



Building Community Capacity

Julie Schillreff, Coordinator, White Swan Community Coalition

A Variety of Opportunities, Consistent Strategies



Opportunities

- Coalition Orientation
- Key Leader Event
- School District Staff Training
- Prevention BINGO
- Coalition Meetings

Strategies

- Build upon existing knowledge
- Facilitation (guide on the side > sage on the stage)
- Collaboration and interaction
- Authentic leadership and decision-making



Coalition Orientation

Coalition Orientation



- **Audience:** Coalition members
- **Time allocated:** 3 hours, backed up to monthly Coalition meeting
- **Objectives:**
 - To increase Coalition member knowledge about prevention and the Coalition's role in prevention.
 - To build Coalition member capacity to promote prevention in the community.
- **Facilitator:** Coalition Coordinator

Coalition Orientation



- A-Z: Problems faced by youth in our community (15 minutes)
- Introductions (10 minutes)
- Prevention by decade (30 minutes)
- This works! This does not work! (10 minutes)
- Risk and protective factors: Brainstorm & domain sort (20 minutes)
- Introduction to continuum of care (5 minutes)
- Text exploration: Types of strategies (20 minutes)
- Coalition activities: Risk & protective, continuum of care, strategy type (25 minutes)
- Introduction to SPF (5 minutes)
- Elevator speech (10 minutes)
- Closure: Scrambled sentences (10 minutes)



The Set Up



The Set Up

Coalition Orientation



- A-Z: Problems faced by youth in our community (15 minutes)



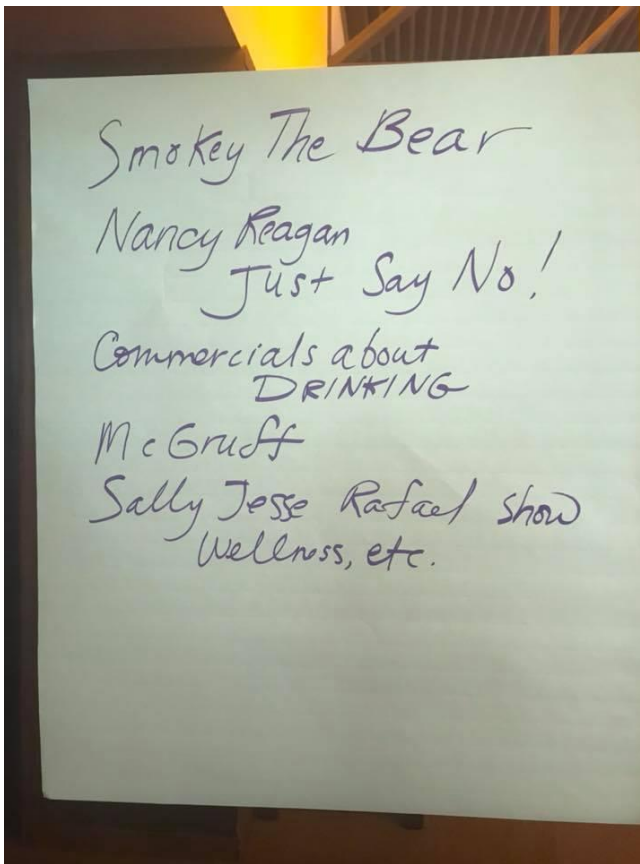
<u>Problems of our Youth Face</u>	
A	abuse
B	Bullying
C	Chronic issues
D	Drugs
E	Environmental factors
F	Fighting
G	Gangs
H	Homelessness
I	Independence
J	Jobless
K	Killings
L	Loneliness
M	Mental Health Issues
N	Neglected
O	Oppression
P	Politics
Q	Questioning
R	Resistant to change/learning /parents
S	Suffering
T	Truancy
U	Underserved
V	Violence
W	Withdrawn
X	Expulsions
Y	Yearning for safety
Z	Zealous

A-Z: Problems in Our Community

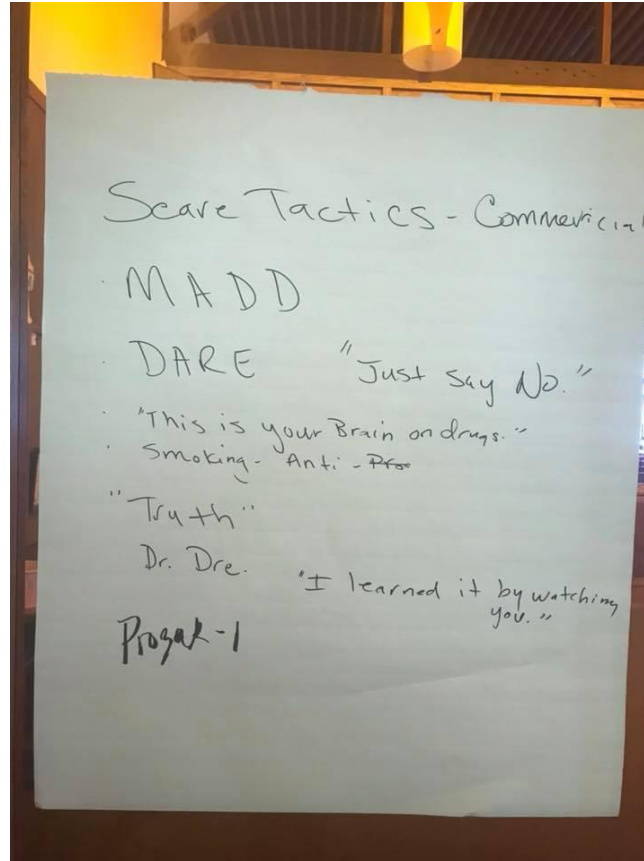
Coalition Orientation



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Prevention by Decade



Prevention by Decade

Coalition Orientation



- A-Z: Problems faced by youth in our community (15 minutes)
- Introductions (10 minutes)
- Prevention by decade (30 minutes)
- This works! This does not work! (10 minutes)



This works!

This
does not
work!

Risk Factors: Characteristics or conditions that increase the likelihood that youth will engage in problem behaviors (e.g., substance abuse, violence) or experience mental health challenges (e.g., depression or suicide ideation).

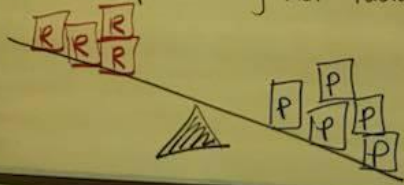
D.A.R.E.
TEACHING STUDENTS DECISION MAKING
FOR SAFE & HEALTHY LIVING

ECSTASY: THE FACTS

DRUGS ARE BAD

A group of young people, likely at a Halloween event, are posing for a photo. They are wearing white face paint with dark eye sockets, a common 'zombie' or 'ghost' costume look. They are dressed in dark clothing, and the background is slightly blurred, showing other people and what appears to be an outdoor setting.

Protective Factors: Characteristics or conditions that help youth successfully cope with life challenges and deal with pre-existing risk factors.



This Works!
This Doesn't
Work!



Coalition Orientation

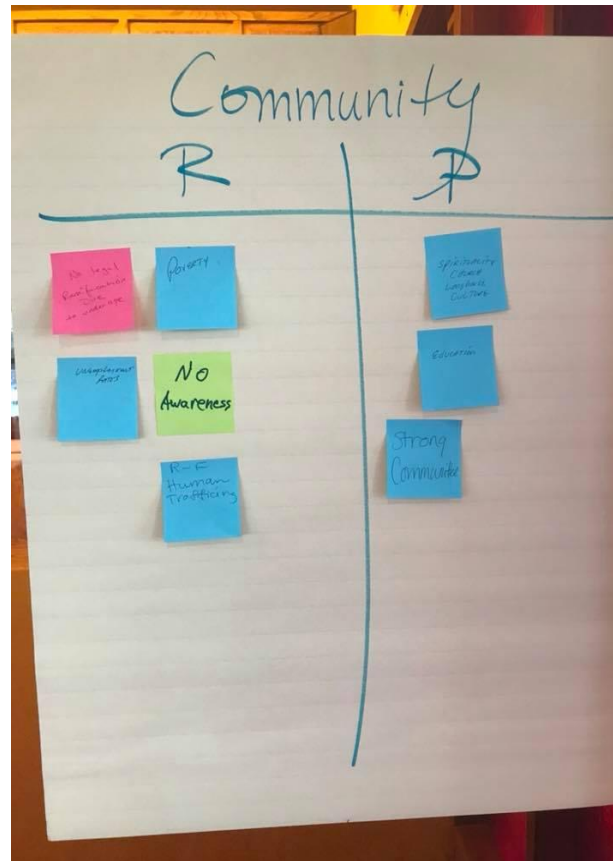
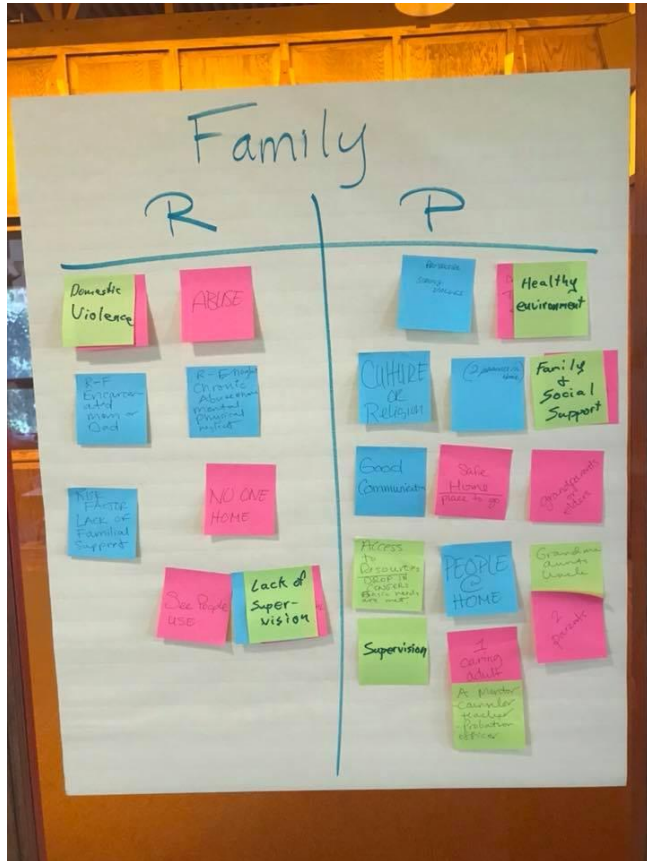


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Risk & Protective Factors: Brainstorm & Sort





Risk & Protective Factors: Brainstorm & Sort

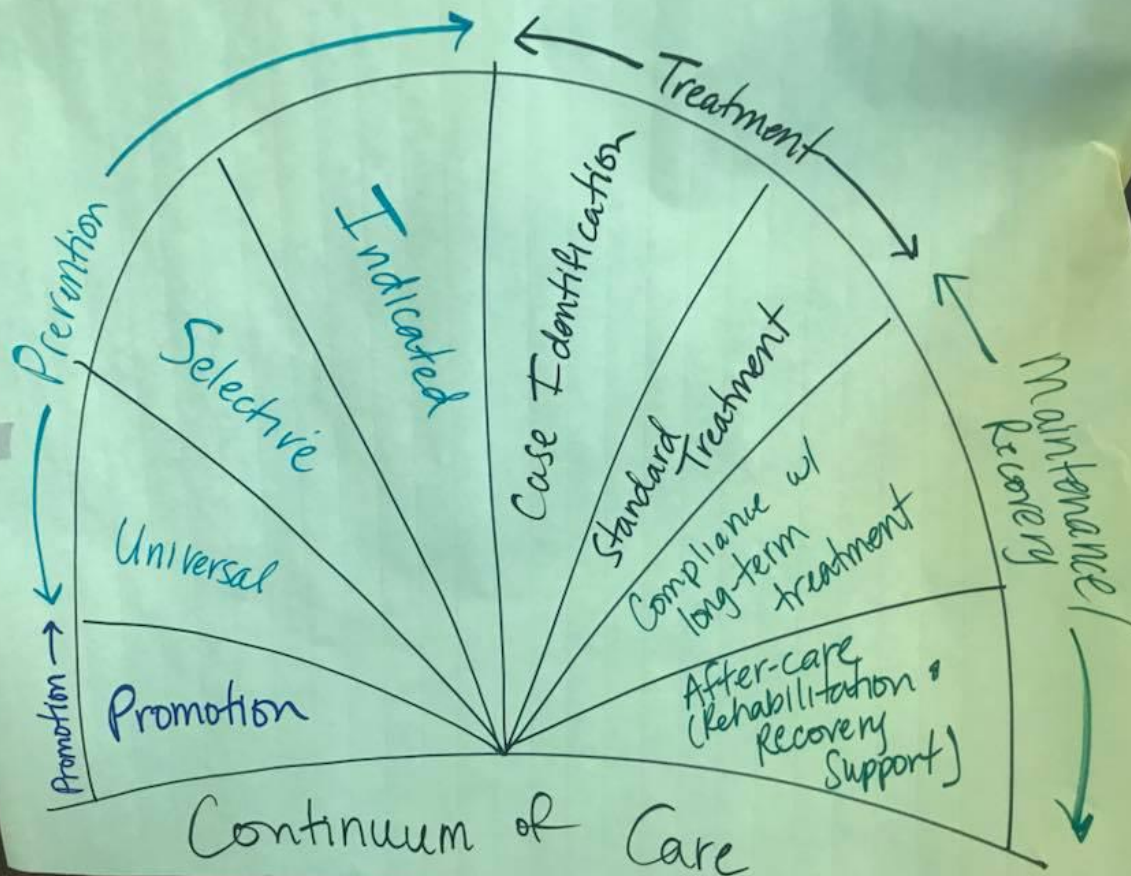
Coalition Orientation



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- Introduction to continuum of care (5 minutes)



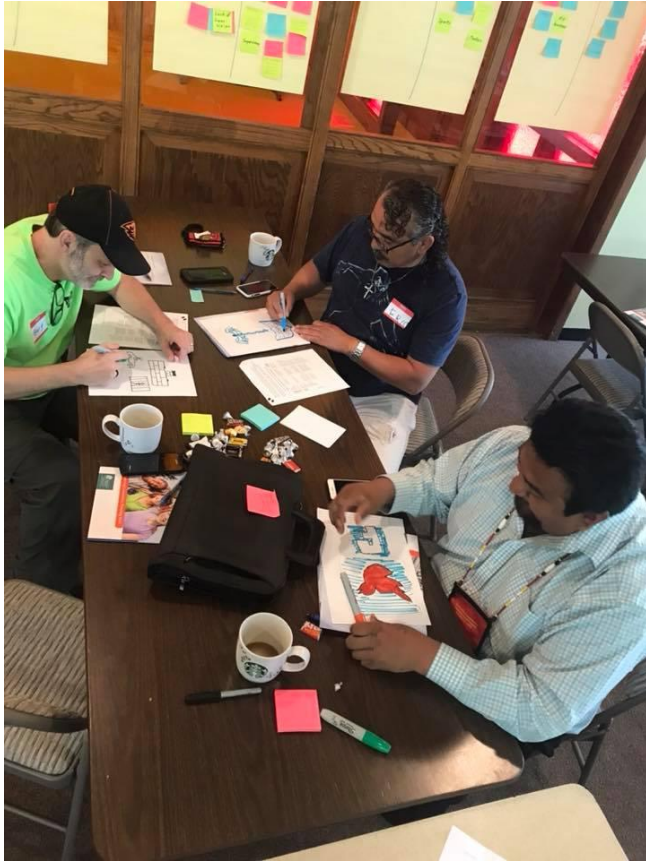
Introduction to Continuum of Care



Coalition Orientation



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- Text exploration: Types of strategies (20 minutes)



Text Exploration: Types of Strategies



Text Exploration: Types of Strategies

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Key Leader Event

Key Leader Event



- **Audience:** Coalition and community members
- **Time allocated:** 2 hours, including lunch (provided)
- **Objectives:**
 - To increase Coalition and community member knowledge about prevention and the Coalition's role in prevention
 - To increase Coalition and community member knowledge about local mental health and substance abuse trends
 - To build Coalition and community member capacity to promote prevention in the community
- **Facilitators:** Coalition members

Coalition Orientation



- **Introductions: Prevention BINGO**
- Prevention by decade
- **How much do you know about White Swan?**
- Overview of prevention, risk and protective factors
- **Text exploration: Coalition programs**
- Working lunch: Elevator speech

White Swan Community Coalition PREVENTION BINGO



B	I	N	G	O
Has more than one good friend	Was raised by a single parent	<i>Knows what risk and protective factors are</i>	Experienced or witnessed violence as a young person	<i>Knows what PAX is</i>
<i>Has lived in Harrah, White Swan, or Brownstown their whole life</i>	Played a sport in high school	Felt successful in school	<i>Knows what a Student Assistant Professional (SAP) does</i>	Grew up NOT planning to go to college
Lost a close friend or family member during childhood	<i>Knows what DFC or CPWI stand for</i>	FREE SPACE	Has a close family member who struggles with substance abuse	<i>Knows who the Dream Makers are</i>
<i>Has been to at least two Coalition meetings</i>	Had parents who set and enforced fair rules	Feels strongly connected to their culture	<i>Graduated from White Swan High School</i>	Grew up in a place where it was easy to use alcohol or drugs without getting caught
Had parents who talked to them about drugs or other risky behaviors	<i>Has (or had) kids who attend the Mt. Adams School District</i>	<i>Follows the White Swan Community Coalition on Facebook</i>	Grew up in an area where it was easy to get drugs and alcohol	Can name at least one teacher that made a positive difference in their life

Introductions: Prevention BINGO

So how much do you know about White Swan?

This is an interactive activity!

To participate, please use your smartphone to go to
socrative.com.

Select “Student Login” and type **HUSOC101** where it asks
for a room name.

Get ready to play!





1 of 14

8th and 10th graders in our district are **more likely** to drink alcohol than their peers in similar schools statewide.

☐ T True

☐ F False

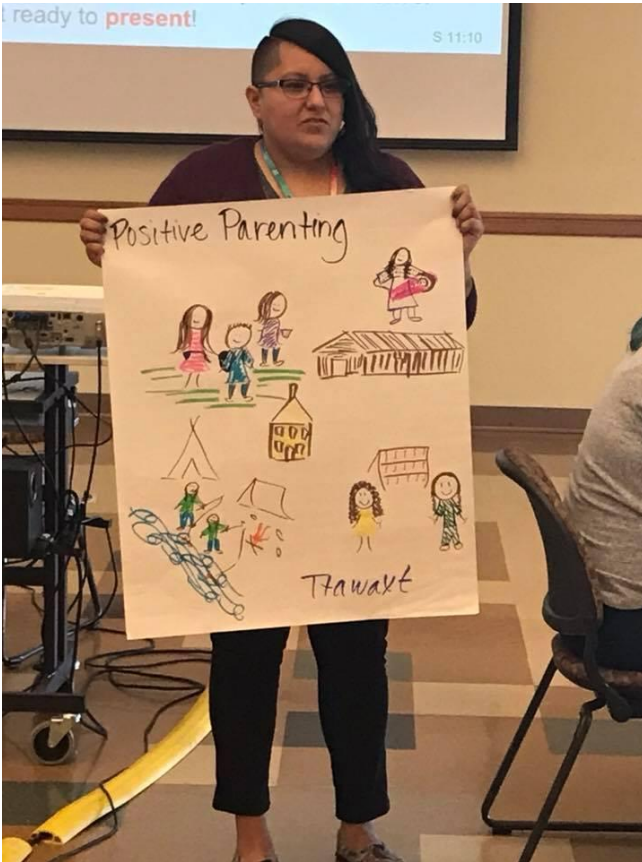
SUBMIT ANSWER

So what do we do in Harrah and White Swan?

Now's your chance to see what we're doing to address the risk and protective factors in Harrah and White Swan. As a table:

1. **Read** about your assigned program or activity.
2. **Create** a poster that
 - a. Illustrates the program or activity
 - b. Highlights how the program or activity addresses risk and/or protective factors.
3. Get ready to **present!**





Text exploration: Coalition programs





School District Staff Training

School District Staff Training



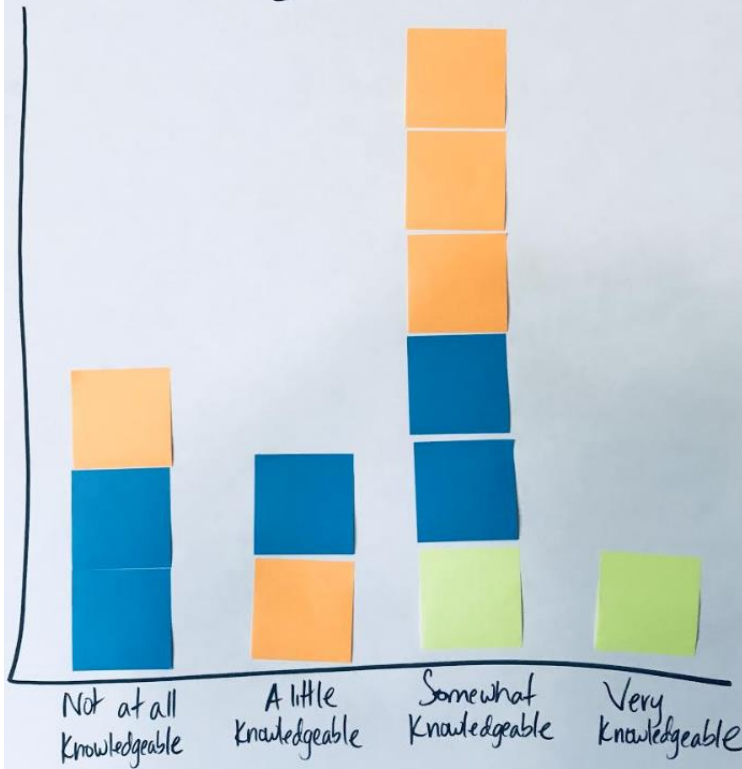
- **Audience:** K-12 teachers
- **Time allocated:** 4 hours
- **Objectives:**
 - To increase teacher knowledge about prevention and the Coalition's role in prevention
 - To increase teacher knowledge about local mental health and substance abuse trends
 - To increase teacher capacity to identify and respond to students who are under the influence
- **Facilitator:** Coalition Coordinator

School District Staff Training



- Consensogram
- Drug chat with WSP drug recognition expert (DRE)
- So how much do you know about White Swan?
- Prevention by Decade
- **This works! This doesn't work!**
- Risk and protective factors: Brainstorm & domain sort
- **What we've done and what you're doing**
- Recognizing and responding to a student who is using
- Consensogram

How knowledgeable are you about
current drug trends (e.g., vaping, dabbing,
opioids, etc.)?



Consensogram



🔍 Zoom

Alcohol impairment simulation goggles successfully reduce teen alcohol use.

T True

F False



Prevention BINGO

Prevention BINGO



- **Audience:** Community members
- **Time allocated:** 2 hours, including dinner (provided)
- **Objectives:**
 - To increase community member knowledge about prevention and the Coalition's role in prevention
 - To increase Coalition and community member knowledge about use rates in White Swan
- **Facilitator:** Coalition Coordinator

Prevention BINGO

Social Host Ordinance	Strengthening Families	PAX	Problem Identification & Referral	Above the Influence
MASD Staff Training	Provide Information	Community-based Process	Change Physical Design	Religious & Fraternal Organizations
1-800-273-TALK	93%	White Swan Community Coalition Free Space	Parents	Trauma-informed PD
Summer Jam	65%	Businesses	Teen Truth	Tiinawit
741741	State & Tribal Agencies	10%	Dream Makers	Christmas Dinner

Prevention BINGO

Youth-serving Organizations	Enhance Skills	Project Success	Schools	Student Assistance Specialist
Parents	Community-based Process	\$150	Law Enforcement	Fortaleciendo Families
Information Dissemination	Community Clean-up	White Swan Community Coalition Free Space	70%	Summer Jam
Key Leader Event	Community Awareness	House party	Spring Youth Forum	85%
Change Physical Design	Other Organizations	Narcan Distribution	MASD Staff Training	Above the Influence

BINGO Prevención

Especialista de Asistencia Estudiantil	Identificación de problemas y referencia	85%	Ley Buen Samaritano	Instituto de verano
Grupos cívicos y voluntarios	Fortaleciendo Familias	Proyecto Éxito	Orgs religiosas y fraternales	741741
CWPI	Educación	Coalición Comunitaria Espacio Gratis	Proveer información	Dar apoyo
Habilidades para la vida	GONA	\$125k	DP sobre trauma	88%
Limpieza comunitaria	Cena de Navidad	Viernes 3:00-5:00 pm	Agencias Estatales y Tribales	Por encima de la influencia

BINGO Prevención

Grupos cívicos y voluntarios	Cambiar las consecuencias	88%	35%	1-800-273-TALK
Habilidades para la vida	Factores de riesgo	Cambiar el diseño físico	Alternativas	Orgs juveniles
Dar apoyo	Strengthening Families	Coalición Comunitaria Espacio Gratis	Padres	Proceso basado en la comunidad
Segundo paso	Desfile comunitario	Identificación de problemas y referencia	Tiinawit	Tratamiento para los jóvenes
94%	Educación	Juventud	Ley Buen Samaritano	Conciencia comunitaria

Information for Caller

(<https://osric.com/bingo-card-generator/call-generator.html>)



\$110k: The amount of money we receive each year from the State

\$125k: The amount of money we receive each year from the federal government

\$150: The value of Narcan, an opioid-overdose reversing drug, which the Coalition gives away free on Fridays from 3:00 to 5:00 pm at the White Swan Health Clinic

1-800-273-TALK: National Suicide Prevention Lifeline

10%: The percentage of our youth in grades 7 through 12 who have attempted suicide in the past year

25%: The percentage of our youth in grades 7 through 12 who have considered suicide in the past year

35%: The percentage of our youth in grades 7 through 12 who have experienced depression in the past year

46%: The percentage of our youth in grades 7 through 12 who have ridden in a car with an intoxicated driver

600%: The percentage increase in fentanyl overdose deaths in Yakima County in the past year

65%: The percentage of youth in grades 7 through 12 who have ridden in a car with an intoxicated driver who say the intoxicated driver was an adult family member

70%: The percentage of youth in grades 7 through 12 who say they enjoy going to school every day



Dream Makers: Prevention youth group at Harrah, Mt. Adams Middle School, & White Swan High School

Education (Educacion): A strategy centered around activities that foster the development of life and social skills (e.g., PIP, Strengthening Families, Fortaleciendo Familias, LifeSkills, Second Step)

Enhance Skills (Mejorar las habilidades): A strategy designed to increase the skills of community and coalition members (e.g., Prevention Summit, CADCA, Narcan Training, etc.)

Environmental (Ambiental): A category of strategies that focus on changing community norms or attitudes (e.g., PAX, social norm campaign)

Fortaleciendo Families: A 7-week parenting class for youth aged 10 to 14 and their parents and guardians focused on skill development and family unity

Friday 3:00-5:00 pm (Viernes 3:00-5:00 pm): The day and time the Coalition distributes FREE Narcan at the White Swan Health Clinic

GONA: Gathering of Native Americans; a two-day community-building, activity the Coalition sponsored in early October

Good Samaritan Law (Ley Buen Samaritano): A law that protects the caller and victim from prosecution for drug possession charges if they call for help in the case of a drug overdose; in effect in Washington State and moving towards approval on the Yakama Nation

Healthcare Professionals (Profesionales de salud): One of the twelve sectors that form a Coalition (e.g., IHS, White Swan Ambulance)

House party (Fiesta en casa): The most common way our youth in grades 7 to 12 indicate they accessed alcohol AND marijuana (2/3rds of the time when adult was not present, 1/3rd when adult was present)





Coalition Meetings

Coalition Meeting Strategies



- Link agenda items to key prevention concepts
- Follow up on Coalition input and feedback
- Organize information to reinforce key prevention concepts
- Actively involve Coalition members as decision-makers at each step of the process



White Swan Arts & Recreation Community Coalition Meeting

9 April 2019

Meeting Location: White Swan Methodist Church, 90 1st Street, White Swan, WA 98952

Coalition Chairs: Jerry Ford & Gary Peters

Coalition Mission: The Mission of the White Swan Arts & Recreation Coalition is to live out the vision by honoring the voices of the community and being advocates for communication and education.

The Vision Statement: We will live out the vision by honoring the voices of the community and by being advocates for communication and education. Our actions will consistently promote positive change for all creation by establishing community collaboration to prevent and reduce substance abuse (including alcohol, tobacco and marijuana) among youth and ultimately adults, by addressing the factors in the community that increase the risk of substance abuse.

Meeting Agenda

12:00 Welcome and Introductions

12:05 Sector of the Month: TBD

What are our various sectors positive mental health among?

12:15 Programming Update (Julie)

Coalition Coordinator, Julie S
Parenting and youth leaders

12:25 Healthy Youth Survey Data Review (Coalition members)

Coalition members will review
Survey data to respond to the

- What substance use problems (for example, overdoses and alcohol poisoning) and related behaviors (for example, prescription drug misuse and underage drinking) are occurring in your community?

Link agenda items to key prevention concepts



12:25 Healthy Youth Survey Data Review (Coalition members)

Coalition members will review our 2018 Healthy Youth Survey data to respond to the following questions:

- What substance use problems (for example, overdoses and alcohol poisoning) and related behaviors (for example, prescription drug misuse and underage drinking) are occurring in your community?



What Substance use problems + related behaviors?

64% 10% → parents + community don't think it's wrong

alcohol + marijuana

8th 12th 17% of 12th graders get alcohol from home w/ permission

low perception of harm

pain killers 9% 12th

[prescription drugs - 8th grade]

[low perception of harm - 8th grade]

Riding in a car w/ an Intoxicated person

21% 8th graders vaping - 67% THC

Where are 12th graders buying alcohol?

Questions/Data Needed

How do ♀♂ compare?

How does MASD compare to ESD 105?

When are kids drinking - before, during, after school?

How many didn't answer about prescription drugs?

Do they feel safe w/ intoxicated driver? (perception of harm)

What comes first < drugs? bad grades?

12th grade → How are they getting Rx?

What Rx drugs are 8th graders using?





White Swan Arts & Recreation Community Coalition Meeting

21 May 2019

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advocates
for all crea
(including
factors in t
minimize t

Meeting Agenda

12:00

12:05

12:15

Members

12:15 Healthy Youth Survey Review Part 2 (Coalition Members)

- Review last month's findings - ESD105 & MASD Comparison
- Digging deeper into the data - Individual, Peer, Family, School, & Community Risk & Protective Factors
- Finalizing our priorities

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- Digging deeper into the data - Individual, Peer, Family, School, & Community Risk & Protective Factors
- Finalizing our priorities



Follow-up on Coalition input and feedback





Organize information to reinforce key prevention concepts



White Swan Arts & Recreation Community Coalition Meeting

14 August 2018



Meeting Location: White Swan Methodist Church, 90 1st Street, White Swan, WA 98952

Coalition Chairs: Jerry Ford & Gary Peters

Coalition Mission: The Mission of the White Swan Arts & Recreation Coalition is to live out the vision

12:25 Overview of the Year: Programs & Opportunities for Involvement (Julie)

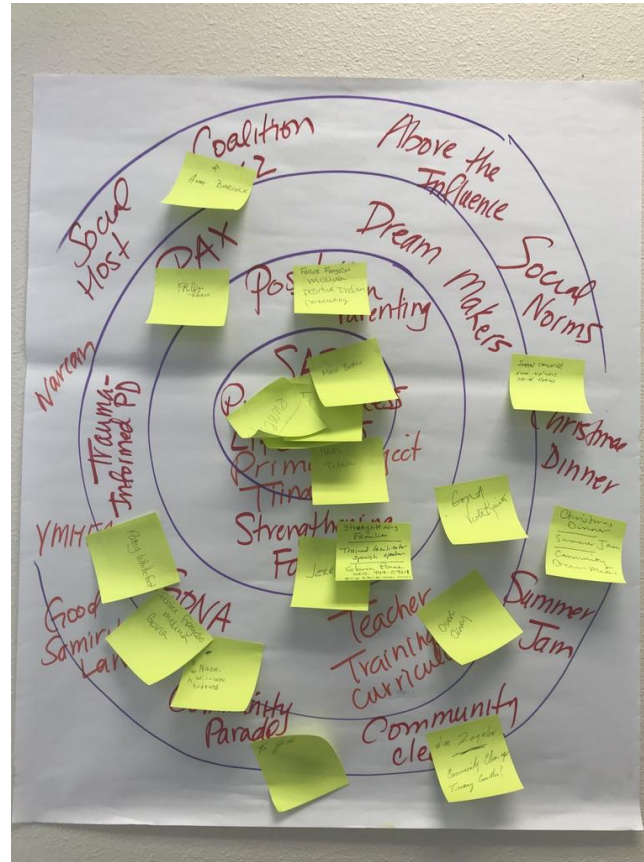
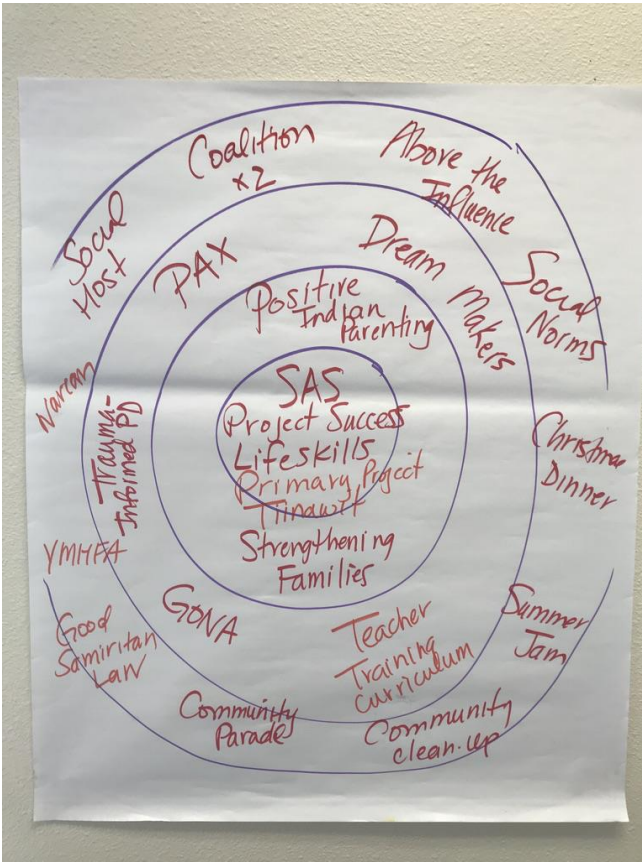
minimize the risk of substance abuse.

Please remember to sign in!

Meeting Agenda

- 12:00 Lunch, Welcome, & Introduction of New Members** (Jerry Ford, Coalition Co-chair)
- 12:05 Sector of the Month: Schools** (Dr. Curt Guaglianone)
What are our schools doing to help reduce substance use and promote positive mental health among our youth?
- 12:15 Event Reports & Updates**
 - Summer Jam
 - Results Washington Summit
- 12:25 Overview of the Year: Programs & Opportunities for Involvement** (Julie)

**Organize information to
reinforce key prevention
concepts**





White Swan Arts & Recreation Community Coalition Meeting

11 December 2018



Meeting Location: White Swan

Coalition Chairs: Jerry and Mary

Coalition Mission: The Coalition's mission is to promote the community by honoring the voices of all.

The Vision Statement: We envision a community that advocates for community for all creation by everyone, including alcohol, tobacco, and other factors in the community to minimize the risk of harm.

Meeting Agenda

11:30 Holiday

12:00 Welcome

12:05 Sector of
Substance

What are the
positive

12:15 Work Sessions

Group 1

Task—Review

12:15 Work Sessions

Group 1: Reviewing the Coalition Assessment Tool

Task—Review our Coalition Assessment Tool results for the **Three Cs**

- What should we **Celebrate**?
 - Are there things the Coalition strongly agrees we do?
- What are our areas of **Concern**?
 - Are there things the Coalition is not doing? (In other words, are there things where the Coalition disagrees or strongly disagrees that we do?)
 - Do you have suggestions for how we can address these concerns?

- What needs **Clarification**?
 - Are there things where several members responded that they didn't know?
 - Can you clarify? Do you know if we're doing them?
 - Does Coalition leadership need to clarify?

- What should we **Celebrate**?
 - Are there things the Coalition strongly agrees we do?

**Actively involve
members as decision-
makers at each step of
the process**

Celebrate

Ability to speak freely
Members active in decision making
treated equally & w/ respect.
funding for Sustainability
active committees or workgroup
open dialog.
Building positive Relationships
w/ community Partnerships

Concern

What should we do?

~~Updating Coalition on population level change?~~

Reps From Business From Harrah
to White Swan - invite them, talk to
them about Coalition.

Reach out to Community - media
(social)
more active on Facebook - Boost more
updates on Community - process of Events
Newsletter Radio Posters/Flyers
local Library

more coalition members facilitating
events.



**Actively involve
members as
decision-makers
at each step of
the process**



White Swan Arts & Recreation

Community Coalition Meeting

8 January 2019



Meeting Location: White Swan Methodist Church, 90 1st Street, White Swan, WA 98952

Coalition Chairs: Jer

Coalition Mission: by honoring the voice

The Vision Statement:
advocates for com
for all creation by
(including alcohol
factors in the com
minimize the risk

Thank

Meeting Agenda

12:00 Welc

12:05 Secto

What
prom

12:15 Coal

12:15 Coalition Assessment Tool (CAT) Follow Up (Julie Schillreff, Coordinator)

Clarification of the 12 Sectors and Sector Analysis (last done February 2018)

- Youth
- Parents
- Law enforcement
- Schools (presented August)
- Businesses (presented September)*
- Media
- Youth-serving organizations
- Religious and fraternal organizations (presented October)
- Civic and volunteer groups (presented January)
- Healthcare professionals
- State, local, and tribal agencies with expertise in substance abuse (presented December)
- Other organizations involved in reducing substance abuse (presented November)

Facilitating Events Sign-up

12:35 Introduction to Environmental Strategies (Julie Schillreff, Coordinator)

Clarification of the 12 Sectors and Sector Analysis (last done February 2018)

- Youth
- Parents

**Actively involve
members as decision-
makers at each step of
the process**

**Follow-up on Coalition
input and feedback**



**Actively involve
members as decision-
makers at each step of
the process**

**Follow-up on Coalition
input and feedback**

Harrah Farm Shop - Business
Futhey Shaw (will drop materials)
WSHS MAMS
Yakama Power - Shauna
Guadalupe - Julie
Neucor Fiber Mill - Mary will stop and get contact info
Harrah Cafe - Jim Engel (will drop materials)
Legend's
Harold's - Jim Engel (will drop materials)
Labbe mint - Sandra (will drop materials)
Imperial
YFP Mistletoe Dagdagan Shauna
Logging Golden Farms Crystal (will drop materials)
King Mtn Tobacco Shauna (set meeting)
Tiin-ma / Cougar Den St. Hilare - Shauna set meeting

A Variety of Opportunities, Consistent Strategies



Opportunities

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- Coalition Meetings

Strategies

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- Facilitation (guide on the side > sage on the stage)
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Questions, Comments, Concerns?

For More Information



Julie Schillreff, EdD
Coordinator

White Swan Community Coalition

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509-985-8902

Access presentation and resources at bit.ly/Capacity2019