

## EXECUTIVE SUMMARY

### INTRODUCTION

#### **Coalition Description**

The Navos Coalition for Drug-Free Youth is involved in the Community Prevention and Wellness Initiative (CPWI), a partnership of state agencies, counties, schools and prevention coalitions supporting communities in preventing alcohol and other drug abuse. The highest priority is to reduce underage drinking among 8<sup>th</sup> and 10<sup>th</sup> grade students.

- **Mission Statement**

The Coalition for Drug-Free Youth educates, inspires and empowers our community to support youth and to create a safe, healthy environment aimed at addressing alcohol, tobacco and other drug problems.

- **Geographic Description**

The coalition targets community members, organizations, and groups in the White Center/North Highline area, as well as staff, students and families in the Highline School District, specifically Cascade Middle School and the three high schools that comprise the Evergreen Campus (Arts & Academics Academy, Health Sciences & Human Services High School, and Technology-Engineering-Communications High School). The approximate boundaries of the area are SW Roxbury Street to the north, Myers Way on the east, 126<sup>th</sup> St. (Burien) to the south and 35<sup>th</sup> St. S.W to the west.

- **Coalition's Priorities**

The Coalition's highest priorities are:

- To reduce underage alcohol, drug and tobacco use among 8<sup>th</sup> and 10<sup>th</sup> grade students. (Reducing underage substance use will reduce the related problems of juvenile delinquency, mental health conditions, and school failure).
- Create an educational experience for youth that promotes a high commitment to school, successful academic achievement, and pride in self and community.
- Increase cross-cultural understanding, communications and engagement in the community to better facilitate information sharing.
- Develop partnerships and collaborations to enhance and maximize effectiveness of programs and service delivery.

- **Strategies and Activities**

The Coalition identified the following strategies to address the specific conditions in the North Highline/White Center communities:

1. Develop localized public awareness campaigns related to drug prevention, and communicate effectively with youth, families and other community members. Activities will include dissemination of positive community norms messages and development of a speakers' bureau. The Coalition will develop cross-cultural, multi-lingual communications tools to better inform, educate and encourage participation among the various ethnic segments of the targeted communities.
2. Reduce points of substance use/ distribution and promote community change regarding norms favorable to youth access and use of alcohol and other drugs. Activities will include community mapping followed by implementation of the evidence-based prevention program focused on changing community norms, Reward & Reminder.
3. Partner with community-based organizations, churches and fraternal organizations to organize, present and participate in community-based events such as community summits for adults and youth, ethnic/cultural fairs, and health fairs. Unify segmented community groups and service providers to maximize community unity and service delivery.
4. Support the Navos' Coalition for Drug-Free Youth Coalition to fulfill all aspects of the CPWI Strategic Prevention Framework. Full coalition meetings, subcommittee/work groups meetings and an annual key leader event will strengthen the Coalition as well as increase its visibility in the community and engagement with diverse community representatives.
5. Promote the following pro-social activities in the community with and for youth: (a) youth-led prevention leadership groups through the partnership with the Community Schools Collaboration at Cascade Middle School and the Evergreen Campus and the White Center Kiwanis Key Club on the Evergreen Campus, and (b) cultural/ ethnic youth groups and other cultural activities in cooperation with Community Schools Collaboration at Cascade Middle School and the Evergreen Campus. Initiate a community forum to address issues such as lack of summer and after-school employment opportunities, financial support for intra-mural, cultural arts and other after-school programs with the King County Board of Directors, the White Center Community Development Association and the White Center Chamber of Commerce.
6. Promote effective and culturally sensitive parenting and family management skills training to better respond to and reduce emotional and psychological effects of stressful family issues and situations. Specifically, the Coalition will plan and implement the evidence-based parenting education program, Guiding Good Choices.
7. Promote positive, drug-free activities, events and venues for families, which will include quarterly family events/Parent Nights.
8. Provide supportive school-based programs to students that will lead to a reduction in poor academic performance, truancy, disciplinary problems, and other negative behaviors. Focus on involving Cascade

Middle School and the Evergreen Campus staff, students, parents and Prevention-Intervention Specialists (PIs) to develop effective prevention/intervention services and programs. Implement the evidence-based prevention program, Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students). The Coalition will enhance Project SUCCESS in collaboration with Puget Sound Educational Service District, Cascade Middle School and the Evergreen High Schools.

9. Enhance supportive school-based programs to students by planning and implementing the evidence-based prevention program, Peer Assistance and Leadership.
10. Coordinate with Cascade Middle School and the Evergreen Campus staff and PIs to develop effective solutions to low commitment to school, as well as to improve academic achievement, safety in school, and physical and mental health. This will include student-led and youth-focused activities, a student recognition event, and a transition event for middle school students who will transition to high school.
11. Inform and educate youth with realistic substance use information to promote healthy attitudes towards drug use. Activities will include surveys and/or focus groups with youth followed by pro-social youth-focused activities.
12. Plan and deliver the evidence-based program Hip-Hop 2 Prevent Substance Abuse and HIV that addresses perceived -risk of harm due to drug use.
13. Expand opportunities for youth to participate in prevention programs that build social competence skills. Specifically, the Coalition will plan and implement the evidence-based program LifeSkills Training.

- **Plan to Implement and Evaluate the Strategies and Activities**

The Coalition will focus on steps to engage individuals and organizations that will implement the Action Plan. The Coalition will enlist feedback from community leaders, members of the community and community partners to help with the implementation and evaluation of specific programs through the efforts of the committees designated for each Action Plan Goal, strategies and activities. The Coalition will regularly discuss each strategy including successes and challenges. The Coalition will also evaluate strategies and assess how well these strategies met the intended goal and objective. When planning, implementing, and evaluating strategies and activities, the Coalition will include a special focus on cultural competence and sustainability.

- **Document Inclusion**

The Coalition for Drug-Free Youth's strategic plan contains all of the required elements per the State of Washington Division of Behavioral Health and Recovery (DBHR) Community Coalition Guide. This strategic plan focused on alcohol and other drug prevention strategies and activities supported with CPWI funds -- it is not a comprehensive plan for the North Highline/ White Center area. It excludes other prevention and community programs that do not involve CPWI resources. This strategic plan sets forth a vision for CPWI efforts over the next four years and the Coalition will update the plan periodically, including an annual update to the Action Plan.