

# YMPEP ASSETS AND NEEDS ASSESSMENT

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*How should Department of Health (DOH) grant resources be distributed throughout the CPAA region?*

Prepared for CHOICE Regional Health Network (CRHN) and Cascade Pacific Action Alliance (CPAA)

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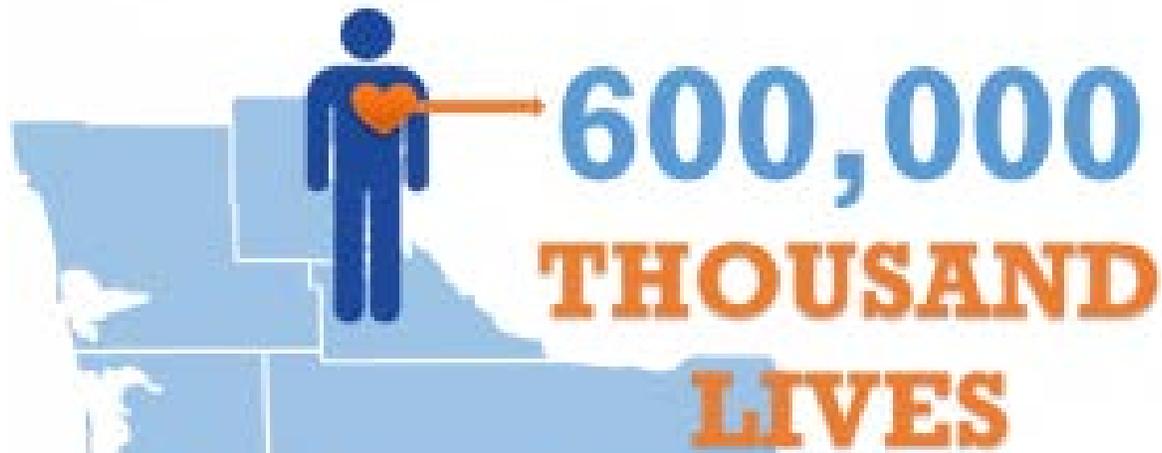
Presented June 24, 2016

# Who participated?

*Total: 66 Individuals*

County Area (Tribal Participation)	E-Survey	Meeting	Phone
Cowlitz (Cowlitz)	1	5	0
Grays Harbor (Chehalis)	1	4	2
Lewis	6	0	0
Mason	7	0	5
Mason-Thurston	2	0	0
Pacific (Shoalwater Bay)	4	6	0
Thurston (Nisqually)	1	20	0
Wahkiakum	2	0	0
<i>Total</i>	<i>24</i>	<i>35</i>	<i>7</i>

## Potential Collective Impact



**600,000  
THOUSAND  
LIVES**



## Report Contents

1. Existing Prevention Strategies
2. Strengthening Existing Strategies
3. Needed Prevention Strategies
4. E-Cigarette/Vaping Restrictions
5. Summary of Findings

# EXISTING PREVENTION STRATEGIES

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*What's happening where?*

# Prevention Strategies in the CPAA Region

## CPAA STRATEGIES

Prevention Teams (10)  
Life Skills Training (8)\*  
Strengthening Families (8)\*  
Social Norms Marketing (8)  
Youth Peer Networks (4)

*\*Also evidence-based practices*

## EVIDENCE-BASED/ PROMISING PRACTICES

Guiding Good Choices (7)  
Project Northland (4)  
Keep a Clear Mind (4)  
Project Toward No Drug Abuse (3)  
Communities that Care (2)  
Family Check-Up (2)  
Project ALERT (2)  
Keepin it Real (1)

## OTHER STRATEGIES

Girls Circle/Boys Council (2)  
Second Step  
Healing of the Canoe<sup>1</sup>  
Storytelling Powerbook<sup>1</sup>  
Incredible Years  
Thurston Thrives Action Teams  
Indian Awareness<sup>1</sup>  
Good Behavior Games  
Media Awareness Program  
Form Theater  
Tribal youth programs<sup>1 2</sup>  
Tribal wellness teams<sup>1 2</sup>

*<sup>1</sup> Key tribal strategies?*

*<sup>2</sup> Possible CPAA cross-over?*

# EB/PP/CPAA Strategies by County

*See details in Excel workbook*



Social Norms Marketing\*  
 Guiding Good Choices \*  
 Keep a Clear Mind  
 Family Check-Up  
 Project ALERT  
 Keepin it Real  
 Project Toward No Drug Abuse  
 Stay on Track

**M**

Prevention Teams\*  
 Social Norms Marketing\*  
 Life Skills Training\*  
 Youth Peer Networks

**G**

Prevention Teams\*  
 Social Norms Marketing\*  
 Keep a Clear Mind  
 Project Northland  
 Youth Peer Networks

**P**

Prevention Teams\*  
 Social Norms Marketing\*  
 Strengthening Families\*  
 Life Skills Training\*  
 Project Toward No Drug Abuse

**W**

Prevention Teams\*  
 Social Norms Marketing\*  
 Strengthening Families\*  
 Guiding Good Choices \*  
 Life Skills Training\*  
 Communities that Care

**T**

Prevention Teams\*  
 Social Norms Marketing\*  
 Strengthening Families\*  
 Guiding Good Choices \*  
 Life Skills Training\*

**L**

Prevention Teams\*  
 Strengthening Families\*  
 Guiding Good Choices \*  
 Life Skills Training\*  
 Project Toward No Drug Abuse  
 Youth Peer Networks

**C**

*\*Most commonly cited strategies*

# Preliminary Findings and Discussion

## Key Findings

1. No apparent critical mass of strategies, but most common are:
  - Prevention Teams
  - Life Skills Training
  - Strengthening Families
  - Social Norms Marketing
  - Guiding Good Choices
2. Good distribution of EBP/PP/CPAA strategies across counties but lack of tribal involvement/interest in them

## Questions

- Do you want to focus your resources on most used/desired EBP/PP/CPAA strategies?
- If yes, what are issues and implications for delivering prevention strategies to Native American youth, a priority population?

# STRENGTHENING EXISTING STRATEGIES

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What modifications have been made?

How confident are organizations in their ability to provide services with fidelity to program design?

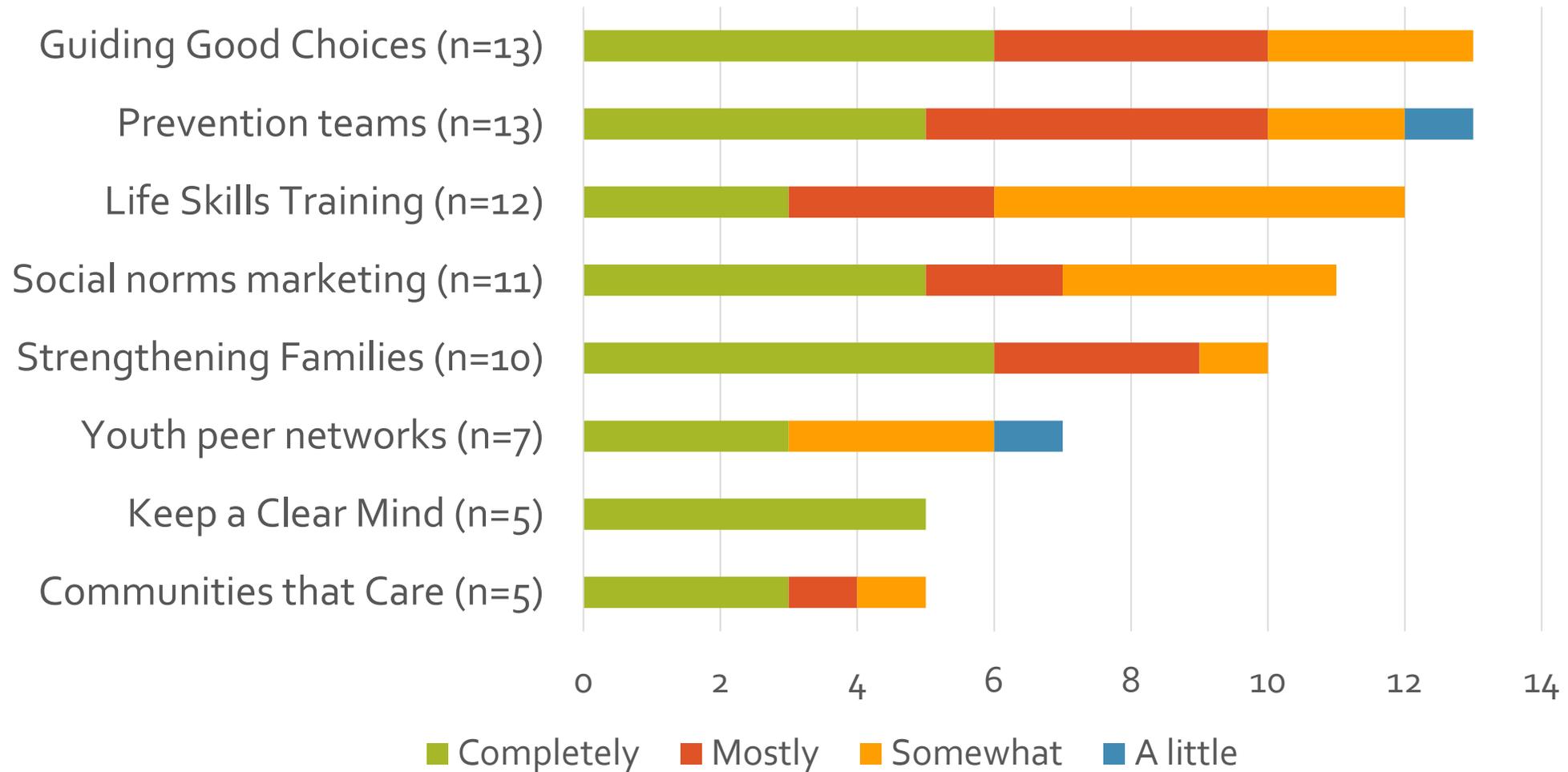
What do they say they need?

Diversity and priority population efforts and needs?

# Very few modifications made to EBP/PP/CPAA prevention strategies

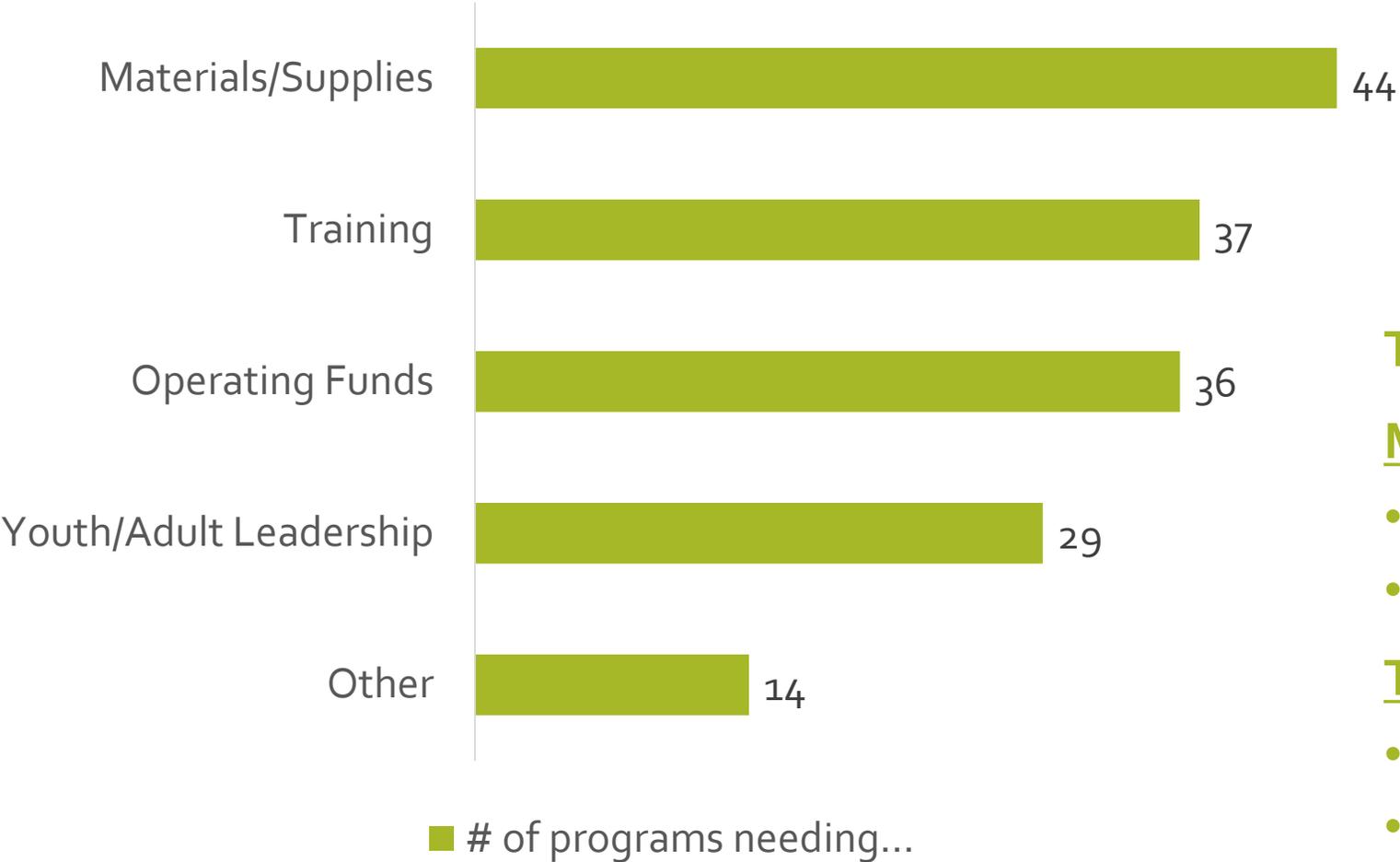
Program	County (Org)	Modifications	Rationale
Guiding Good Choices	Thurston (Tenino and Rainier Community Coalitions)	Reduced # of sessions	Retention for multi-day program
Guiding Good Choices	Thurston, Mason Counties (Family Education and Support Services )	Longer sessions	Address emerging issues
Strengthening Families	Thurston, Mason Counties (Family Education and Support Services )	Longer sessions	Address emerging issues
Project Toward No Drug Abuse	Wahkiakum (Wahkiakum Community Network )	Design, Leadership	Provided in 3-day camp, peer-to-peer
Project Northland	Pacific (Raymond Schools)	Use DFC facilitators	<i>Not provided</i>

# High confidence in fidelity to guidelines of most common EBP/PP/CPAA strategies



# Variety of resources needed for current strategies

## *Top 2: Materials/Supplies and Training*



### TOP EBP/PP/CPAA NEEDS

#### Materials/supplies

- Prevention teams (n=6)
- Strengthening Families (n=6)

#### Training

- Prevention teams (n=6)
- Guiding Good Choices (n=5)

# Preliminary Findings and Discussion

## Key Findings

1. Relatively high confidence in fidelity to top strategies (and minimal modifications)
2. Top resource needs:  
Materials/Supplies and Training

## Questions

- Does it seem worthwhile to focus funds on training?
- How can you help with materials/supplies?

# Improving service to priority populations (Hispanic/Latino, Native American, struggling students)

## Culturally relevant programs/materials

- Ask what's relevant
- Deliver from within communities, including Spanish-speaking staff
- Provide materials in Spanish
- Respect tribal sovereignty and culture

## Parent outreach/perception

- Address denial/perception of low risk
- Avoid stigma, clinical language, hyperbole

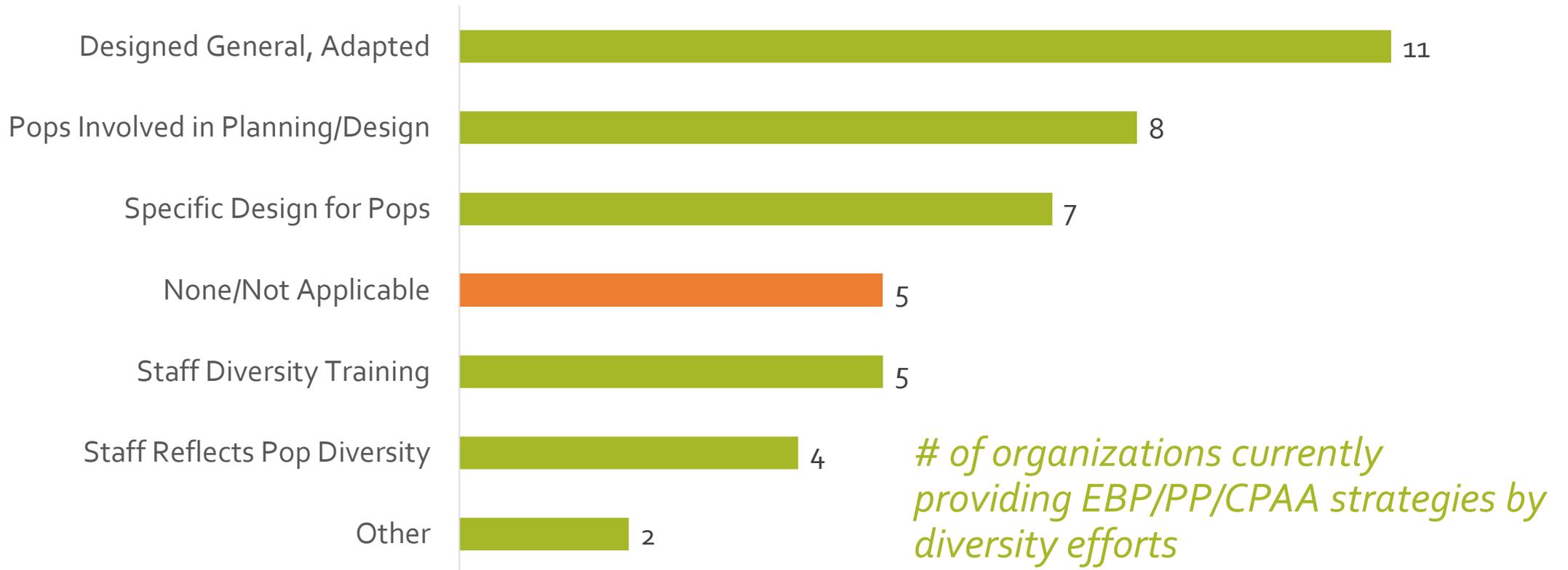
## After-school/summer youth programs

- Don't conflict with other healthy activities
- Address transportation

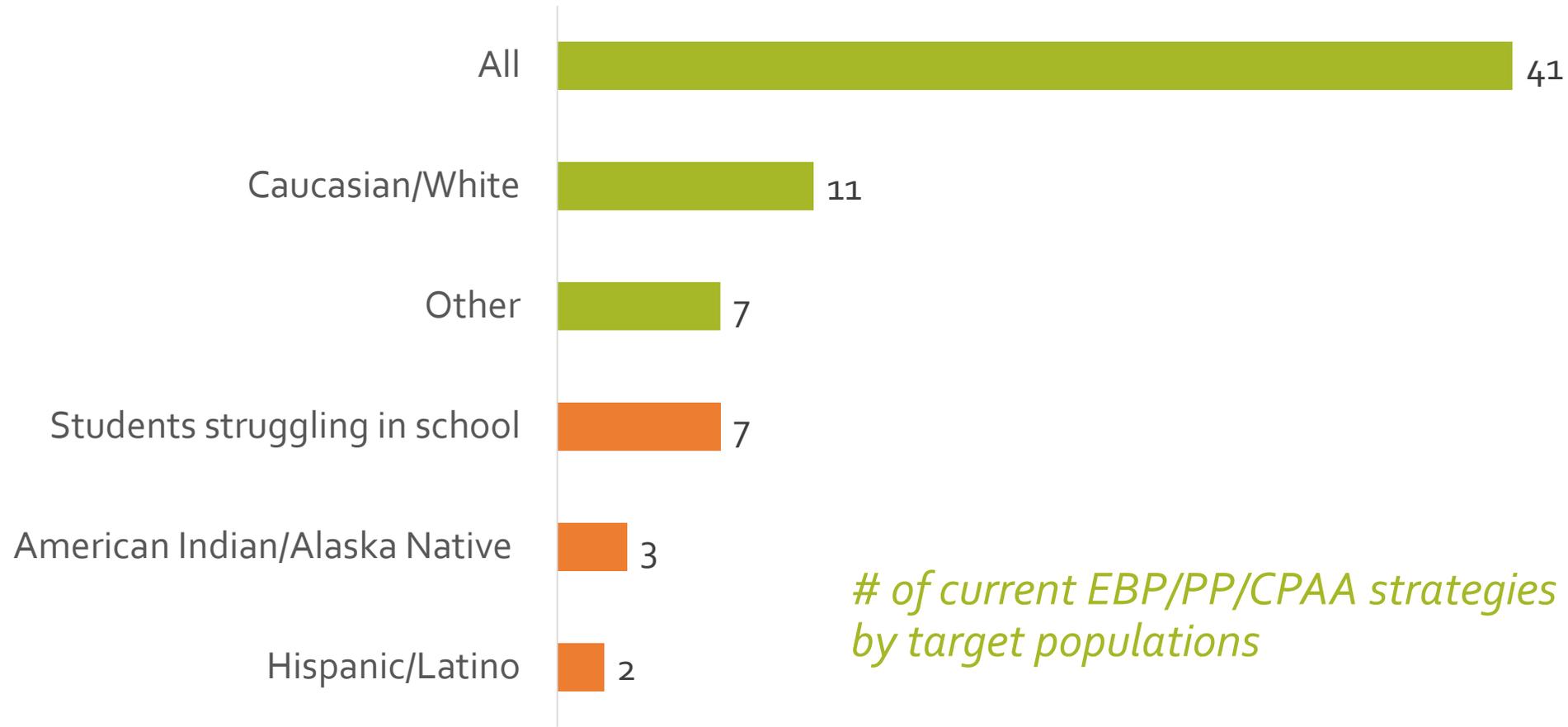
*Again, resources to do all of this*

# Most *reporting* organizations strive to meet diverse population needs

*Some not; don't see need*



# Priority populations may need more focus



# Preliminary Findings and Discussion

## Key Findings

1. Significant and challenging needs identified: building culturally competent programs that overcome denial/perceptions, do not stigmatize participants or compete with other healthy activities, and provide adequate access (language, transportation)
2. Diversity and priority populations have not been in focus potentially due to resource limitations

## Question

- How will you seek to improve results for your priority populations, given limited resources and focus on these populations?

# Will readiness assessments help?

*Little was reported on readiness and who is assessing it*

County	Organization(s)	Tools
Cowlitz	Pathways 2020	Community Report Card <i>(researched not reported)</i>
Lewis	Public Health	Community Health Assessment <i>(researched not reported)</i>
Grays Harbor	My TOWN Coalition	Community Survey; Key Informant interviews; focus groups
Mason	Juvenile Court, Public Health, Shelton Substance Abuse Prevention Coalition, ESD 113 True North	Individual conversations with youth, families and community leaders, annual community survey, Healthy Youth Survey, DUI data, key community interviews, new True North assessments
Pacific	Substance Abuse Prevention Committee for the Teen Advocacy Council, Wellspring Coalition, Health Department	Annual community survey, Healthy Youth Survey
Thurston	Council for Early Childhood, Thurston Thrives	Survey focused on school readiness (indicates when children are arriving to school unprepared, from homes experiencing trauma, and with poor nutrition/health), Thurston Thrives staff and action team, social norms marketing school readiness assessment (ensure funding commitment)
Wahkiakum	Wahkiakum Community Network	Annual community survey, Healthy Youth Survey

# Preliminary Findings and Discussion

## Key Finding

1. Appears that most are using some kind of community health assessments to understand readiness to receive prevention information

## Question

- Do community health assessments give the information you need to determine different population's readiness to receive prevention information?

*Resource for future reference:*

<http://www.samhsa.gov/capt/sites/default/files/resources/community-readiness-tools.pdf>

# NEEDED PREVENTION STRATEGIES

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Which strategies are needed where?

What is needed to include these strategies?

# Prevention Strategies *Needed* in the CPAA Region

## EVIDENCE-BASED/PROMISING PRACTICES

- Guiding Good Choices (6)
- Communities that Care (5)
- Caring School Community (5)
- Project ALERT (4)
- SPORT (2)
- Family Check-Up/Positive Family Support (1)
- Lions Quest Skills for Adolescence (1)
- Multidimensional Treatment Foster Care (1)
- Project ASSERT (1)
- Project Toward No Drug Abuse (1)
- Project Venture (1)

## CPAA STRATEGIES

- Life Skills Training - Middle School (7)\*
- Youth Peer Networks (5)
- Prevention Teams (4)
- Strengthening Families (3)\*
- Social Norms Marketing (3)

*\*Also evidence-based practices*

## OTHER STRATEGIES

- Health class curriculum on marijuana
- Media education
- The Red Road\*
- DARE

*\*Tribal strategy*

# Needed Strategies by County

Life Skills Training\*  
Guiding Good Choices\*  
Youth Peer Networks\*

G

Life Skills Training\*  
Guiding Good Choices\*  
Communities that Care  
Caring School Community  
Strengthening Families  
Multidimensional Tx Foster Care  
Project ALERT  
Project ASSERT  
Project Venture

P

Communities that Care  
Social Norms Marketing  
SPORT

C

None identified

W



T

Life Skills Training\*  
Project ALERT

L

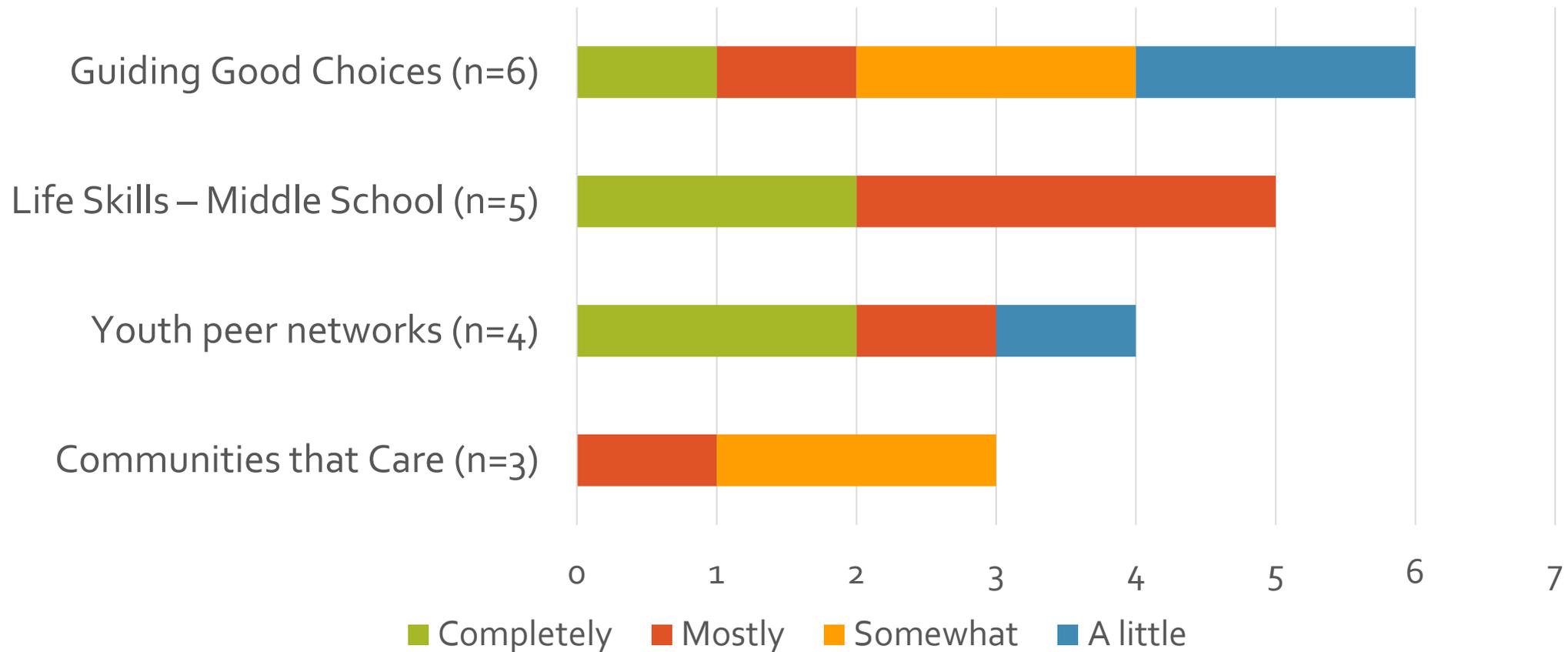
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M

Life Skills Training\*  
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Prevention Teams  
Communities that Care  
Social norms marketing  
Caring School Community  
Project ALERT  
SPORT  
Strengthening Families

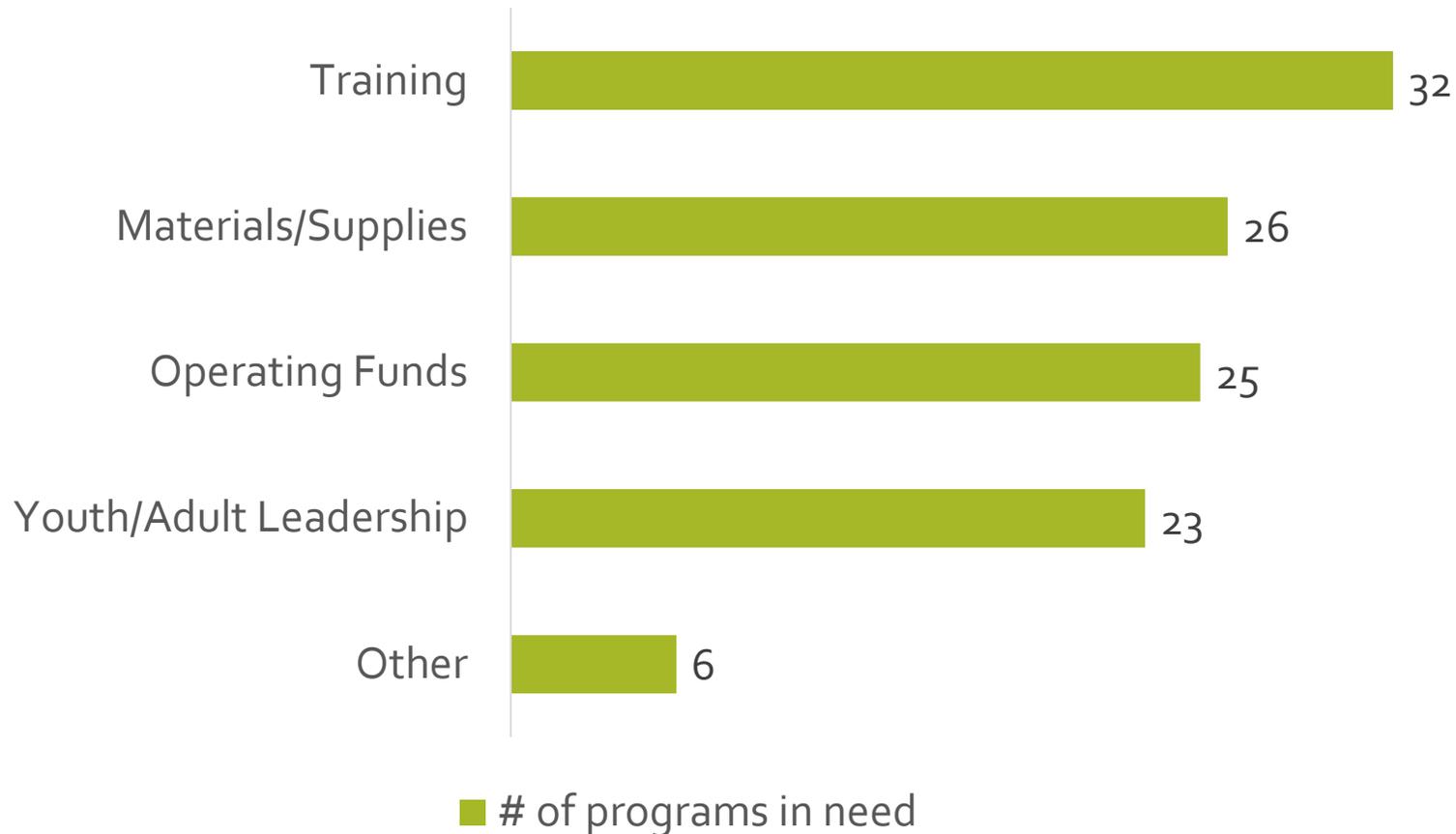
*\*Most commonly cited needed strategies*

# Fairly confident in fidelity to strategies most commonly cited as “Needed”



# Variety of resources needed to deliver these strategies

## *Top 2: Training and Materials/Supplies*



### TOP EBP/PP/CPAA NEEDS

#### Training

- Guiding Good Choices (n=5)
- Life Skills Training (n=5)

#### Materials/Supplies

- Life Skills Training (n=5)
- Guiding Good Choices (n=3)
- SPORT (n=3)

# Preliminary Findings and Discussion

## Key Findings

1. Some cross-over with existing strategies, building more collective interest per strategy
2. Lower confidence in fidelity to top strategies
3. Top resource needs: Training and Materials/Supplies
4. Guiding Good Choices shows up again in top needs – not in CPAA strategy list

## Questions

- Does cross-over help with your perspective on how to distribute training, materials/supplies?
- How do you want to handle demand for Guiding Good Choices?

# E-CIGARETTES AND VAPING DEVICES

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*What zoning restrictions exist in the CPAA region, and where are they?*

*What other restrictions have been considered?*

# Zoning restrictions...

## *Maybe 2?*

City of Shelton: "The city established regulations already."

Thurston County: "County zoning"

*Responses offer clues for follow-up, at best.*

# Other restrictions focus on use

## *Details/verification needed*

County	Jurisdiction	Survey Response
Cowlitz	Castle Rock	Looking into a city policy banning e-cig use in public places
Cowlitz	County	Local group seeking county-wide ordinance banning e-cig use in public places
Grays Harbor	Hoquiam	Vaping policies
Grays Harbor	County	Vaping policies
Lewis	Morton School	Policy against vape devices
Lewis	County	No e-cigarettes and vaping devices inside county buildings
Mason	Grapeview School	Considering adding e-cig/vape to current tobacco restrictions
Pacific	County	Adopted a Resolution prohibiting tobacco/smoking on any county campuses in 2015, including e-cigs and vaping
Thurston	County	Use of e-cigarettes and marijuana are not allowed on County property, including vehicles
Thurston	Some school districts	Student handbooks include related policies
Wahkiakum	County	Considered: anti-vaping ordinance

# Preliminary Findings and Discussion

## Key Finding

1. Limited information on e-cig/vaping restrictions, especially around zoning

## Question

- Is it worthwhile to explore this further?

### Additional information available:

MRSC medical/recreational store zoning information: <http://mrsc.org/Home/Explore-Topics/Legal/Regulation/Marijuana-Regulation-in-Washington-State.aspx>

Request MRSC research on zoning/restrictions of e-cigs/vaping devices: <http://mrsc.org/Home/Research-Tools/Ask-MRSC.aspx>. *Officials and employees of Washington cities, towns, counties, public hospital districts may request for free.*

# SUMMARY OF FINDINGS

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# Summary of Findings

1. No critical mass of existing strategies, but most common are:
  - Prevention Teams
  - Life Skills Training
  - Strengthening Families
  - Social Norms Marketing
  - Guiding Good Choices
2. Good distribution of EBP/PP/CPAA strategies across counties but lack of tribal involvement/interest in them
3. Relatively high confidence in fidelity to top strategies (few modifications)
4. Top resource needs for existing strategies: Materials/Supplies and Training

# Summary of Findings, Continued

5. Significant and challenging needs for improving service to priority populations identified: building culturally competent programs that overcome denial/perceptions, do not stigmatize participants or compete with other healthy activities, and provide adequate access (language, transportation)
6. Diversity and priority populations have not been in focus potentially due to resource limitations
7. Appears that most are using some kind of community health assessments to understand readiness to receive prevention information

# Summary of Findings, Continued

8. Some cross-over between existing and needed strategies, building more collective interest per strategy
9. Lower confidence in fidelity to top needed strategies
10. Top resource needs for needed strategies: Training and Materials/Supplies
11. Guiding Good Choices shows up again in top needed strategies – not in CPAA strategy list
12. Limited information on e-cig/vaping restrictions, especially around zoning

# CLOSING DISCUSSION

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*How should CPAA distribute its DOH grant resources?  
Additional insights? Next steps?*