

Schoolcraft County Communities That Care Collaborative Community Action Plan 2019-2023



NorthCare Network

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Schoolcraft County Communities That Care
Collaborative Action Plan



**Schoolcraft County CTC Community Action Plan
Outline**

I. Introduction

- A. Purpose and Use of the Plan
- B. Prevention Science Overview
- C. Summary of Community Planning Results
 - 1. The Community Plan
 - 2. How the Information was Collected and Drafted
 - 3. How to Use the Plan

II. The Community Action Plan

- A. Community Profile
 - 1. Data Collection Efforts
 - 2. Prioritization Process
 - 3. Existing Resources
 - 4. Gaps, Issues and Barriers
 - 5. Recommendations
- B. Community Planning Results
 - 1. Community-Level Outcomes
 - 2. Selected Programs, Policies and Practices
 - 3. Program-Level Outcomes
 - 4. Preliminary Evaluation Plans
 - 5. Preliminary Implementation Plans and Budgets
- C. Goals for Community Board Development
- D. Goals for Using the Social Development Strategy

III. Conclusions & Recommendations

- A. Summary of Key Findings
- B. Recommendations for Next Steps

IV. CTC Participants



About Schoolcraft County Communities That Care

Our mission through Schoolcraft CTC 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.

Our vision is for a family-oriented community that is committed to fostering engaged and resilient youth.

Our Problem Behavior Reduction Goals (All Rates Expressed as Percentages)				
Behavior	2017 Rate	2019 Rate	2021 Rate	Goal 2023
Substance Use Outcomes				
30 Day Use of Alcohol (10th Grade)	31.6	37.3		32.0

The Communities That Care model focuses on promoting positive youth development and preventing problem behaviors by assessing predictors both of problem behaviors and 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	2017 Rate	2019 Rate	2021 Rate	Goal 2023
Low Perceived Risk of Drug Use (10th grade)	63.2	57.6		50.0
Depressive Symptoms (8th grade)	45.0	40.0		35.0



Purpose and Use of the Plan

Schoolcraft County presents its 2019 -2023 Community Action Plan. This plan describes the results of the work completed thus far in Schoolcraft 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.

Schoolcraft 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 summer of 2016, Schoolcraft 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.

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 Schoolcraft 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 Schoolcraft 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 the Information was Collected and Drafted

Schoolcraft County developed its outcome-focused plan after the Data and Resources Workgroup reviewed the data from CTC Youth Survey conducted in December 2018 and identified two risk factors as priorities for community planning: Low Perceived Risk of Drug Use and Depressive Symptoms.

Community members drafted these outcomes at the CTC Action Plan Meeting in January 2020. Program implementation planning also took place at this meeting, with coalition members selecting 5 programs to address the identified priority risk and protective factors.

Work was next focused on drafting program level outcomes which consist of implementation goals and participant outcomes. Implementation goals describe how the programs will be delivered in order to match the program design. Participant outcomes describe the desired changes in knowledge, attitudes, skills or behaviors that the program will produce for participants. Coalition members drafted participant outcomes and implementation goals in January 2020. Those goals were then written into the Community Action Plan, which the Coalition will present in February 2020.

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 document 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.

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 Perceived Risk of Drug Use
- Depressive Symptoms



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

The coalition further decided to focus prevention efforts to impact youth in the late elementary and middle school age range. We 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 6th to 10th grade and the coalition is determined to reduce that increase.

Existing Resources

Based on the assessment information, the Data and Resources Workgroup reported that:

- There are several tested, effective resources in Schoolcraft County working to address the priority risk factor Low Perceived Risk of Drug Use.
- There are resources in Schoolcraft County that address the risk factor of Depressive Symptoms.

Gaps, Issues, and Barriers

The workgroup also reported that:

- There is funding available for some prevention programs that are not currently being utilized in Schoolcraft County due to state mandated time restrictions for schools.
- Some gaps may be found in providing services to address both the risk factor of "Low Perceived Risk of Drug Use" and "Depressive Symptoms". These gaps may be found in achieving community "buy-in" for these programs, transportation to and from services, and child care for participating families..
- A funding gap was found in a resource that addresses the risk factor of "Depressive Symptoms" A barrier was identified in costs associated with implementation and the continuation of efforts.

Recommendations

The Data and Resources Workgroup made the following recommendations for action in Schoolcraft County:

- Expand existing Botvin's LifeSkills programming to include the implementation of the Botvin's 9th grade curriculum
- Implement Social Development Strategy Training in the community



Schoolcraft County Communities That Care Collaborative Action Plan

- Implement Positive Action in area elementary schools
- Increase the amount of families participating in the Guiding Good Choices program
- Support the continuation of QPR in Schoolcraft County

Community-level Outcomes

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

- Substance use/abuse, primarily in regards to underage drinking

Schoolcraft County developed outcome goals for the following priority risk factors:

- Low Perceived Risk of Drug Use
- Depressive Symptoms

Health and Behavior Outcomes are meant to identify the changes that need to be made in behaviors to reach the Schoolcraft 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 substance use as measured by 10th grade students reporting 30-day alcohol use from the current baseline of 37.3% to 32.0% by 2023.

Risk-factor outcomes are meant to identify the changes Schoolcraft 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 increase “**Perceived Risk of Drug Use**” as measured by 10th grade students reporting on the Communities That Care Youth Survey from a current baseline risk-factor scale score of 57.6 to 50.0% by 2023.
- To decrease the risk factor of “**Depressive Symptoms**” as measured by 8th grade as reported on the Communities That Care Youth Survey from a current rate of 40% to 35.0% in 2023.

Schoolcraft County Communities That Care Collaborative Action Plan



Selected Programs, Policies and Practices

To address the risk factor low perceived risk of drug use, Schoolcraft County selected the programs Botvin's LifeSkills, Guiding Good Choices, and Positive Action. Several factors made these selections sensible:

- Risk factors addressed by the program
- Costs
- Resources included with the programs
- Some of the programs are currently being implemented with fidelity in Schoolcraft County

Botvin's LifeSkills

LifeSkills training (LST) is a classroom-based Substance Abuse Prevention program designed to prevent teenage drug and alcohol use, tobacco use, and other risky behaviors by teaching students self management skills, social skills, and drug awareness and resistance skills. The program is taught by highly trained instructors and includes pre and post testing for participants.

The following participant outcomes were drafted for the Botvin's LifeSkills program: To promote a change in knowledge and attitude and increase students perceived risk of drug use by 5% in 6th-9th grade as measured by the program's pre and post surveys.

The following implementation outcome was drafted for the Botvin's Lifeskills program: The Botvin's LifeSkills Program will be implemented in Schoolcraft County with fidelity and reach 95% of students in 6th-9th grades.

Guiding Good Choices

Guiding Good Choices is a family competency training program for parents of middle school students. The program includes 5 sessions, with an average session length of 2 hours per week. The program aims to enhance parenting behaviors and skills, to enhance effective child management behaviors and parent-child interaction and bonding. Children are required to attend one session that teaches peer resistance skills. Each session offers a pre and post survey.

The following participant outcomes were drafted for the Guiding Good Choices Program: To promote a change in knowledge and attitude and increase students perceived risk of drug use by 5% in 6th-8th grades whose families are receiving the Guiding Good Choices program as measured by the program's pre and post surveys.

7

Schoolcraft County Communities That Care Collaborative Action Plan



The following implementation outcomes were drafted for the Guiding Good Choices Program: The Guiding Good Choices Program will be implemented, working with community partners to 125 families by 2023 in Schoolcraft County.

Positive Action

A school-based social emotional learning program for students in elementary and middle schools to increase positive behavior, reduce negative behavior, and improve social and emotional learning and school climate.

The following participant outcomes were drafted for the Positive Action Program: To promote positive self-management skills by increasing basic self-control or self-regulation skills by 5% as measured by the programs pre and post surveys.

The following implementation outcomes were drafted for the Positive Action Program: The Positive Action Program will be implemented in Schoolcraft County, reaching 90% of students in K-5th grades by 2023.

Prime For Life

Prime for Life is an evidence-based prevention and intervention program. Prime for Life is intended for an indicated population, meaning those who are already making high risk alcohol and drug choices. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and the knowledge of how to reduce risk of alcohol and drug related problems.

The following participant outcomes were drafted for the Prime for Life program: To promote a change in attitudes, perceptions, motivations, and knowledge of participants and to increase perceived risk of drug use by 5% as measured by the program's pre and post surveys.

The following implementation outcomes were drafted for the Prime For Life Program: The Prime For Life program will be implemented working with area middle and high schools as a

replacement for long-term suspension and as a replacement for suspension from athletics by Fall of 2021.

Schoolcraft County Communities That Care Collaborative Action Plan



Preliminary Evaluation Plans

Evaluation of the above mentioned prevention programs will be used to report the program's achievements to Schoolcraft County's community members and funders.

Implementation goals will be measured by the programs pre and post surveys.

Program coordinators will be responsible for coordinating the collection of data to measure implementation goals for Botvin's LifeSkills Training, Guiding Good Choices, and Positive Action. These will include keeping high quality registration & attendance records as well as collecting completed implementation checklists from facilitators after their delivery of each session.

Additionally, the Data and Resource Workgroup will recruit, train and support community volunteers to conduct observations of 10-15% of the sessions for Botvin's LifeSkills Training, Guiding Good Choices, and Positive Action.

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.

Preliminary Implementation Plans and Budgets

At this time Botvin's LifeSkills, Guiding Good Choices and Prime for Life are provided through funding with a grant by NorthCare Network. In addition, NorthCare Network also funds the Schoolcraft County Communities That Care Collaborative. Sault Tribe Prevention is currently funding Positive Action.

The QPR Suicide Prevention training is currently available to citizens of Schoolcraft County. This training is provided through a grant from Superior Health Foundation and UP Coalition Network. The certification for our QPR trainer is valid for 3 years and expires in 2022. The coalition will need to seek funding to recertify a trainer and purchase program booklets.

The coalition will raise funds to implement a media campaign targeted at educating adults on the penalties for purchasing alcohol for underage youth. This campaign will utilize media from radio, television, and print. The projected cost of this campaign is \$5000. .

Schoolcraft County Communities That Care Collaborative Action Plan



Goals for Coalition Growth

We will increase the number of persons actively engaged with CTC (attending workgroups). Currently we have 20 people actively involved in workgroups.

A goal carried forward our last Action Plan is to increase the number of workgroup members who are on staff at local middle schools. We currently have 0 school staff members involved in CTC workgroups. Our goal is to have 1-2 staff members from each school on a CTC Workgroup. We plan to utilize students already involved in the CTC process to invite school staff to join these workgroups.

We seek to increase the number of CTC Workgroup members who are from the 13-18 age group. We currently do not have any youth who are part of other workgroups besides our Youth Involvement Workgroup. We also hope to increase representation from the 40-50 year old Population. We have 2 people who are in the age range at this time. Other priorities for recruitment include individuals with grant writing and fund-raising experience, marketing expertise, and connections to both state and local government.

We seek to host 8 recruitment events (two events per year) during this Action Plan period in addition to actively recruiting new members on a regular basis. Recruitment events will be followed by Community Board Orientation presentations to inform new members about the CTC process.

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 (SDS). During this action plan period, we plan three activities to do this:

- Specifically promote the Social Development Strategy in the community by offering SDS training to youth-serving organizations such as:
 - Certified Sitter Course
 - Area Scouting Groups

- AAU Sporting Organizations
- Manistique Youth Hockey Association

We seek to train 15 community leaders from these organizations in the SDS.

- Offer Social Development Strategy Training to area businesses who hire young people to work for them.

Schoolcraft County Communities That Care Collaborative Action Plan



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

Summary of Key Findings

Schoolcraft County has identified the following priority risk factors for the community:

- Low Perceived Risk of Drug Use
- Depressive Symptoms

The following are the key findings of the Schoolcraft County Community Action Plan: ● To address the risk factor of Low Perceived Risk of Drug Use, Schoolcraft County selected Botvin’s LifeSkills Training, Guiding Good Choices, Prime For Life, and Positive Action.

- To address the risk factor of Depressive Symptoms, Schoolcraft County selected the programs Guiding Good Choices and Positive Action.

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

- Schoolcraft County will expand and enhance existing tested, effective resources that address the priority risk factor “Low Perceived Risk of Drug Use” to reach a greater number of youth in Schoolcraft County and help with the implementation of Guiding Good Choices.
- Schoolcraft County will implement Positive Action, a tested, effective program, that addresses the priority risk factor of “Depressive Symptoms” to reach a greater number of youth in Schoolcraft County and help with the implementation of Guiding Good Choices.

Schoolcraft County Communities That Care Collaborative Action Plan



Recommendations for Next Steps

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

- Expand existing Botvin's LifeSkills programming to include the implementation of the Botvin's 9th grade curriculum.
- Implement Social Development Strategy Training in the community and train 15 community leaders.
- Implement Positive Action in area schools to students in K-5th grades. ● Increase the amount of families participating in the Guiding Good Choices program to 125 families by working with community partners to implement the program. ● Support the continuation of QPR in Schoolcraft County by funding the recertification of our trainer in 2022 and funding course materials.
- Increase awareness of penalties of purchasing alcohol for underage youth by utilizing a media campaign targeting adults.

Schoolcraft County Communities That Care Collaborative Action Plan



2020 Schoolcraft County Communities That Care Participants

Schoolcraft County Communities That Care is a collaborative project of public and private health, education, human service and civic organizations; local businesses; and citizens. Some of those represented include:

- Schoolcraft Memorial Hospital
- Manistique Area Schools
- Northcare Network
- Dial Help
- UP Coalition Network
- Great Lakes Recovery Centers
- Sault Tribe of Chippewa Indians
- Hiawatha Behavioral Health
- Lighthouse Ministries

Jack's Fresh Market
Michigan State Police
Schoolcraft County Local Planning Body
Michigan Department of Health and Human Services (MDHHS)
Delta-Schoolcraft ISD
LMAS District Health Department