

## Executive Summary



The HEALTHY Tekoa Coalition is a volunteer organization established in September 2012 to Help Empower Action, Leadership, Teamwork and Health in our Youth (HEALTHY). Our coalition consists of the 8 required sectors and many vested community members. Represented on the coalition is the Tekoa School District that has implemented several evidence based prevention practices in K-12, the Tekoa Library that has focused programming for children after school and in the evenings, the scouts, the royalty, chamber of commerce, religious organizations, and students from the high school. One member has experience in prevention while some of the others have made healthy youth and choices a part of their daily lives in Tekoa. The coalition represents other cultural populations such as foster parents and Native Americans.

Tekoa is a small community nestled in the Palouse farmland, situated 50 miles away from the closest city—Spokane or Pullman. The school district is the largest employer, although there are several small restaurants and other businesses that employ a few people. Most parents commute to their workplaces. A majority of Tekoa students reside in town and not on a farm as in the past. Some students are “choice” students, traveling from Oakesdale or Liberty. Adults in the community range from new to the area to long-time residents; Tekoa has a large number of older adults who want to stay involved in the community and school.

The coalition’s mission is to promote a positive, healthy community. The goals of the coalition are to:

- Delay age of initiation for drug use,
- Decrease perceived availability of drugs,
- Decrease intentions to use
- Increase family opportunities for pro-social involvement

Strategies and activities the coalition will be building action plans for include: Protecting You, Protecting Me ( a 5 year classroom-based alcohol use prevention and vehicle safety program for elementary school students in grades 1-5 (ages 6-11), This program has started in 1<sup>st</sup> and 2<sup>nd</sup> grade, and now will continue through 5<sup>th</sup> grade. Process evaluation, student assistance program outcomes from RMC, and surveys will evaluate the effectiveness.

Parenting Wisely (computer based trainings for parents aimed to increase parental communication and disciplinary skills). This program will be implemented in the spring 2014. Process evaluation and surveys will evaluate the effectiveness

Let’s Draw the Line Between Youth and Alcohol (A community program designed to get parents and kids to start talking before youth start drinking), will be implemented in the late fall and winter of 2013-14.

Process evaluation, HYS 2014, and surveys will evaluate the effectiveness

Watch (a modified Sticker Shock campaign) will focus on warning adults that it is illegal to purchase and provide alcohol to underage persons. Process evaluation and surveys will evaluate the effectiveness. The simple survey will measure whether adults increased their knowledge on penalties and decreased serving to minors. Process evaluation will count the number of stickers and distribution’s over time.

Family Oriented Events (to get families out together and learning about our risk and protective factors and increase pro-social involvement) will be implemented in the spring of 2013 and continue in part throughout the grant process. Process evaluation and surveys will evaluate the effectiveness.

Teacher training (to give teachers the tools for identifying ATOD use in schools), Youth coalition supports Rachel’s challenge (to create a kinder more respectful and empathetic culture in schools). Trainings will occur in the fall and spring of the next school year 2013-14. Process evaluation, HYS 2014, focus groups, and surveys will evaluate the effectiveness

Revision of school policies on ATOD use in connection with school (to strengthen effectiveness of policy). This will occur in the summer of 2013. Process evaluation, HYS 2014, evidence of discipline, and surveys will evaluate the effectiveness.

Area to be served: Middle school aged children (grades 5-8) are our focus, with the families of these students, as well as all PreK-12 children falling under our wider umbrella, with most activities occurring in the community, not the school.

Research framework(s) supporting our logic model:

- Used risk and protective factors prioritization chart
- Data from Healthy Youth Survey 2012, as well as comparison to past Healthy Youth Survey data, 2012 Tekoa Data Book, 2013 Tekoa Community Survey, 2012 WA Department of Health Adverse Childhood Experiences (ACEs) assessments reported for Whitman County communities, 2010 OSPI data (free & reduced lunch rates, graduation rates, MSP & HSPE scores), child abuse referrals to DCFs, Crime reports to WASPC

## Organizational Plan

### Mission Statement and Key Values:

The coalition's vision is to promote a positive, healthy community. Our mission is to promote healthy, positive choices in Tekoa youth by working together to reduce substance abuse. The efforts of the coalition will bring awareness to making healthy decisions for individuals and families. The coalition will utilize the Strategic Prevention Framework to plan its strategies for intervention and Communities That Care Program to train its members in planning, assessment, and implementation. HTC utilized the Strategic Planning Framework (SPF), which included the components of Assessment, Capacity Building, Planning, Implementation, and Evaluation to establish a process to plan for addressing underage drinking and other substance abuse in Tekoa. The SPF provides the infrastructure necessary to develop community based planning that will effectively address underage drinking and other drug use, provide for sustainability, and result in positive long term change in Tekoa. HTC has the following working committees to assist in completing the planning and implementation process:

- Needs Assessment ~ Evaluation – define local problems by collecting and analyzing data to address needs and gaps and identify local resources. Coordination of existing agencies, organizations, services, and community leaders is essential to the success of HTC in completing the needs and evaluation pieces of the SPF.
- Membership ~ building capacity by determining that HTC is representative of the entire community and recruit and train new members from under-represented segments, allowing the community to mobilize through the planning process.
- Policy ~ looks at policies across multiple agencies and organizations to ensure consistency in the planning process.
- Media ~ Public Relations – assists in implementing the plan across all segments of the community including partner organizations and agencies, businesses, city government, and citizens.
- Youth Coalition ~ is an integral part of the planning process, ensuring that youth perspective is represented in all stages of the SPF.

The Communities That Care (CTC) is a coalition-based community prevention operating system that uses a public health approach to prevent youth problem behaviors including underage drinking, tobacco use,