

Action Plan – December 6, 2014 Revision (L Bruce)

Vashon Alliance to Reduce Substance Abuse (VARSA) Coalition

- **Goal 1:** Decrease the risk associated with low neighborhood attachment and community disorganization on Vashon Island
- **Objective 1.1:** Strengthen connections and collaboration among different systems, organizations, agencies, coalitions, groups and individuals
- **Strategy 1.1.1:** Community-based Process

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
<i>Name of activity/program</i>	<i>Briefly state the main purpose of the activity</i>	<i>When will this take place? What is timeframe for this activity?</i>	<i>How much? How often?</i>	<i>Who is this service for? How many people impacted?</i>	<i>Who is conducting?</i>	<i>Who from the Coalition is making sure this gets done?</i>
VARSA	The work of the coalition to plan, implement, and evaluate the strategies associated with the Community Prevention and Wellness Initiative (CPWI) on Vashon Island	July 2014 through June 2015	<ul style="list-style-type: none"> • Full monthly coalition meeting (1.5 hours) and work groups as needed. • Annual Town Hall Meeting/Key Leader Orientation, • Community Attitudes Survey, • focus groups/ listening sessions with key youth, • needs and resource assessments, • implement and 	CPWI Coalition Coordinator. Minimum of 10 members per the Corrective Action Plan (CAP) representing required sectors	VARSA Coalition	VARSA Coalition

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
			maintain website, <ul style="list-style-type: none"> • implement and maintain social media components, • required CPWI trainings two times per year, • and required weekly check in calls • Office rent January-June 			
VARSA	Washington State Fall Prevention Summit	October 2014	Three Day Summit 16 participants	CWPI Coalition Coordinator, School Based Prevention Team Members, and Interested Community Members. Minimum of 16	VARSA, Vashon Island School District (VISD), School Staff, Prevention-Intervention (P-I) Specialist	CPWI Coalition Coordinator, VISD, School Staff, PI Specialist
VARSA	Spring Youth Forum	April 2015	Two Day Forum 16 participants	CWPI Coalition Coordinator, School Based Prevention Team Members, and Interested Community Members. Minimum of 16	VARSA, VISD, School Staff, PI Specialist	CPWI Coalition Coordinator, VISD, School Staff, PI Specialist
VARSA	Community Anti-Drug Coalitions of America National Training Institute	February 2015	6 Day Training 6 participants	CWPI Coalition Coordinator, Community Prevention Team Members, and Interested Community Members. Minimum of	VARSA	VARSA

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
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- **Goal 2: Decrease the risk associated with community laws and norms favorable to drug use on Vashon Island**
- **Objective 2.1: Improve public awareness about ATOD issues, including harmful effects and negative-related consequences**
- **Strategy 2.1.1: Environmental**

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
<i>Name of activity/program</i>	<i>Briefly state the main purpose of the activity</i>	<i>When will this take place? What is timeframe for this activity?</i>	<i>How much? How often?</i>	<i>Who is this service for? How many people impacted?</i>	<i>Who is conducting?</i>	<i>Who from the Coalition is making sure this gets done?</i>
VARSA Public Awareness	Social Norms Campaign	September 2014 - June 2015	<ul style="list-style-type: none"> • 6 ads over 12 months in two publications, the Vashon-Maury Island Beachcomber and the Loop, • Table toppers displayed at 32 area businesses, • and mailings to all island households twice a year in Fall and Spring, Will incorporate data from Environmental strategies into campaigns; • 2 Parent Information Nights (w/ speakers) 	Minimum of 250 households	VARSA coalition, minimum of 10 sector reps per the CAP	CPWI Coalition Coordinator, Media Sector Rep, Youth Sector Rep

- **Goal 3: Decrease the risk associated with perceived available of ATOD on Vashon Island**
- **Objective 3.1: Improve retailer compliance with laws related to alcohol and tobacco sales**
- **Strategy 3.1.1: Environmental**

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Liquor Control Board Training for Retailers	Retailer Training	July 10, 2014, and throughout the year	<ul style="list-style-type: none"> • One time per year prior to Strawberry Festival; • Coalition will connect with Liquor Control Board to obtain data about responsible retailers on the Island, • Follow up with thank-you letter for retailers in compliance. • Will continue to work with LCB & local law enforcement throughout the year to monitor problem retailers. • Implement a CANS assessment • Purchase liquor cabinet locks for give-away in 	Minimum of 4 Vashon Island liquor retailers to be trained	Vashon Chamber of Commerce, VARSA coalition, Washington State Liquor Control Board	CPWI coalition coordinator, VARSA business sector and media sector representatives

			conjunction with Public Awareness campaign.			
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- **Objective 3.2:** Increase the involvement of Vashon residents in Prescription Drug Take Back Days and community clean-up events.
- **Strategy 3.2.1:** Environmental

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Prescription Drug Take Back Days	Drug Take Back Days	2 events September 2014 and April 2015; 4 hours each event; data to be used throughout the year in Public Awareness Campaign	<ul style="list-style-type: none"> • September 2014 and April 2015; • Coalition will work to educate the community about the dangers of prescription drugs using data from the Take Back efforts. • Will incorporate this data into their Public Awareness Campaign • Purchase prescription lock boxes/bags for give-away in conjunction 	Vashon community – minimum of 20 households. Additional residents will be reached through Public Awareness Campaign	Vashon Pharmacy, King County Sheriff Department, VARSA coalition	CPWI coalition coordinator, VARSA media sector and law enforcement sector representative

			<p>with Public Awareness Campaign</p> <ul style="list-style-type: none"> • Purchase Rx warning labels for opiates etc. <i>“This prescription should be locked up”</i> 			
Dump Vashon roadside alcohol, tobacco and other drug (ATOD) pickup and hotspot surveillance	ATOD Litter Pickup at hotspots in order to monitor ATOD usage and trends	1 event per year based on King County road cleanup schedule; 2 hour minimum; data to be used throughout the year in Public Awareness Campaign	<ul style="list-style-type: none"> • Once per year • Coalition will work to educate the community on the types and amounts of ATOD material collected from these events. • Will incorporate this data into their Public Awareness Campaign 	Vashon community – minimum of 50 households; Additional residents will be reached through Public Awareness Campaign	King County Roads Department, VARSA coalition	CPWI coalition coordinator, VARSA media sector representative

- **Goal 4: Decrease the risk associated with friends who engage in the problem behavior**
- **Objective 4.1: Increase involvement by youth (under 18) with drug-free, pro-social peers on Vashon Island**
- **Strategy 4.1.1: Alternatives**

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				<i>impacted?</i>		
VARSA Positive Peer Networks	Middle School/VHS Night Events	1 event to be held between September 2014 and June 2015	1 event, September 2014-June 2015; event to be a minimum of 4 hours	Island youth – minimum of 20 at event	VARSA coalition; PTSA parents	CPWI coalition coordinator, VARSA coalition
VARSA Positive Peer Networks	Open Mic Nights	Minimum of 1 event to be held winter of 2014	1 event: Winter 2014, minimum of 2 hours	Island youth – minimum of 20 at event	VARSA coalition	CPWI coalition coordinator
VARSA Positive Peer Networks	Youth Stage at Strawberry Festival-DFC Funded	1 event in July 2014	1 event; July 2014, occurring for 19 hours over 3 days	Island youth – minimum of 100 at event	VARSA coalition, Chamber of Commerce	CPWI coalition coordinator, Media sector representative
VARSA Positive Peer Networks	Youth Prevention Club	4 events; October 2014, January, March, June 2015	4 events; October 2014, January, March, June 2015, minimum of 2 hours each	Island youth – minimum of 4 per event	VARSA coalition Led by Youth Sector rep	CPWI coalition coordinator

- **Goal 5: Decrease risk associated with family management problems**
- **Objective 5.1: Improve use of positive parenting skills by parents and caregivers on Vashon Island**
- **Strategy 5.1.1: Education**

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VARSA Parenting Awareness and Support	Parenting Coaching-recurring services with pre and post surveys	Ongoing	15 one-hour session per week of one-on-one coaching for 10 weeks per family	Families with children ages 5-18; 51% of participants to be parents of middle and high school students minimum of 15 families served	contracted service provider VYFS	CPWI coalition coordinator, VARSA executive committee
VARSA Guiding Good Choices	Guiding Good Choices	1 series; Spring 2015	1 series comprised of 5 consecutive weeks, 2 hours per once weekly session	Parents of youth – minimum of 8 parents of youth ages 9-14,	contracted service provider VYFS or other contractor	CPWI coalition coordinator, VARSA executive committee
VARSA Incredible Years	Incredible Years	2 series within the 2014-2015 school year	2 series each comprised of 12 consecutive weeks, once weekly meeting, each session lasting 2 hours	Parents of youth ages 2-12 – minimum of 8	contracted service provider VYFS	CPWI coalition coordinator, VARSA executive committee

- **Objective 5.2:** Improve attitudes about family management skills
- **Strategy 5.2.2:** Education

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VARSA Parenting Wisely	Parenting Wisely	2 series – Fall 2015, Spring 2015	9 sections to be completed within 6 weeks	Parents of youth ages 11-18; minimum of 8 parents per session, 16 total in two series	CPWI coordinator and VARSA volunteer (parent non-voting sector representative) training from VYFS on surveys	CPWI coalition coordinator, VARSA executive committee