



MACKINAC COUNTY  
COMMUNITIES  
THAT CARE

*Promoting Healthy Youth Together*

**Mackinac County  
Communities That Care  
Community Action Plan  
2020-2021**

Vision:

To provide a community in which all area youth feel safe and connected; a community in which youth are empowered to be healthy, resilient, and compassionate members of society; and, a community in which young people positively contribute and impact future generations.



## 2020 Mackinac County *Communities That Care* Participants

Heidi Bice

Denise Maxson

Kathleen Bunker

Liz Magyar

Sandy Feleppa

Alycia McKowen

Gregg Fettig

Sam Radecki

Lisa Jo Gagliardi

Beth Rye

Courtney Grant

Gery Shelafoe

Eliška Grogan

Erica St. Louise

Lori Hatch

Elizabeth Eustis Turf

Denise Kingsbury

Andi VanWieren

Susan Kirkman

Meghann Wolvert



## Table of Contents

- I. Executive Summary
  - A. Purpose and use of the plan
  - B. Data/Resource report summary
  - C. Problem Behavior Goals
  - D. Risk Factor and Reduction Goals
  - E. Risk Factor and Reduction Strategies
  
- II. Introduction
  - A. Prevention science overview
  - B. Community Involvement & History
  
- III. The Community Action Plan
  - A. How to use the plan
  - B. Data Collection Efforts
  - C. Prioritization process
  - D. Existing Resources
  - E. Gaps, Issues & Barriers
  - F. Recommendations
  - G. Preliminary Evaluation Plans
  
- IV. Conclusions
  - A. Coalition Development Goals



## *I. Executive Summary*

Mackinac County Communities That Care Coalition's mission is to promote healthy youth development and to reduce the incidence of problem adolescent behaviors such as substance abuse, suicide, violence, delinquency, and school drop-out in Mackinac County.

This plan describes the ways to address the priority risk factors identified in Mackinac County's Communities That Care effort. 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.

Mackinac County CTC's Data/Resource workgroup identified three risk factors as priorities for community planning: low perception of risk of drug use, lack of commitment to school, and depressive symptoms. The Resources Assessment and Evaluation workgroup then completed an assessment of the youth-development and prevention resources that target these risk factors in Mackinac County in July 2020.

The following are the programs, policies and practices selected:

- To address the risk factor low perception of risk of drug use, Mackinac County selected to expand Botvin's Life Skills Training to three levels (6<sup>th</sup>-8<sup>th</sup> grades).
- To address the risk factor lack of commitment to school and depressive symptoms, Mackinac County selected the Positive Action program.
- Mackinac County CTC also chose Guiding Good Choices as a program to target all three risk factors on a secondary level.

The following systems-change strategies were selected by Mackinac County to help facilitate the implementation of the selected programs and address gaps, issues and barriers in the community:

- New funding streams will be found to help the expansion of tested, effective resources addressing the priority risk factor "Low Commitment to School" and "Low Perception of Risk of Drug Use" to Mackinac County's middle schools.
- Mackinac County will expand and enhance existing tested, effective resources that address the priority risk factor, "Low Perception of Risk of Drug Use" to reach a greater number of youth in Mackinac County.



**Our Problem Behavior Reduction Goals (All rates expressed as percentages)**

Behavior	2015 Rate	2017 Rate	2019 Rate	2021 Goal
<b>Substance Use Outcomes</b>				
30 Day Binge Drinking – 10 <sup>th</sup> Grade	17.4	19.3	17.3	15.3

To decrease the level of binge drinking in the past 30 days among 10<sup>th</sup> graders by 5% as measured by the CTC youth surveys in 2021 and 2023.

**Our Priority Risk Factors and Reduction Goals (All rates expressed as percentages)**

Community Risk Factor	2015 Rate	2017 Rate	2019 Rate	2021 Goal
Low Perception of Risk – 8 <sup>th</sup> Grade	55.4	55.4	70.5	52.4
Low Commitment to School – 6 <sup>th</sup> Grade	53.8	55.8	58.8	52.8
Depressive Symptoms – 10 <sup>th</sup> Grade	47.1	53.0	58.5	monitor

To decrease the level of three community risk factors among 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> graders by 5% as measured by the CTC youth surveys in 2021 and 2023.

We recognize that during the pandemic state of 2020-2021 we may see higher numbers of depressive symptoms in our youth, especially those students who are still learning remotely and are more isolated. We'd like to just make sure we continue our monitoring and put programs into action if they seem needed.

### Our Priority Risk Factors and Reduction Strategies

#### Community Risk Factor Targets

Low Perception of Risk

Strategies	Goal (% Students)
Expand Botvin's LifeSkills – 6 <sup>th</sup> , 7 <sup>th</sup> , and 8 <sup>th</sup> grades	85

#### Community Risk Factor Targets

Low Commitment to School

Strategies	Goal (% Students)
Positive Action – Elementary grades (schoolwide program)	85

#### Community Risk Factor Targets

Depressive Symptoms to be monitored

Strategies	Goal (% Students)
Positive Action – Elementary grades (schoolwide program)	85



## *II. Introduction*

This plan describes the results of the work completed thus far in Mackinac County's 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.

Mackinac County implemented the Communities That Care process to help achieve the community's vision for a compassionate, accepting community where all people work together to create a safe and healthy environment for all.

### **Prevention science overview**

In the fall of 2015, Mackinac County began implementing the Communities That Care system. The Communities That Care system helps community members 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 their 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.

### **Community Involvement & History**

In 2015, the Youth Survey and overall data assessment was completed but no prevention strategies were selected or implemented due to several changes in personnel. There have been four part time coordinators before the hiring of Meghann Wolvert, the current one. Work groups met regularly in 2017 and 2018, but there were some gaps in meetings between May 2019 and October 2019. Since the 2020 COVID pandemic meetings have switched to a virtual platform which have been moderately effective for whole coalition meetings but less effective for smaller work group meetings.

The Mackinac County Community Board is comprised of community members from public and private institutions including local government, education, health, law enforcement, local business and private social services, and parents and youth.



Key Leaders who are listed on an email list serve:

Amy Lester, Moran Township Superintendent  
Amy Peterson, Mackinac Island Superintendent  
Bridget Sorenson, Sault Tribe  
Don Gustafson, St. Ignace Schools Superintendent  
Joshua Reed, Engadine Superintendent  
Karen Cheeseman, Mackinac Straights Hospital  
Lisa Davis, DHHS  
Nick Adams, Mackinac Juvenile Courts  
Rachel Bommarito, Three Lakes Academy  
Robert Lohff, LCCS Superintendent  
Courtney Grant, Hiawatha Behavioral Health  
Lisa Jo Gagliardi, EUP ISD

Local Agencies that have been allies in our efforts include:

The St. Ignace Public Library  
Mackinac County Wellness Coalition  
Mackinac County Child Protection Round Table  
Great Lakes Recovery Centers  
LMAS District Health  
Hiawatha Behavioral Health  
Sault Tribe  
St. Ignace News  
Mackinac County Sheriff's Department  
St. Ignace Police Department  
St. Ignace Public Schools  
Les Cheneaux Community School  
Engadine Community School  
Mackinac Island Public School  
Moran Township School  
Mackinac Straits Health System





### *III. The Community Plan*

A key goal of the Communities That Care process is to develop a Community Action Plan that builds on the data-based assessment of a community's priorities, strengths and resources. This plan focuses on priority risk factors and draws on community resources and strengths. It also addresses resource gaps, issues and barriers by recommending new tested, effective programs or systems-change strategies.

The Mackinac County plan accomplishes this goal by identifying specific desired outcomes for each selected program, policy or practice; for the priority risk and protective factors on which the plan is focused; and for adolescent health & behavior problems. It describes how each selected program, policy and practice will work to bring about desired changes in Mackinac County's youth and presents preliminary recommendations for how these programs will be implemented in the community. Finally, it discusses systems-change strategies that will help with implementation.

#### **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
- Outreach and community involvement plan to our coalition grow and become more sustainable
- 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.

#### **Data collection efforts**

The Data/Resource workgroup collected and analyzed data in Mackinac County. Then, with input from key leaders and the community, they identified priority risk factors to address, as well as community strengths to build on. 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 Communities That Care Youth Survey was administered to students in grades 6, 8, 10 and 12 in all schools in Mackinac County in November of 2019. To get the most complete picture of our community, the Risk- and Protective-Factor Assessment workgroup also collected data from public records to measure risk factors and problem behaviors not covered by the survey.



## **Prioritization process**

Based on the analysis of the data and input from the community, the following risk factors were identified as priorities for community attention:

- Low Perception of Risk of Drug Use
- Low Commitment to School.
- Depressive Symptoms

These risk factors were selected as priorities for prevention action primarily because data indicated that they are significantly elevated throughout Mackinac County.

The Community Board further decided to focus prevention efforts to impact youth in the late elementary and middle school age range. They determined that the transition from late childhood to adolescence provides multiple challenges to our youth, and at the same time is a time when effective prevention can make a huge difference in the quality of these youths' lives. Additionally, the data shows a steep increase in youth health & behavior problems from 6<sup>th</sup> to 10<sup>th</sup> grade and the Community Board is determined to reduce that increase.

## **Existing resources**

Based on the assessment information, the Resources Assessment and Evaluation workgroup reported that:

- There are resources in Mackinac County that addresses the risk factor Low Perception of Risk of Drug Use. Botvin's LifeSkills Training is being taught in all Mackinac County middle schools, and the EUPISD states that the Michigan Model for Health is a tested and effected program in place for K-12.

## **Gaps, issues, and barriers**

The workgroup also reported that:

- Botvin's LifeSkills Training is now in all of our middle schools and nearly being taught to fidelity, we just have to work through our current pandemic state and evaluate how the program is being taught.
- We recognize that the Michigan Model for Health is being put into action in our schools, however because we have no way of determining fidelity under the CTC recognized model (Blue Prints) it cannot be listed as one of our tested and effective strategies.

It's also important to recognize the current state of our world as a barrier to our normal CTC structure. In our current pandemic state, it is harder to get into schools to implements programs. It's a challenge to implement new programs such as parent classes, and while they can all be offered virtually is still poses a challenge for recruiting parents and getting them to stick with the program for the full extent of its plan. It's also hard to get out into the community to do fundraisers or increase awareness about who we are and what we do. We are having to think outside the box and approach things in new and different ways. We recognize that this won't stop our efforts but it is something that we have to maneuver around at this time.



## Recommendations

Based on the results of the community assessment, the workgroup recommended that:

- Tested, effective resources addressing Low Perceived Risk of Drug Use be expanded to Mackinac County's schools in grades 6-8.
- New tested, effective programs, policies or practices be implemented to target Low Commitment to School.
- Board members develop plans to supplement untested resources with tested, effective programs, policies and practices. Furthermore, board members should consider ways to expand or enhance the existing tested, effective resources to reach a greater number of Mackinac County's youth & their families.
- Depressive Symptoms needs to be monitored in the 2021 Youth Survey.

## Community-level outcomes

Mackinac County developed outcome goals for the following priority health & behavior problems:

- Binge drinking
- Lack of commitment to school

Mackinac County developed outcome goals for the following priority risk & protective factors:

- Low Perception of Risk of Drug Use
- Low Commitment to School
- Depressive Symptoms

**Health & Behavior Outcomes** are meant to identify the changes that need to be made in behaviors to reach the Mackinac County community vision. The outcomes will help measure changes in the problem behaviors of substance use and delinquency. The following behavior outcomes were drafted to help identify the changes that need to be made:

- To decrease the level of binge drinking in the past 30 days among 10th graders by 5% as measured by the CTC youth surveys in 2019 and 2021.

**Risk-factor outcomes** are meant to identify the changes Mackinac County needs to make in its priority risk factors to achieve the previously described behavior changes.

The following risk-factor outcome was developed to describe this desired change:

- To decrease the level of three community risk factors among 6th, 8th and 10th graders by 5% as measured by the CTC youth surveys in 2019 and 2021.

**Protective-factor outcomes** specify the desired changes Mackinac County wants to make in protective factors, based on the community assessment. Mackinac CTC wants to continue to support all prosocial activities happening in our communities, and make sure that proper recognition is happening for these activities. We also would like to focus some efforts on changing social norms around underage substance use. We plan to do this through social media campaigns, and we will look into some poster and radio ads as well.



## **Selected programs, policies and practices**

To address the risk factor Lack of Perception of Drug Use, Mackinac County selected to extend Botvin's LifeSkills Training. Several factors made this selection sensible:

- Risk factors addressed by the program
- Cost of materials
- Agencies available to implement the program

Botvin's LifeSkills Training (LST) is a classroom-based universal prevention program designed to prevent adolescent tobacco, alcohol, marijuana use, and violence. LST contains 30 sessions to be taught over three years (15, 10, and 5 sessions), and additional violence prevention lessons also are available each year (3, 2, and 2 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.

## **Program-level Outcomes**

Program-level outcomes are designed to ensure the priority risk/protective factor goals are met. These outcomes include the following two measurable outcomes.

1. Implementation outcomes
    - a. delivered as designed including to the correct audience
    - b. number of participants to see change
    - c. delivered with fidelity
  2. Participant outcome
    - a. impact on participant knowledge or skills
- 

## **Guiding Good Choices**

The following Implementation outcomes were drafted for the Guiding Good Choices Program:

- a. will be primarily delivered to parents of middle school aged youth
- b. a target of 40 individual families will be served by 2023
- c. will be monitored for fidelity

The following implementation outcomes were drafted for the Guiding Good Choices Program:

- a. as measured by posttests parents attending GGC will commitment to family meetings on conflict management, practice refusal skills and to look at family guidelines and expectations
-



### Botvin’s Life Skills

The following implementation outcomes were drafted for the Botvin’s Life Skills Program:

- a. will be delivered to 6th, 7th and 8th grade students
- b. a target of 100% of middle school students (6th, 7th and 8th grade) will receive Botvin’s each year by 2023
- c. program will be monitored for fidelity

The following implementation outcomes were drafted for the Botvin’s Life Skills Program:

- a. as measured by pre/posttests students will show an increase in assertiveness, relaxation and self-control skills
- b. At this time we will monitor changes in assertiveness, relaxation and self-control skills in order to be able to set goals for our next action plan. The numerous evaluations of Life Skills

### Preliminary evaluation plans

Evaluation of programs being implemented in Mackinac County will be used to report the program’s achievements to key leaders, community members, and funders. Participant outcomes will be evaluated using 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.

Program	20/21 School Year	21/22 School Year	22/23 School Year
Guiding Good Choices	5 families	15 families	25 families
Positive Action	St. Ignace Schools	St. Ignace & Engadine	All Mackinac County Schools
Botvin’s Life Skills	<u>St. Ignace:</u> Gr6(L1) Gr7 (L2) Gr8(L3) <u>LCCS:</u> Gr6(L1) Gr7(L2) Gr8(L2) <u>Mackinac Island:</u> Gr 7/8(L1) Gr5/6(L1) <u>Gros Cap:</u> Gr 5/6 (L1) Gr 7/8(L2) <u>Engadine:</u> Gr6 (L1) Gr7 (L2) <u>Three Lakes:</u> Gr 6/7(L1)	<u>St. Ignace:</u> Gr6(L1) Gr7 (L2) Gr8(L3) <u>LCCS:</u> Gr6(L1) Gr7(L2) Gr8(L3) <u>Mackinac Island:</u> Gr5/6(L1) Gr 7/8(L2) <u>Gros Cap:</u> Gr 5/6 (L1) Gr 7/8(L2) <u>Engadine:</u> Gr6 (L1) Gr7 (L2) <u>Three Lakes:</u> Gr 6/7(L1)	



At this time funding for Guiding Good Choices and Botvin's LST is provided by NorthCare Network and is expected to continue. Positive Action funding and implementation for St. Ignace Elementary School is provided through Sault Tribe. For expansion into other Mackinac County Schools Mackinac CTC will need to discuss with the Sault Tribe about funding and implementation needs.

#### *IV. Conclusion*

As we move into Phase 5 of the CTC process, the Mackinac Communities that Care Coalition will use this Action Plan to continue our forward progress and keep our momentum going. Outside of the plans already address in this report as far as programing to address our Risk and Protective Factors, we also have some coalition development goals.

#### **Goals for Community Coalition Development**

Active coalition members are defined as members attending meeting and doing the work of the coalition. Individuals actively engaged with CTC will increase by 40% by December 2021 as measured by coalition meeting minutes. Current active members are 10. We will accomplish this goal by increased social media engagement and personal conversations with engagements on social media. Also through more public relations with our local agencies.

One goal relating to key leaders, is to re-engage our key leaders, update them on our process and plan, and highlight their support of our efforts in hopes of spreading our mission.