at the University of Washington, Seattle. It is based on research, which has identified risk factors that predict youth problem behaviors and protective factors that buffer children from risk and help them succeed in life.

How to use the plan

The Community Action Plan is intended to help 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. Participants developing these plans should use this plan to develop:

- Funding strategies by tying funding plans to outcomes and reevaluating funding priorities as outcomes are monitored
- Implementation plans for the programs identified in the plan
- Evaluation plans for programs by first monitoring the short-term program-level outcomes and then longer-term community-level outcomes.

Existing resources

The assessment information on current resources there are few tested and effective resources in Dickinson and Iron counties that address:

- Perceived Risk of Drugs and Alcohol Use
- Depression and Anxiety

Gaps, issues, and barriers

The data Resource Workgroup found the follow evidence based programs/policies/practices available:

- Perceived Risk of Drugs and Alcohol Use
 - Botvin's Life Skills
This program is currently being delivered with fidelity in all Dickinson and Iron county schools
 - Guiding Good Choice
Although this program is available it has not been fully utilized by the community. Parent programs are known to need a stronger marketing plan to engage parents. The coalition will work together to develop a plan to engage physicians, courts, DHHS, adoption agencies as well as schools to recruit parents.
 - Prime For Life
Continue to offer juvenile court and as a replacement for detention and suspension at all school districts and offer to our county jails for participants ages 18 - 24.
- Depression and Anxiety
 - Mental Health First Aid
North Pointe will deliver this program and the coalition will assist in recruiting schools to offer this program to all teaching staff. In addition, the coalition will work to ensure more community members are trained.
 - Youth Art Therapy Program
This program was a pilot program during the summer of 2020. It was well received and will be offered to all school districts over the next two years.
 - Hope 2 Help depression and anxiety groups
Collaborating with Department of Health & Human Services, North Pointe Behavioral and community business young people will meet for fun activities and peer to peer exchange
 - Bay College West presentations
In Collaboration with Michigan State Police, Bay College West, Veterans Administration, North Pointe Behavioral the community will show the Ripple Effect, The S Word and Written Off
 - Voices
A program for self discovery for girls ages 14-18 will be through school districts, DHHS, juvenile court, twice a year.

Community Planning

Community level outcomes

Health & Behavior Outcomes are meant to identify the changes that need to be made in behaviors to reach the community vision. The following behavior outcomes were drafted to help identify the changes that need to be made:

51% of Dickinson County 12th grade students report using alcohol in the last 30 days, according to the 2019 youth survey. Our goal for the 2021 youth survey is 48% of 12 grade students reporting 30 day use.

In Iron County 55% of 12th grade students report using alcohol in the last 30 days, according to the 2019 youth survey. Our goal for the 2021 youth survey is 53% of 12 grade students reporting 30 day use.

Program Level Outcomes

In order to reach the community level outcomes the following programs will be implemented:

- Botvin's Life Skills will be delivered to 85% of 6th, 7th, & 8th graders in all districts
- Prime For Life will be delivered to 60 students and young adults depending on referrals from school and juvenile court
- 100 families will participate in Guiding Good Choices by collaborating with local businesses, schools, and other community resources
- Question Persuade Refer (QPR) will be provide monthly to 100 individuals
- Voices will be delivered biannually reaching 15 young women ages 14 - 19 years old
- Youth Mental Health First Aid will be delivered to school personnel with the goal of certifying 12 staff
- Wyman's Teen Outreach Program (TOPS) will be delivered to 25 youth in Dickinson County beginning in the 2020/2021 school year with the goal of expanding to Iron County the following year

Participant Outcomes

- 10% more Prime for Life participants will understand that individuals can avoid the progression to addiction by consistently making low-risk choices
- Guiding Good Choices 25% of adult participants will indicate an increase in the use of family meetings as a vehicle for improving family management and positive child involvement

- Botvin's Life Skills program participants will indicated an increase in drug refusal skills by 10%

Preliminary evaluation plans

Coordinators will be responsible for collection of data for Botvin's, Guiding Good Choices and Prime for life which will include completed implementation checklists after delivery of each session.

Additionally, the Resources & Evaluation Workgroup will recruit, train and support community volunteers to conduct observations of 10-15% of the sessions for Life Skills Training, Guiding Good Choices and PFL.

Participant outcomes will be evaluated using pre/post-testing. 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.

Preliminary implementation plans and budgets

We will provide the Botvins, Prime for life and Guiding Good Choices with funding from NorthCare Network. Positive action program is on hold at this time due to Covid-19. We will continue to work with Kiwanis on funding and getting proper training for this program. Our funding group needs to focus on getting half the required funds and search for grants or possible agencies that will help with the funds. The first focus is to get more active members in the coalition.

Year 1

Member recruitment

Implement programs already funded by NorthCare Network

 Guiding Good Choices

 Botvin's Life Skills

 Prime for Life

Implement programs already funded by NorthPoint Behavioral Health

 Mental Health First Aid

Secure Funding

Hope 2 Help funded by walk/run registrations & donations

Continue with candy bar sales and Basket Raffle, connecting with local businesses to sponsor local activities for the coalition

Year 2

Member recruitment

Implement programs already funded by NorthCare Network

Guiding Good Choices

Botvin's Life Skills

Prime for Life

Implement programs already funded by NorthPoint Behavioral Health

Mental Health First Aid

Hope 2 Help

Secure funding

Work with community partners to fund and provide Positive Action to all elementary schools.

Goals for Community Board Development

We plan to increase the number of persons actively engaged with CTC (both on the Community Board on specific workgroups.

Another goal will be to increase contact with local school districts and get at least 2 board members from each school's board to partake in some way with CTC

Priorities for recruitment include individuals with grant writing and fund-raising experience, marketing expertise, and connections to both state and local government.

We plan to increase the number of professional development and issues-based training offered to all Coalition members.

Goal for Community Engagement

In addition to the tested and effective programs DICTC will engage our communities with several activities throughout the year

Narcans trainings

Suicide Prevention Service Project

Provide vaping education

Human Trafficking Awareness

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.

We will continue to offer mini SDS trainings to School Personal Development Days and work with Bay College West Campus with at least 2 SDS trainings per year.

We also will explicitly apply the Social Development Strategy to our own Board functioning, ensuring that board members have opportunities to use their skills, and are recognized for their contributions.