

Appendix 6 Wahkiakum Community Network – Action Plan

Goal 1: Increase knowledge & skills related to prevention science for Coalition staff and members.

Objective 1.1: Increase prevention knowledge of Coalition staff.

Strategy 1.1.1: Training opportunities for the Coalition Coordinator.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Attend CADCA Mid Year Institute (using PFS Funding)	Attend workshops specific to the Strategic Planning Framework and related prevention topics.	July 2015	Travel to attend training	Coalition Coordinator, 1 adult and 3 youth Coalition members	Wahkiakum Community Network	Coalition Coordinator

Objective 1.2: Increase prevention knowledge of Coalition members to increase their ability to lead prevention efforts in the community.

Strategy 1.2.1 Trainings for Coalition members.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Prevention planning training – including attendance at SAPST	The purpose of this activity is provide Coalition members with information and skills in the SPF process.	Sept-Dec, 2014	SAPST in Yakima, WA. Will explore options for hosting a similar training in Wahkiakum County.	TBD	Wahkiakum Community Network	Coalition Coordinator
Attend CADCA Mid Year (using PFS Funding)	Attend training specific to the Strategic Planning Framework and related prevention topics.	July 2015	Travel to attend training	Coalition Coordinator, 1 adult and 3 youth	Wahkiakum Community Network	Coalition Coordinator and Coalition members

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<i>Coalition member participation in State Prevention Summit.</i>	<i>Team of Coalition youth and adults will attend the State Prevention Summit.</i>	<i>Oct 20-21, 2014</i>	<i>Coalition Coordinator and adult and youth Coalition member team.</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator and Network members</i>
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Objective 1.3: Increase prevention knowledge of Coalition members in light of substantial membership changes in long established Community Network.

Strategy 1.3.1: Coalition members help implement effective prevention strategies in the community.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Regular Coalition Meetings	<i>In Coalition meetings, held monthly 11 times a year (July is a break month), Coalition members learn about new prevention initiatives, plan for the Coalition's work, and hold committee meetings to plan and implement the Action Plan.</i>	<i>Ongoing, monthly</i>	<i>Will hold meetings on a monthly basis for Coalition and its committees</i>	<i>Coalition members</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator</i>
Conduct Community Survey	<i>The Community Survey assesses knowledge, beliefs and norms about substance abuse among Wahkiakum Community Network. The Survey builds on the statewide community survey and adds a limited number of questions.</i>	<i>Oct – Dec 2014</i>	<i>The Survey is broadly distributed to engage residents in responding to the survey.</i>	<i>Community Members</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator and Coalition members</i>

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Analyze data from 2014 Healthy Youth Survey	<i>Analysis of the HYS 2014 data will provide the Coalition with updated knowledge about youth attitudes, beliefs, and use.</i>	<i>Mar-May 2015</i>	<i>The Coalition will review results of the HYS with youth input to assist in interpreting the meaning of the data.</i>	<i>Coalition Coordinator and adult and youth Coalition member team.</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator and Network members</i>
Update Action Plan and budget for coming year	<i>The Coalition updates its Action Plan at least annually, based on new data and input from activities and their results in the previous year. Budget revision is included in this process.</i>	<i>Sep-Oct 2014 for PFS Funds Apr-June 2015 for SAPT Funds</i>	<i>The Coalition will revise its Action Plan and budget in line with DBHR requirements.</i>	<i>Coalition members</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator and Network Members</i>
Review evaluation data	<i>The Coalition will review evaluation data at the end of each activity, and annually for certain overall measures.</i>	<i>Ongoing</i>	<i>The Planning Committee will review evaluation data.</i>	<i>Coalition members</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator and Planning Committee.</i>

Goal 2: To delay or eliminate the use of drugs and alcohol by Wahkiakum County Youth.

Objective 2.1: Maintain or increase youth perception of the risks of alcohol and drug use. (Favorable Attitudes.)

Strategy 2.1.1: Support evidence-based programs for youth in elementary and middle school grades in Wahkiakum County.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Project Toward No Drug Abuse	<i>The purpose of this is to impact all 8th graders about to enter into high school. This will allow them the opportunity to develop self-control and communication skills, acquire resources that</i>	<i>May 2015</i>	<i>Takes place over a weekend CISPUS retreat and an additional two sessions at the</i>	<i>All Wahkiakum County 8th Graders</i>	<i>Wahkiakum Community Network</i>	<i>Coalition Coordinator</i>

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help them resist drug use, improve decision-making strategies, and develop the motivation to not use drugs. *school as follow up.*

NOTE:

The above program also address **Objective 2.2:** Maintain or improve positive decision making skills.

Objective 2.2: Maintain or improve positive decision making skills.

Strategy 2.1.1: Support evidence-based programs for youth in elementary and middle school grades in Wahkiakum County.

Project Success	<i>An evidence based program focusing on refusal skills, dangers of using drugs, alcohol and tobacco, the stress of being teenagers and family health.</i>	<i>Ongoing during school year</i>	<i>Delivered by PI Specialist</i>	<i>Students at Wahkiakum High School</i>	<i>ESD</i>	<i>PI Specialist</i>
Second Step	<i>The purpose of this is to impact all 5th graders about to enter middle school. This will allow them the opportunity to identify and understand their own and others' emotions, reduce impulsiveness and choose positive goals, and manage their emotional reactions and decision-making process when emotionally aroused.</i>	<i>April to May 2015</i>	<i>Delivered in the classroom by PI Specialist or contracted Facilitator</i>	<i>All Wahkiakum County 5th graders</i>	<i>Wahkiakum School District</i>	<i>PI Specialist or Contracted Facilitator</i>
	<i>(Full extent of services will be determined by October 2014.)</i>					

NOTE:

The above two programs also address **Objective 2.1:** Increase youth perception of the risks of alcohol and drug use. (Favorable Attitudes.)

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Objective 2.1: Increase youth perception of the risks of alcohol and drug use. (Favorable Attitudes.)

Strategy 2.1.2: Youth-led and youth-designed Social Norms Campaign.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Social Norms Campaign	The Network PR Committee will work with youth to develop media messages on community norms using video and social media. Overall campaign will address a gap between perception and actual data. Specifics to be defined by Feb 2015.	Ongoing through school year, beginning Feb 2015 (pending final approval of timeline with PR Committee)	PR Committee will work with the Teen Advocacy Group and WSU to develop and distribute messages.	Residents of Wahkiakum County	Wahkiakum Community Network and WSU	Coalition Coordinator, PI Specialist and Network PR Committee

Objective 2.3: Increase parental knowledge and skills in parenting for prevention. (Family Management Skills.)

Strategy 2.3.1: Evidence-based parenting programs.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Strengthening Families	The purpose of this activity is to address the underlying causes of marijuana abuse and provide families with the skills necessary to make healthy decisions.	Fall/Winter 2014 & Spring 2015	Delivered by trained community facilitators.	Open to All Wahkiakum families	Wahkiakum Community Network	SF Facilitator(s) and Coalition Coordinator

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Objective 2.3: Increase parental knowledge and skills in parenting for prevention.

Strategy 2.3.2: Community events that increase opportunities for families as whole units to participate in pro-social activities.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Family Nights	Alcohol free evening events promoting family togetherness through positive, pro-social activities and that include prevention education messages.	Quarterly on ongoing basis beginning January 2015	Will be organized jointly by Network PR Committee and PI Specialist	Open to All Wahkiakum families	Wahkiakum Community Network	PI Specialist, Coalition Coordinator and the Network PR Committee

Goal 3: Reinforce positive community norms

Objective 3.1: Increase community members' knowledge of risks associated with youth alcohol and drug use.

Strategy 3.1.1: Multi-media campaign increasing exposure of community members to accurate information on youth substance abuse, its prevalence, risks and consequences.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Media Campaign (Public Awareness)	The Network PR Committee will develop a program of distributing positive community norms messages and prevention education messages through newspaper, newsletter and other placements.	Monthly on an ongoing basis.	Will be organized by Network PR committee, beginning January 2015 (pending final approval of timeline with PR Committee)	Will reach Wahkiakum County residents	Wahkiakum Community Network	Coalition Coordinator and PR Committee