

➤ Welcome!

Wells County District Health Unit

Strategic Prevention Framework
State Incentive Grant (SPF SIG)

Assessment Overview and Next Steps

➤ Overview

ND Strategic Prevention Framework State Incentive Grant (SPF SIG)

➤ **SPF SIG**
STRATEGIC PREVENTION FRAMEWORK
STATE INCENTIVE GRANT

What is it?

Funded through the Substance Abuse and Mental Health Services Administration (SAMHSA)



Grant Goals.

1. Prevent the onset and reduce the progression of substance abuse, including underage drinking
2. Reduce substance-abuse related problems in communities
3. Build prevention capacity and infrastructure at the state and community levels

➤ PROJECT REQUIREMENTS

OVERVIEW

• North Dakota Primary Prevention

Priority Areas:

- Underage drinking (age ≤ 20)
- Adult binge drinking (age 21+)

➤ LOCAL IMPLEMENTATION

- **Phase I. Assessment**
 - Identify Community Needs thru Data Discussion
- **Phase II. Planning**
 - Formulate a strategic plan
- **Phase III. Implementation**
 - Implement strategic plan

STRATEGIC PREVENTION FRAMEWORK (SPF) OVERVIEW



▶ PRINCIPLES OF THE SPF

- **Targets all ages** (not just youth)
- Built on a **public health model**, which has proven to be the most effective at creating and sustaining community level change
- Strategies and efforts **driven by data**
- Use of **effective, evidence-based** strategies
- **Must show outcomes**, which are measured at the population level instead of the individual level

▶ WHY PREVENTION?

Implementing substance abuse prevention programs are economically beneficial, with a nearly \$10 return for every dollar invested in prevention.

(<http://www.gpiol.iastate.edu/press/vienna.htm>)

▶ PREVENTION EFFORTS COMMUNITY NORMS

1. Media Advocacy
2. College Campus Policies
3. School Policies and Violations
4. Worksite Policies
5. Local Media Campaigns (Parents LEAD)
6. Open Container Laws

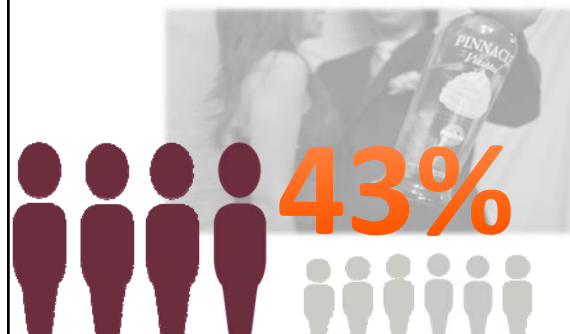
▶ WHAT IS NOT EVIDENCE-BASED

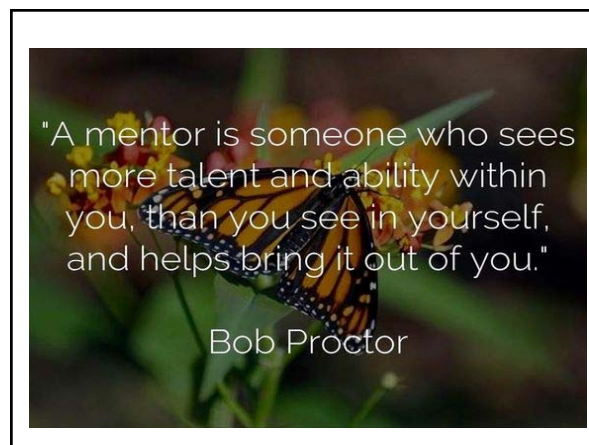
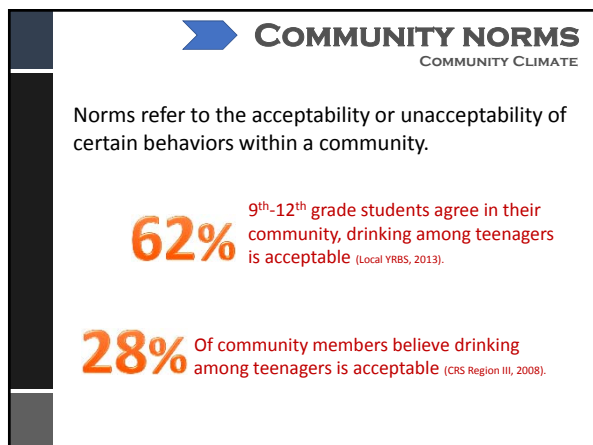
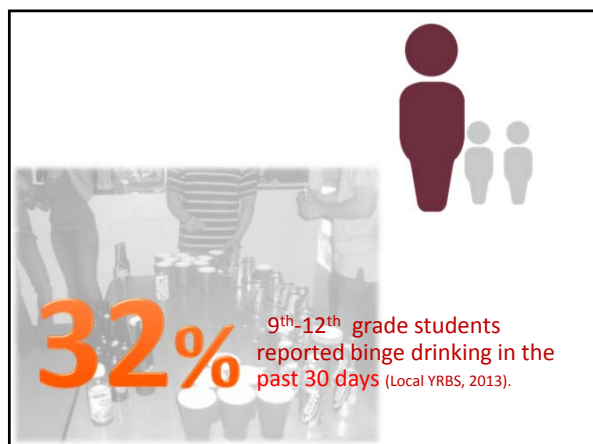
Examples include:

- Drug-free or Recreational Dances
- Scare Tactics
- Testimonials
- Mock Car Crashes

Grant **DATA** Driven

9th-12th grade students reported alcohol use in the past 30 days (Local YRBS, 2013).





ICE BREAKER – Find a Partner

Think of one of your childhood mentors and tell your partner a little bit about them.

- What is something they did that made you feel special, valued, or cared for?
- What is one thing you learned from them?

Wells County Mentoring Program

- Started through Wells County District Health Unit.
- Grant through SAMSHA for prevention of alcohol abuse
- SPF-SIG
- Why we need a mentoring program?
- Support, assistance due to high % risky behaviors in YRBS (Youth Risk Behavior Survey) from Harvey High School

Wells County Mentoring Program

- On the evidenced-based site, two program fit our area, but neither were ready to be used for training
- Mentor.org: *Elements of Effective Practice* used to develop policies and procedures and adapt to our region
- Prove it was evidenced-based

Mission and Vision

The Wells County Mentoring Program is associated with Harvey Public School System, the Fessenden-Bowdon Public School System, And the Wells County District Health Unit.

The purpose of our mentoring program is to support participants in their daily life as a student and as a citizen.

Our vision is That our participants stay in school, make healthy choices in regards to alcohol, drugs, relationships, and become productive citizens of our community.

INSURANCE

The insurance for the Wells County Health District Health Unit had to cover the program. After sending the Policies and Procedures Manual to the state office, it was given the green light.....as long as anyone under 18 only mentored with supervision.

TRAINING

- Through my research, found Minnesota Partnership of Mentoring site
- Applied for a grant for assistance

QUIZ TIME!

1. What percent are you less likely to begin using illegal drugs who are involved in a mentoring program?
2. What % are youth less likely to begin using alcohol who are involved in a mentoring program?

Children participating in a mentoring program are:

- **46% less likely to begin using illegal drugs**
- **27% less likely to begin using alcohol**
- **52% less likely to skip school**
- **37% less likely to skip class**
- **33% less likely to hit someone**

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FALL OF 2015

- Started with a program in the Harvey HS
- Group activities monthly
- Community mentor program in Harvey.
- Group program in Harvey Elementary School

FALL OF 2016

- Started Community Program in Fessenden
- Started School Program in the Fessenden-Bowden School
- Group mentoring in Harvey Elementary School every other week for the mentees who are not matched
- One of the HS mentors from last year, attempted to start group mentoring at Harvey

PROBLEMS WITH IMPLEMENTATION

- Recruiting mentors
- Finding mentees
- Keeping mentors and mentees meeting consistently
- Finding time for training for mentors/mentees/ and parents
- Funding
- Buy in from community, schools, and
- TIME

Benefits to Mentees

- Increase connectedness to schools
- Increase involvement in community life
- Help develop personal goals
- Help develop positive peer relationships
- Life skill development: problem solving and social skills

Mentees continued:

- Improved ability to resist peer pressure and identify consequences of action
- Guidelines of behavior posted: youth involved
- Program information
- Place for youth to share information like events, activities, poems, stories, etc
- Family involvement

Responsible, contributing, and healthy adults

Study showed 50 to 60% of youth in high-risk conditions developed social competencies: Strong cognitive skills, strong social skills, high self-esteem, connection to family and community, and schools

Resiliency:

Being able to bounce back from adversity

Support from: community such as individuals, family, schools, youth agencies, faith organizations, community governance, business, etc.

BACK
GROUND
CHECKS

- STATE
- City Department in Harvey,
- Wells County Sheriff Department
- Best Friends Mentoring in Dickinson, ND