community volunteers, parents, and youth. The goal is to sustain partnerships with these persons and the organizations they represent. The Coalition plans to obtain more interest and support from community leaders, including elected officials and media as well as more consistent participation by the business sector. Increased support by community leaders, media and business help the Coalition raise public awareness of substance abuse and strategies to prevent substance use and help the Coalition sustain its efforts.

Resources Assessment Conclusions:

Based upon the needs assessment and the assessment of resources/assets and gaps/weaknesses that exist in the community, the following resources have been selected by the Coalition for enhancement or development:

- Develop and sustain the East Valley Community Coalition to provide focus, leadership, and resources in the community to prevent substance abuse, since such a Coalition did not exist prior to CPWI
- Invite local retailers to become partners with the Coalition in reducing sales of alcohol to
 minors and in educating purchasers of alcohol regarding possible consequences of providing
 alcohol to minors in order to reduce the ease with which alcohol is obtained by youth
- Develop public forums and presentations to educate adults about the negative consequences of youth alcohol consumption
- Provide family management programs such as Strengthening Families (10-14) in the community to provide parents with tools to help youth make healthy decisions as these programs exist on only a limited level
- Provide a Student Assistance Specialist in the high school to provide a comprehensive array of prevention services and engage students in drug-free activities
- Enhance Washington Drug Free Youth (WDFY) activities in the high school and expand WDFY to the middle school to promote drug free behavior and positive norms
- Provide (Botvin) Life Skills Training in the middle schools to help delay early initiation of substance by middle school youth
- Partner with organizations to reduce youth depression and suicide

Appendix 6. Action Plan

Goal 1: Increase Community Connectedness

Objective 1.1: East Valley Community Coalition seeks to increase opportunities for collaboration and partnerships among sectors that exist within the community, such as and not limited to, youth-serving agencies, business, youth, parents, law enforcement, schools, and other sectors.

Strategy1.1.1: Coalition meets monthly to formulate strategies, implement and update this strategic plan to prevent substance abuse.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party(ies)	
Activity/Program 1.1.1.1:	Foot Valley	This is ourrent with EV Cos	lition This is	The Coalition exist	s EV Community	The Chair and	
East Valley Community Coalition	East Valley Community This is current with EV C meeting monthly on the month. A			to potentially prevent or reduce substance abuse of East Valley's entire population of 25,706. The special focus is on youth 0-21 years, approx 1/4 th of the population.	Coalition and Spokane County Community Services, Housing, and Community	Vice Chair (Executive Committee) and Coalition Coordinator (SCCSHCD)	
Measures	Tool/ins	strument	Who	What	Why	How	
and events conducted progress in carrying o Plan Outcome Measures: community connected	community connectedness such as ecruitment and retention of		Coalition, DBHR	delivering strategies in the	Maintain current funding and to be competitive for additional funding.	Verbal reports to Coalition and PBPS.net reports to DBHR.	

Continued on next pages

Goal #1 Increase Community Connectedness (cont.)

Activity/Program 1.1.1.2: Presentations, events and follow-up in the community as follows to increase awareness and ownership of substance abuse in the community and to recruit community members and leaders to join and/or support the Coalition:

- 1.1.1.2.1: Various Presentations to the school board, Spokane Valley City Council, Kiwanis, Rotary Clubs, and area religious leaders
 - 1.1.1.2.2: Organize an annual key leader gathering to obtain support for Coalition mission and plan and to update the plan
 - 1.1.1.2.3: Organize at least two community information events to include community leaders
 - 1.1.1.2.4: Invite Spokane Valley Herald to cover the events and any other potential media contacts
- 1.1.1.2.5: Coalition members will follow up with community leaders to encourage attendance at the Coalition meetings

Activity/Program 1.1.1.3: Coalition reviews processes to ensure adherence to SPF guidelines and ensure that the strategic plan is upto-date

- 1.1.1.3.1: Renewal of annual assessments (Coalition Assessment Tool, Community Assessment)
- 1.1.1.3.2: Review of process and outcome evaluations
- 1.1.1.3.3: Promote sustainability through ongoing recruitment of new members (MRRC)
- 1.1.1.3.4: Promote cultural competence through recruitment of underrepresented persons and groups to participate in the Coalition and at each step of the plan update.

Activity/Program 1.1.1.4 Coalition Training

- 1.1.1.4.1 Community Anti-Drug Coalitions of America (CADCA) National Coalition Academy Training (for coordinator and Coalition members).
- 1.1.1.4.2 Washington State Prevention Summit for Coalition members and youth engaged with Washington Drug Free Youth (WDFY)
- 1.1.1.4.3 Community engagement
- 1.1.1.4.4 Building cultural competency, especially as it relates to engaging persons and groups who are historically underrepresented on the Coalition (already referenced). In regards to implementation: Prior to and during implementation will be key times for the Coalition to seek feedback from the community residents, including diverse

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groups as to race/ethnicity, gender, age, religion, income, sexual identity, and language, as well as youth and parents as distinct groups. This will be the time to consider adaptations to innovative and evidence-based strategies that are being selected in order to make them more relevant to the cultures represented in the community. This will be done through structured interviews and/or surveys and will be discussed as an item in the Coalition pertaining to cultural competency.

Amount of service being provided for **Goal 1**: Coalition Coordination at .5 FTE plus volunteer time of Coalition members to attend meeting perform Coalition work.

Intended impact: Reduction in substance use in Community; indeterminate estimate of substance reduction or savings at this time Available resources: CPWI funding plus in-kind donated time of Coalition members and facilities for events at about 10%.

Approximate cost: (Fiscal Year) \$35,000 for Coalition Coordination, \$5,000 for community events (snacks, printing) and \$10,000 for Coalition training

Goal 2: Reduce the sale and promotion of alcohol to youth by retailers.

Objective 2.1: Increase retailers' knowledge of the consequences of selling and promoting alcohol to minors.

Strategy 2.1.1: Educate and recognize retailers who reduce sale and promotion of alcohol to minors.

Activity/Program	Brief Description	Who	en	How	Who		Lead Organization	Responsible Party(ies)
Name of activity/program 2.1.1.1: Alcohol retailer education and recognition Note: the focus of this is to recognize positive gains by retailers to limit alcohol ads and product to youth.	Education to retailer owners and staff. Work cooperatively with them to reduce advertising, display and product exposure to youth, similar to a Let's Draw the Line retailer education strategy being used in the state. Incorporate alcohol purchase surveys into the education by recognizing retailers who check ID of young adults (21+ yrs.) who attempt to purchase alcohol, similar the model being use in Law Enforcement Partnership Grants. Recognize retailers who check IDs.	Initial vis follow-up to up t retailer begin by 30, 201 continue June 30 Note: Yo be recruit WDFY all with adult conduct t surveys.	o visits, to 20 s, will v Sept. 4 and through through the different congress to	This is described in the "When" column	The service potential undrinkers (apof the population of the population of their volpartnership Coalition in the potential of the potential of their volpartnership coalition in the potential of the potential of the population	nderage prox ½ ulation) nefits id their es by ales to brinkers in public because untary with the	Spokane County Community Services, Housing, and Community Development Department (SCCSHCD) and possibly law enforcement agency and WDFY, yet to be determined by Sept. 30, 2014	Executive Committee and SCCSHCD
Measures	Tool/instrument	NIO!!	W	/ho	What		Why	How
Process Measures: Retailer visits	Record of retailers visited to do "CA below	NS" See	Coalition	n, DBHR,	All will want to know actions		nat retailers ooperatively	Report by volunteers to
Outcome Measures: See items measured next column. Results sought are reduction in youth exposure to alcohol product and ads.	Use survey instrument similar to what Let the Line uses for its retail assessments of "CANS" assessment of product placement policies, proximity of product and adverting youth, posting of sales policies. Communications	called a ent ising to	Parents, Commu	Media,	taken by retailers to reduce youth exposure	with Coal the degree surveys r reduced of	ition reps and ee that the esulted on exposure to ds and product	Coalition to reports into PBPS.net

Continued on next page

Goal 2 Action Plan Continued

Amount of service being provided: Approximately 10 visits by Coalition members and youth to retailers of alcohol to do "CANS" assessments of product placement

Intended impact: If successful in obtaining media exposure would be beneficial to retailers who voluntarily participate and would raise awareness of community regarding underage drinking. The main intended impact is for Coalition to gain partnerships with retailers to reduce promotion of alcohol to minor.

Available resources: Volunteer time of youth and Coalition members. Small amount of Coordination time

Approximate cost: (Fiscal Year) \$1000

Goal 3: Youth obtain less alcohol from friends, acquaintances and family.

Objective 3.1: Reduce availability of alcohol to youth in homes and from social sources such as parents, older siblings and other adults.

Strategy 3.1.1: Public awareness and education focused on adults who might purchase alcohol legally and provide it to minors. Provide point of purchase warning of legal and financial consequences, RCW 66.44.270 e.g. \$5000.00 fine and up to 1 year in jail.

Activity/Program	rogram Brief Description When How		Who	Lead Organization	Responsible Party(ies)			
Activity/Program 3.1.1.1:	Overale simos es auditabala at	Dania 0		This is	This is for	Onester Oseles e	Opplition	
Supply signage and labels at retailers showing consequences of providing alcohol to minors. Place warning stickers on alcohol packages listing the legal consequences of buying alcohol for minor consumption. Also includes window decals, posters, and proof of age signs Also includes window decals, posters, and proof of age signs		2014 th June 30 Recruit m of 5 reta area. R minimu monthly t retailer t labels	Begin Sept 30, 2014 through defune 30, 2015. in control of 5 retailers in area. Return minimum of nonthly to each retailer to affix labels to products.		This is for a adult who purchase alcohol and potentiall provides it minor. Personal benefitting any minors I in the are	Substance Abuse Council (GSSAC) who and Washington Drug Free Youth (WDFY) at EVHS ons are iving	Coalition Coordinator and GSSAC staff.	
Measures	Tool/instrument		Who		What	Why	How	
Process Measures: Retailer visits, number of stickers affixed in store and to products. Outcome Measures:	Record of retailers agreeing to partic Project Sticker Shock, Updates to Co	oalition	Coalition, DBHR, Retailers, Youth,	actions retailer and re	want to know s taken by rs participate ports and	Degree that retailers worked cooperatively with Coalition reps and the degree that the	Report by retailers to Coalition and reports into PBPS.net	
Increased awareness of adults regarding legal consequences of providing alcohol to minors.	customers about deterrent effects of the Community Survey		Parents, Media, Community	them r	ations from egarding of the project	project had some deterrent effect.		

Continued on next page

Goal 3 Action Plan Continued

(Similar to Let's Draw the Line in amount, impact, resources and cost, but with added impact as described below)

Amount of service being provided: Approximately 10 visits by Coalition members and youth to retailers of alcohol affix Project Stickers on windows (clings) and product (stickers).

Intended impact: If successful in obtaining media exposure would be beneficial to retailers who voluntarily participate and would raise awareness of community regarding underage drinking. The main intended impact is for Coalition to gain partnerships with retailers to reduce promotion of alcohol to minor.

Another significant impact of this strategy is that it will raise awareness of adults of possible consequences of providing alcohol to minors.

Available resources: Volunteer time of youth and Coalition members. Small amount of Coordination time

Approximate cost: (Fiscal Year) \$1000

Goal 3: Youth obtain less alcohol from friends, acquaintances, and family.

Objective 3.1: Reduce availability of alcohol to youth in homes and from social sources, such as parents, older siblings, and other adults.

Strategy 3.1.2: Educate parents about consequences of early initiation of alcohol use by their youth.

Activity/Program	Brie	f Description	When		How	Who	Lead Organization	n Responsible Party(ies)
Activity/Program 3.1.2.1: Parent and other adult education	present information and even on considerally in	p and provide tation and ation at groups ents focusing sequences of itiation of use by their	Sept. 30, 2014 throug 30, 2015 at least 5 d or presentations at events (e.g. Valley Fe meetings (Rotary, bu association). This is conjunction with Co recruitment activit	isplays public est) and usiness done in alition	This is described in "When' column.		Coalition Coordinator and Public Relations Committee develor the display and presentation, and then deliver the display and presentations. WDFY participation invited.	Public Relations p Committee
Measures		Tool/instrument		'	Who	What	Why	How
Process Measures: Number of groups an events Outcome Measures: Outcome measures with difficult to report since will be one time information and presentations at even groups	: vill be e these nation	Record/log of pre information even NA. see note at I	ts.		on, DBHR, s, Media, unity	The primary purpose of this is to engage adults in the community and raise their level of awareness factors related to early initiation of alcohol use.	That adults in the community are receiving the message.	Reports into PBPS.net and reports to Coalition members.

Continued on next page

Goal 3 Action Plan Continued

Amount of service being provided: 5 staffed displays at public events

Intended impact: Raise awareness of adults who visit display regarding negative consequences of early initiation of alcohol use. Also, this is an opportunity for community engagement to raise awareness of work of Coalition and invite membership.

Available resources: Minimal staff time, volunteer youth and Coalition members

Approximate cost: (Fiscal Year) \$1,000

Goal 4: Improve Family Management Objective

Objective 4.1: Improve family management for both parents and youth (e.g. balancing love and limits for parents and resisting negative peer pressure for youth and all family members showing empathy)

Strategy 4.1.1: Provide parenting and youth strategy aimed at improving family functioning

Activity/ Program	Brief Descripti	on	When	How		Who	Lead Organization	Responsible Party(ies)
Activity/ Program 4.1.1.1: Strengthening Families (Utah) 6-11 years and (lowa) 10-14 years.	These are two distinct eving programs for different agy youth and their parents. He each address Family M. Problems and have the sar of improving family fund building youth skills. The was developed from the leacause of these similar programs are listed under activity heading. If only one version is allow factor, then SFP (10-14) is the strategy.	ge groups of However, they anagement ame objective stioning and lowa version Utah version. ities, the two er the same g.	One cycle Utah version (14 weeks) to begin no later than January 1, 2015. Two cycles lowa version to begin no later than Oct. 15, 2014 and April 1, 2015. If only SFP (10-14), then same cycles as above, but Jan. 1 SFP would be an SFP 10-14.	described in the "When" column.	for p their 6- Ver parer youth Eac cycle not I far reta	n version is parents and ryouth age 11. Iowa rsion is for nts and their nage 10-14. Ioh of the 3 les to recruit less than 10 milies and ain not less in 6 families.	Spokane County Community Services, Housing, and Community Development Department, Coalition Coordinator	Coalition Coordinator
Measures)	Tool/instrume		Who		What	Why	How
completing the prog program fidelity	es: Number of families ram,	*	ecord of sessions, f program fidelity	Coalition, E Youth, Pare Community	ents,	Families attended and that they gained family	Continued funding and support for the program	Reports into PBPS.net. Presentation of process and
standards and expe	s to communicate clear ectations for behavior, and nagement. Youth learn	Program Pre a	nd Post Survey	Continued	on ne	management skills.	from the community.	outcome measures.

Goal 4 Action Plan Continued

Amount of service being provided: One 14 week cycle Utah version; Two 7 week cycles Iowa version

Intended impact: In Iowa version youth and parents who participate in the program show significant reductions in lifetime alcohol use in four-year longitudinal studies from 6th grade to 10th grade compared to control group. Both programs are NREPP-evidence-based.

Available resources: Facility is usually donated or at minimal cost; pool of trained certified facilitators available; good family recruitment potential by schools and churches in the community

Approximate cost: (Fiscal Year) for the 3 cycles: \$20,000 total which includes staff time (e.g. site coordinator), facilitator time (5 facilitators), food, child care, program supplies and equipment. There is no or minimal training cost as there is a pool of certified facilitators available in the Greater Spokane area.

In response to suggestion by the reviewer to increase recruitment of families per cycle to 15 families and retention of 12 is problematic. This could result in a significant reduction in program quality and fidelity given the volume of participants (15 families x 3 members =45) and many of these families with youth already exhibiting problem behaviors and thereby needing greater levels of facilitator attention. There is a great demand for these programs by counselors and parents. In terms of quality programming and positive impacts for parents and youth recruitment of 12 families with 8 retained is a more realistic figure and one that will result in a more impactful program for youth (e.g. resistance skills) and parents (tools for effective family management.

Goal 5: Reduce favorable perceptions by youth in community re: use of substances (ATOD).

Objective 5.1: Increase the number of youth in the community that perceive use of ATOD as harmful.

Strategy 5.1.1: School-Based Prevention Intervention Services Project Success

Activity/Program	Brief Description	When	How		Who	Lead Organizatior	Responsible Party(ies)
Activity/Program							
5.1.1.1: Student Assistance Specialist (East Valley High School)	Project Success, implemented by a Student Assistance Specialist, provides student screening, individual and small group counseling, referral to community services, school-wide prevention activities, prevention education series in ninth grade health classes, staff development, and audit and development of school policies as needed.	list, throughout the creening, school year II group I to s, ntion on ininth es, staff audit and hool		High School Youth Prevention education series-a ninth grade youth Intervention and referral services- youth using or at- risk for using substances.		NEWESD 101, East Valley High School, Melinda Brown, SAS	Mona Griffin, NEWESD 101
Measures	Tool/instrument		Who		What	Why	How
Process Measures: Number of students receiving student assistance program services Outcome Measures: Number of students reducing use of substances	Education Series RMC database HYS Pre- and post-RMC surveys Pre-and post-surveys in 9 th grade classes following Prevention	e health	Coalition, DBI OSPI, ESD10 Schools, Community		Positive school outcomes and reduction in use of substances	Continued funding and sustainability of program	OSPI/ESD reports to DBHR. Updates to Coalition members.

See next page

Goal 5.1 Action Plan Continued

Amount of service being provided: The entire day, every day of the school year

Intended impact: Significant impact in that the SAS is the one staff in the school that focuses on prevention and intervention for substance abuse. She creates a positive rapport with students and is adept at recruiting youth who can be positive role models to other youth. This staff person chairs the Coalition Public Relations committee and has already engaged youth in the Coalition.

Available resources: Office and facility at the school; Ongoing working relationships with school personnel; Support and supervision through the ESD.

Approximate cost: Not known as costs go from DBHR to OSPI to ESD.

Goal 5: Reduce favorable perceptions by youth in community re: use of substances (ATOD).

Objective 5.2: Provide desirable drug-free alternatives to favorable perceptions of substance use.

Strategy 5.2.1: Increase rewards in middle school and high school for students engaged in drug-free behavior and positive role modeling for youth. (Examples of rewards are social rewards such as club membership and material rewards such as coupons from businesses for discounts on food and other items.)

Activity/Program	Brief Description	When	How	W	ho	Lead Organization	Responsible Party(ies)
Activity/Program 5.2.1.1: Washington Drug Free Youth (WDFY)	Social norms marketing program in middle and high schools that recruits youth to promote ATOD-free behavior. Schools have chapters and advisors. Youth submit to random UAs and receive rewards.	This is currently in place in East Valley. Follows school year.	chapters ir	n East stud School Mic School School during High S r. Also n UAs	00 ents, Idle ol and School	Terrie Austin, GSSAC, in cooperation with EVSD	Terrie Austin and Coalition Coordinator
Measures	Tool/instrument		Who	What		Why	How
Process Measures: Membership counts, engagement in pro-social and drug free activities Outcome Measures: Indications that WDFY youth remain abstinent from substances.	Results of urinalysis tests th given to WDFY members (N by participant but general obstaff, not intended to be a pr	at are randomly ote: Not reported oservation by	Coalition, DBHR, school, youth parents, community	The main message is that youth have an outlet to remain drug free, stress positive norms and be youth leaders.	that the opposition that provided the provided that the provided that provided the provided that the provided the provided that the provided that the provided that the provided the provided that the provided the provided that the provided the provided the provided the provided that the provided the pr	n purpose that the ity and youth know Coalition supports s such as WDFY ride drug free ves and promote norms.	Reports into PBPS.net. Reports to parents, school, and community through media and presentations.

Goal 5.2 Action Plan Continued

Amount of service being provided: WDFY staff meet weekly (or more) with High School and Middle School staff and youth chapters to help organize activities an collect UAs.

Intended impact: The impact is significant since the power of peers leading peers can be more effective than other forms of persuasion such as deterrence or education strategies. This is positive peer pressure

Available resources: The agency that analysis UAs does this pro-bono at an in kind match of \$9,000 per year in East Valley. East Valley has the largest WDFY chapter in the region, so there is already a high level of support for the program in the school and community.

Approximate cost: (Fiscal Year) \$10,000 for WDFY staff and program supplies and small incentives for youth. \$7,000 for training as detailed below:

- Supporting youth and chaperones in attending Washington State Prevention Summit
- Promoting positive norms such as Mostofus.org for both Coalition and community members for youth and adults in the community
- A regional youth leadership summit and training to include youth from Spokane East Valley and West Central communities.

 Focus will be on engaging other youth to build positive norms and reduce favorable attitudes of youth toward substances.

Goal 5: Reduce favorable perceptions by youth in community re: use of substances (ATOD).

Objective 5.3 Provide educational opportunity to help youth resist negative peer pressure and develop skills for making healthy choices.

Strategy 5.3.1: Use evidence-based practice to teach youth the skills to understand and resist pro-ATOD social influences.

Activity/Program	Brief Description	When		How	Who	Dead Companization	Responsible Party(ies)
Activity/Program							
5.3.1.1 Botvin Life Skills Training (LST) (Middle School)	LST teaches personal and social skills that build resilience and help youth navigate developmental tasks, including the skills necessary to understand and resist pro-ATOD influences.	Facilitator Tra beginning not la January 1, 2 One cycle of beginning not la April 1, 20	ter than 2015 LST ter than	Two or T times p week throug comple cycle, 1 20 less (varie	per School k studer gh ete 5 to ons	ol	Coalition Coordinator
Measures	Tool/instrument		V	Vho	What	Why	How
Process Measures:	Assess fidelity including at	tendance and	_				
Attendance in LST sessions.	session schedule and log.			n, DBHR, s, Youth,	That youth are gaining skills	Sustain funding and school support for	Reports into PBPS.net
Outcome Measures: Increased critical thinking and problem solving skills related to life decisions that affect health and well- being.	LST pre and post survey of PBPS.net regarding decision		Parents		that will allow them to make healthy decisions	hosting the program	
			Soo nov		•		

See next page

Goal 5.3 Action Plan Continued

Amount of service being provided: At least one full cycle but will advocate with school to see if more than one cycle can be provided.

Intended impact: NREPP evidence based program, teaches critical thinking skills needed to resist peer pressure and make healthy decision. Targeted at middle school to help delay initiation to substances

Available resources: The school and facility

Approximate cost: \$4,000 + \$2000 for facilitator training one or two staff

Note: the reason it was estimated to start in March 2015 is that school need to have class ready to host the program and staff trained to facilitate it. Start date now revised to January 2015 which should be enough time to get this in place.

Goal 6: Reduce depression and prevent suicide and suicide attempts for youth in community.

Objective 6.1: Raise awareness of signs and appropriate actions when noticing pre-suicidal behavior. While this does not address the root cause of mental illness, it does help prevent the behavior (e.g. depression, suicide attempt) from occurring.

Strategy 6.1.1: Teach persons in the community how to recognize signs of suicide risk and refer for appropriate help in order to prevent suicide risk from occurring.

Activity/Program 6.1.1.1: Partner with Youth Suicide Prevention Program (www.yspp.org) and with mental health providers in EV area to educate public to recognize signs of mental health problems and refer to appropriate resources.

Activity/Program	Brief	Description	When	How		W	'ho	Lead Organiza		Responsible Party(ies)
Activity/Program 6.1.1.1: Youth Suicide and Depression Prevention	as Youth Suid Program (www mental health area to educa recognize sig problems and resources.	ns of mental health I refer to appropriate diate CPWI funding opportunities for to partner with other	This is a placehor for such time the funder allows CF funding for preversion of youth suicide depression. Until time, Coalition to for ways to part with local mention health and oth agencies.	nat PWI See notes in ntion to the le and that look ner tal	columns	and und pote expe depress conten	n 21 years der, who ntially rience sion and nplating cide.	Coalition members mental ho provider commun	s and ealth s in	Coalition members
Measures		Tool/instrument		Who	What		Why		How	
Process Measures: community partners Outcome Measures suicide attempts and depression	: decreased	Reports from hospit health agencies. Ma as accurate info ma obtain.	y be estimates,	Schools, Parents, Coalition and Community	Increases decrease depressic suicide at	s in on and	First to rai awareness second to community support fo reducing the	s, gain y r	Media preser display	ntations,

Amount of service being provided: In development

Intended impact: Potentially great as there is a correlation between substance abuse and mental health

Available resources: Strong mental health counseling presence in Community, including based in schools

Approximate cost: none initially; Looking for opportunities for Coalition to partner with mental health or other providers in community.