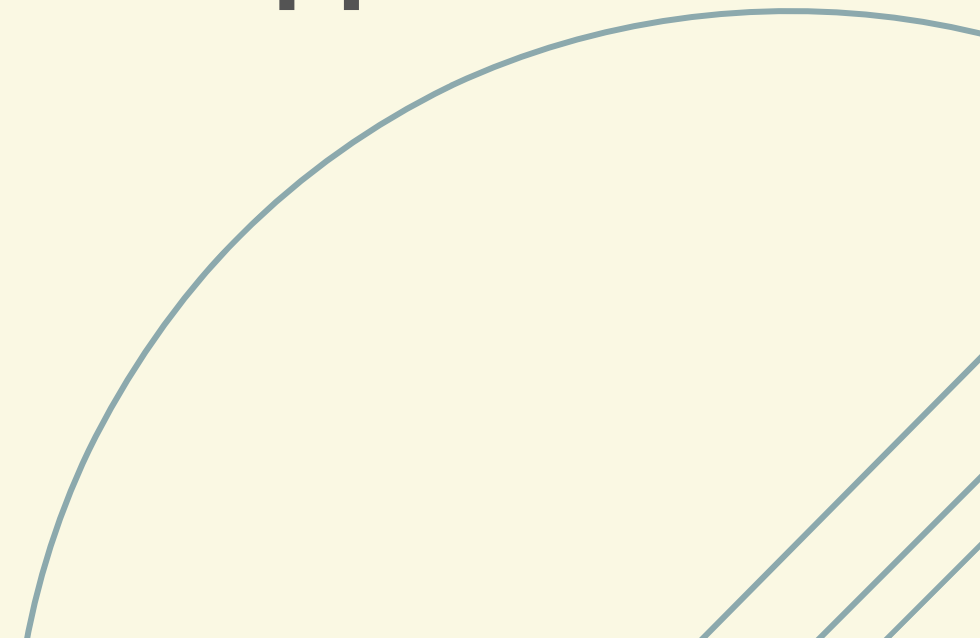
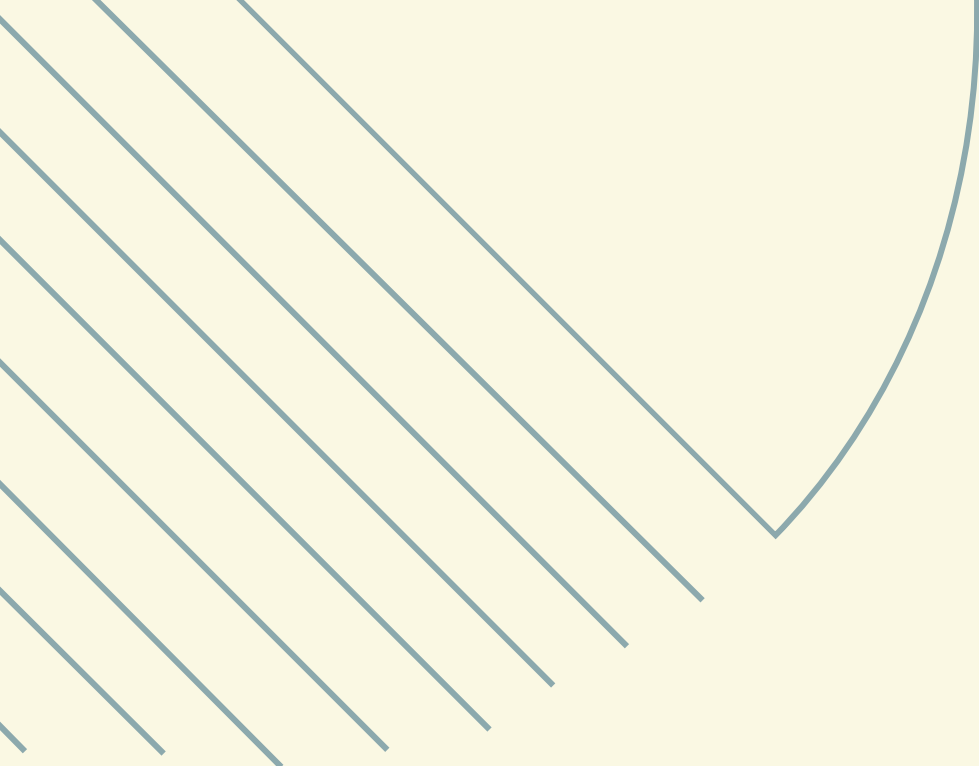




**SOUTH WHIDBEY**  
**C.A.R.E.S**  
**COALITION**

**Community Advancing Resilience Education & Support**





**How many of you work where you grew up?**





**Lauri Johnson-Grimm**



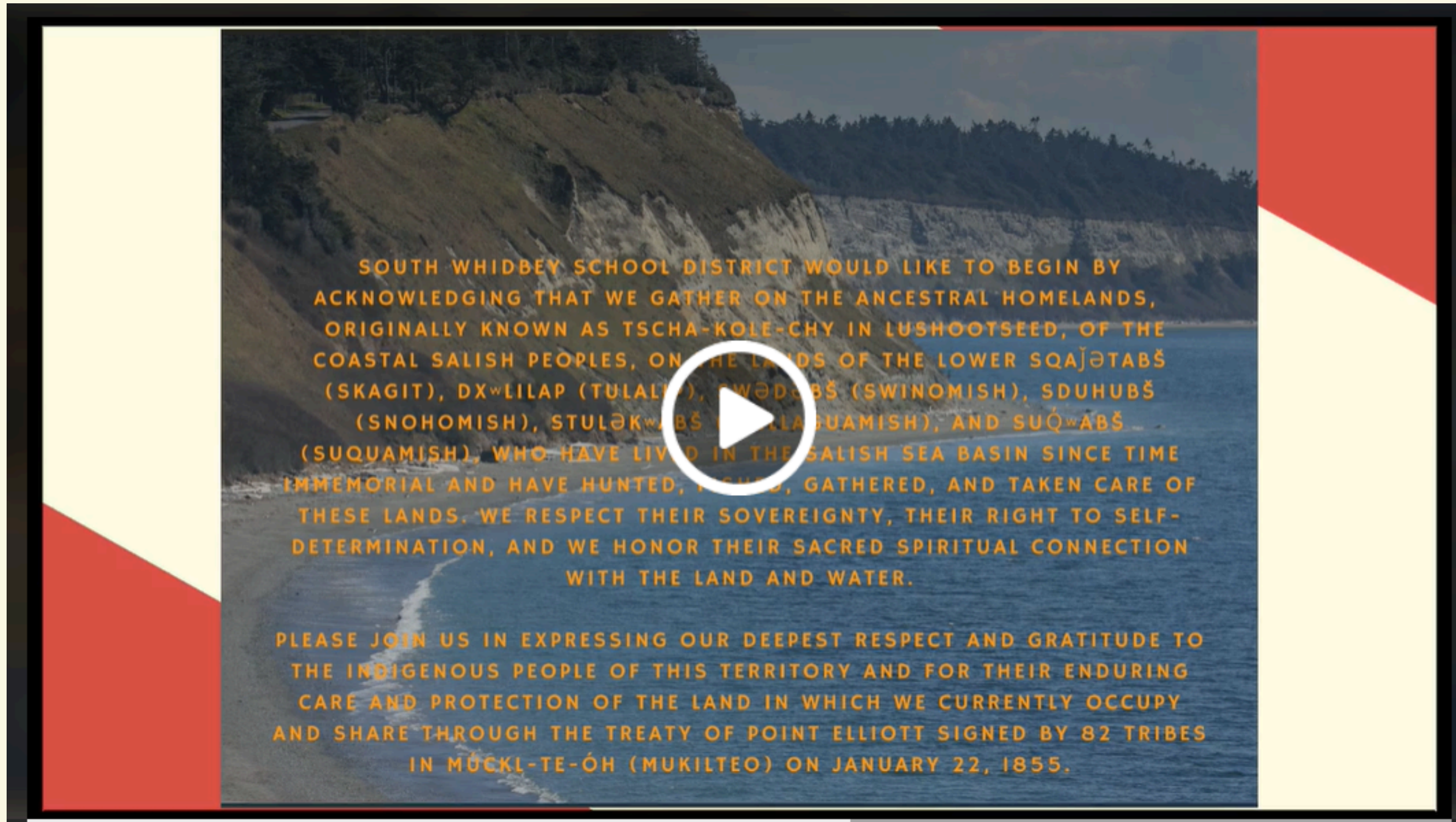
**Taylor Lawson**



# Land Acknowledgement

Land Acknowledgement - South Whidbey School District 206

wednet.edu



South Whidbey School District Land acknowledgement

KRISTINA AQUINO MACARRO 2 YEARS AGO

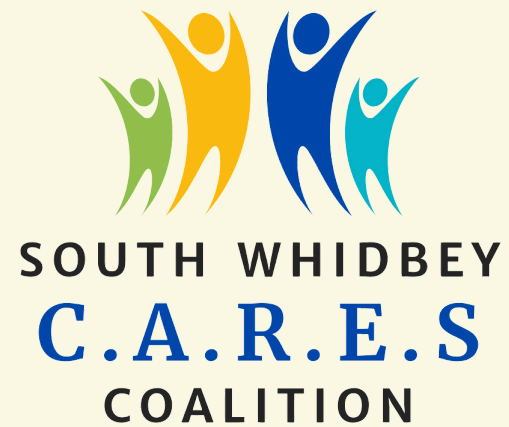


93



# Coalition Meeting Agreements

**Be Respectful,  
Listen with curiosity and to understand first;  
then to be understood,  
Be Present and focused,  
Be Positive and believe in possibility  
Share the lesson not the story  
Assume positive intent**



**Community  
Advancing  
Resilience  
Education &  
Support**



# DISCLAIMER

**Disclaimer:  
Progress and Process.**

**Vulnerability, Transparency,  
Humility and a little bit of Humor.**

**We are walking this path together**




# Setting Intentions

What holds you back and limits your potential?

What do you want to bring to this space?





**We are letting go of  
perfection  
and creating opportunities for  
growth for all of us today.**



**How do you want to approach today?**

**Affirmation:**

**Create your own using this framework**

**I am letting go of**

**\_\_\_\_\_ and creating**

**\_\_\_\_\_ for myself**

**today.**







**Isaac Wulff**

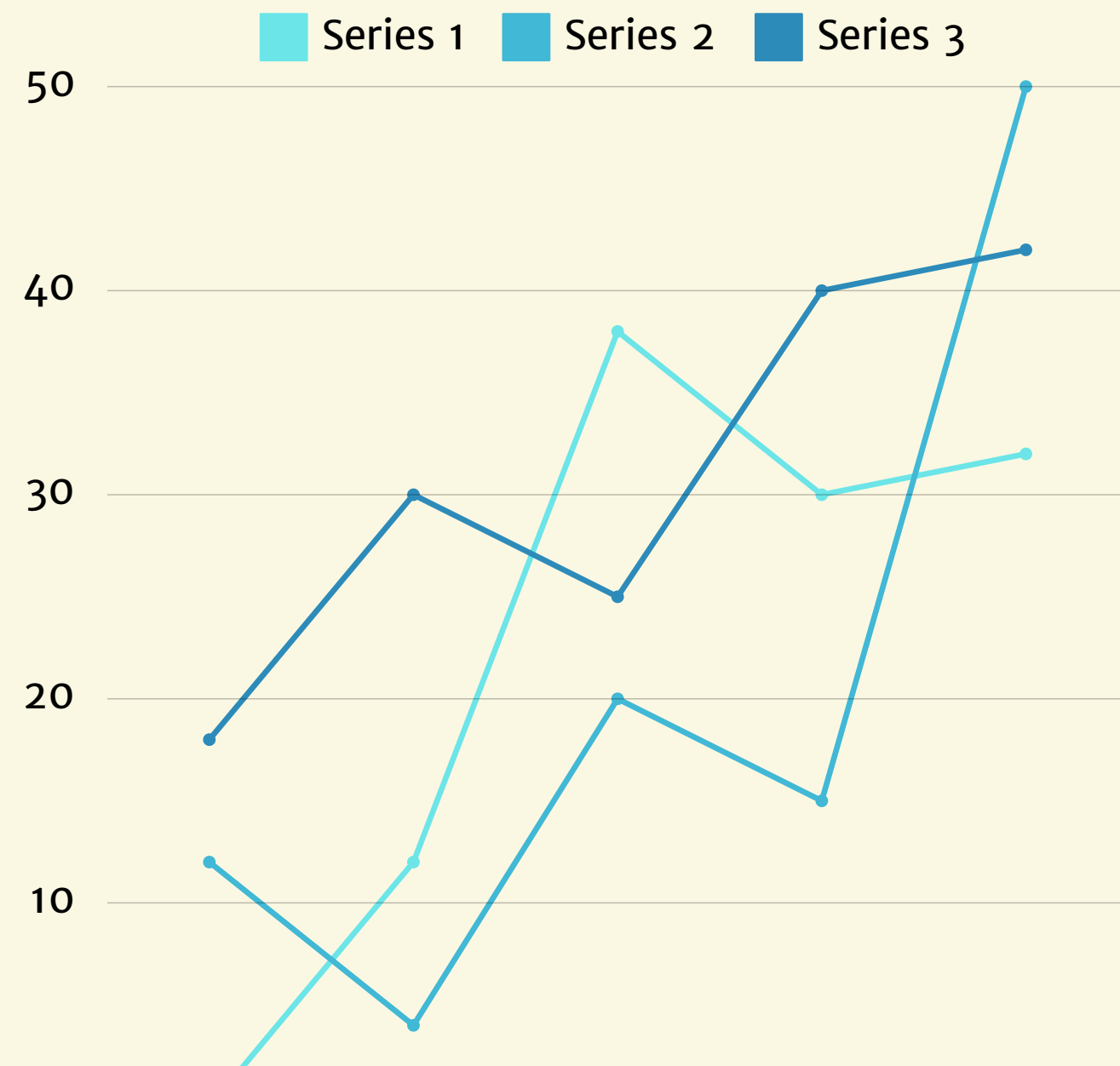




**Either  
Or  
Over packer  
or  
Under packer?**



# A Data-Driven Story backed by relationships





**How did we get here?**

**We didn't do it  
alone...**



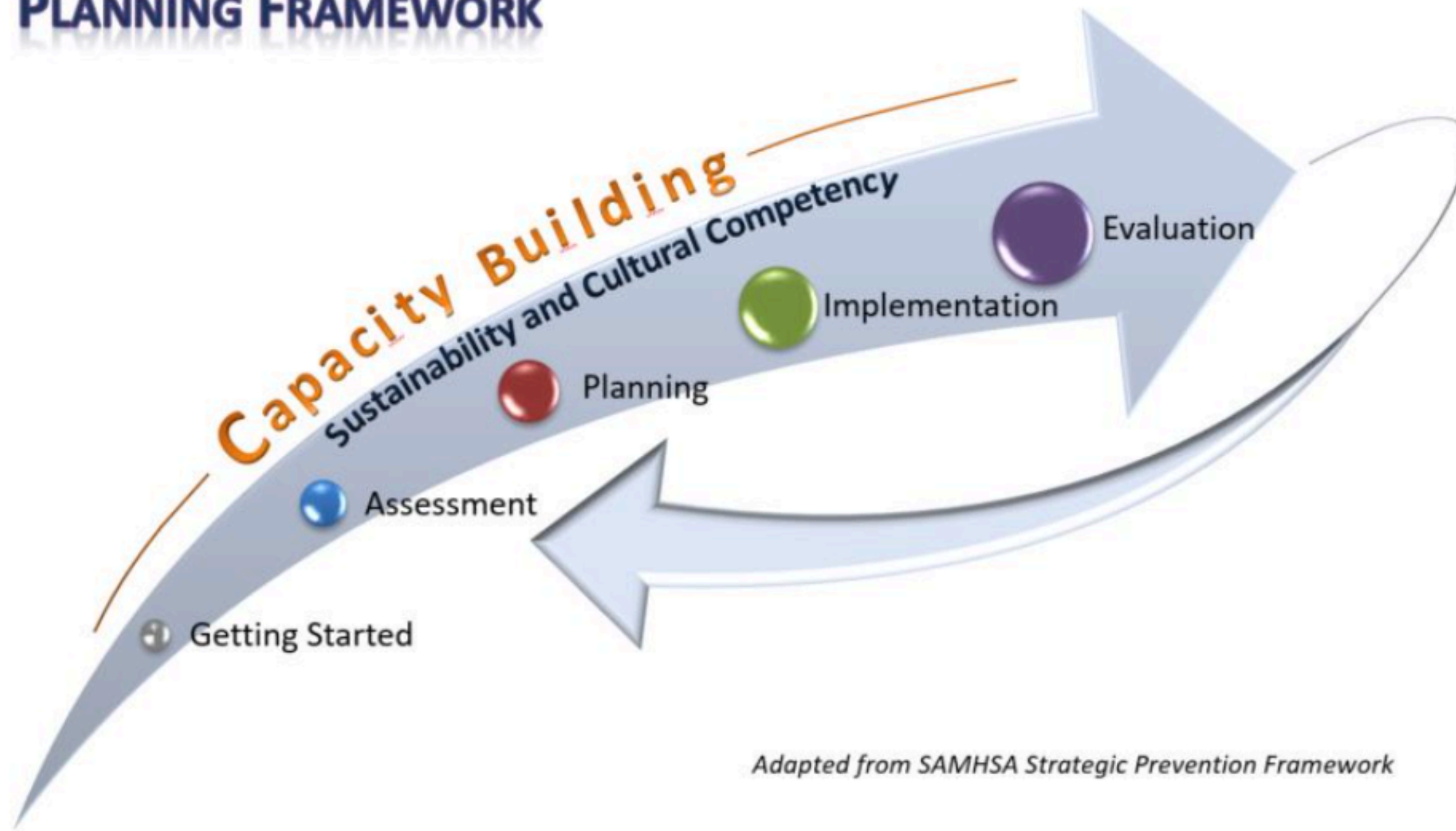
A few of our partners that make this possible





# Strategic Planning 2024

# DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE PLANNING FRAMEWORK



*Adapted from SAMHSA Strategic Prevention Framework*

# Common Misconception = Linear Process

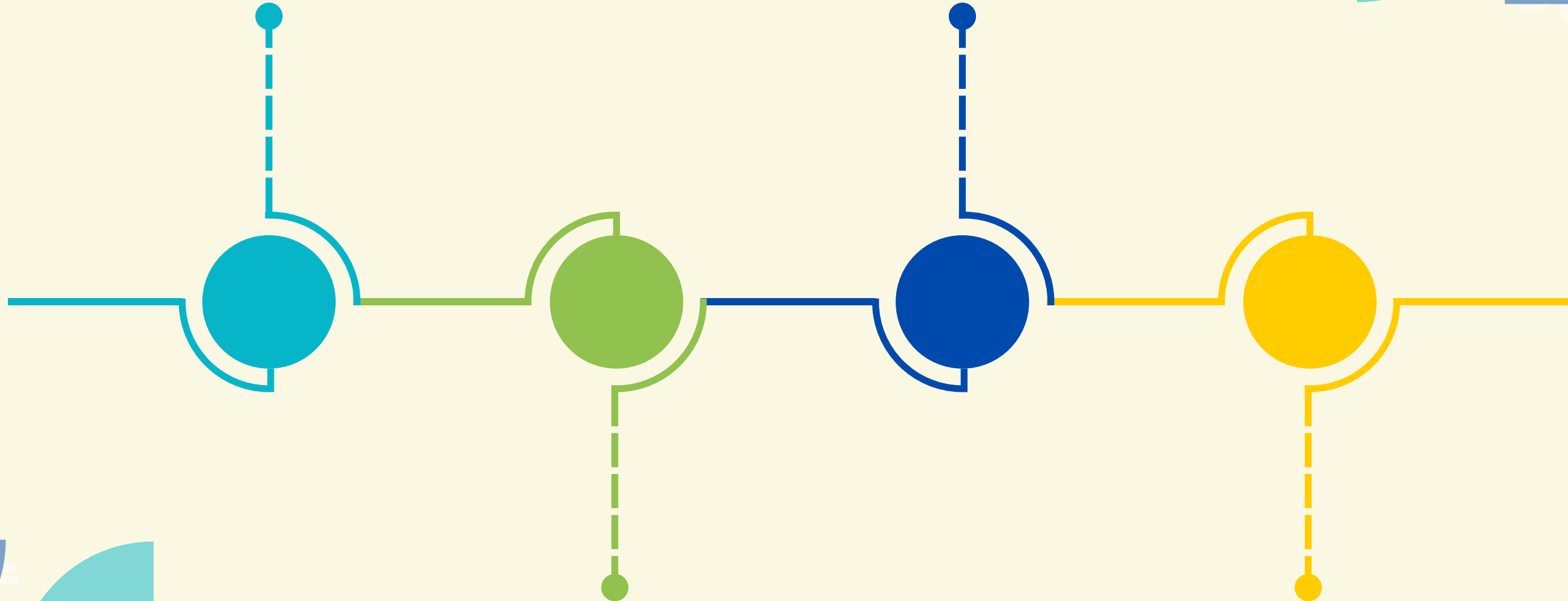
Getting Started  
Coalition Development

Planning

Evaluation

Needs Assessment:  
Data Review  
Gap Analysis

Implementation



# Reality = Simultaneously

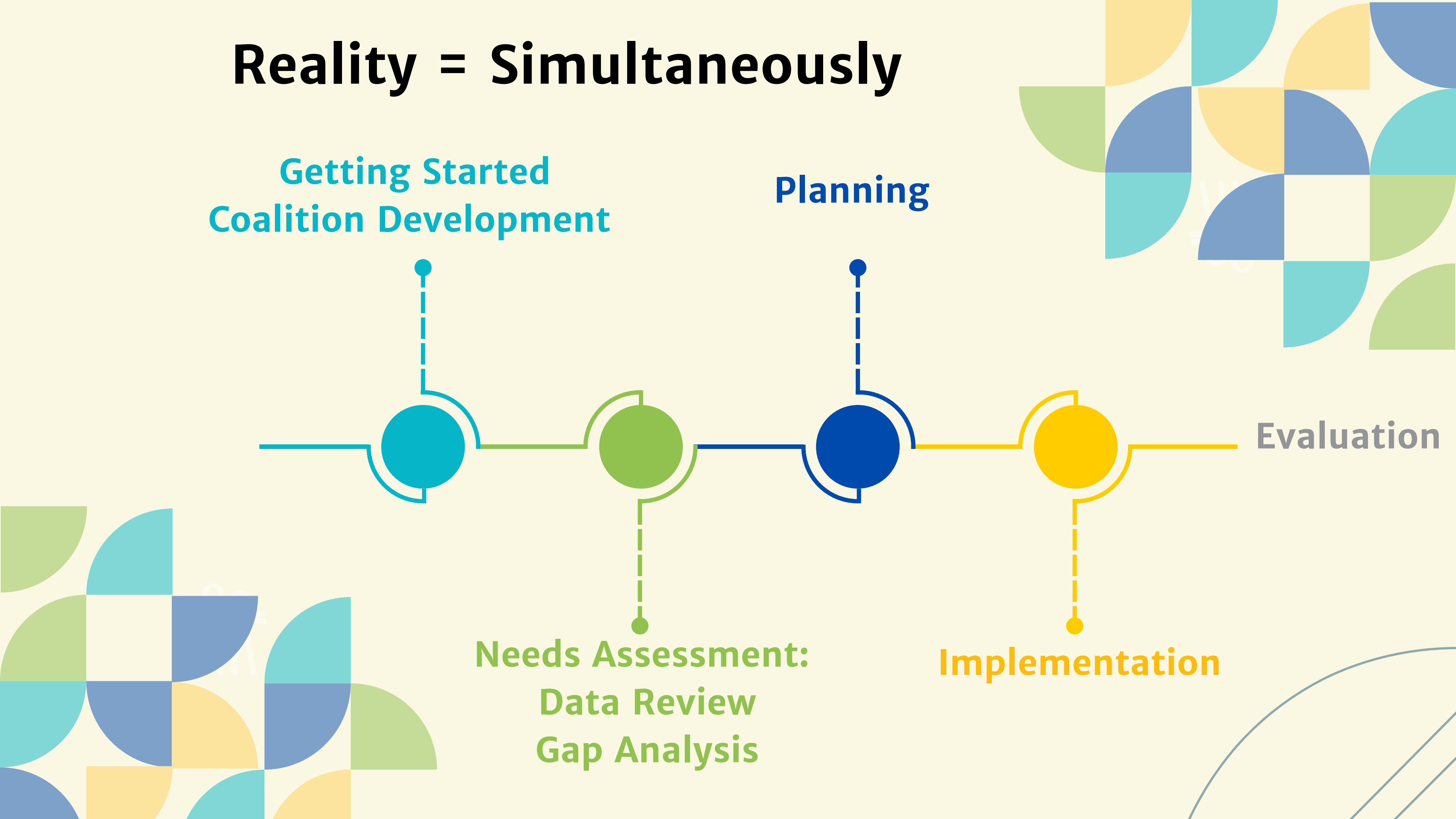
Getting Started  
Coalition Development

Planning

Evaluation

Needs Assessment:  
Data Review  
Gap Analysis

Implementation





## Coalition Development

monthly social  
media calendar

Media  
Release/PSA

Reduce Access:  
Provide  
Mail-back Bags  
at SWCC

## Needs Assessment:

Data

Review/Analysis

Drug Take  
Back/Safe  
Disposal Event

Creating/updating  
process  
documents

## Planning

## Implementation

Review quarterly  
reports from  
DOH/MedProject

Track monthly  
progress across  
Island County  
collection data

## Public Awareness

Starts with ONE  
Friends for Life

Any  
given  
month

6-month  
Evaluation  
checkpoint

*Overlap, and out of "order"*

# Opioid Prevention Committee

# Every month is part of the Strategic Planning Process

## Coalition Development

Creating/updating process documents  
Media Release/PSA

## Needs Assessment:

### Data

**Review/Analysis**  
Review quarterly reports from DOH/MedProject  
**Track monthly progress** across Island County collection data

## Planning

monthly social media calendar  
Drug Take Back/Safe Disposal Event

6-month Evaluation checkpoint

## Implementation

Reduce Access:  
Provide Mail-back Bags at SWCC  
**Public Awareness**  
Starts with ONE Friends for Life

**Opioid Prevention Committee**

2023



Data Assessment

Every month at least 1 source

Opioid Data Dashboard

Coroner's Report

Human Services- Opioid Outreach

**Opioid Prevention Committee**

2024

April- 2024 Org Development and getting started

Comm that Care Tools for Community Leaders- a guidebook for getting started

March SP documents and resources

January 2024 LCM- SPF overview

May 2024 PTTC WSU-EXT prevention professionals planning retreat- Coupeville WA

Comm That Care Building Readiness and Creating a Culture of Participation

June 2024 HCA Databooks

Comm That Care Gap Analysis

August 2024 Coalition Leadership Institute Crafting a Community-Owned Strategic Plan

HCA/DBHR LCM CTC

# Strategic Planning Training

**2024**

May 2024 Gwen and Lauri  
PTTC WSU-EXT prevention  
professionals 2-day planning retreat-  
Coupeville WA

June 2024 HCA Databooks

June half-day SW CARES  
Strategic Planning  
workgroup retreat

April- 2024 Org Development  
and getting started

April Data review after HYS released-  
ICPH, Taylor and Megan

July Day 2 Strategic  
Planning Retreat

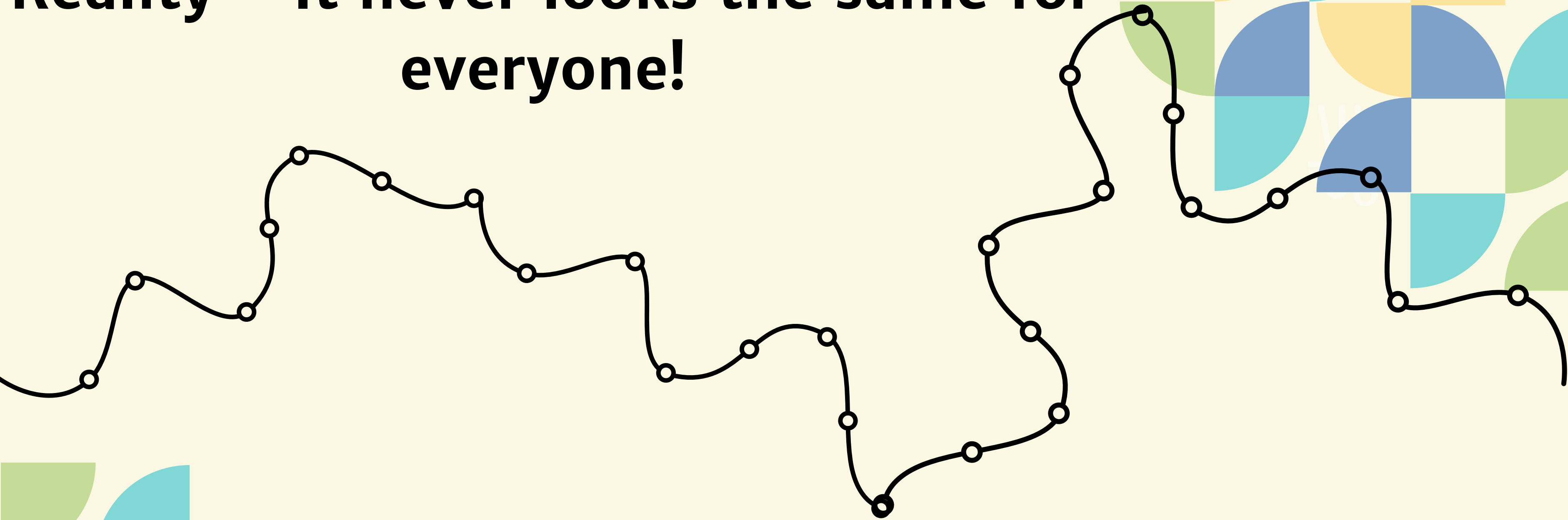
Soft Launch Data Group April

March SP documents and  
resources

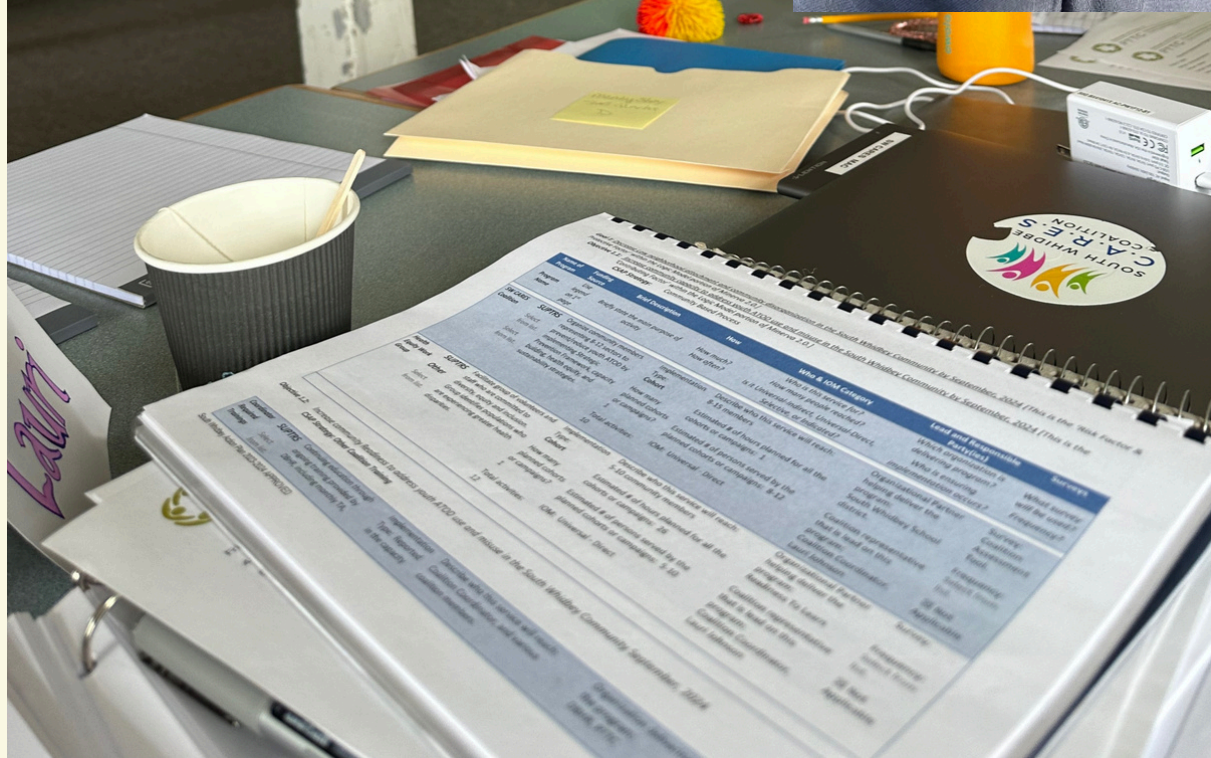
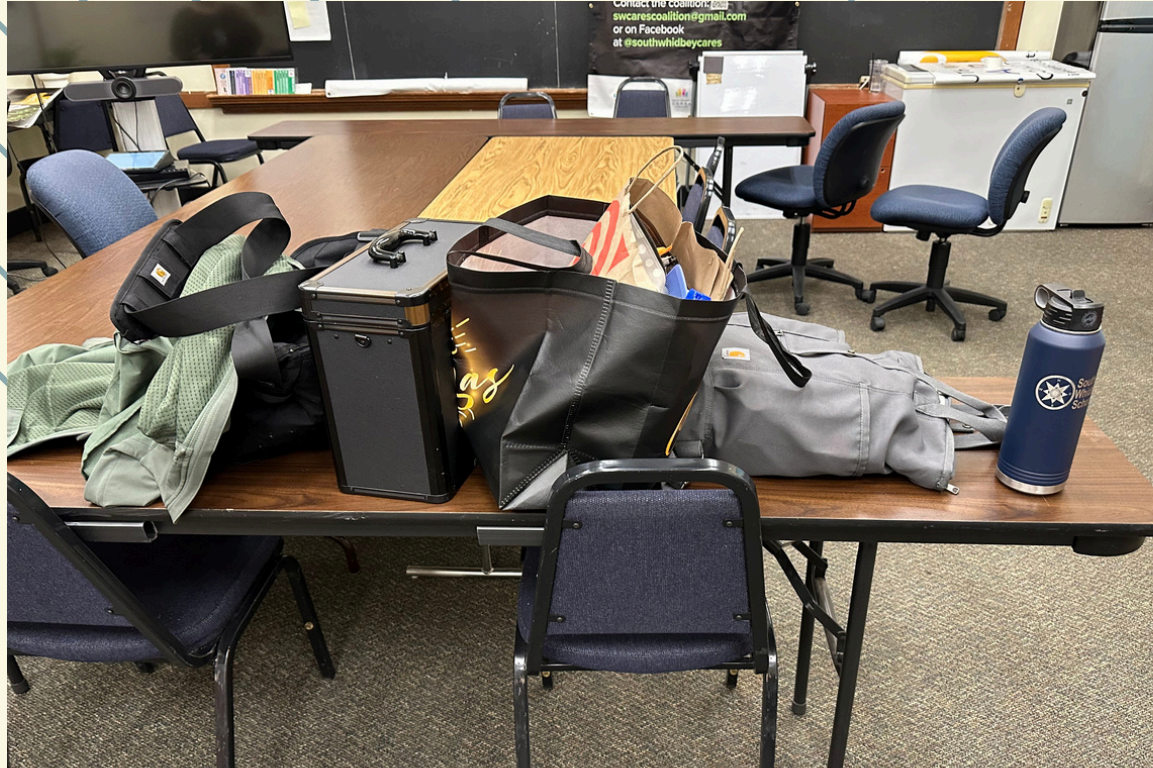
August 2024  
Coalition Leadership Institute  
Crafting a Community-Owned  
Strategic Plan  
Lauri and Assessment  
Supervisor Taylor Lawson

# South Whidbey CARES Coalition Strategic Planning Training Process

**Reality = It never looks the same for everyone!**



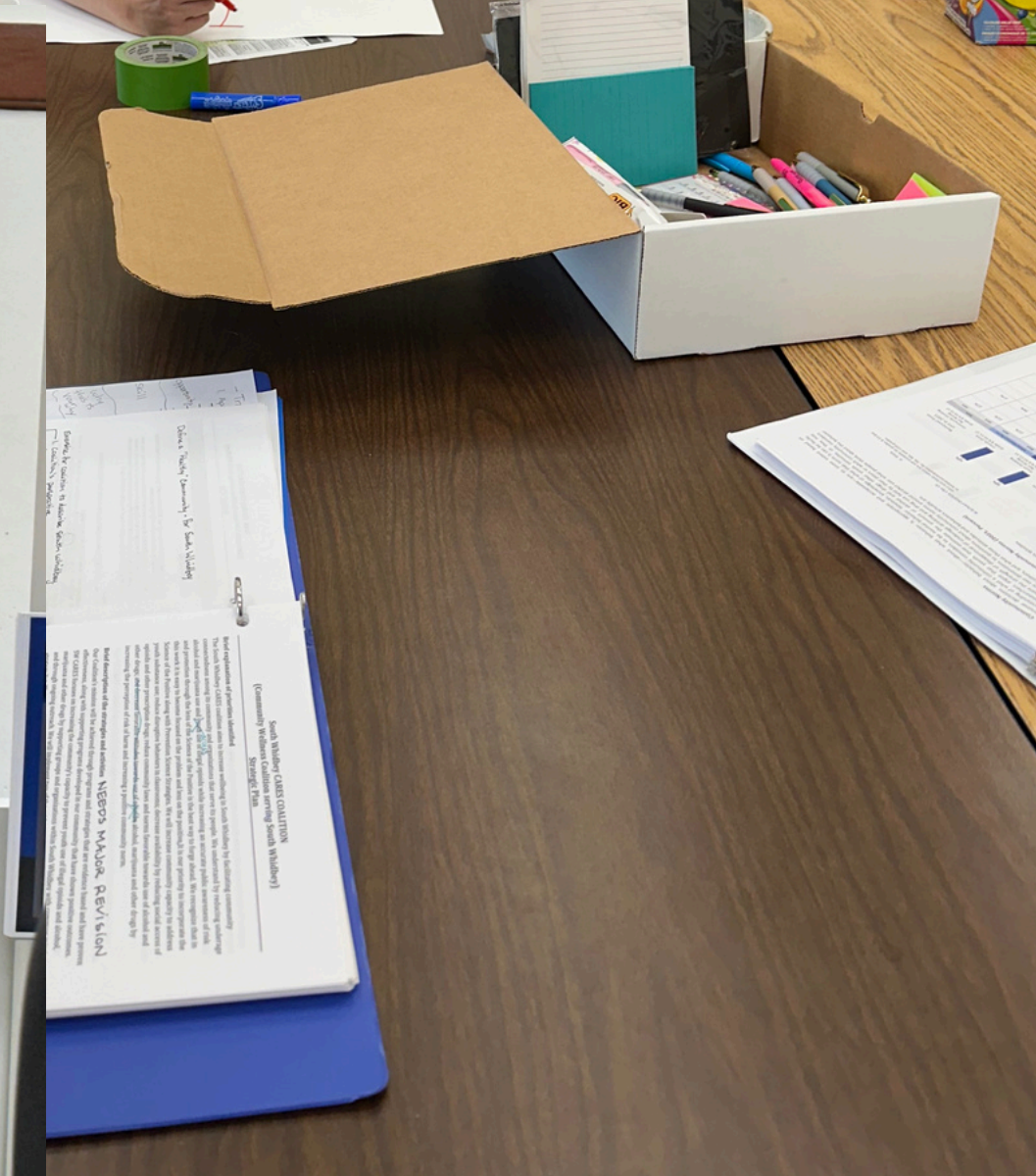
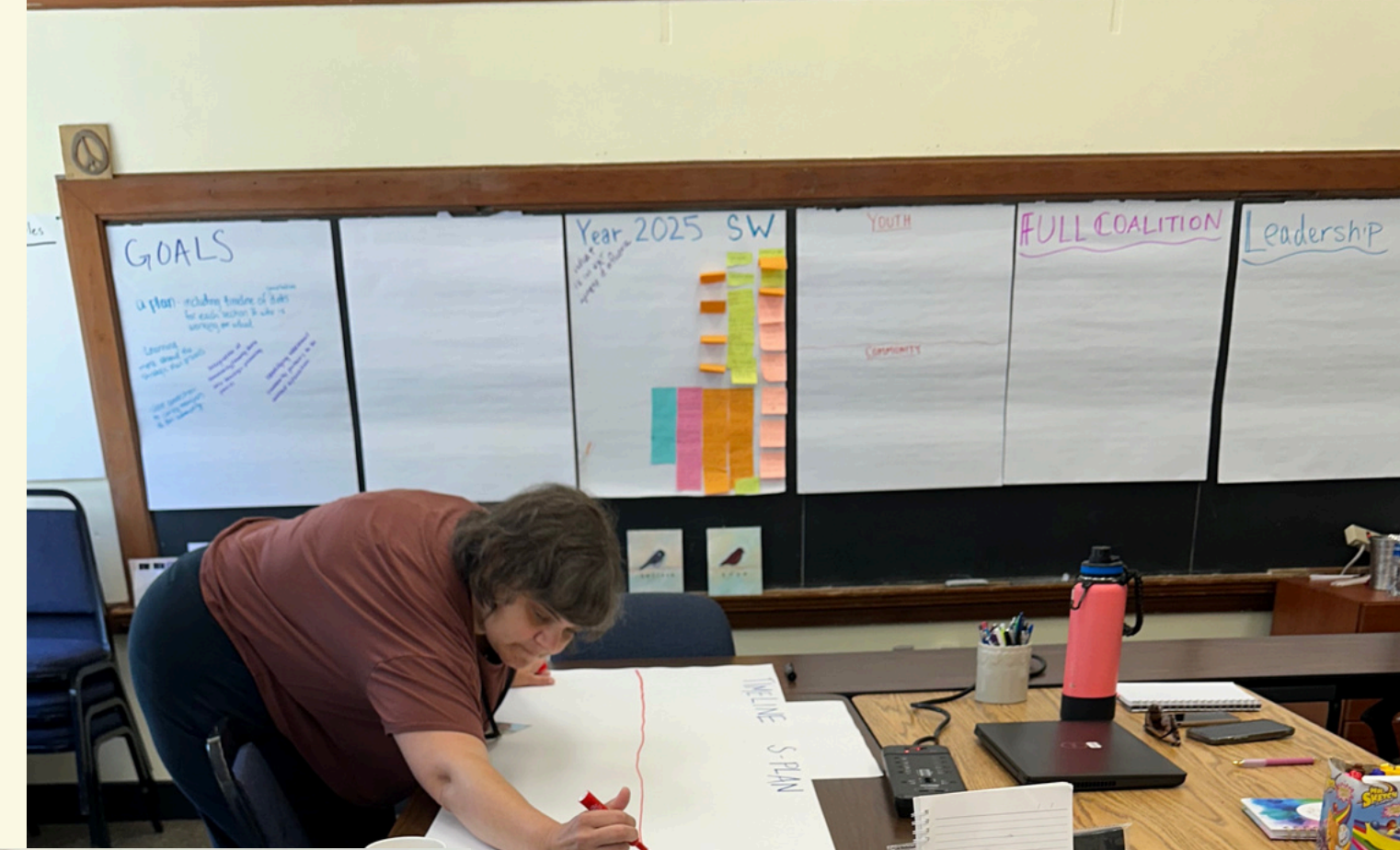




# WSU Ext Strategic Planning Retreat



# June half-day SW CARES Strategic Planning workgroup retreat



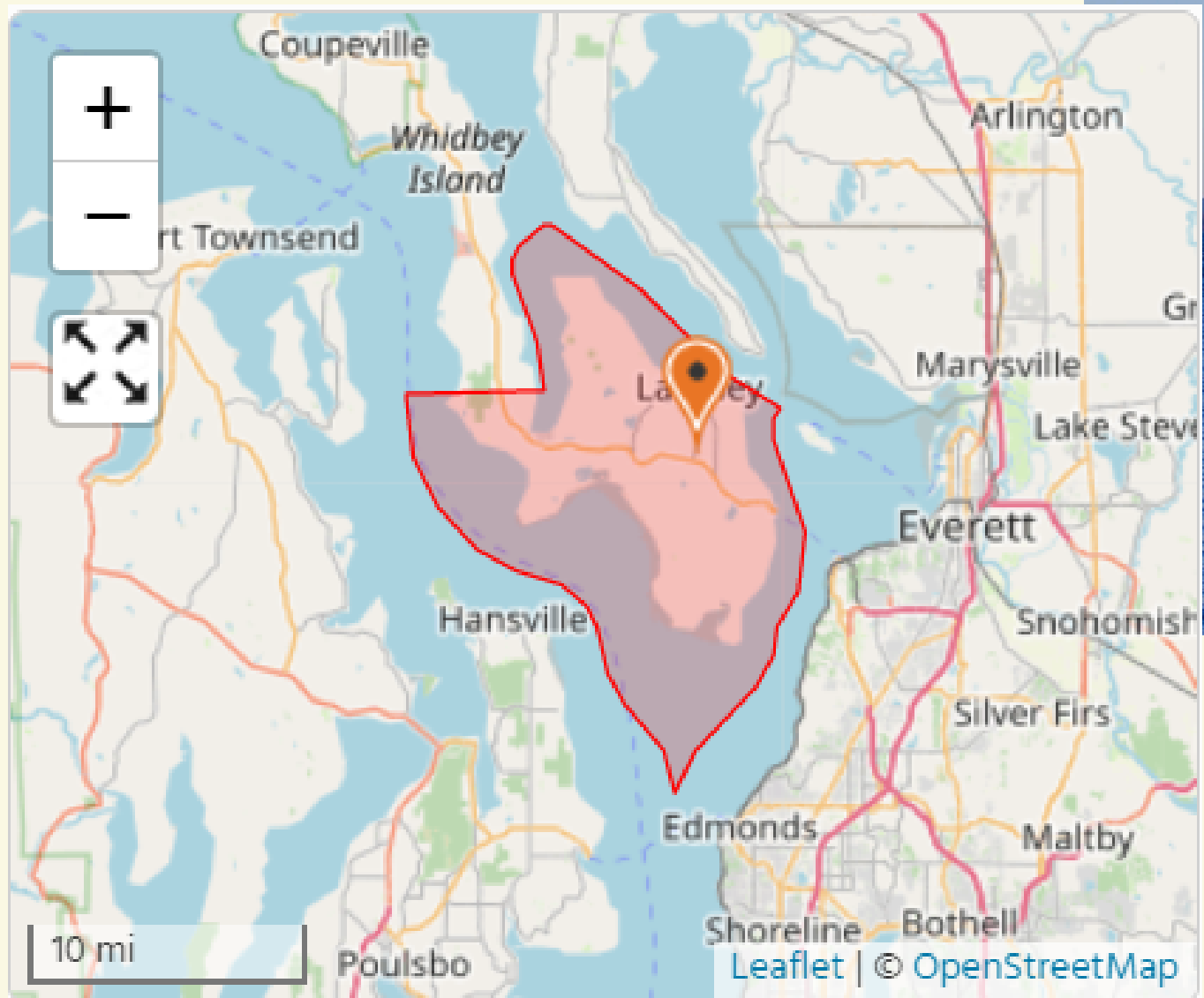


# Getting Started





# Who are we?



# Step 1

Decide the lens you wish to use:

**Individual:**

where you grew up

**Family:**

place you live/work,

**Community:**

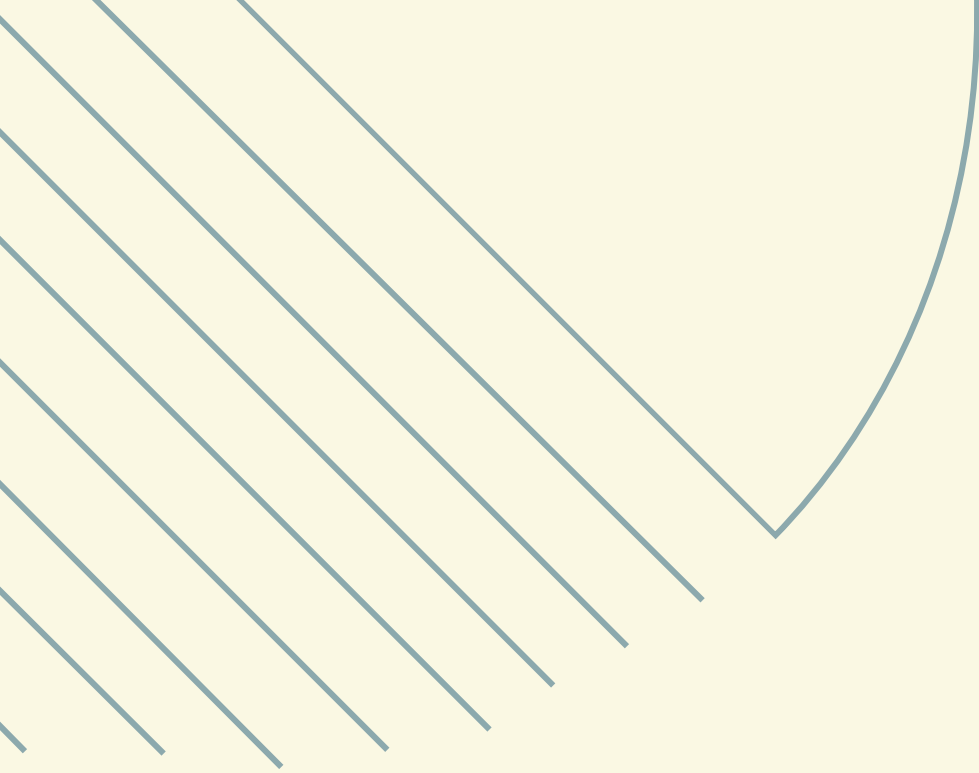
who you represent today

## I Am From...

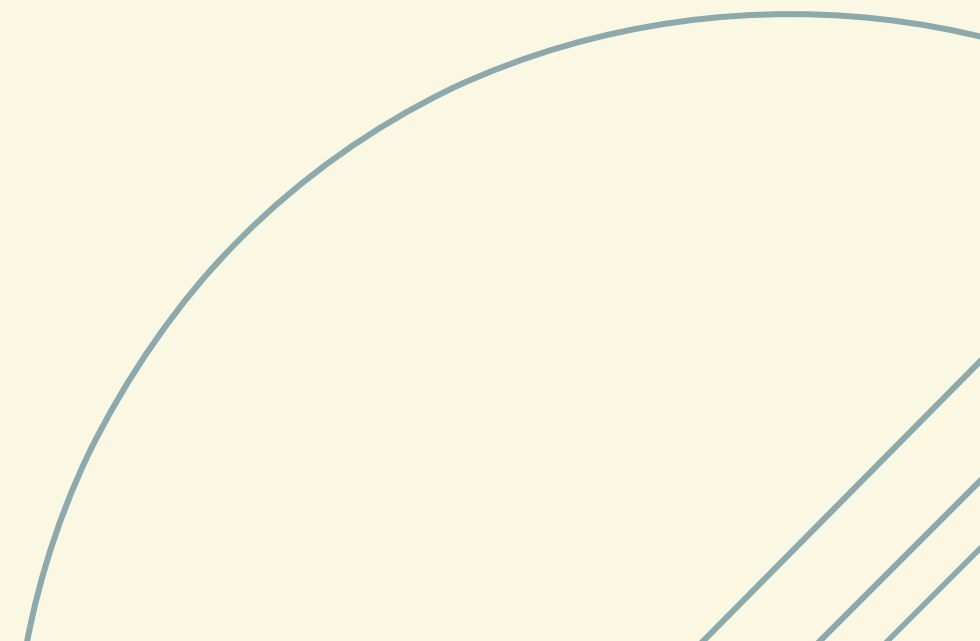
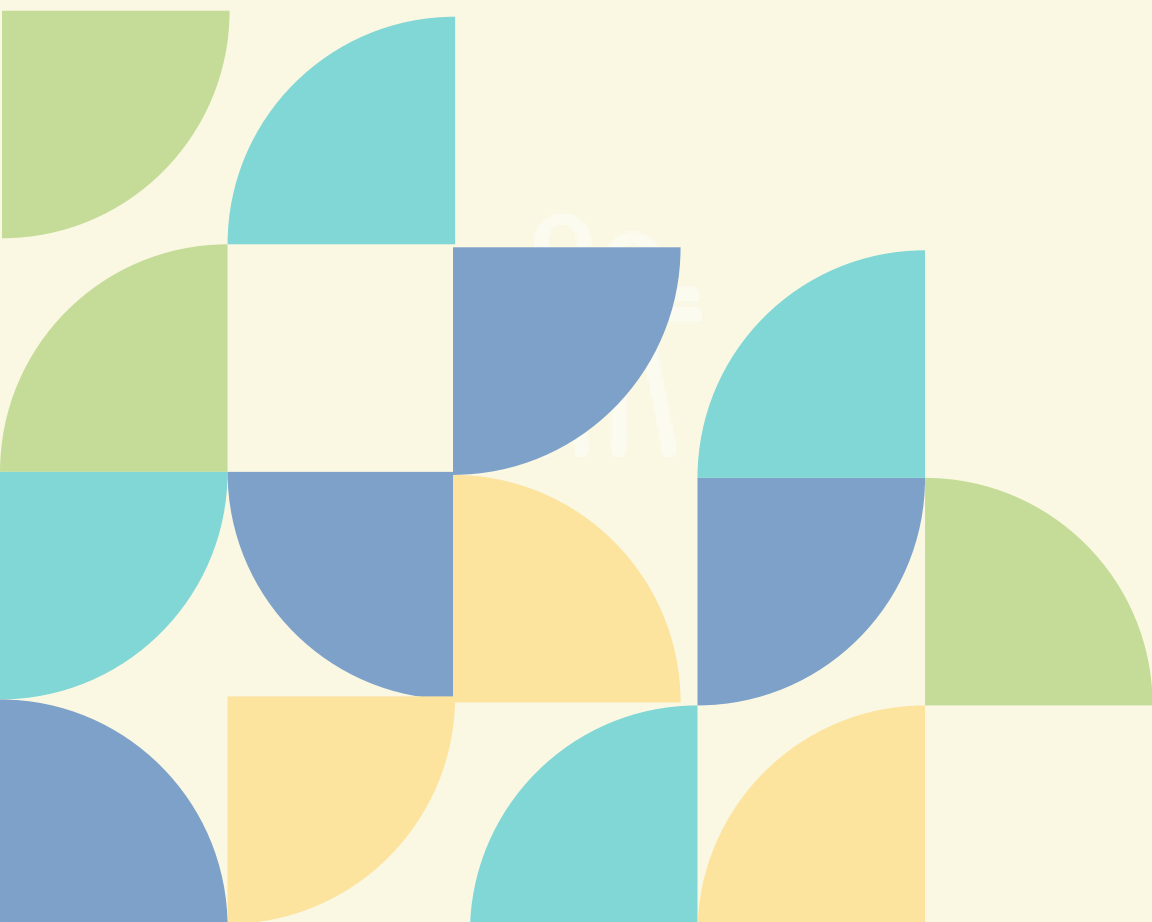
Everyone should have pen & paper and write "I am from"

### **Describe in words, no sentences needed**

1. (I am from)...places, scenes from your neighborhood that locate you physically where you grew up, or live/work/ or community you represent here today.....
2. (I am from) ... foods, smells, traditions like the names of food dishes that make you remember your home places, family, and community.....
3. (I am from)... familiar sayings growing up – in your family or your town, in the language you heard if you want.....
4. (I am from) ... people who have influenced /impacted who you are today...



**We are...**





Beaches and seafood,  
Trails and Tall Trees,  
Tree climbers and horse back riders  
Traditional with culture  
Community events  
Music and art gallery's,  
Homesteaders and condo's,  
5 generations of family reunions full of  
Celebration  
Where we say "I got a guy for that"



Kind and passionate  
With a dedication to family.  
We are Supportive and gracious  
Non profit heavy  
Teachers with hugs.

On Island Time  
And from The "South  
end" of the Rock  
We go to "town" on  
Ferry's with legacies

**And so much more!**

# CIA

## Coalition Involvement Agreement

We asked questions to help us serve the coalition more effectively

**Development**

**We ask 3 important questions**

**How do you like to be celebrated and acknowledged for your accomplishments?**

**Top 5 personal values**

**Self-identified skills that you bring to the coalition's work**



# Table Task

We asked...  
How do you like to be celebrated,  
or acknowledged for accomplishment?

Authentic words of affirmation


Party

Public recognition

Privately, ANYTHING BUT public recognition

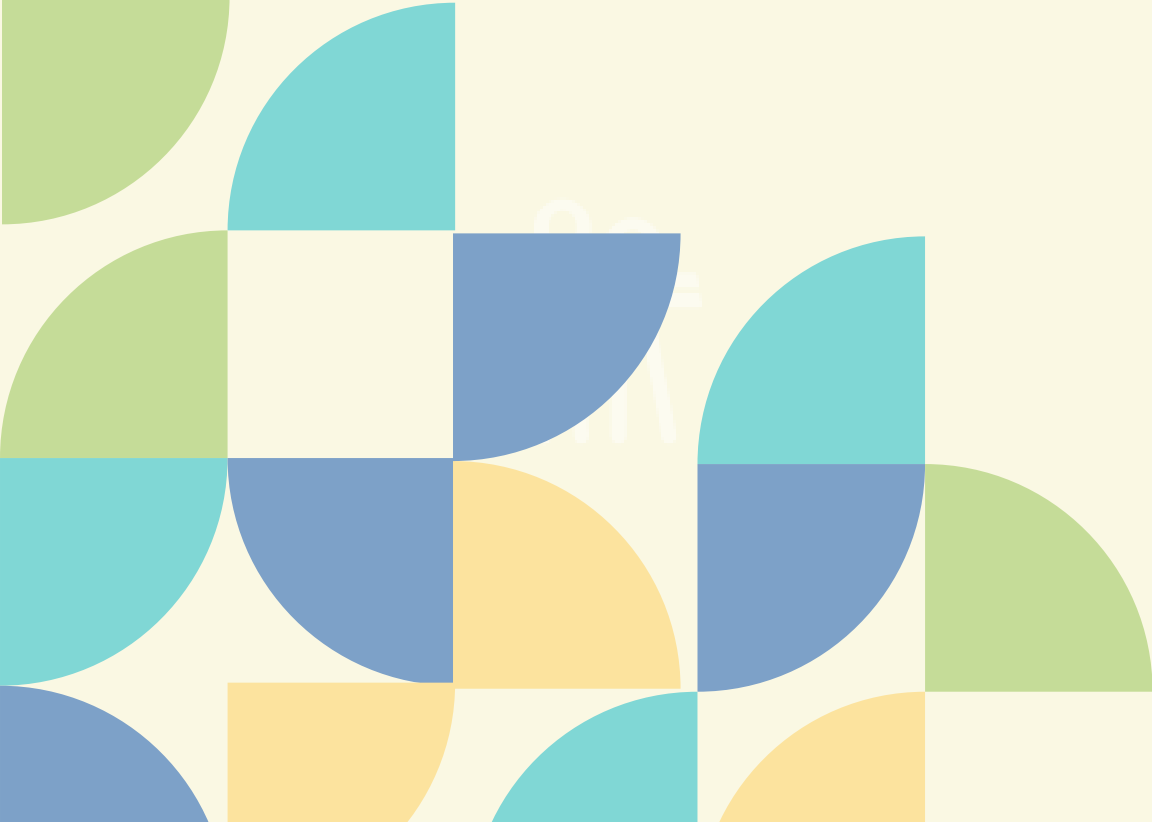
Small gift





**Share at your table...**  
**How do you like to be acknowledged?**

**Do you ask the coalition a special question?**



# **We asked what are your top 5 personal values from Brene Browns Dare to Lead values list**

**Authenticity, Compassion, Sensitivity, Honesty,  
and Gratefulness**

**Community; Kindness; Diversity; Respect; Peace  
Accountable, Cooperative, Caring, Balanced,  
Responsibility**

**empathy, respect, caring, responsible,  
connection**

**Hope, kindness, vulnerability, balance,  
connection**

**Creativity, curiosity, Humor, Community,  
Compassion**



# Skills identified by members

“I'm organized, I love to collaborate, I get along well with others, and I have a lot of energy to put into this work! Excited to be working together :) thank you for having me!”

“Mixed Media artist, Perseverance, Idea generator”

“I share what I think the youth will benefit from and come up with fun ideas for our community.”

“Compassionate”

“Law enforcement knowledge”

“Positive attitude and building great connections.”

“I strive to be a strong but humble facilitator and equal partner in all that I do!”

“Knowing what youth might gravitate towards”





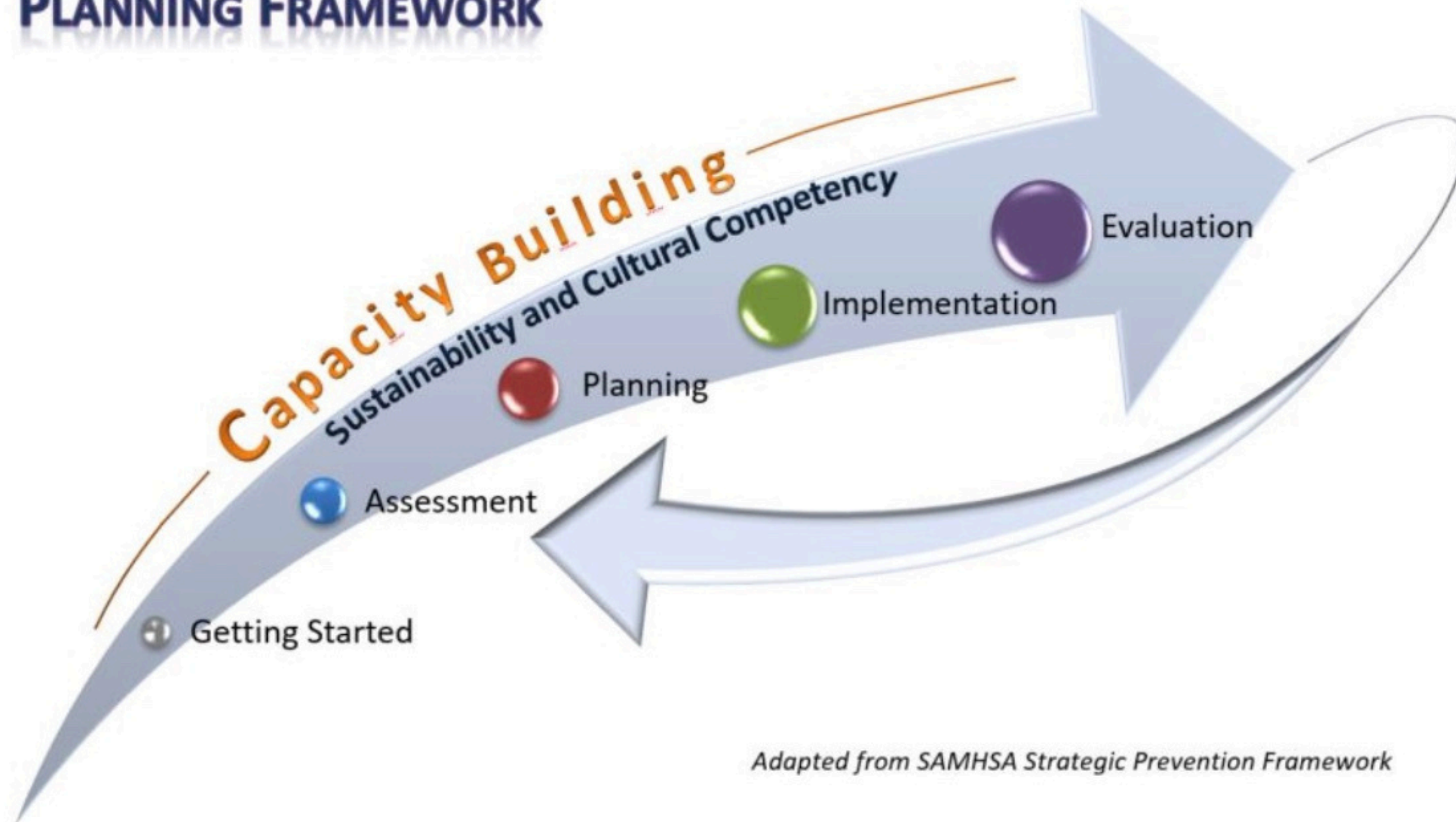
# Mission

**We are here to build and sustain a healthy South Whidbey community.**



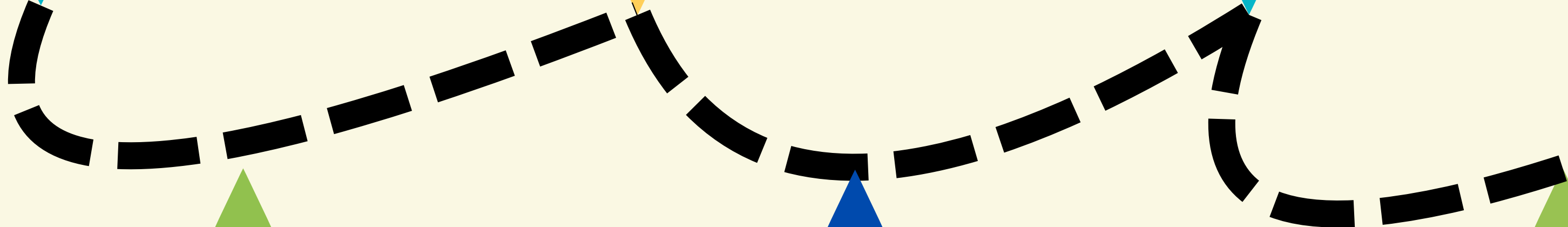
# 2019

## DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE PLANNING FRAMEWORK

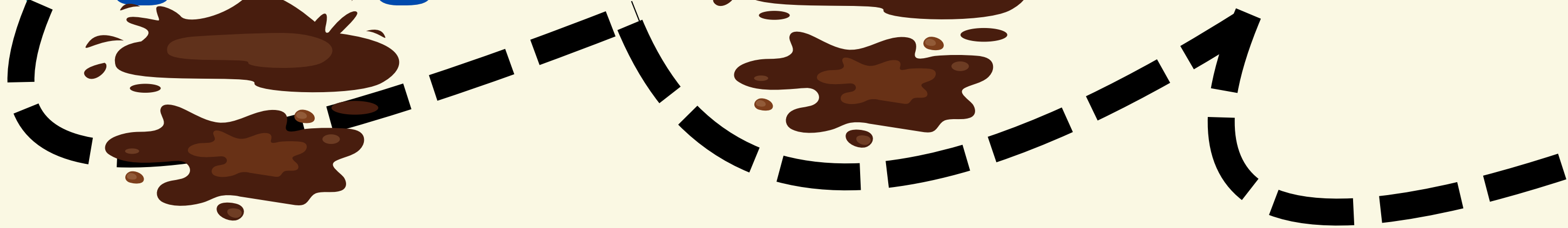


*Adapted from SAMHSA Strategic Prevention Framework*

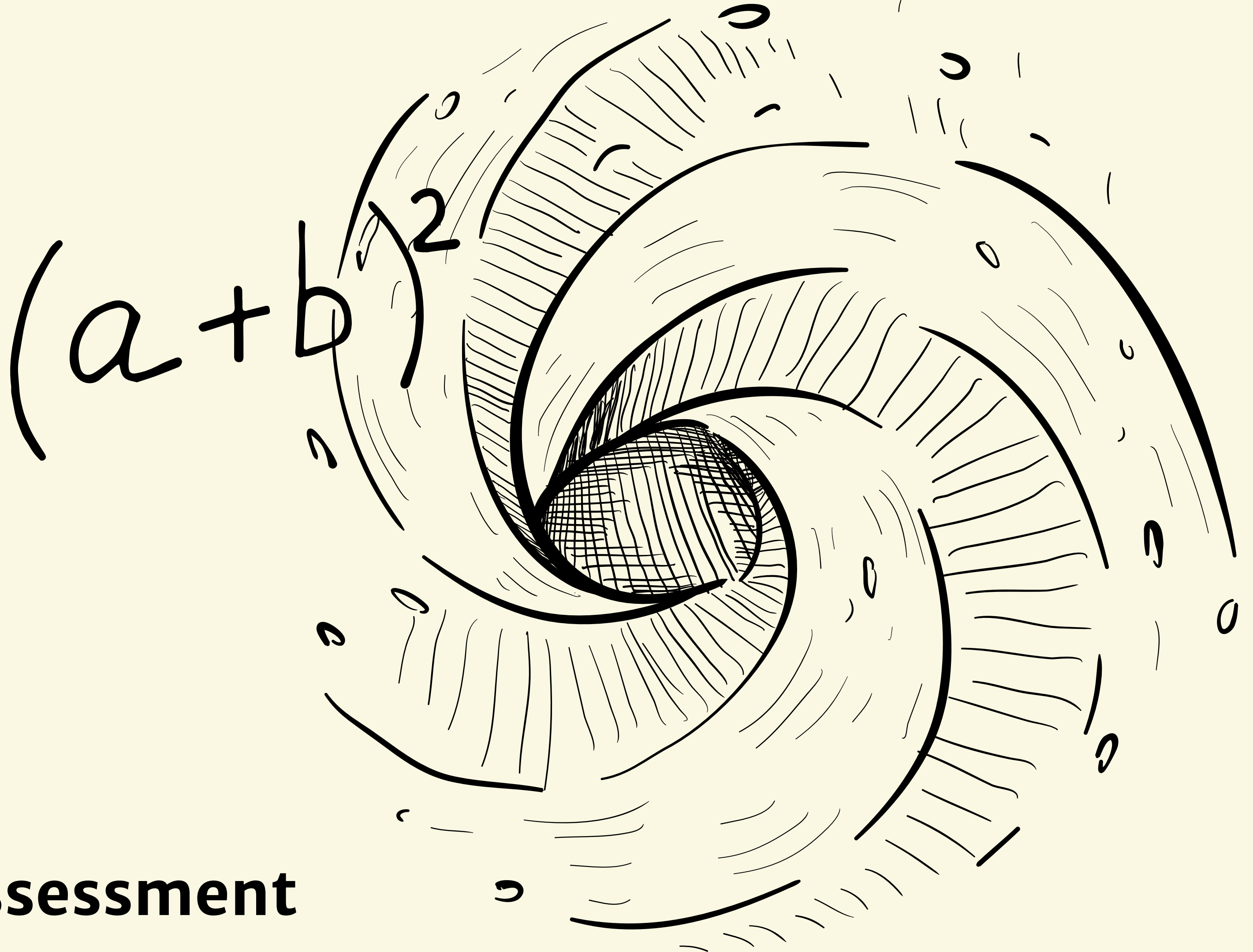




2019

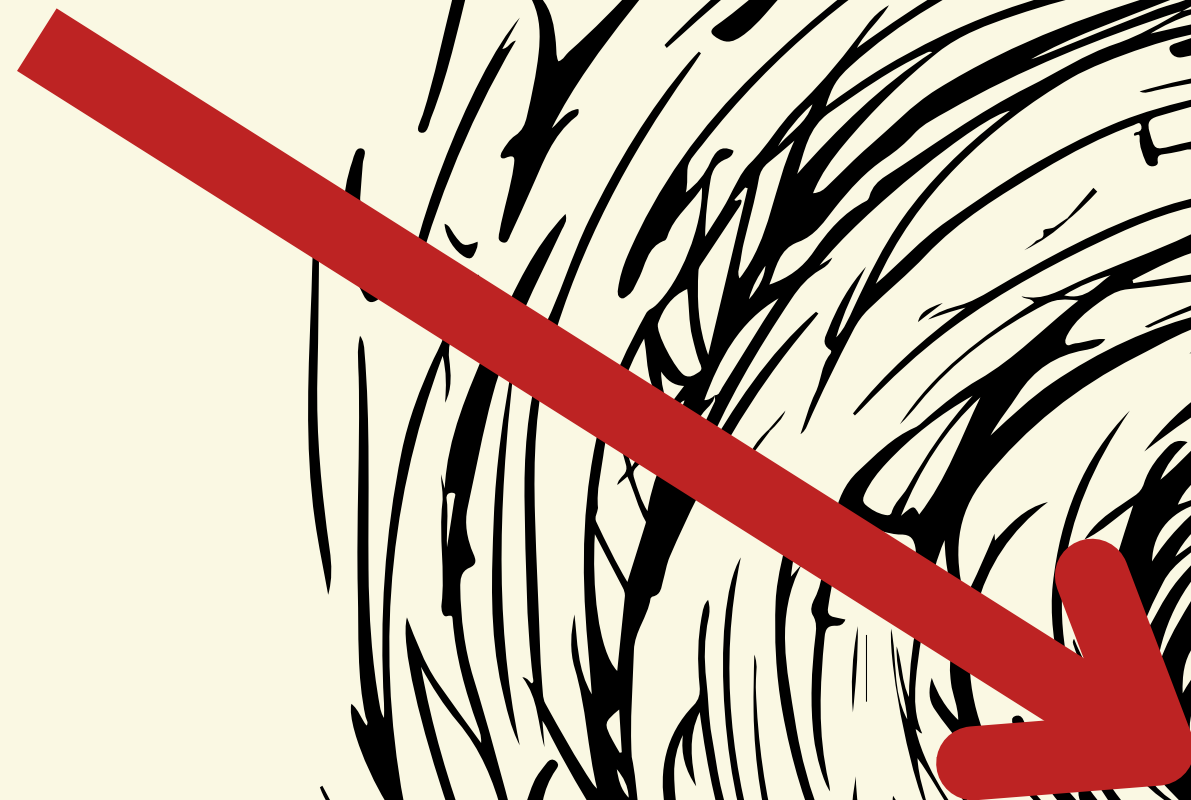






**Needs Assessment**

Lauri







**DATA  
OVERWELM**





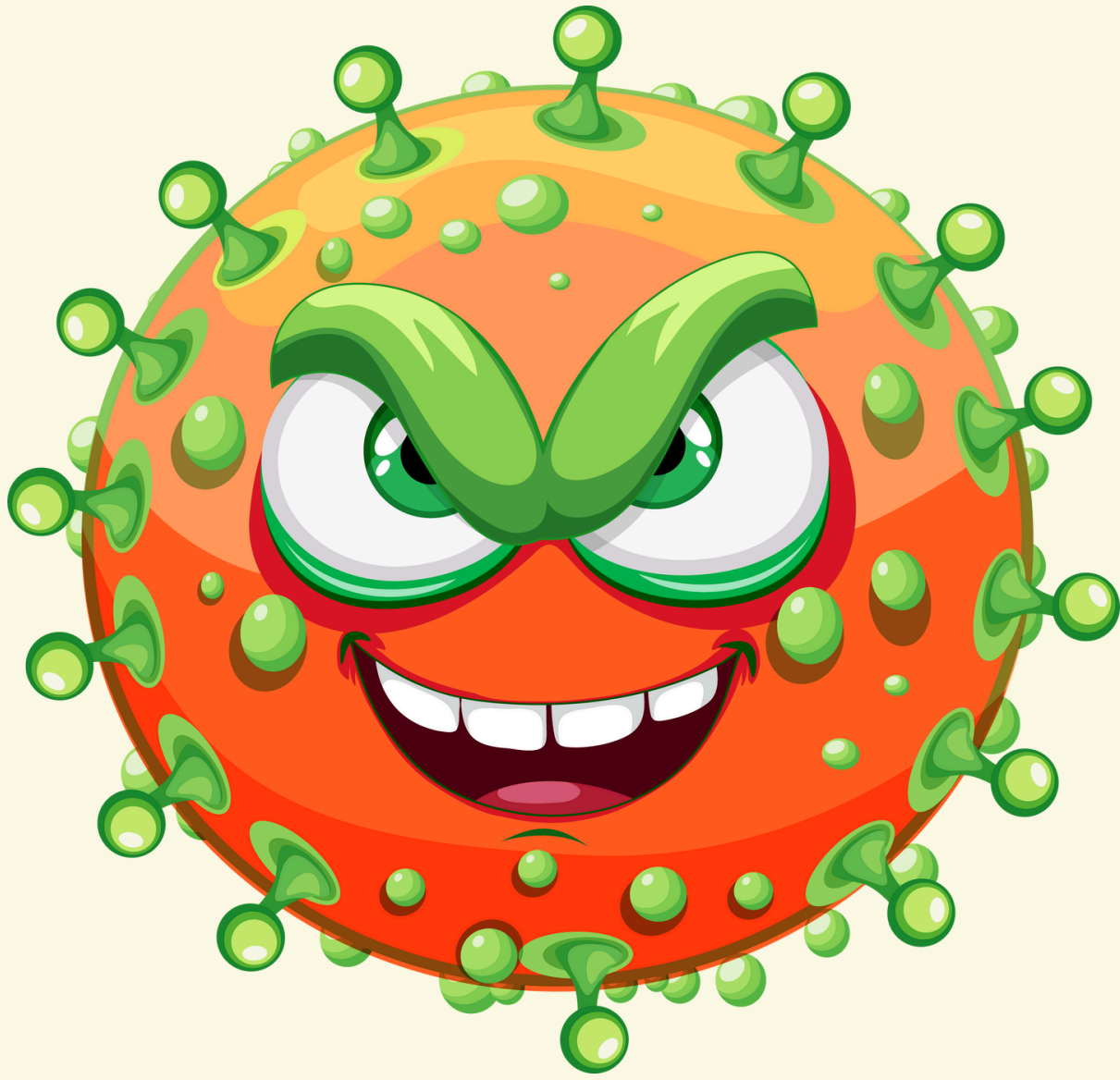
April 2019

Champion

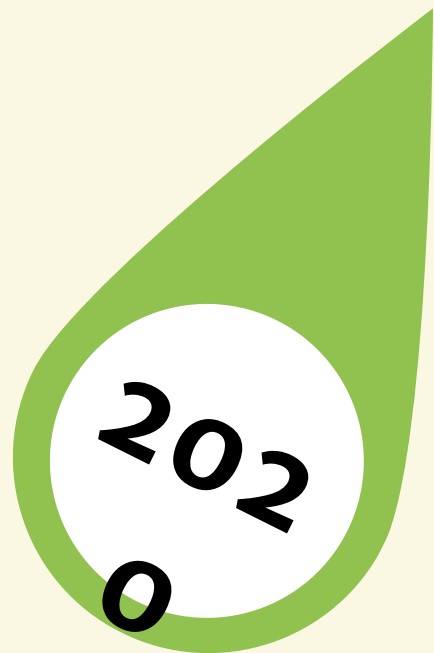


October 2019





**Covid-19  
no take back**



**October 2021**

**Drive through Take Back**





**DTB started as  
a 2-3 person  
operation...**

**Since 2021 it has  
become a full-  
fledged  
outreach  
program**

**Taylor was  
hired by ICPH,  
started coming  
to coalition  
meetings- and  
became a  
member**







# April of 2022- Drug Take Back



# The Opioid Prevention Team



Ashley

Brittany



SAP Cindy Edlund



Lauri



Chief Wasser  
Deputy Nick

Not  
pictured:  
Laurel  
Opioid  
Outreach



Taylor



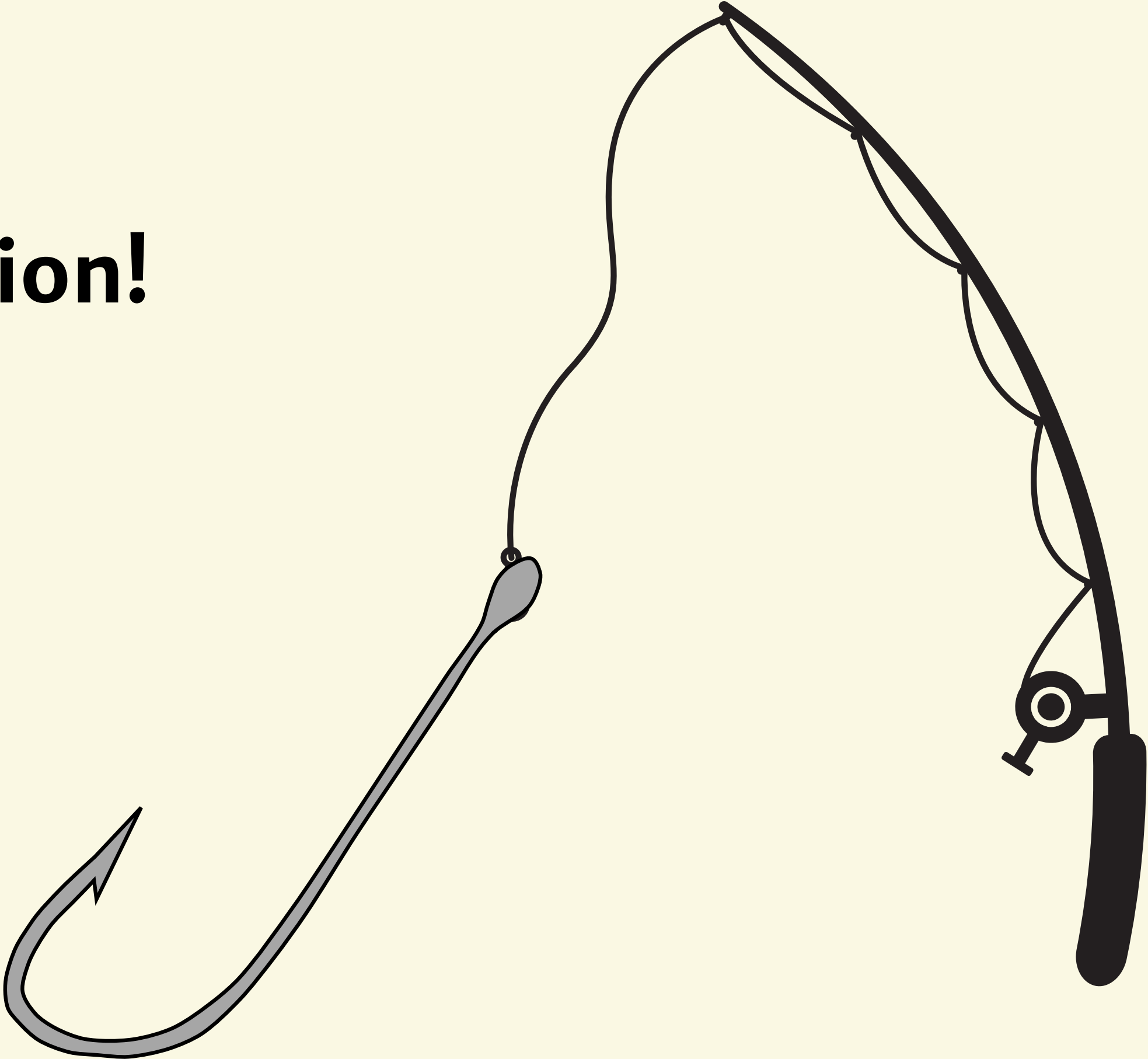
Megan







# Hooked on Prevention!





# Join us at our Safe Disposal Event.



# one simple step



**South Whidbey Community Center**  
723 Camano Ave, Langley, WA 98260  
(Located behind the Center building)

## April 27th, 2024

### 10 AM- 2 PM





**Pets from the coalition became marketing pups!**



**Safety Matters!**  
Bring your unused Rx pet meds to our safe disposal event  
~Mr. Remington



Washington State Health Care Authority

723 Camano Ave  
Langley WA, 98260  
SOUTH WHIDBEY COMMUNITY CENTER

Safe Rx Med Disposal  
Saturday, April 29th  
10am-2pm





**Check those cabinets!  
Bring down unused  
Rx medication TODAY!!  
10 am-2 pm  
South Whidbey  
Community center**





# October









# Needs Assessment Team

Vacancies

Media

Religious



Government ICPH



School

County

Commissioner



Youth Serving



Treatment/Recovery Opioid Outreach and Seamar

Law

Youth

Parent

Enforcement  
Healthcare/mental  
Health



We got voluntold!  
Your success is our success!



~~180~~  
**303**

**WE DID IT!**



SOUTH WHIDBEY  
**C.A.R.E.S.**  
COALITION



**THANK YOU!**

For taking the time to provide your input  
Community Prevention and Wellness Survey

Community Advancing Education & Support  
[swcarescoalition@gmail.com](mailto:swcarescoalition@gmail.com)

Washington State  
Health Care Authority



# Assessment



Healthy  
Youth  
Survey

Community  
Health  
Assessment

Community  
Survey

Hospital  
Data

Department  
of Health

Opioid  
Data  
Dashboard

CSS  
Data

NWESD &  
OPSI



# Special Populations

Relative caregivers  
Met monthly for  
multiple years

## Key findings:

High number of kinship providers, and  
unhoused or doubled up youth.



*Sharing information and support in the Relatives as Parents Program*







# 2019-2024 Logic model

## Long Term Consequences

School Performance,  
Mental Health, Youth  
Delinquency, Suicide

## Problems

SUD- Alcohol,  
Marijuana/Cannabis,  
Opioids, Tobacco, E-  
cig/Vape

SUD- Alcohol,  
Marijuana/Cannabis,  
Stimulants, Opioids,  
Tobacco, E-cig/Vape

## Risk and Protective Factors

(R) Low Neighborhood  
Attachment & Community  
Disorganization

(R) Availability of Drugs

(R) Early Initiation of the  
Problem Behavior

(R) Family Management  
Problems

## Contributing Factor

Community capacity to  
address ATOD issues

Youth access to ATOD

Perception of harm

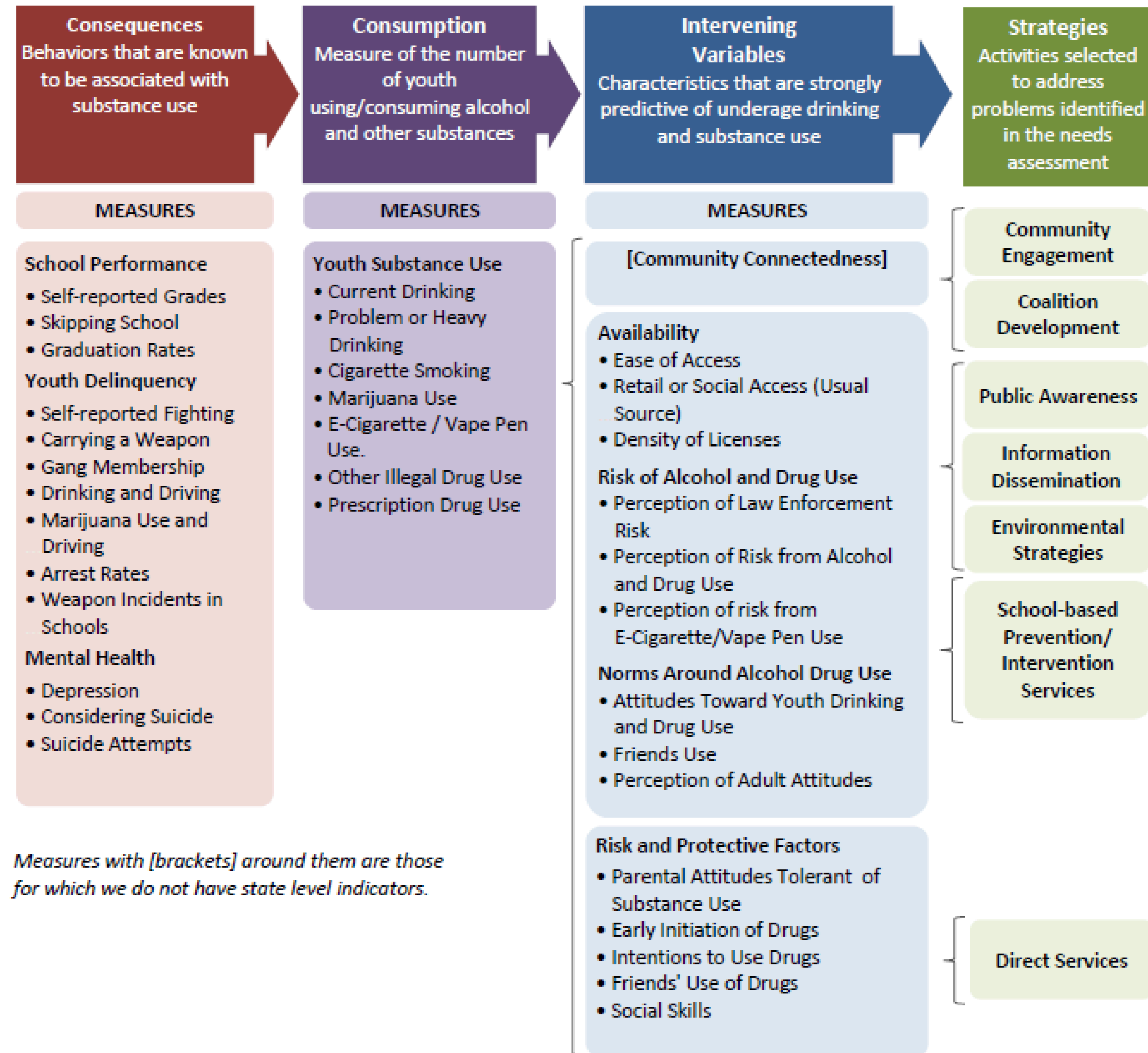
Youth's intentions to use  
ATOD

Knowledge and skills to  
facilitate family  
communication

## Programs & Strategies

SW CARES Coalition

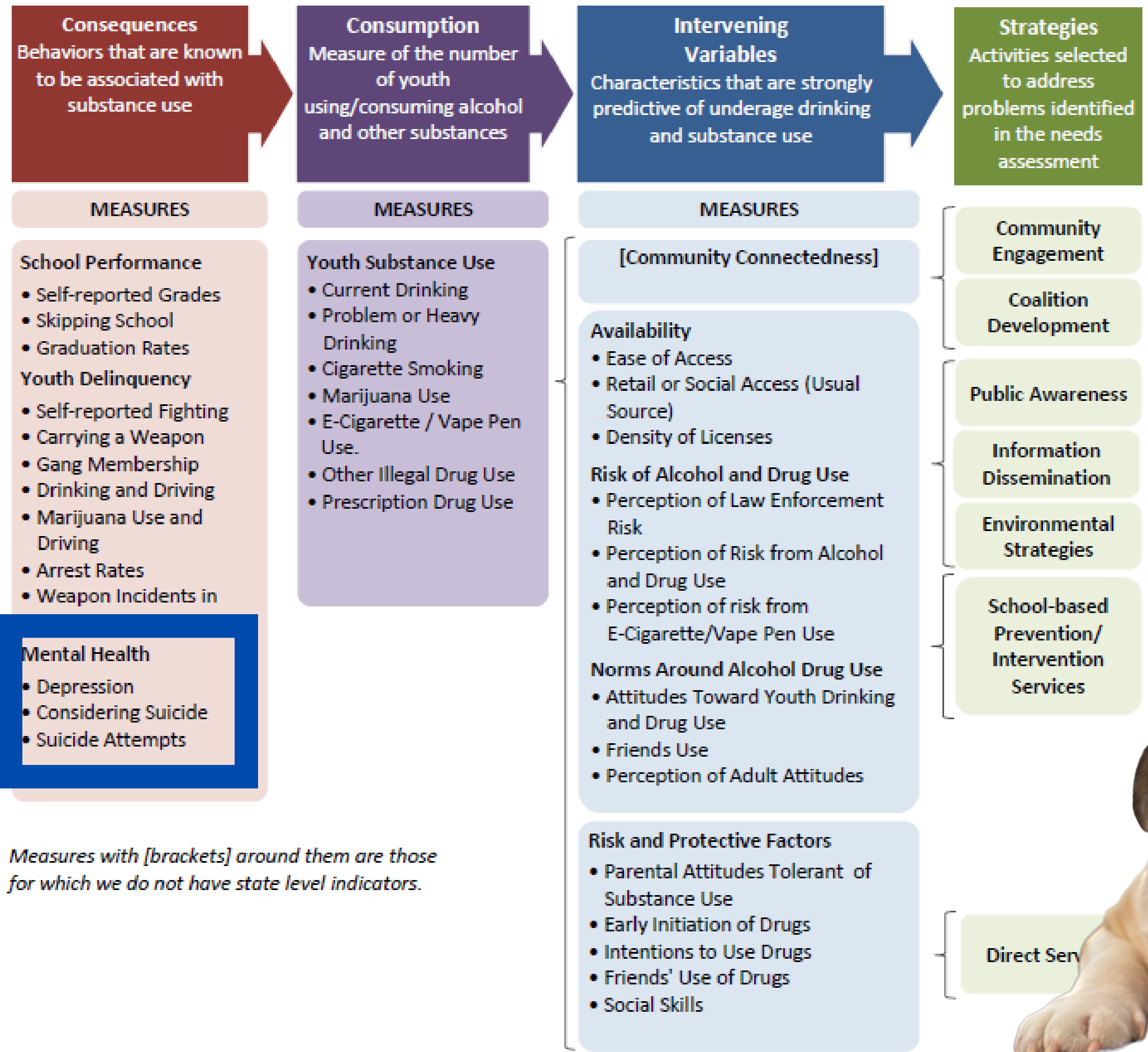
## Where to use the information in this report in your Community Needs Assessment





**Depression decreased significantly between 2021 and 2023**

**Where to use the information in this report in your Community Needs Assessment**

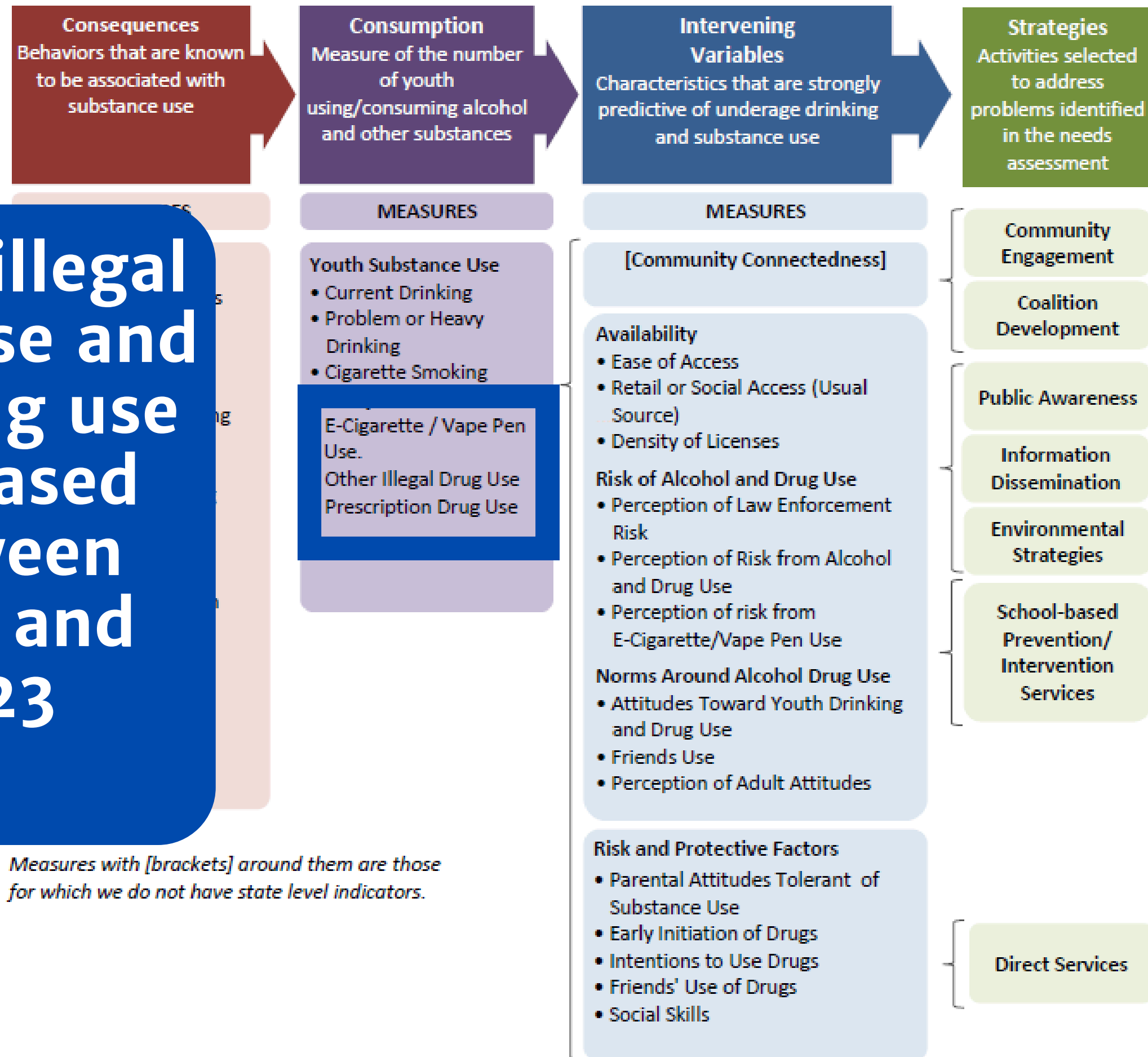


*Measures with [brackets] around them are those for which we do not have state level indicators.*



**Other illegal drug use and Rx drug use increased between 2021 and 2023**

**Where to use the information in this report in your Community Needs Assessment**

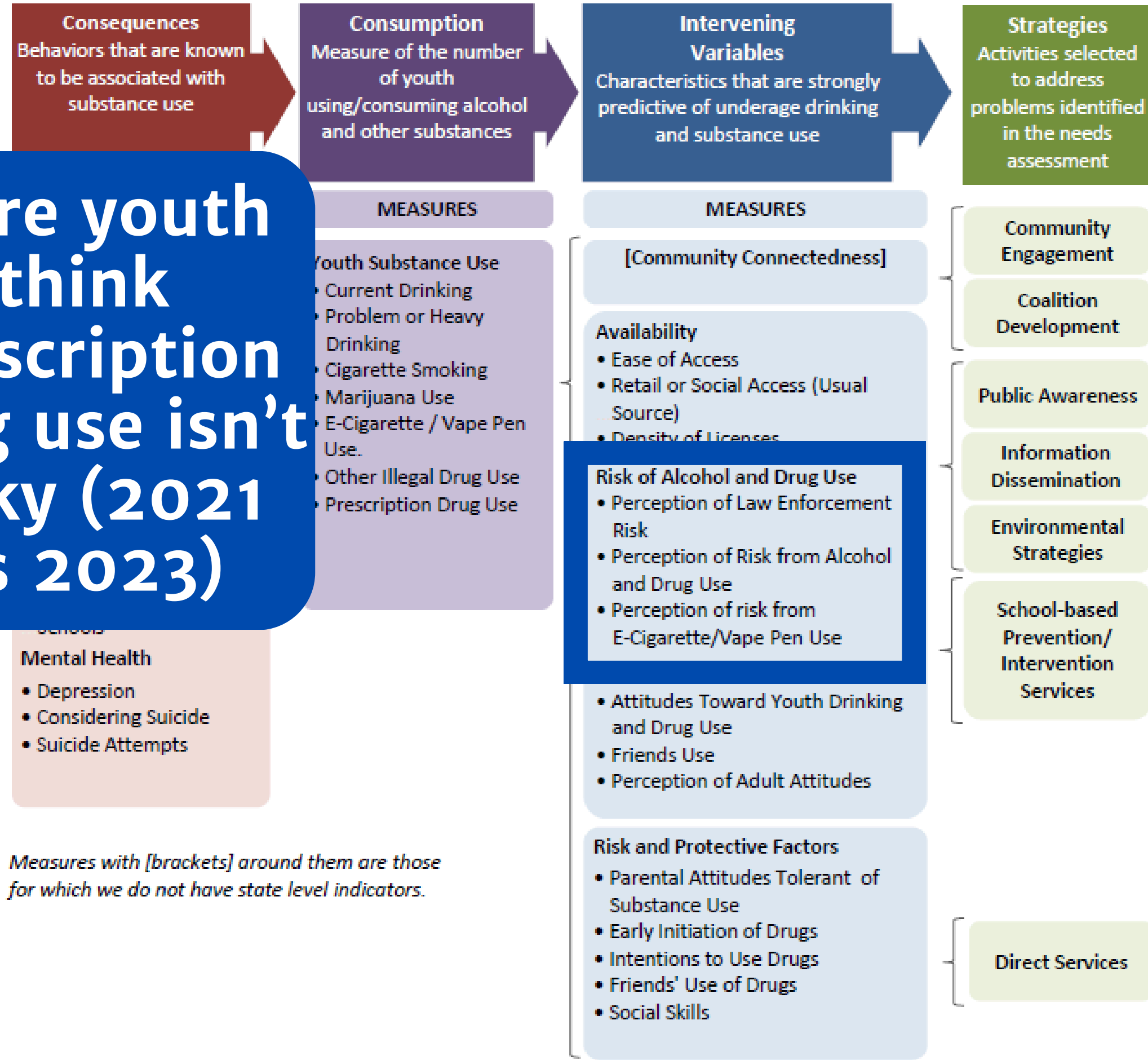


*Measures with [brackets] around them are those for which we do not have state level indicators.*

**Why?**



Where to use the information in this report in your Community Needs Assessment



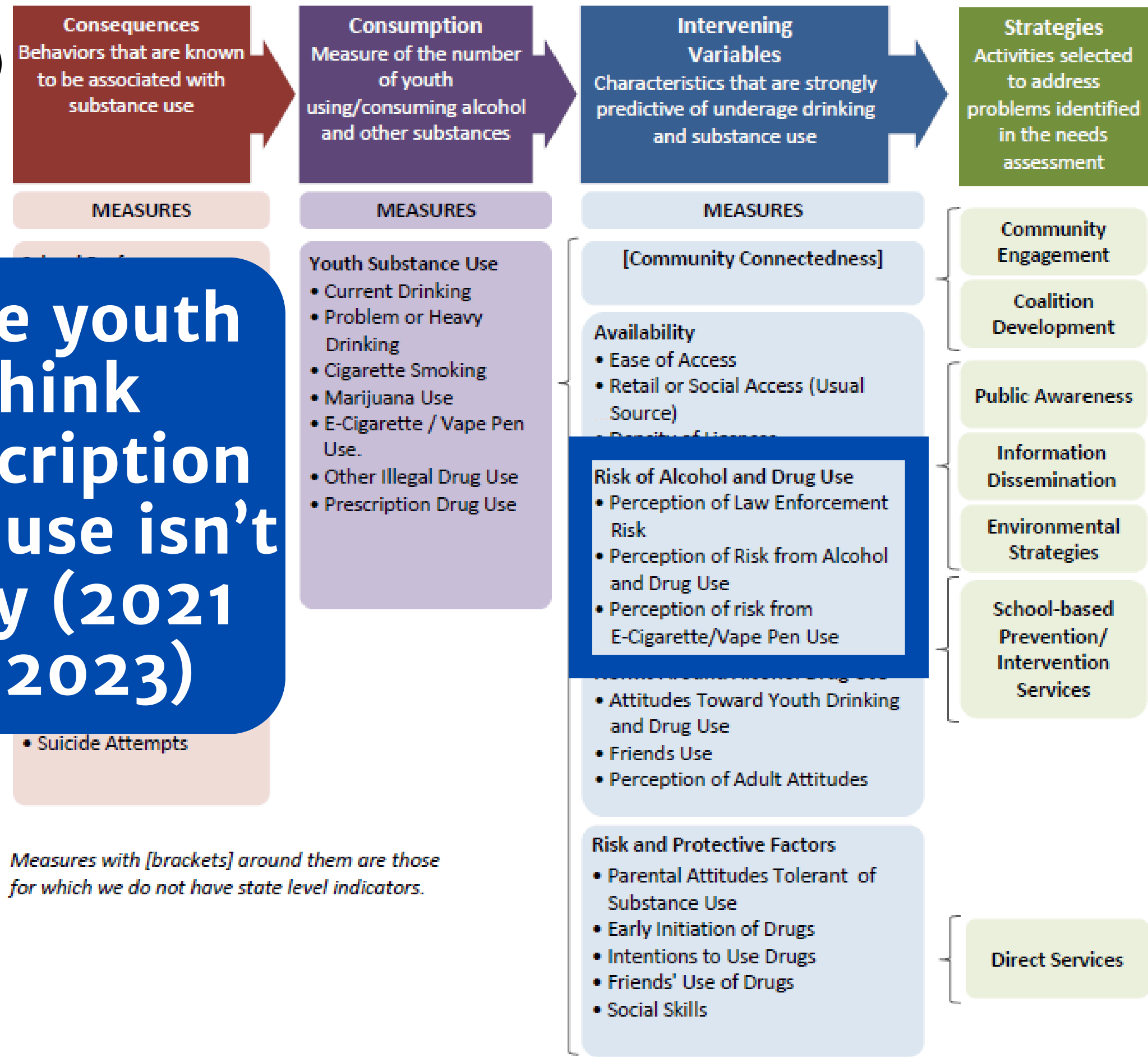
**More youth think prescription drug use isn't risky (2021 vs 2023)**

*Measures with [brackets] around them are those for which we do not have state level indicators.*

# Why?

More youth think prescription drug use isn't risky (2021 vs 2023)

## Where to use the information in this report in your Community Needs Assessment



Measures with [brackets] around them are those for which we do not have state level indicators.



Perception of Adult Attitudes

Youth attitudes toward substance use

Low risk of harm for using Rx meds

Friends don't think it's risky



# Hope & Concern: Family Level

Parents in our community shared that they think it is very wrong for youth to use prescription drugs not prescribed to them  
(Community Survey, 2023)

Some of the kids at my school are saying that parents don't think it is wrong for youth to use prescriptions not prescribed to them.  
(Healthy Youth Survey, 2023)



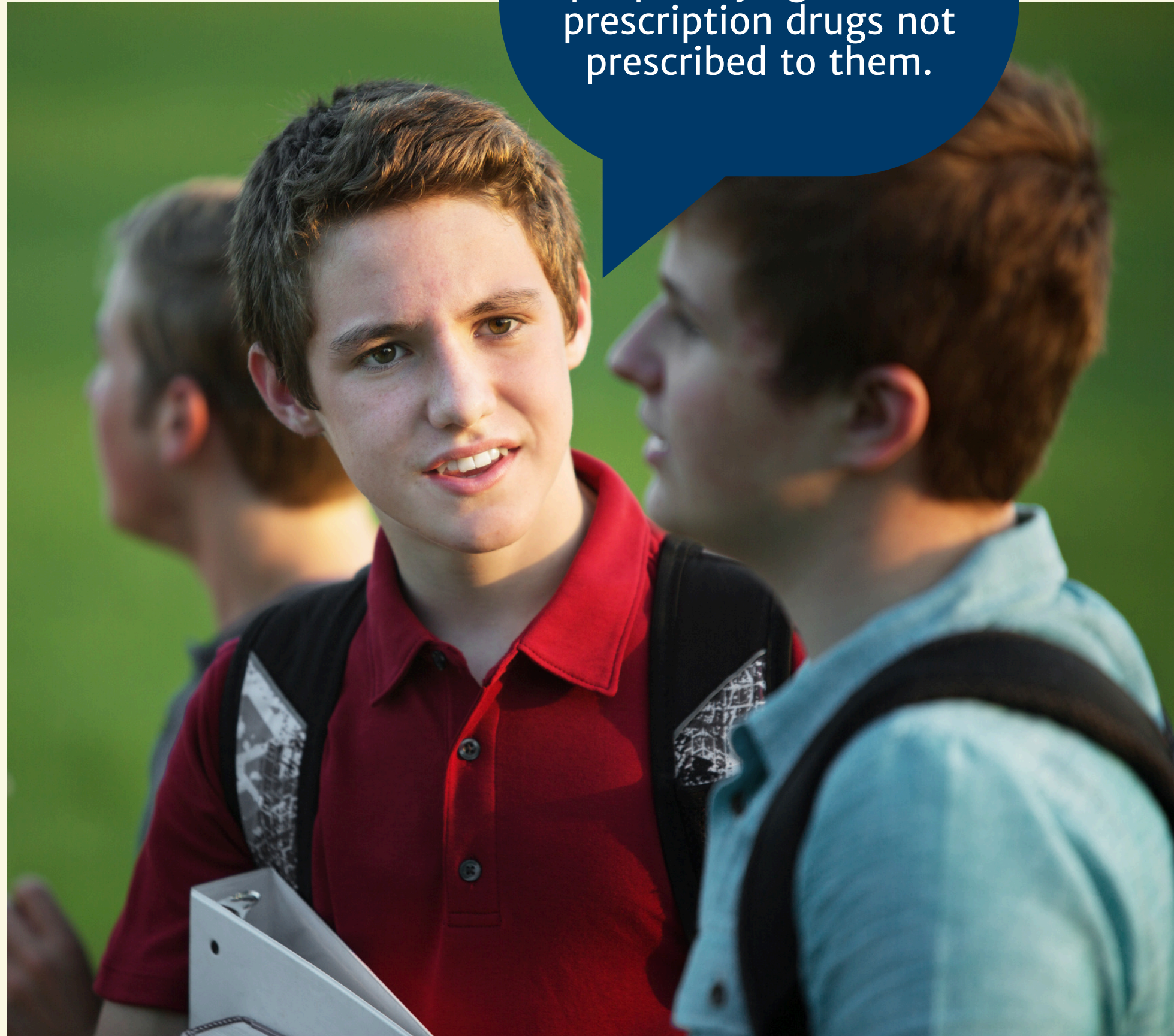


# Hope & Concern: Peer Level

It seems like more of our friends don't think prescription drug use is wrong



Hey, I think its wrong for people my age to use prescription drugs not prescribed to them.





# Risk Factors Associated with Substance Use

HYS Risk Factors	GRADE	South Whidbey		School Districts Like Us		State	
		2021	2023	2021	2023	2021	2023
Parental Attitudes Tolerant of Substance Use	8 and 10	55%	40% <sup>a</sup>	37% <sup>b</sup>	32%	37% <sup>c</sup>	35%
	8,9,10,11,12	61%	41%				
Early Initiation of Drugs	8 and 10	24%	25%	14% <sup>b</sup>	16% <sup>b</sup>	16%	18% <sup>c</sup>
	8,9,10,11,12	24%	25%				
Favorable Attitudes Toward Drug Use	8 and 10	35%	40%	30%	24% <sup>b</sup>	32%	26% <sup>c</sup>
	8,9,10,11,12	47%	41%				
Friends' Use of Drugs							

\* The bar chart includes 2023 HYS results for your school district.  
 a. The 2023 rate is significantly different from the 2021 rate.  
 b. The 'school districts like us' rate is significantly different from the 2021 rate.  
 c. The state rate is significantly different from the 2021 rate.

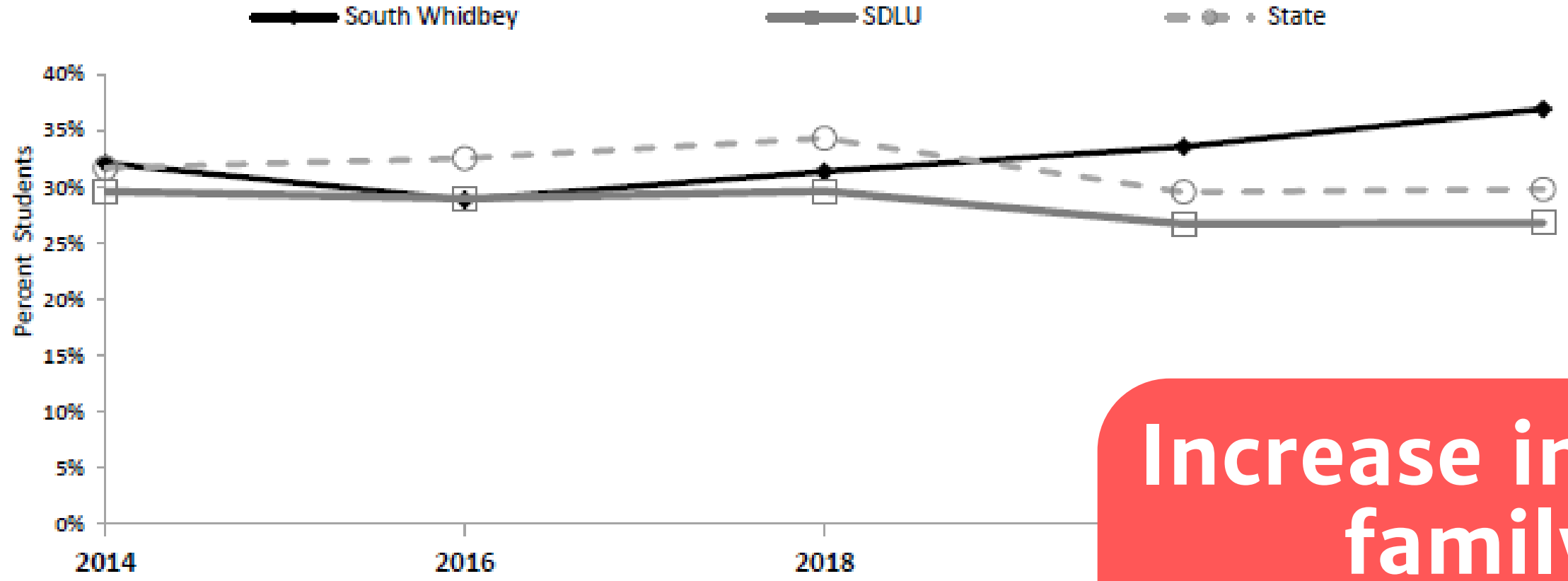
There is a significant difference between South Whidbey and other communities when looking at early initiation of use and favorable attitudes towards drug use

# Opportunity: Family Management

SCALE QUESTIONS

- My parents ask if I've gotten my homework done.
- Would your parents know if you did not come home on time?
- When I am not at home, one of my parents knows where I am and who I am with.
- The rules in my family are clear.
- My family has clear rules about alcohol and drug use.
- If you drank some beer, wine, or liquor without your parent's permission, would you be caught by them?
- If you carried a handgun without your parent's permission, would you be caught by them?
- If you skipped school, would you be caught by your parents?

Grade 8,10



	2014	2016	2018	2021	2023
State	32%	33%	34%	30%	30%
SDLU	30%	29%	30%	27%	27%
South Whidbey	32%	29%	31%	34%	37%

**Increase in poor family management over the years.**

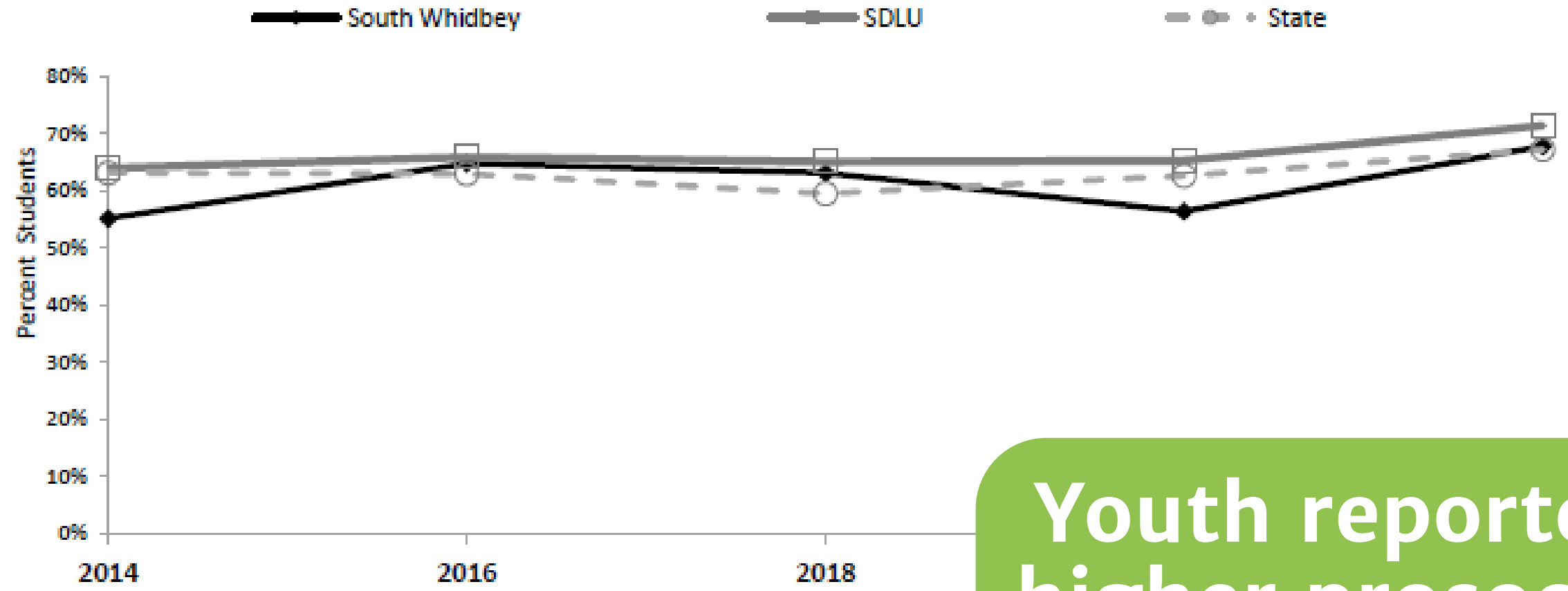


# Family Prosocial Involvement

SCALE QUESTIONS

- If I had a personal problem, I could ask my mom or dad for help.
- My parents give me lots of chances to do fun things with them.
- My parents ask me what I think before most family decisions affecting me are made.

Grade 8,10



	2014	2016	2018	2021	2023
State	63%	63%	59%	63%	67%
SDLU	64%	66%	65%	65%	71%
South Whidbey	55%	65%	63%	56%	68%

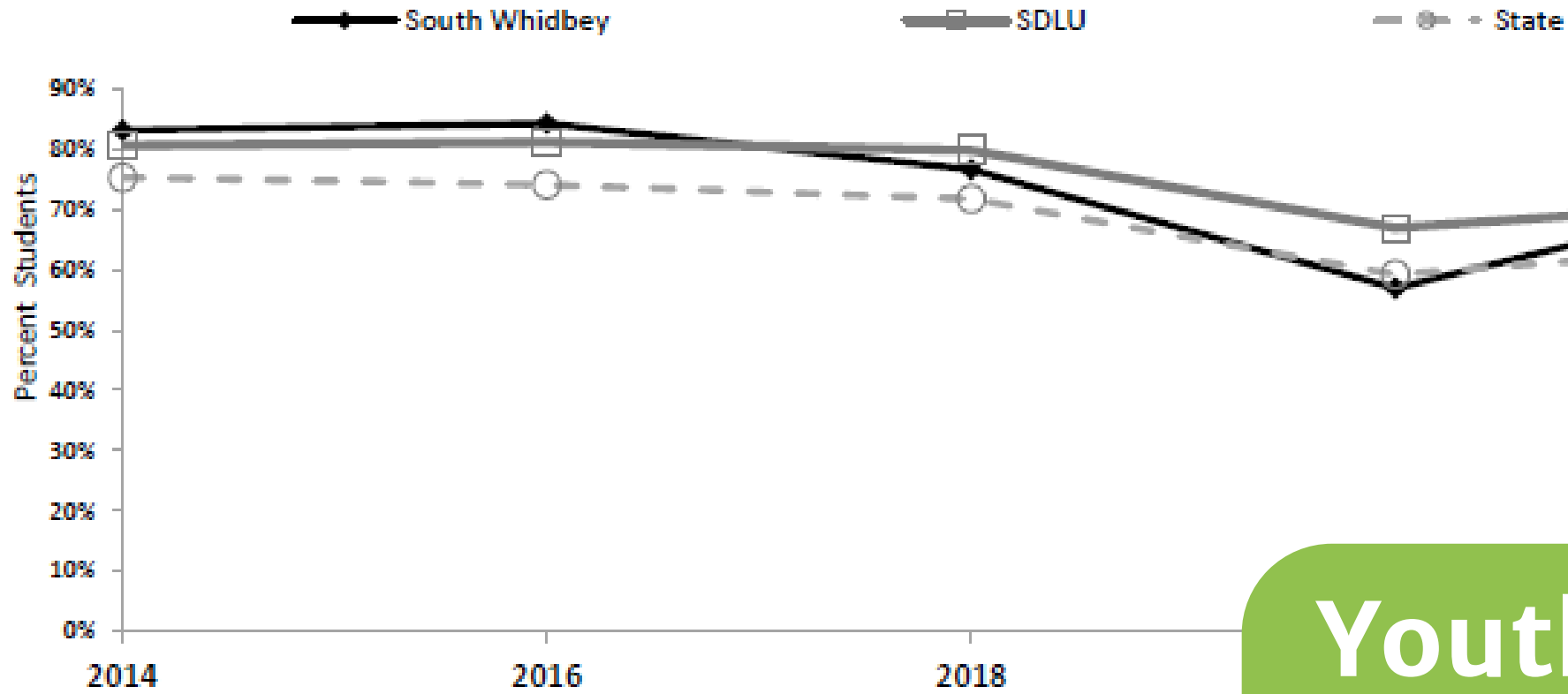
Youth reported higher prosocial involvement with their family

# Community Prosocial Involvement

**SCALE QUESTIONS**

- There are adults in my neighborhood or community I could talk to about something important.
- Which of the following activities for people your age are available in your community? 1) Sports teams and recreation, 2) Scouts, Camp Fire, 4-H Clubs, or other service clubs, 3) Boys and Girls Club, YMCA, or other activity clubs.

**Grade 8,10**



	2014	2016	2018	2021	2023
State	75%	74%	72%	59%	65%
SDLU	81%	81%	80%	67%	72%
South Whidbey	83%	84%	77%	57%	74%

**Youth reported higher prosocial involvement with their community**



**So what, now what?**

**This is where we have landed**





# What is missing from this story?

## Consequences

- Depression

## Consumption

- Rx Drug Use

## Risk and Protective Factors

- Perceived Risk of Rx Drug Use
- Perceived Parental Attitudes
- Perceived Friend's Attitudes
- Prosocial Involvement
- Family Management

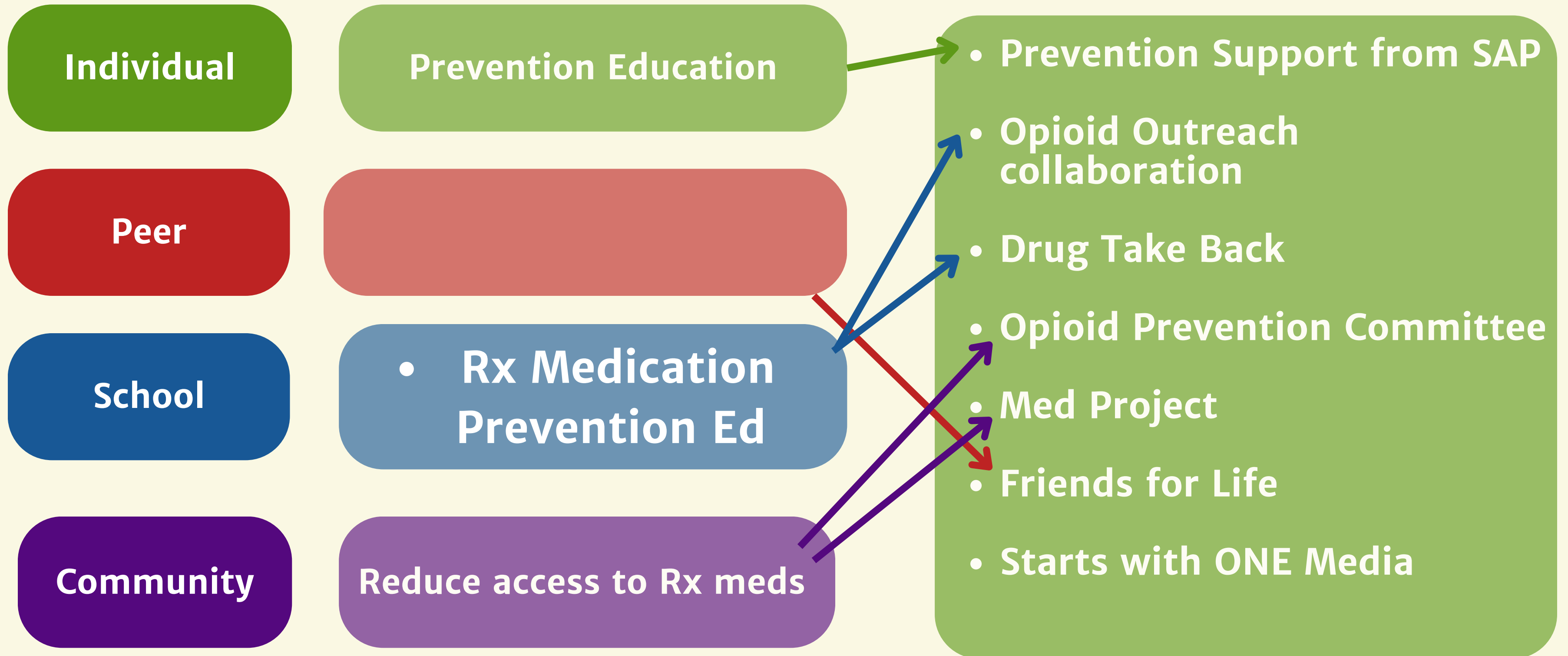
## Local Conditions

## Strategies

- Opioid Outreach collaboration
- Drug Take Back
- Opioid Prevention Committee
- Med Project
- Friends for Life



# Next Steps: Mapping Strategies

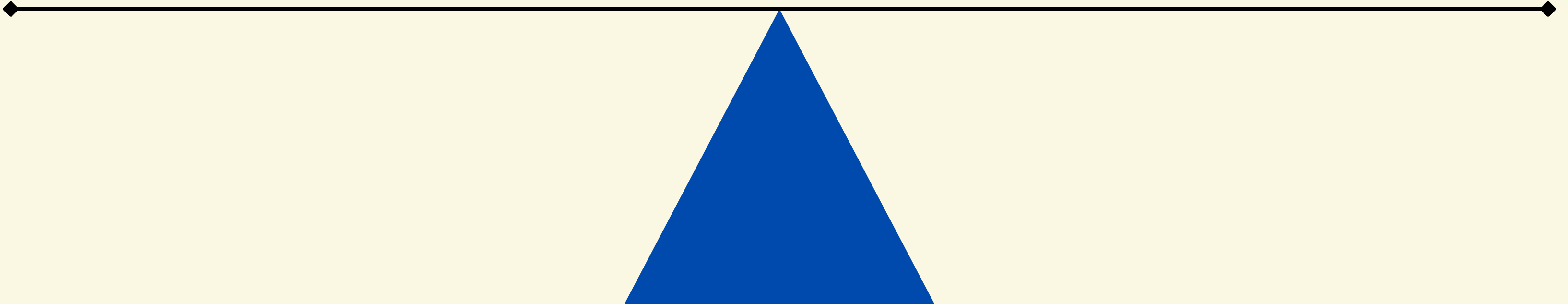


**Thank you!**



**Lets talk about it...**

**Balance**







# Opioid Data Dashboard

Prescriber data-  
Age group with highest  
number of Rx

=



**Data informed planning**

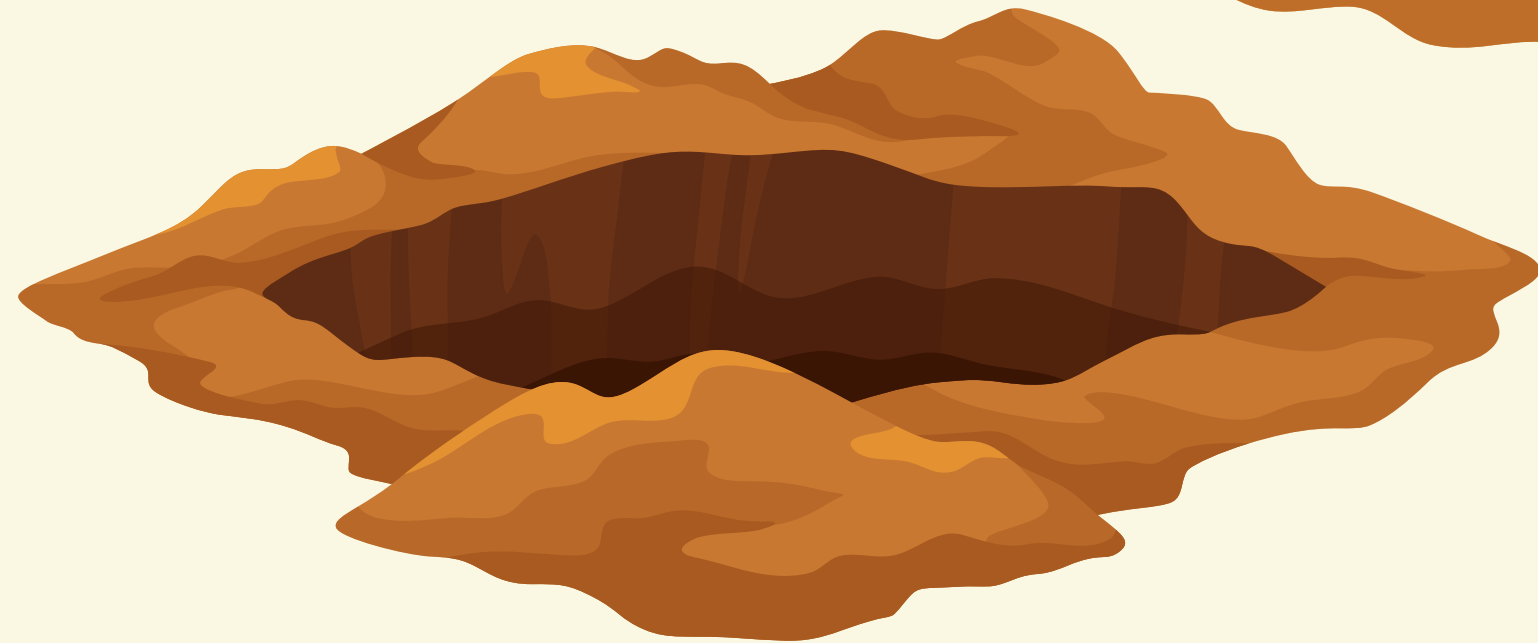
**Program Implementation**

**Evaluation -**

**HYS, and other data points**

**Repeat - we get to do it all  
again!**





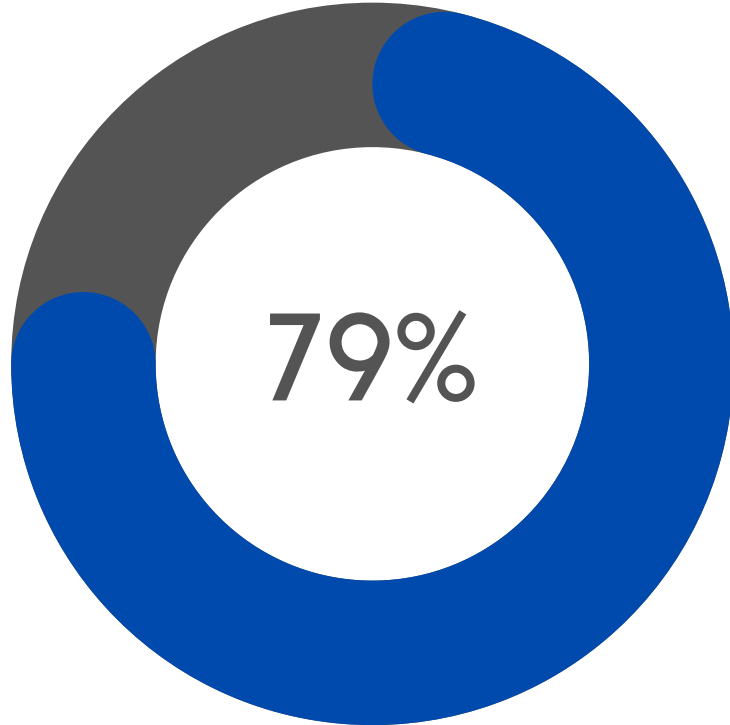


# **SOUTH WHIDBNEY SCHOOL DISTRICT HEALTHY YOUTH SURVEY**

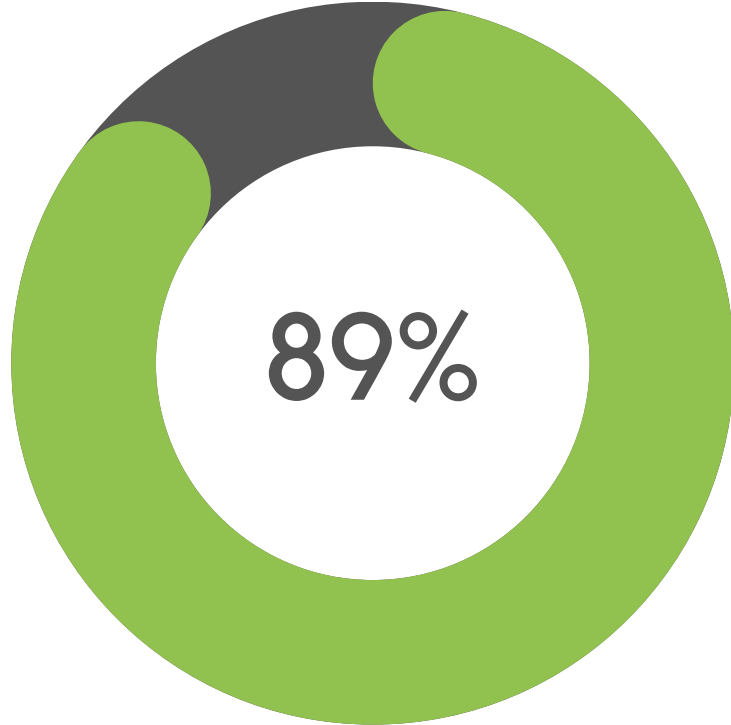
Highlights from the 2023 Healthy  
Youth Survey



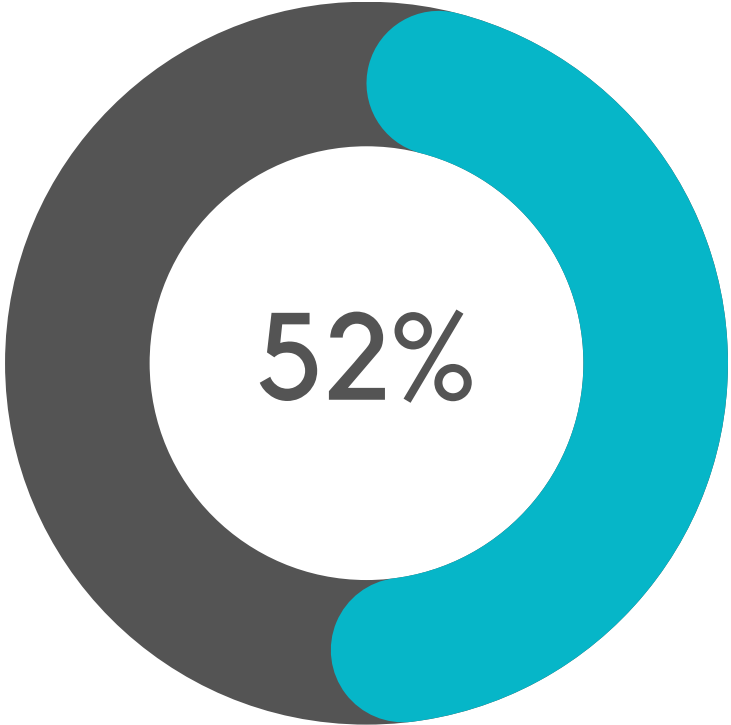
# STUDENT PARTICIPATION BY GRADE



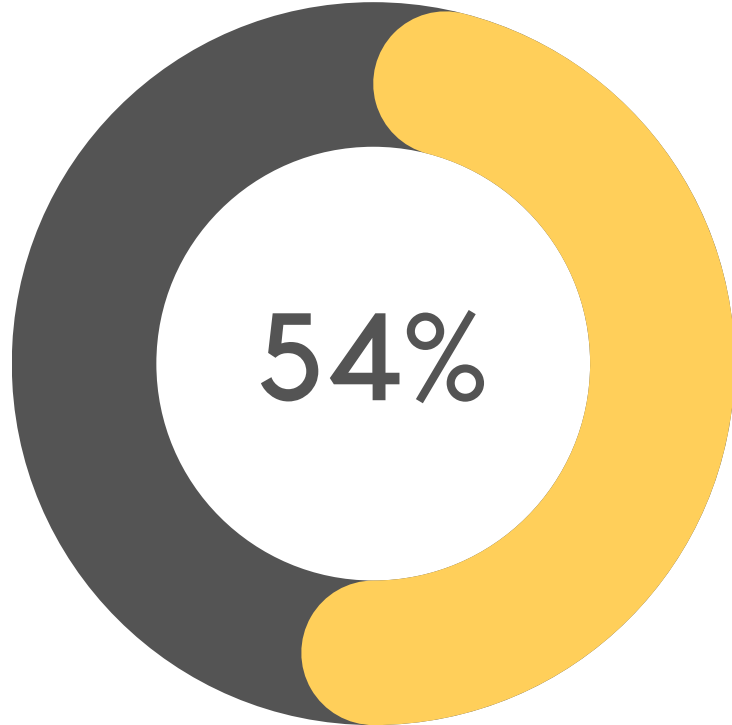
Grade 9



Grade 10



Grade 11



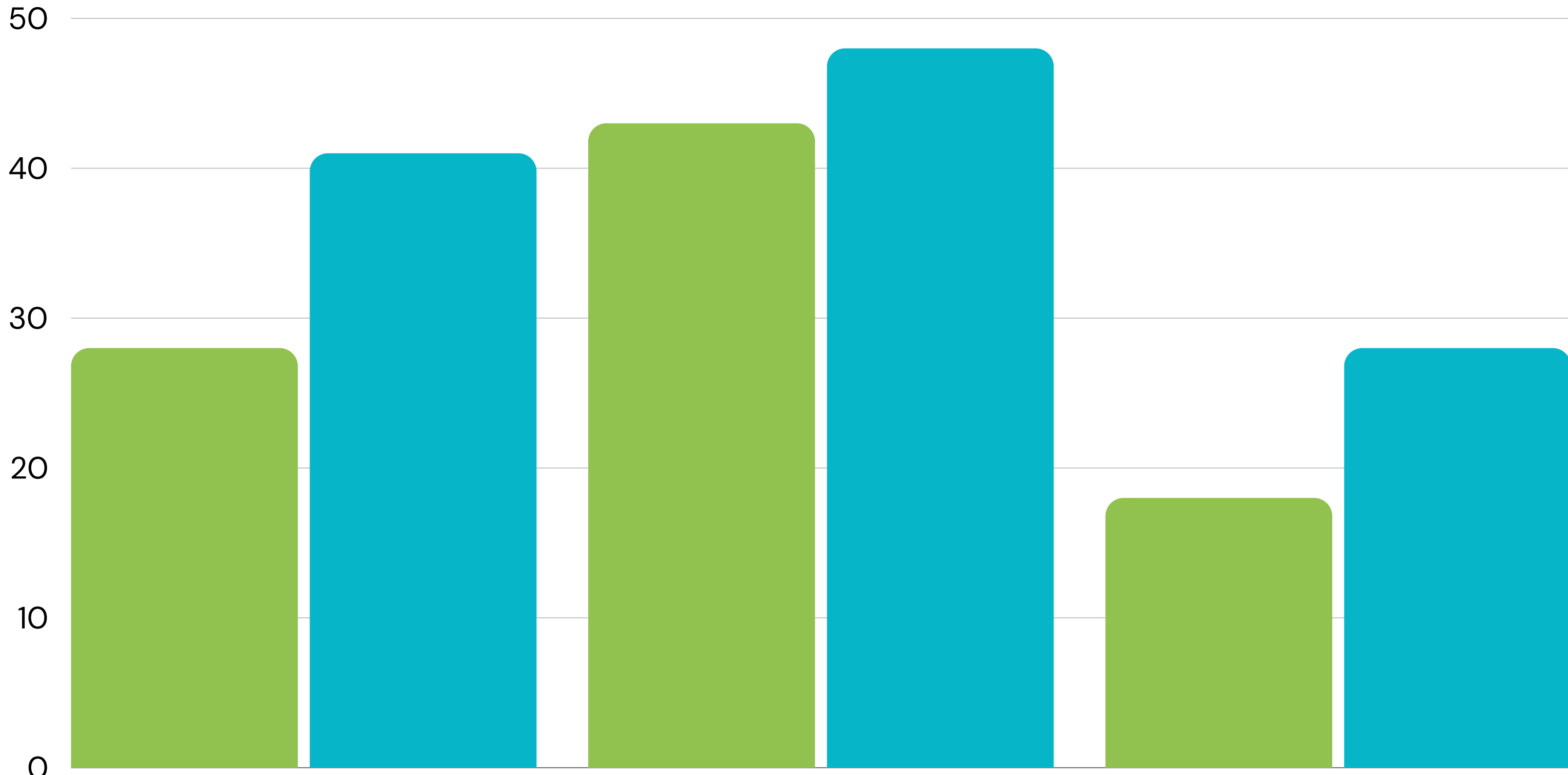
Grade 12



**AVAILABILITY**  
**PERCEIVED RISKS**  
**SUBSTANCE USE**



# HIGH SCHOOLERS REPORTING SUBSTANCES AS "VERY HARD TO GET" (2021 & 2023)



Marijuana

Cigarettes

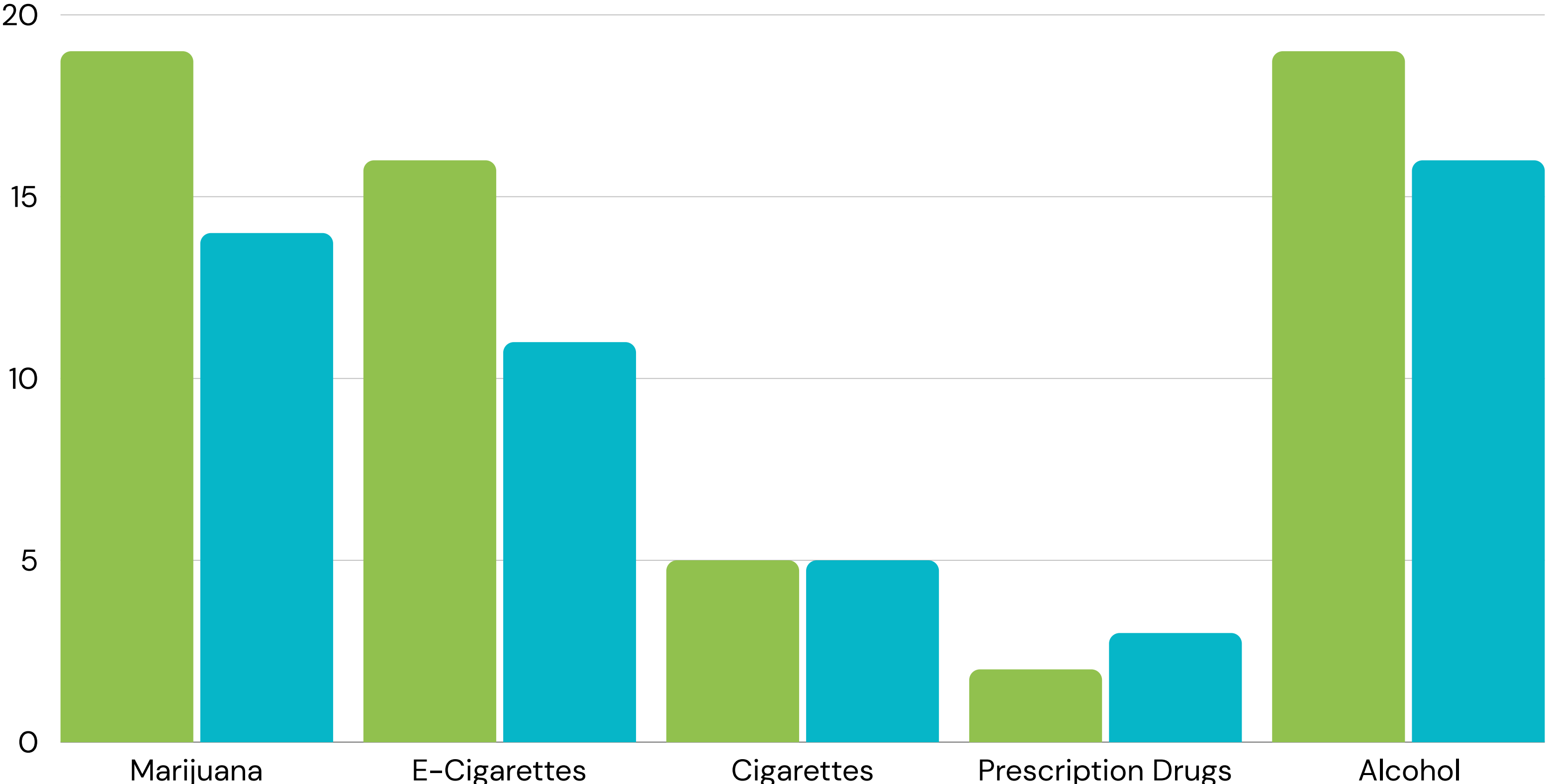
Alcohol

2021

2023



# SUBSTANCE USE REPORTED AMONG HIGH SCHOOLERS (2021 & 2023)



2021

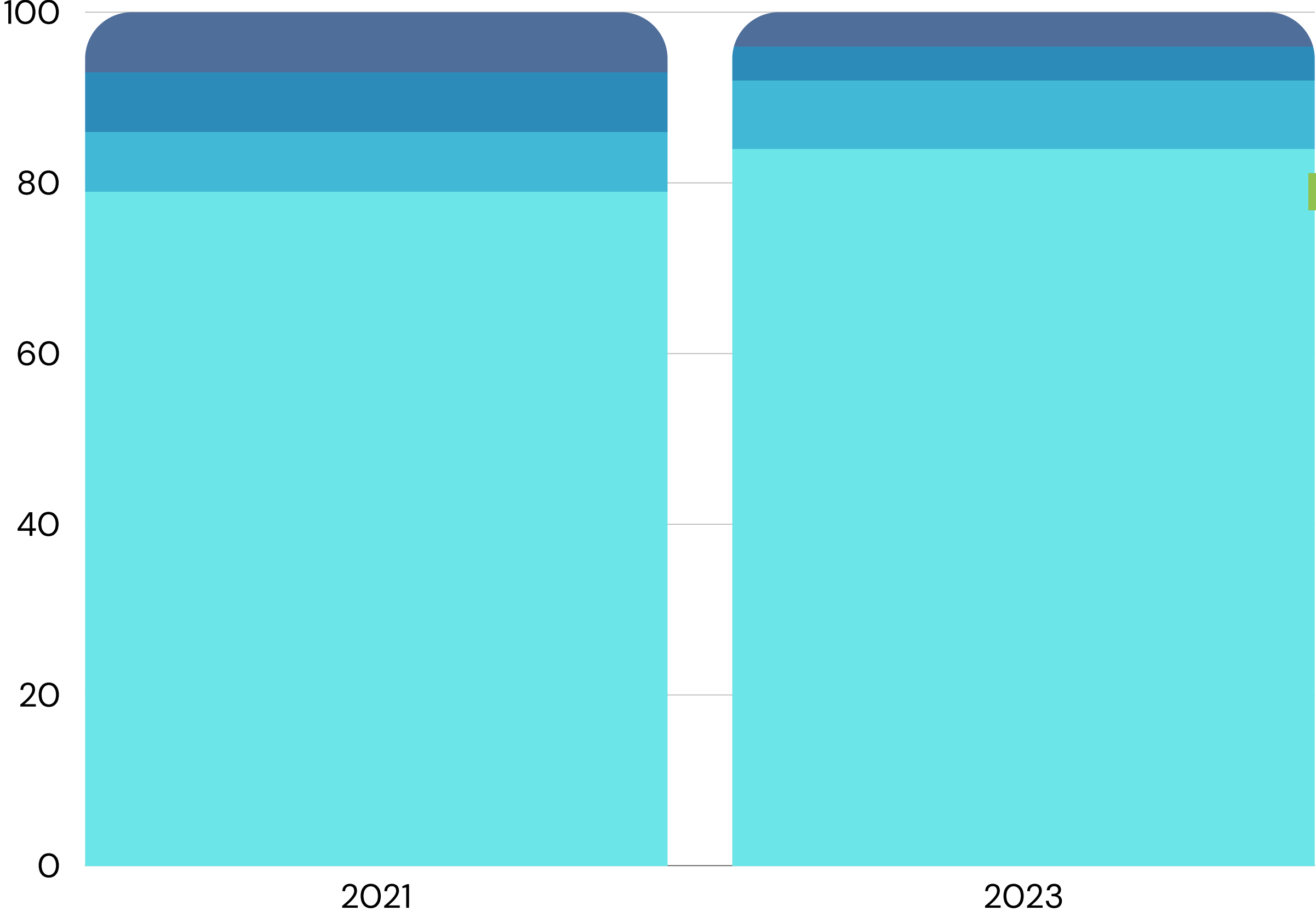
2023





# LEVEL OF ALCOHOL USE 2021 & 2023


No Drinking Experimental Drinking Heavy Drinking Problem Drinking



Increase in % of students who reported no drinking

Decrease in students who reported problem or heavy drinking

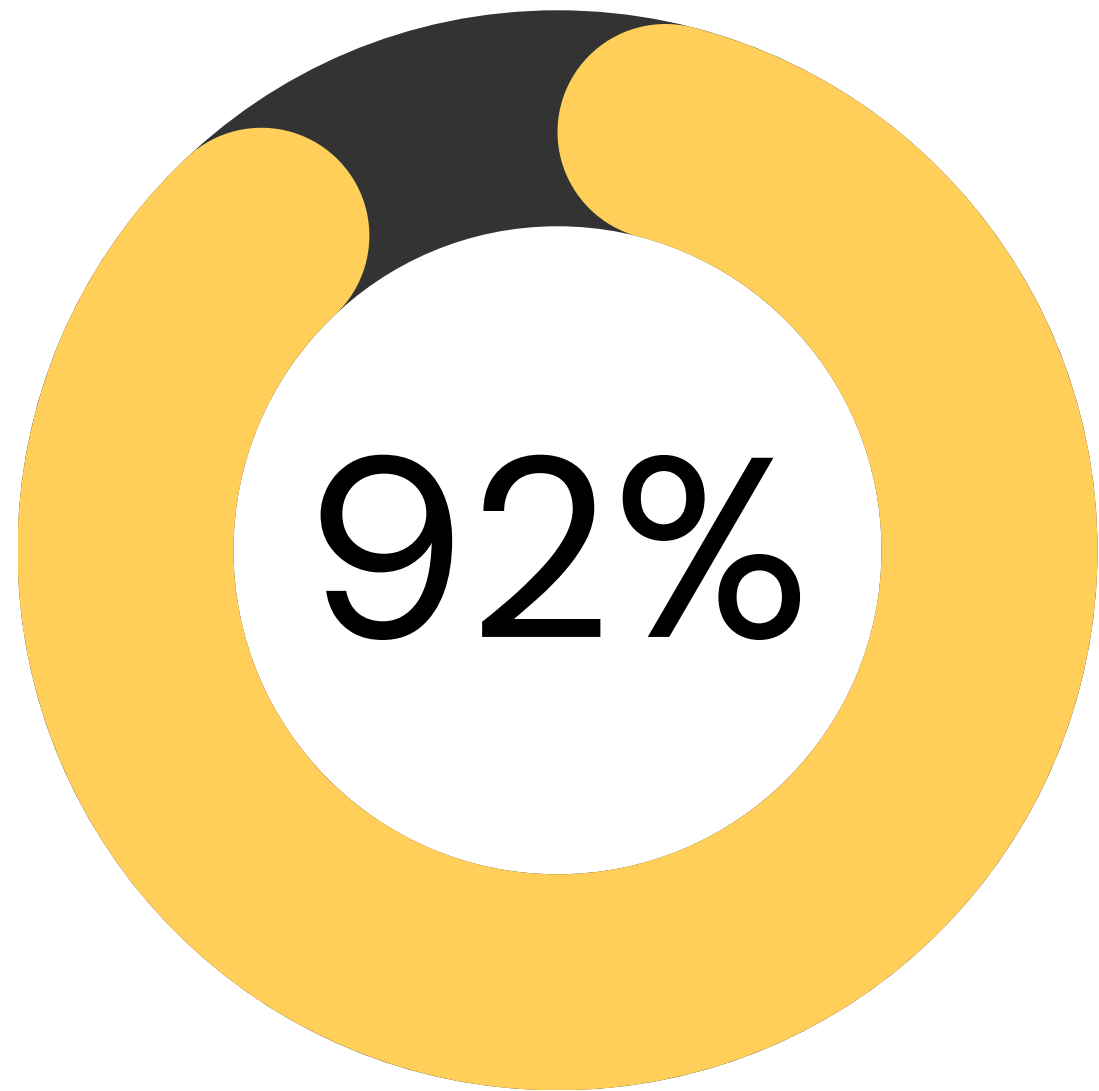




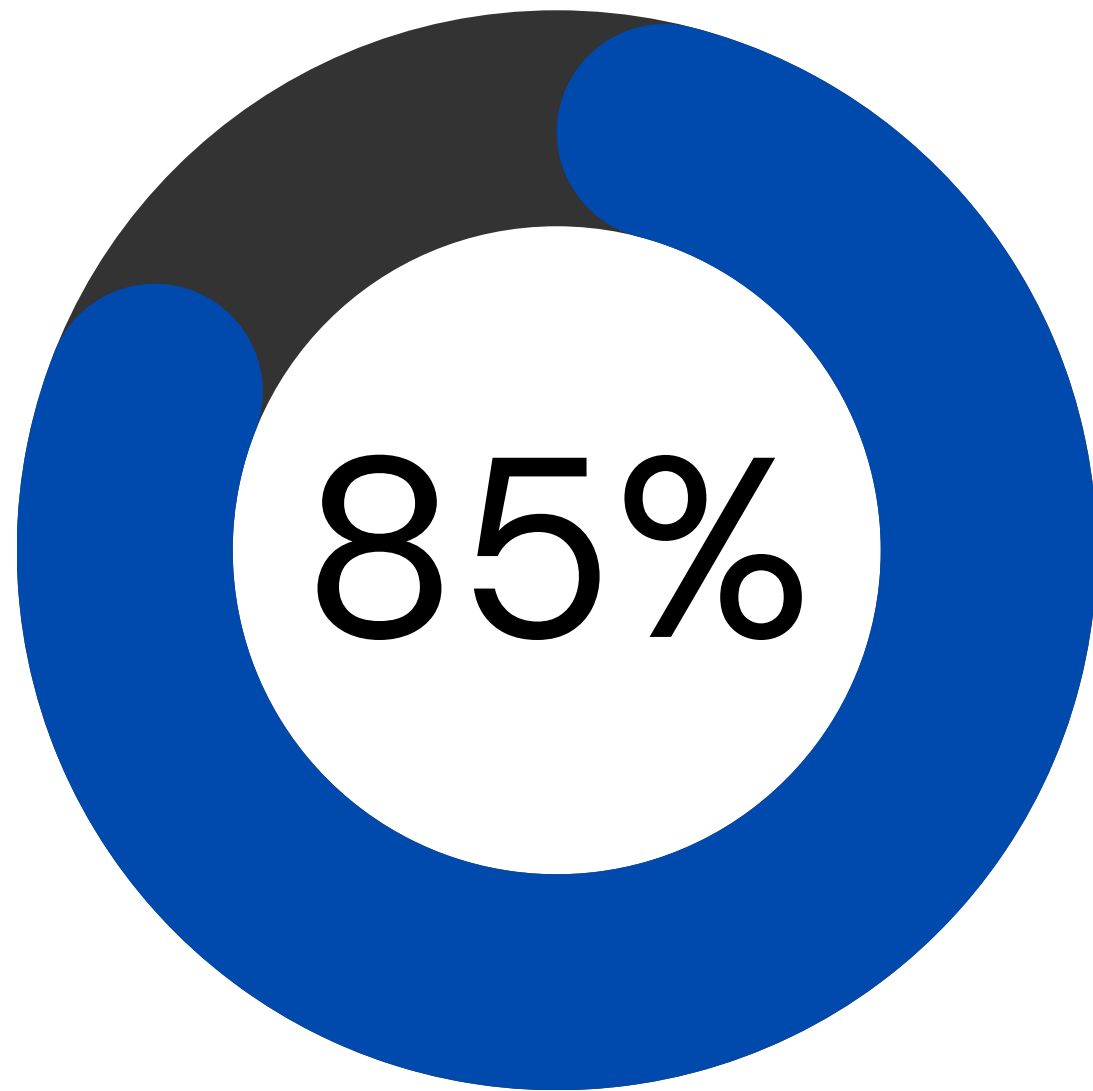
**SCHOOL CLIMATE**  
**PROTECTIVE FACTORS**  
**HOPE**



# HIGH SCHOOLERS REPORTING OPPORTUNITIES FOR SCHOOL INVOLVEMENT (2021 & 2023)



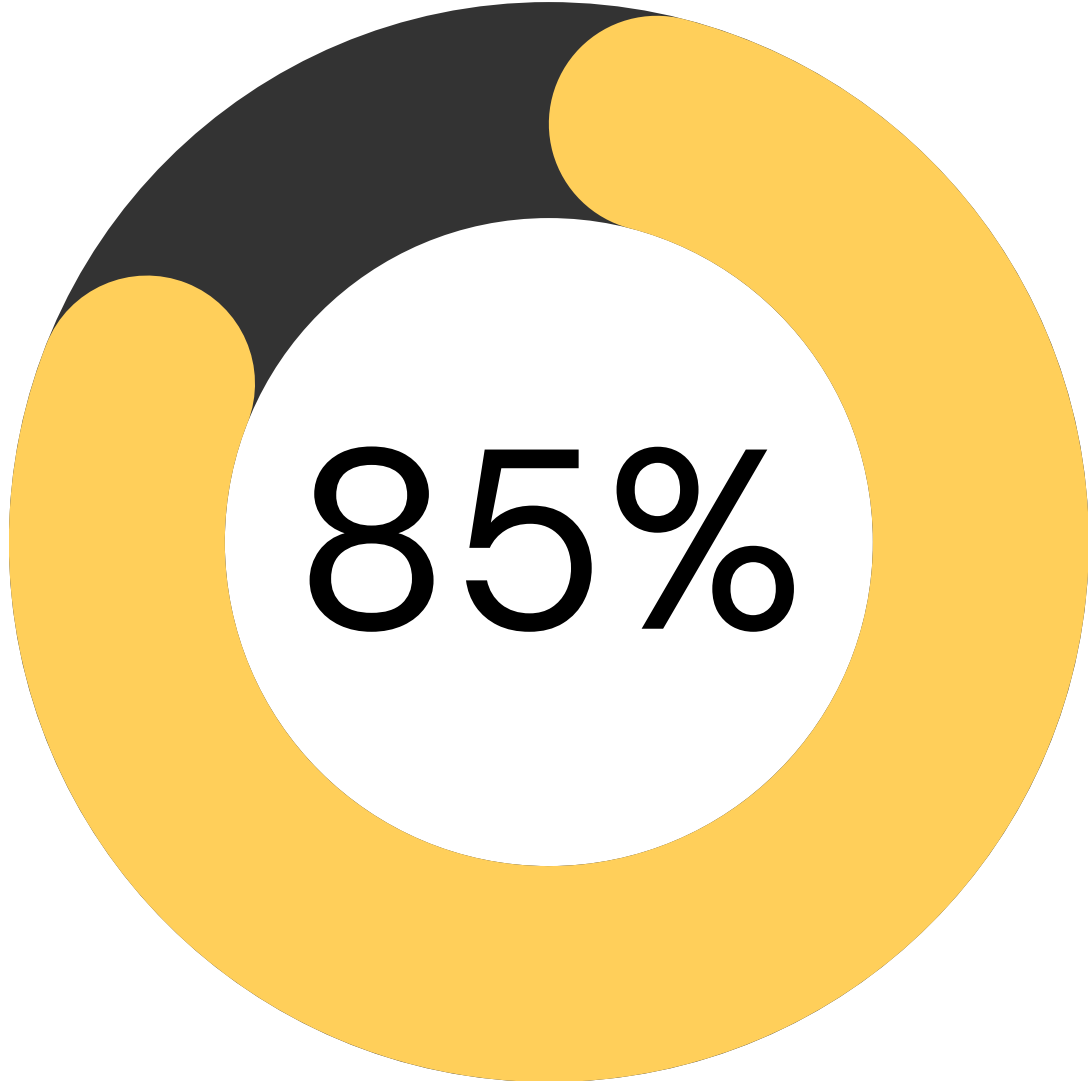
2021



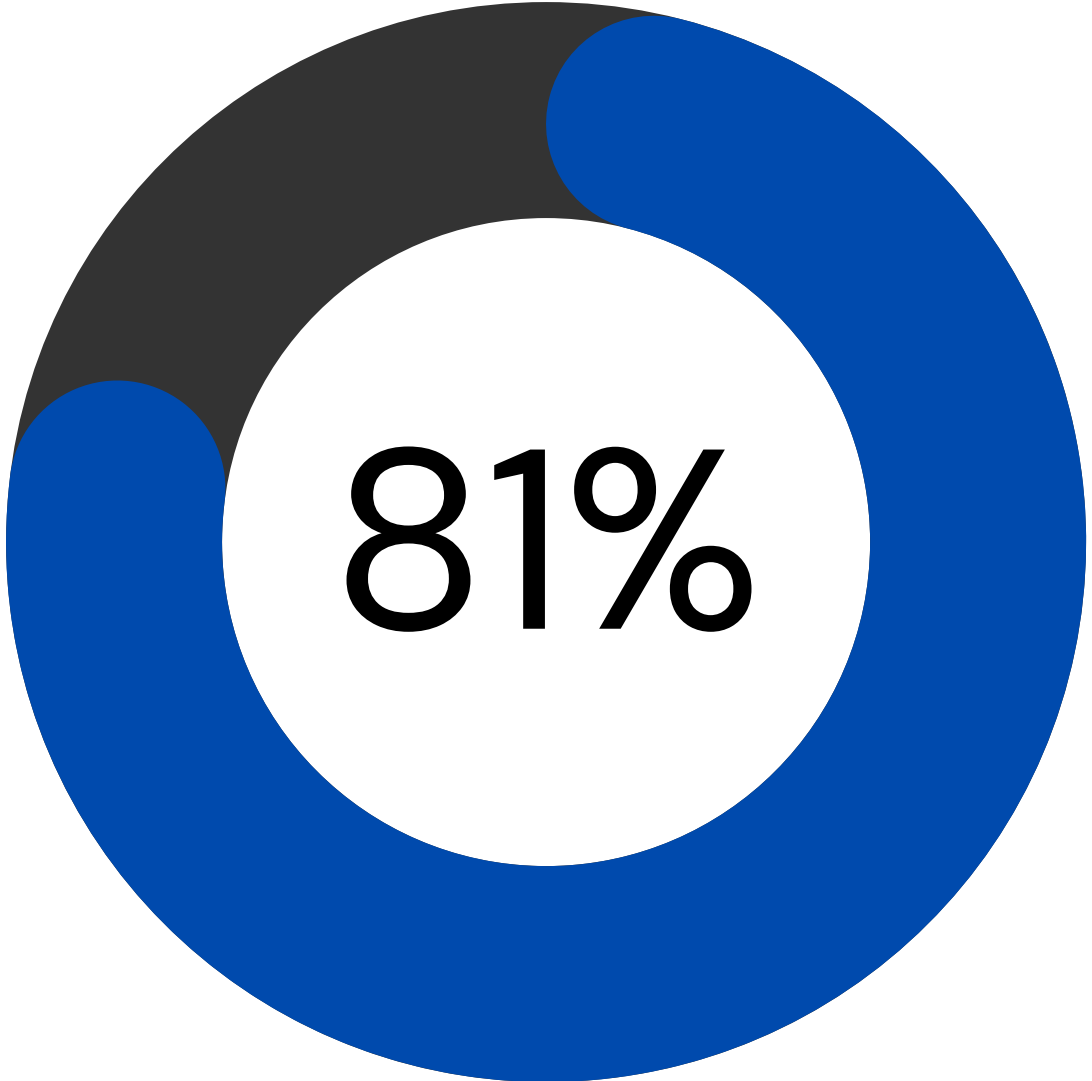
2023

Most students report opportunities for school involvement

# HIGH SCHOOLERS REPORTING FEELING SAFE AT SCHOOL 2021 & 2023



2021

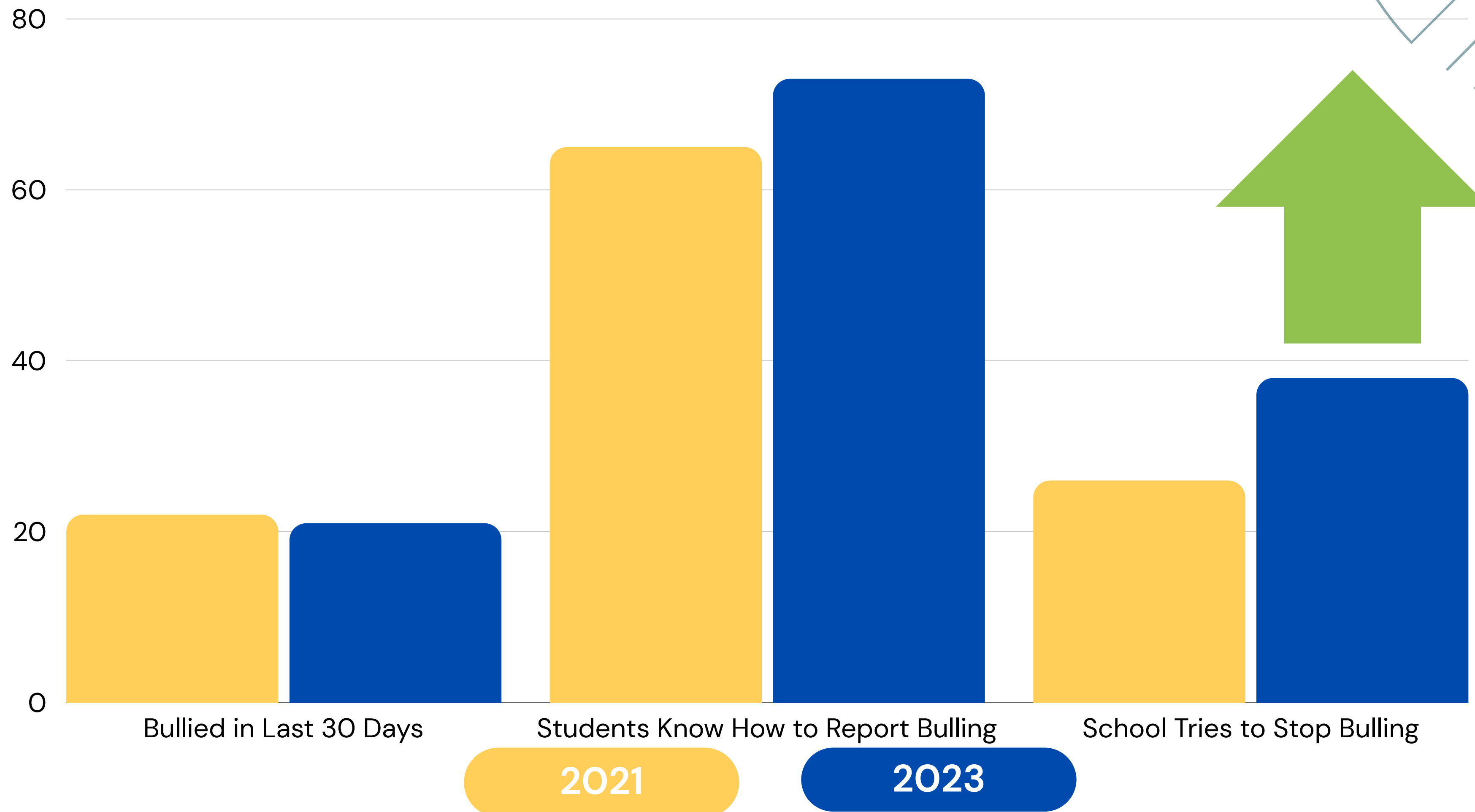


2023

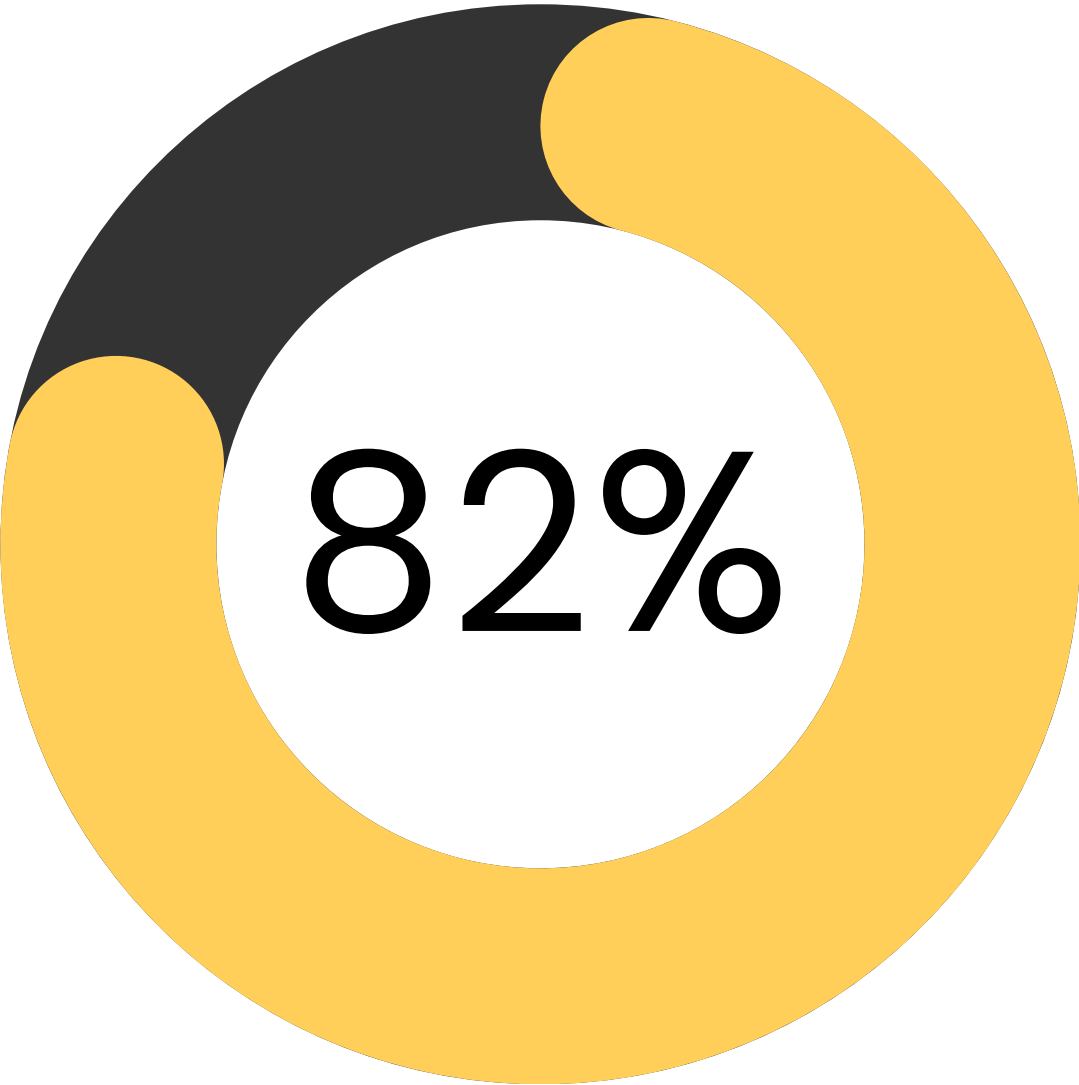
Most students feel safe at school



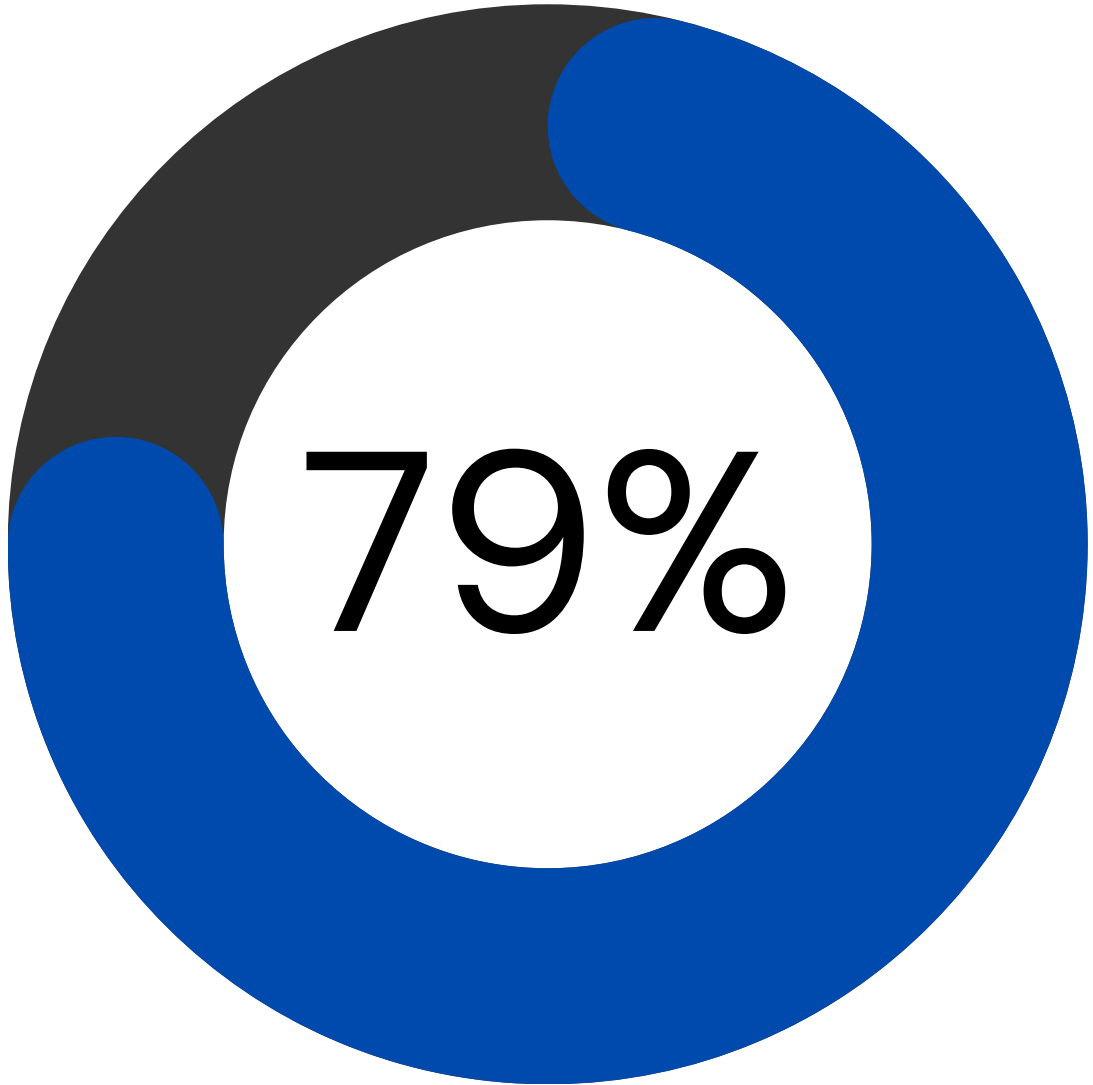
# RESPONSES ABOUT BULLING - 2021 & 2023



# HIGH SCHOOLERS REPORTING NOT SKIPPING SCHOOL 2021 & 2023



2021

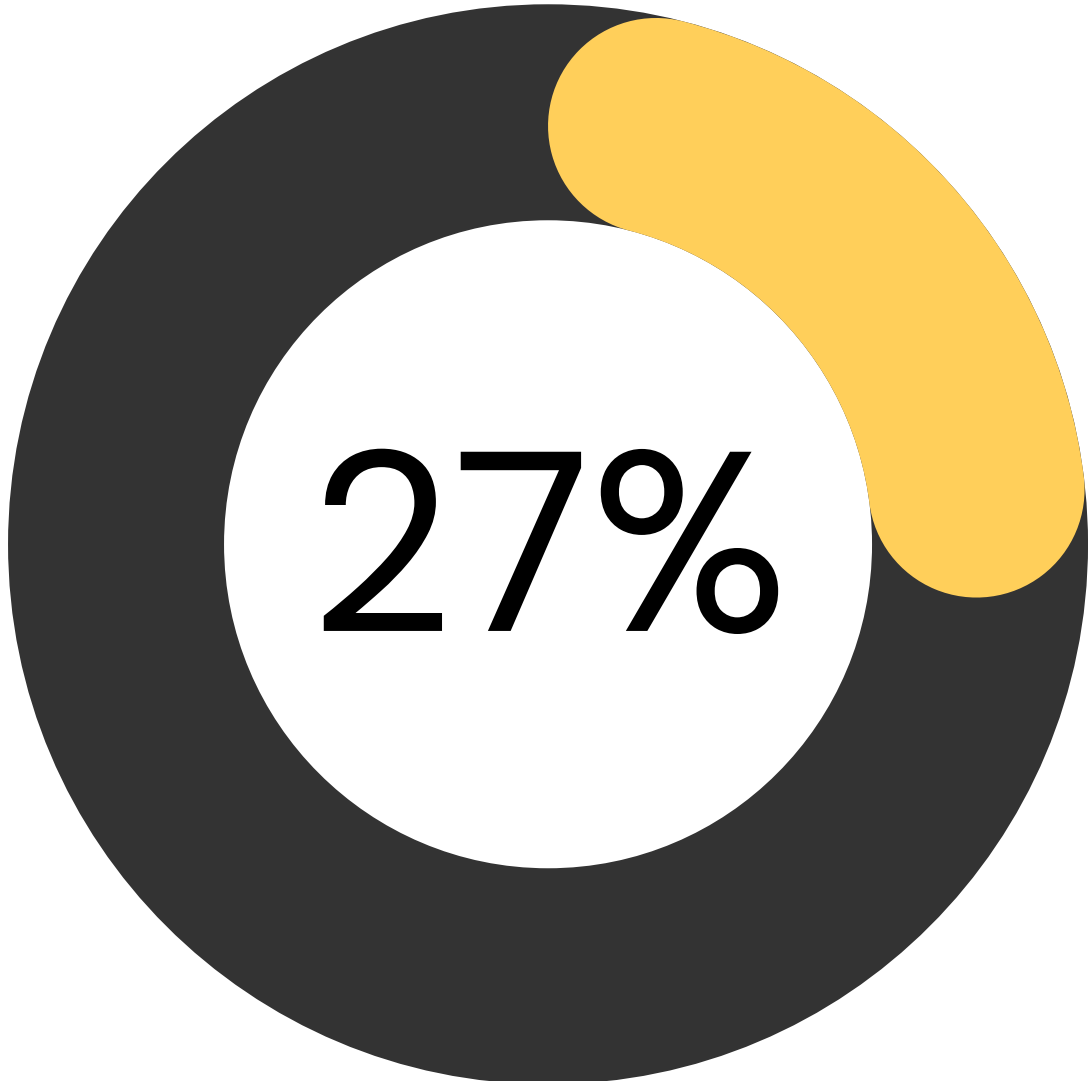


2023

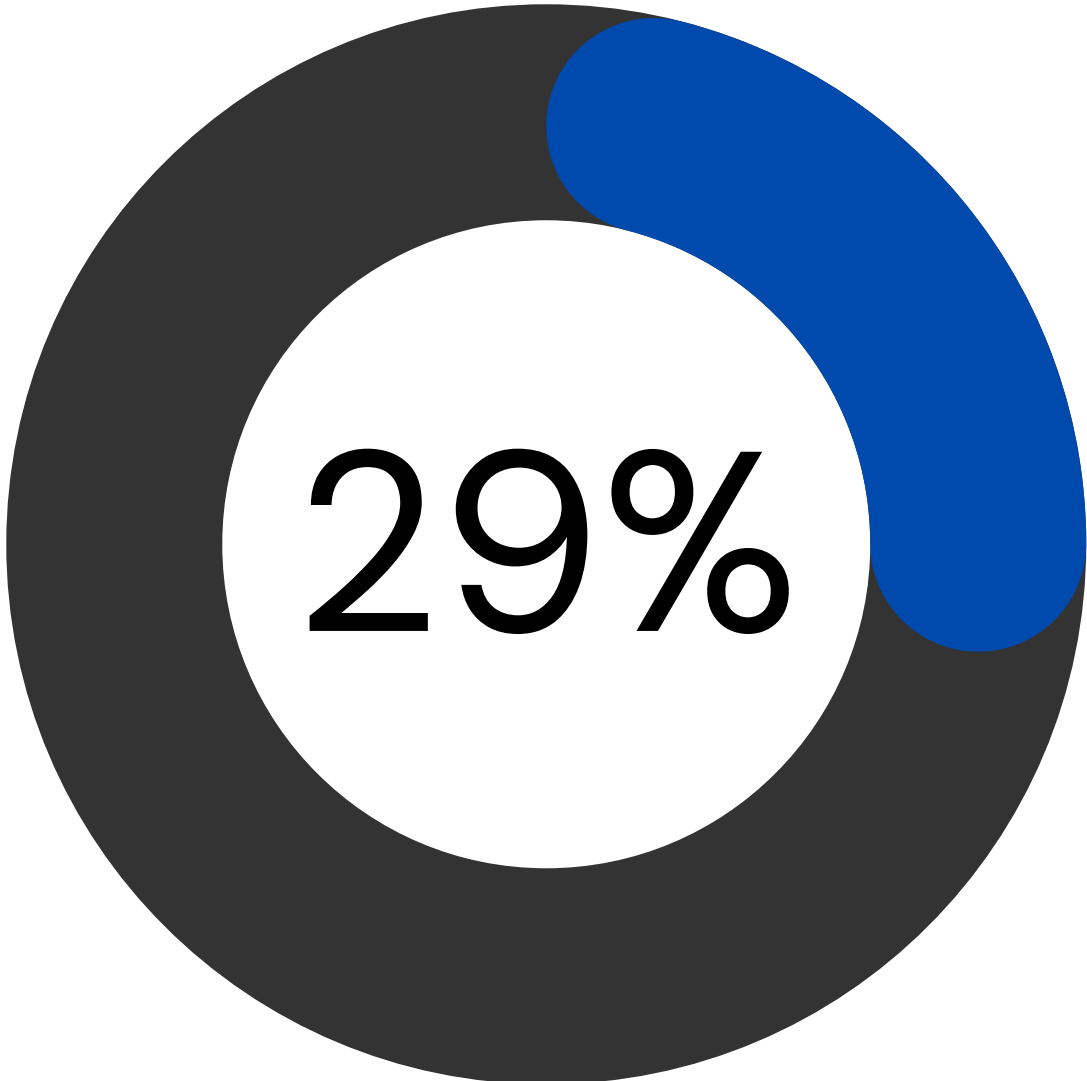
Most students reported that they did not skip school in the past month



# HIGH SCHOOLERS REPORTING ENJOYMENT OF SCHOOL 2021 & 2023



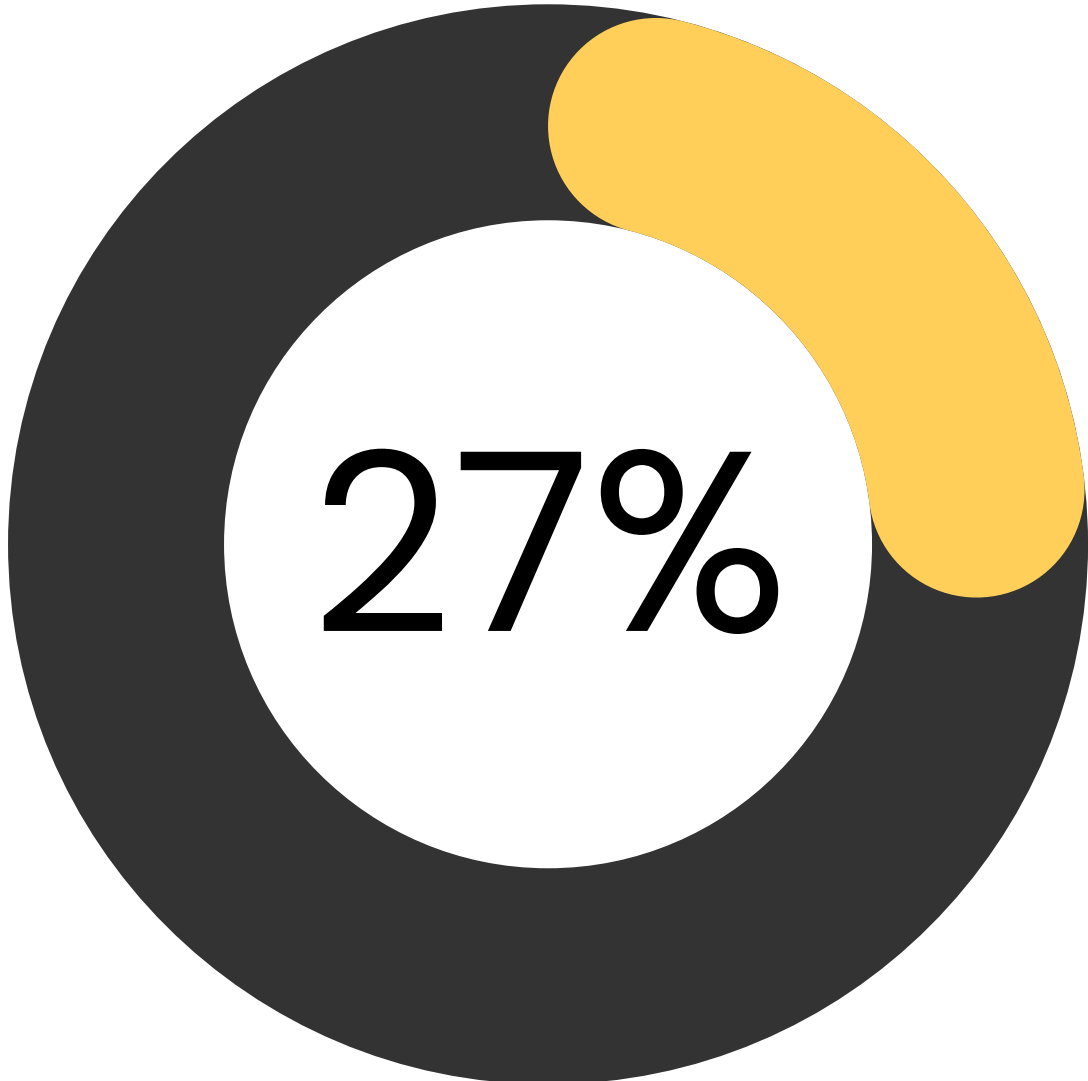
2021



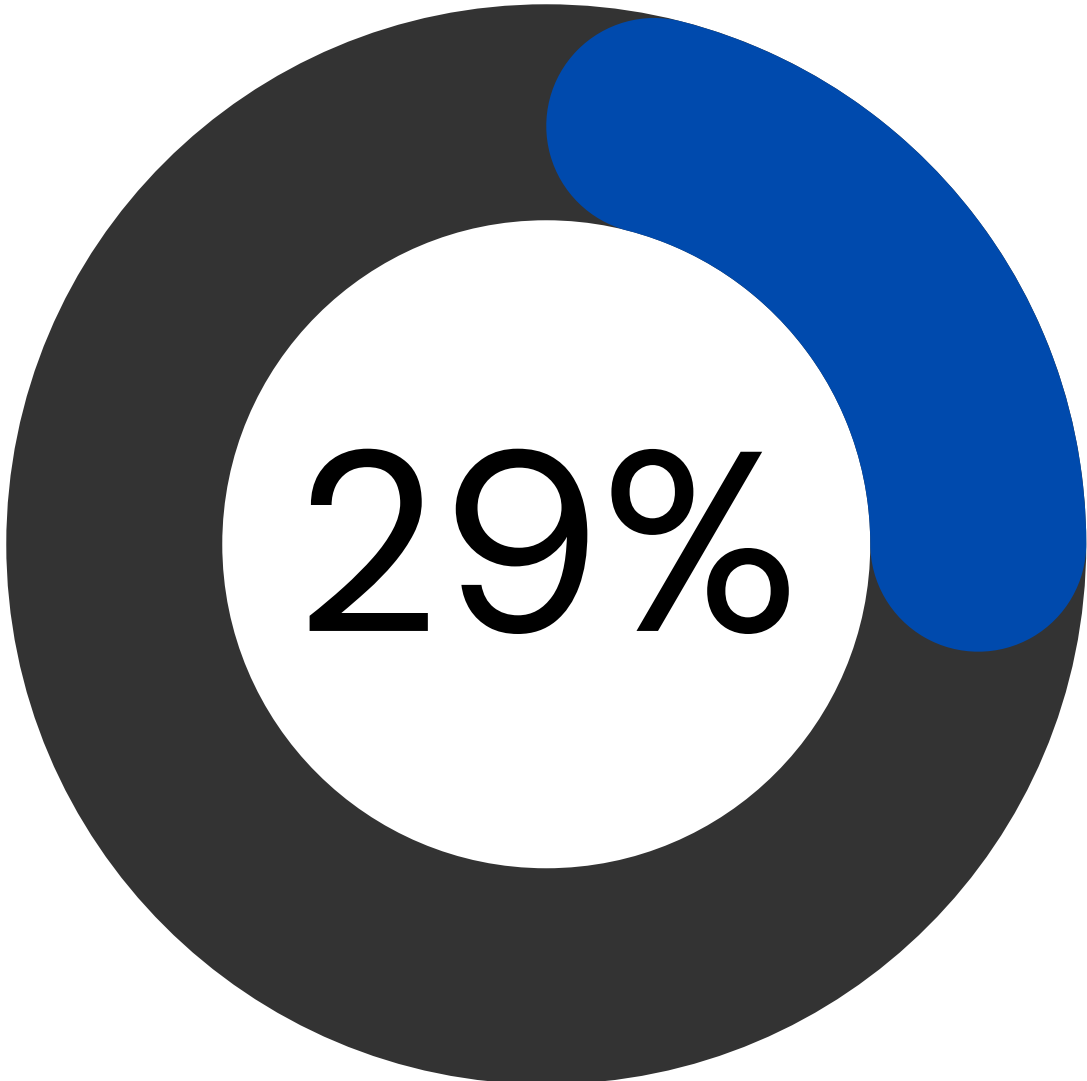
2023



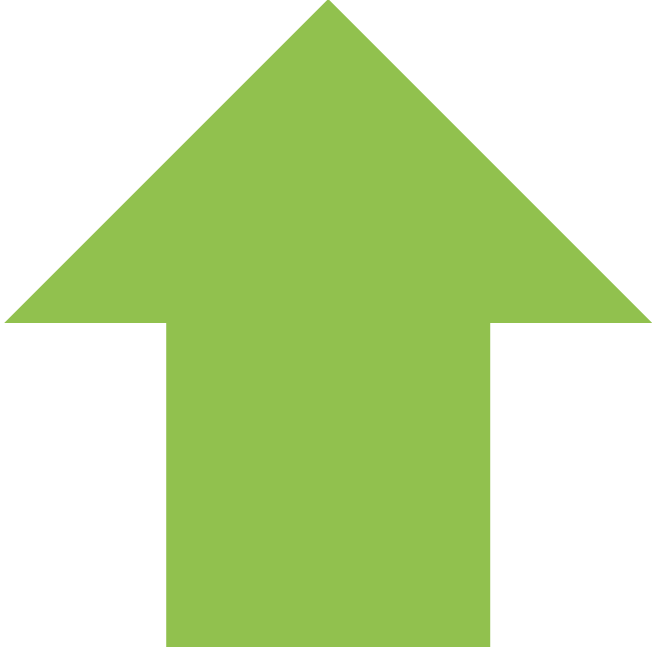
# HIGH SCHOOLERS REPORTING ENJOYMENT OF SCHOOL 2021 & 2023



2021



2023







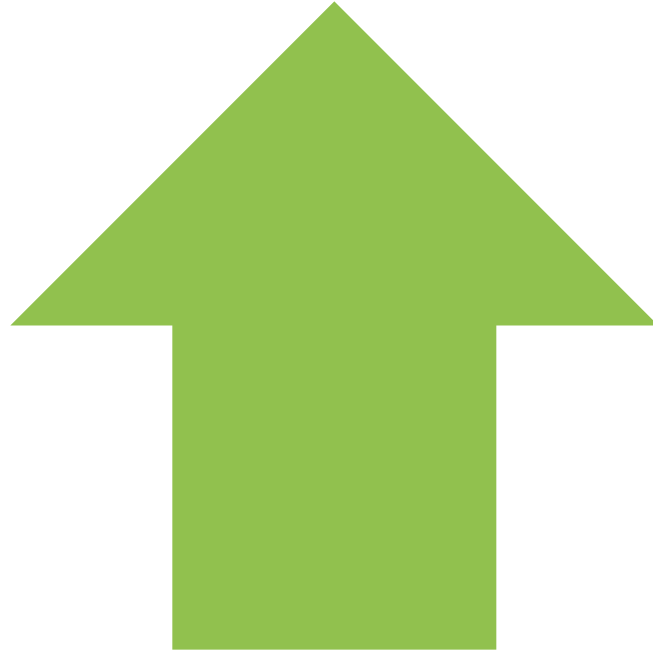
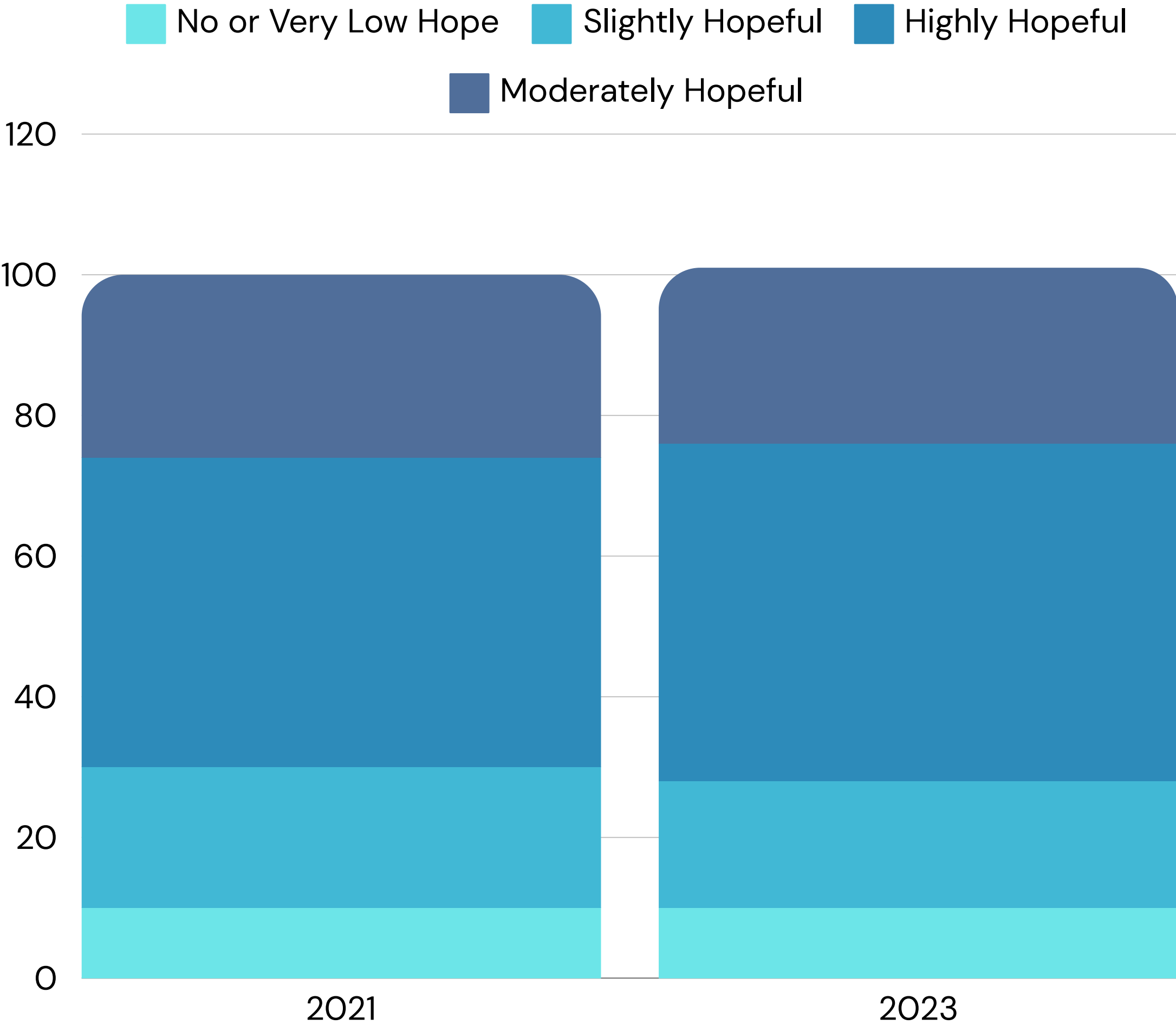
# HOPE SCALE

**Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal.**

**Research has linked hope with overall physical, psychological, and social well-being.**



# HIGH SCHOOLERS REPORTED LEVEL OF HOPE 2021 & 2023



**Increase in students who reported feeling moderately or highly hopeful**



# Coalition Meeting Agreements



**Community  
Advancing  
Resilience  
Education &  
Support**