

## Appendix 1. Action Plan

**Goal 1:** Decrease youth's favorable attitudes towards substance use

**Objective 1.1:** Decrease percentage of youth reporting favorable community attitudes towards substance use

**Strategy 1.1.1:** Provide school based prevention and intervention services, including Youth Action Team

**Strategy 1.1.2:** Provide elementary school based prevention service – evidence based practice - Lifeskills

<b>Plan For Action</b>	<b>Activity/Program</b>	<i>Prevention/Intervention Services; Project Success; Adult Advisor to Youth Action Team</i>
	<b>Brief Description</b>	<i>Project SUCCESS is a school based, substance abuse prevention and early intervention program. This program is taught by trained counselors and prevents and reduces adolescent substance use and abuse.</i>
	<b>When</b>	<i>September 2014 – May 2015</i>
	<b>How</b>	<i>By providing a full range of substance abuse prevention and early intervention services. It builds on programs by using interventions that are effective in reducing risk factors and enhancing protective factors.</i>
	<b>Who (Target Population)</b>	<i>Moses Lake School District SAP</i>
	<b>Lead Organization</b>	<i>North Central ESD</i>
<b>Plan for Implementation</b>	<b>Action Steps for Implementation</b>	<i>The SAP (Leigh Allison-Ray) will make arrangements with the high school administration and freshmen class instructors in order to determine what days/times best work with their schedules.</i>
	<b>Lead Coalition Member/Responsible Party (ies)/ Change Agent</b>	<i>Leigh Allison-Ray, Moses Lake School District Student Assistant Specialist (Prevention/Interventionist</i>
<b>Plan for Reporting and Evaluation</b>	<b>Measures Process and Outcome Indicators</b>	<ul style="list-style-type: none"> <li>• <i>Using OSPI indicators.</i></li> <li>• <i>Students' responses favorable attitudes survey questions.</i></li> </ul>

	<b>Tools/Instruments used to collect information</b>	<ul style="list-style-type: none"> <li>• OSPI tools/instruments</li> <li>• Pre/Post Surveys</li> <li>• 2014 Healthy Youth Survey and 2014 Moses Lake Data Book</li> </ul>
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<b>Plan For Action</b>	<b>Activity/Program</b>	<ul style="list-style-type: none"> <li>• Lifeskills</li> </ul>
	<b>Brief Description</b>	<ul style="list-style-type: none"> <li>• Botvin LifeSkills Training (LST) is a school-based substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.</li> </ul>
	<b>When</b>	<ul style="list-style-type: none"> <li>• (Annually - various levels provided throughout school year) September 2014 – June 2015</li> </ul>
	<b>How</b>	<p>LifeSkills Training promotes healthy alternatives to risky behavior through activities designed to:</p> <ul style="list-style-type: none"> <li>❖ Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs</li> <li>❖ Help students to develop greater self-esteem and self-confidence</li> <li>❖ Enable students to effectively cope with anxiety</li> <li>❖ Increase their knowledge of the immediate consequences of substance abuse</li> <li>❖ Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors</li> </ul>
	<b>Who (Target Population)</b>	Moses Lake School District elementary schools.
	<b>Lead Organization</b>	Moses Lake School District
	<b>Plan for Implementation</b>	<b>Action Steps for Implementation</b>

	<b>Lead Coalition</b> <b>Member/Responsible Party (ies)/</b> <b>Change Agent</b>	<i>Carolyn Pence, Community Coordinator</i>
<b>Plan for Reporting and Evaluation</b>	<b>Measures Process and Outcome Indicators</b>	<ul style="list-style-type: none"> <li>• <i>Using OSPI indicators.</i></li> <li>• <i>Students' responses favorable attitudes survey questions.</i></li> </ul>
	<b>Tools/Instruments used to collect information</b>	<ul style="list-style-type: none"> <li>• <i>Pre/post surveys completed by students</i></li> <li>• <i>HYS Survey data</i></li> <li>• <i>Moses Lake Data Book</i></li> </ul>

**Goal 2:**            *Change community norms related to alcohol use*

**Objective 2.1:**    Change perception that having a good time means drinking

**Strategy 1.2.1:**    Provide family friendly community events

<b>Plan For Action</b>	<b>Activity/Program</b>	<ul style="list-style-type: none"> <li>• <i>Annual Family Night Out event; participate in National Night Out.</i></li> </ul>
	<b>Brief Description</b>	<ul style="list-style-type: none"> <li>• <i>Annual Family Night Out and National Night Out is working towards educating the community about the dangers of underage drinking and changing people's perception of underage alcohol use.</i></li> </ul>
	<b>When</b>	<ul style="list-style-type: none"> <li>• <i>Held annually in May (unless determined by Coalition to be more effective at another time of year and August.</i></li> </ul>
	<b>How</b>	<i>Well promoted event in a welcoming facility/environment. Event to feature activities and speakers related to substance abuse prevention.</i>
	<b>Who (Target Population)</b>	<i>Parents, caregivers and their youth.</i>
	<b>Lead Organization</b>	<i>Moses Lake Community Prevention Coalition</i>

Plan for Implementation	<b>Action Steps for Implementation</b>	<ul style="list-style-type: none"> <li>Secure presenters, table sponsors and volunteers to help with educational activities and information tables. Secure in kind match for location, food and give aways.</li> <li>Distribute flyers to schools, publicize via radio and news paper. Coordinate with high school health teachers for students' extra credit for attending and participating</li> <li>Conduct event evaluation.</li> </ul>
	<b>Lead Coalition Member/Responsible Party (ies)/ Change Agent</b>	Carolyn Pence, Community Coordinator
Plan for Reporting and Evaluation	<b>Measures Process and Outcome Indicators</b>	<ul style="list-style-type: none"> <li>Customer satisfaction survey.</li> <li>Process evaluation by Coalition.</li> </ul>
	<b>Tools/Instruments used to collect information</b>	<ul style="list-style-type: none"> <li>Evaluations to be completed by participants.</li> <li>Coalition debrief after May 2013 event. Compare with May 2012 event</li> </ul>

**Goal 2:** Change community norms related to alcohol use

**Objective 2.2:** Ensure consistent enforcement of laws, policies and procedures related to underage drinking

**Strategy 2.2.1:** Effective policies and procedures

Plan For Action	<b>Activity/Program</b>	<ul style="list-style-type: none"> <li>Enforcement Roundtable</li> </ul>
	<b>Brief Description</b>	Semi-annual/annual meetings between law enforcement (including SROs), prosecutor's office, Washington State Liquor Control Board, youth services, treatment providers, and the school district. Goal is to encourage organizations together to increase enforcement (and the perception of consequences thereof) of underage drinking laws.
	<b>When</b>	Annually or Semiannually. At least one meeting in 2014.

	<b>How</b>	<i>Facilitated discussion with clear goals and objectives.</i>
	<b>Who (Target Population)</b>	<i>Moses Lake Community Prevention Coalition, local law enforcement agencies, Grant County Prosecutor's Office, Washington State Liquor Control Board, Grant County Youth Services, Moses Lake School District</i>
	<b>Lead Organization</b>	<i>Moses Lake Community Prevention Coalition</i>
<b>Plan for Implementation</b>	<b>Action Steps for Implementation</b>	<ul style="list-style-type: none"> <li>• <i>Coordinate with agencies to determine most effective time and location.</i></li> <li>• <i>Obtain issues of concern from each agency for agenda.</i></li> <li>• <i>Designate one representative from each agency to address major concerns – while all can participate.</i></li> </ul>
	<b>Lead Coalition Member/Responsible Party (ies)/ Change Agent</b>	<i>Carolyn Pence, Prevention Specialist/Community Coordinator</i>
<b>Plan for Reporting and Evaluation</b>	<b>Measures Process and Outcome Indicators</b>	<ul style="list-style-type: none"> <li>• <i>Roundtable participant satisfaction.</i></li> <li>• <i>Changes in policies or procedures within participating organization.</i></li> </ul>
	<b>Tools/Instruments used to collect information</b>	<ul style="list-style-type: none"> <li>• <i>Survey/questionnaire.</i></li> <li>• <i>Narrative report outlining the change in policy or procedure.</i></li> </ul>

**Goal 3:**            *Decrease youth access to alcohol*

**Objective 3.2:**    Reduce retail access to alcohol

**Strategy 2.3.1:**    Enforcement of underage drinking laws

<b>Plan For Action</b>	<b>Activity/Program</b>	<ul style="list-style-type: none"> <li>• <i>Compliance checks</i></li> <li>• <i>Retailer Education</i></li> <li>• <i>Enforcement roundtable (mentioned above)</i></li> </ul>
	<b>Brief Description</b>	<ul style="list-style-type: none"> <li>• <i>Local law enforcement conducts both on and off premise alcohol compliance checks, using minor investigative aides.</i></li> <li>• <i>Retailer education that reviews best practices and methods to reduce or limit sales of alcohol to minors.</i></li> </ul>

	<b>When</b>	<i>July 2014 – June 2015</i>
	<b>How</b>	<i>Using WSLCB protocols for compliance checks. Using WSLCB approved trainers for retailer education.</i>
	<b>Who (Target Population)</b>	<i>Moses Lake Police Department and Washington State Liquor Control Board</i>
	<b>Lead Organization</b>	<i>Grant County Prevention and Recovery Center/Moses Lake Police Department</i>
<b>Plan for Implementation</b>	<b>Action Steps for Implementation</b>	<ul style="list-style-type: none"> <li>• <i>Coordinate with the Moses Lake Police Department to schedule compliance checks with their trained officers around holidays and events.</i></li> <li>• <i>Complete checks, review data, and follow up with the police department and WSLCB on the disposition of any sales.</i></li> <li>• <i>Offer retailer education to all retailers, with special emphasis for those who failed compliance checks.</i></li> </ul>
	<b>Lead Coalition Member/Responsible Party (ies)/ Change Agent</b>	<i>Dave Ruffin, Chief, Moses Lake Police Department Carolyn Pence, Community Coordinator</i>
<b>Plan for Reporting and Evaluation</b>	<b>Measures Process and Outcome Indicators</b>	<ul style="list-style-type: none"> <li>• <i>Change in compliance rates.</i></li> <li>• <i>Successful completion of retailer education course.</i></li> </ul>
	<b>Tools/Instruments used to collect information</b>	<ul style="list-style-type: none"> <li>• <i>Data from previous Moses Lake PD and WSLCB on previous compliance checks.</i></li> <li>• <i>Retailer Education pre/post survey.</i></li> </ul>

**Goal 4:** Increase feelings of community connectedness

**Objective 4.1:** Improve community coordination (address isolation and barriers)

**Strategy 1.4.1:** Community coalition

<b>Plan For Action</b>	<b>Activity/Program</b>	<i>Monthly Moses Lake Community Prevention Coalition meetings.</i>
	<b>Brief Description</b>	<i>The Coalition meets monthly and provides opportunities to conduct routine business, assess community needs and emerging trends, build capacity to meet the needs, formulate strategies to be implemented and evaluate outcomes. Successes are celebrated, events planned and collaboration and networking occur.</i>
	<b>When</b>	<i>Monthly meetings – 3<sup>rd</sup> Thursday of the month.</i>
	<b>How</b>	<i>Facilitated monthly coalition meeting and team meetings to implement strategic plan.</i>
	<b>Who (Target Population)</b>	<i>Coalition members.</i>
	<b>Lead Organization</b>	<i>Grant County Prevention and Recovery</i>
<b>Plan for Implementation</b>	<b>Action Steps for Implementation</b>	<ul style="list-style-type: none"> <li>• <i>Coordinate meetings around partners' schedules</i></li> <li>• <i>Plan for community events (educational and networking)</i></li> <li>• <i>Invite new members from the community.</i></li> <li>• <i>Publicize events.</i></li> </ul>
	<b>Lead Coalition Member/Responsible Party (ies)/ Change Agent</b>	<i>Carolyn Pence, Prevention Specialist/Community Coordinator</i>
<b>Plan for Reporting and Evaluation</b>	<b>Measures Process and Outcome</b>	<i>Attendance by coalition members.</i>
	<b>Indicators</b>	<i>Number of coalition actions that improve community coordination by addressing isolation and barriers.</i>
	<b>Tools/Instruments used to collect information</b>	<i>Membership attendance tracking sheet.</i>  <i>Chart listing events and activities that improved community coordination</i>

**Goal 5:** Improve Family Management Skills

**Objective 5.1:** Improve communication skills among parents and caregivers of youth

**Strategy 1.5.1:** Parenting Workshops

<b>Plan For Action</b>	<b>Activity/Program</b>	<i>Strengthening Families Program</i>
	<b>Brief Description</b>	<i>This evidence based seven week course is directed towards parents and caregivers of children ages 10-14 and addresses the Risk and Protective factors of family management problems, favorable attitudes towards drug use; perception of social support from adults and peers and problem solving skills.</i>
	<b>When</b>	<i>October 2014 – May 2015.</i>
	<b>How</b>	<i>Coordinate at least two sessions of the Strengthening Families program with one session being offered in English and Spanish.</i>
	<b>Who (Target Population)</b>	<i>Parents and caregivers of 10-14 year olds</i>
	<b>Lead Organization</b>	<i>Grant County Prevention and Recovery</i>
<b>Plan for Implementation</b>	<b>Action Steps for Implementation</b>	<ul style="list-style-type: none"> <li>• <i>Secure facilitators and in kind match for location and for some of the meals provided.</i></li> <li>• <i>Distribute registration form to school district and community partners.</i></li> <li>• <i>Conduct pre/post surveys.</i></li> </ul>
	<b>Lead Coalition Member/Responsible Party (ies)/ Change Agent</b>	<i>Carolyn Pence, Prevention Specialist/Community Coordinator</i>
<b>Plan for Reporting and Evaluation</b>	<b>Measures Process and Outcome Indicators</b>	<i>Communication skills. Family Conflict</i>
	<b>Tools/Instruments used to collect information</b>	<i>Pre/post surveys  2014 HYS</i>