



Swinomish Tribal Community Washington State Incentive Grant 1st Year Community-Level Evaluation 1999-2000

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Executive Summary

The Swinomish Tribal Community is one of eighteen Washington State Incentive Grant community grantees. It is the only Washington tribe to receive a portion of the grant. Eighty-five percent of State Incentive Grant funds are allocated to communities to prevent the use, misuse, and abuse of alcohol, tobacco, marijuana, and other drugs by Washington State youth.

Challenges

Swinomish, a small tribe of 750 members in Skagit County, has seen an increased use of drugs and alcohol among its members. The Swinomish Reservation is located on Fidalgo Island across the Swinomish Channel from the town of LaConner. Alcohol use among members has been a problem for many generations and has now been compounded by the use of other drugs. Many tribal members believe that this is due in part to the loss of traditions and tribal ways.

Prevention History

Prior to the State Incentive Grant, the tribe provided prevention programs with little funding. These efforts were activity-based and conducted by caring, concerned tribal members. Then, in 1998, Swinomish received a grant from Washington State's Division of Alcohol and Substance Abuse to conduct a prevention program for youth. This program is also activity-based; youth meet weekly in a drug-and-alcohol free environment to plan and participate in activities such as dances, conferences, and cultural craft classes.

Successes

At the end of the Swinomish Tribe's first year of involvement in the State Incentive Grant, there is heightened awareness of efforts to address tribal community concerns about youth and their use of alcohol and other drugs. Training conducted by The Sobriety Institute, an Indian owned and culturally based drug prevention program, has increased the community and tribal staff's understanding as to the effects of alcohol and other drugs on the Swinomish people.

Additional training by The Sobriety Institute is scheduled in August for all staff at the LaConner School District. The school district is paying staff salary for the training days. The revival of the Swinomish Canoe Club, which has not been active for at least ten years, and the enthusiasm of the youth is seen by the community as rekindling interest in traditional ways.

Swinomish Tribal Community Baseline Evaluation Report

Introduction

What is the Washington State Incentive Grant?

The Swinomish Tribal Community is one of eighteen Washington State Incentive Grant (SIG) community grantees. Eighty-five percent of SIG funds are allocated to communities to prevent the use, misuse, and abuse of alcohol, tobacco, marijuana, and other drugs by Washington State youth. The grant consists of a three year, \$8.9 million award from the Federal Center for Substance Abuse Prevention to Washington State through a cooperative agreement with Governor Gary Locke's office. State agencies participating in the State Incentive Grant have goals of coordinating resources and reducing duplication of effort. Communities will reduce key risk factors and promote protective factors in their efforts to reduce youth substance use, misuse, and abuse. Specific goals for state agencies and communities are stated in the *Washington State Incentive Grant Substance Abuse Plan*, pages 4 and 5, published in March 1999, by the Governor's Substance Abuse Prevention Advisory Committee. Appendix A contains a complete list of community goals and objectives. Below is a summary:

Goals:

1. Prevent alcohol, tobacco, marijuana, and other drug use, misuse, and abuse by the state's youth.
2. Make the community-level system more effective.

Objectives:

1. Establish local prevention partnerships.
2. Use a risk and protective factor framework for the community prevention plan.
3. Participate in joint community risk and protective factor and resource assessment.
4. Select and implement effective prevention actions.
5. Use common reporting tools.

What is the purpose of this report?

The State Incentive Grant evaluation, of which this report is a part, is a research evaluation intended to provide feedback to state agencies and communities on their progress toward goals stated in the *Washington State Incentive Grant Substance Abuse Plan*. Interim reports are provided as an integral part of that feedback.

This document is a baseline community-level evaluation report, examining the history of substance abuse prevention efforts in the Swinomish Tribal Community within the last decade, the community's partnership efforts, and its initial challenges and successes in prevention services for youth. Reports are provided as feedback on Swinomish's efforts to date and as a record of those efforts for state and federal funders. Future reports will include discussions of program effectiveness, community partnerships, and plans for continued funding beyond SIG.

How did Swinomish apply for State Incentive Grant Funds?

The Swinomish Tribe's State Incentive Grant application process has its roots firmly planted in the resurgence of interest in Swinomish culture. The Swinomish Tribe in January 1998 hired a tribal member, Linda Day, to be the new Cultural Resources Coordinator. Her job is to help preserve tribal language, teachings, wisdom, and practices for generations to come. There has been a loud outcry from Swinomish youth that too little history of Native Peoples is part of the school curriculum. Student presentations were made to the Swinomish Senate, the tribal governing body, and the LaConner School board voicing these concerns. As a result of the voiced concerns, a concerted effort by the tribe and the LaConner schools is occurring to address these needs.

At about the same time as the hiring of the Cultural Resources Coordinator, a large well-attended community meeting was held for parents and community members who expressed their concerns about the future of the youth. It is estimated that over one hundred community members attended. The major concerns of the community were the lack of school success and young people's use of alcohol and other drugs. As a result of this meeting, the Swinomish Tribe submitted an AmeriCorps grant application for seven full-time members, which has been funded to address these concerns.

The Swinomish Cultural Resources Coordinator learned of the State Incentive Grant from a friend working for DSHS two weeks before the deadline for application. It was a matter of going into the office, locking the door and writing the grant proposal. She used cultural and tribal teachings as the key to prevention, giving Swinomish youth the strength of identity to "Say No to Drugs and Alcohol."

The proposal was chosen as one of the top applications because of its unique use of cultural teachings as a prevention tool. It is the only tribe in Washington to be funded.

Description of Swinomish Tribal Community

The Swinomish Reservation is located on Fidalgo Island, across the Swinomish Channel from the town of LaConner, Skagit County. Swinomish is about seventy miles north of Seattle, Washington. The reservation is ten square miles in size. Tribal members and the tribe still own about half of the land originally allotted to members. The population of about 750 members lives mainly in the village located across the Swinomish Channel from LaConner. Tribal housing is made up of homes built with federal funds from the Department of Housing and Urban Development. Adequate housing is scarce. Ten new homes are to be built but there are forty-four families on the waiting list. Many young families are forced to live with their parents because of the high cost of housing. The original homes built in the village in the early 1930's were the result in part of a petition effort by the Swinomish American Legion post of LaConner to the federal government. They saw the need for 20th century homes for the tribal members. Also part of that petition request was for a doctor, which was not granted. But now, at the beginning of the 21st century, the Swinomish people have a dental clinic and a medical clinic with their own doctor. The clinic opened in November 1999.

The Swinomish people have traditionally been fishermen, but with the increasing loss of salmon resources, the ability to support a family by traditional means has diminished. This has resulted in an extremely high percentage of unemployment. The tribal Employment Rights Office states that unemployment rates vary between a high of 50% during the winter, non-fishing months to 35% during the rest of the year. Ninety-six out of 175 tribal households qualify for low income Home Energy Assistance Program. Many of the tribal fishermen have switched over to crabbing, again seasonal, and requiring a heavy investment. Only a few members with money to invest in equipment are truly successful.

Swinomish children attend the LaConner schools. More and more Swinomish students are entering kindergarten. The high school graduation rate for Swinomish youth is around 10 to 15%. A large number of Swinomish students are placed in Special Education programs; this is a serious concern to the community. The Swinomish AmeriCorps program, providing tutoring, mentoring, recreation activities and drug and alcohol prevention assistance, is one effort to help students achieve school success.

The tribe has a casino/bingo operation that is generating income. It was originally intended to also provide needed employment for tribal members. This was the case in the early years, but the work hours requiring members to be away from families during evening hours caused strain on the families. Now mostly non-members staff the casino/bingo operations, but it is beginning to be profitable for the tribe as a whole.

The Swinomish Tribal Community is just that, a community. There truly is a sense of belonging and a place where neighbors, usually part of an extended family, look out for each other and come together as a family in time of need or crisis.

An example of this is the new Canoe Club and its race during Stommish Celebration at Lummi. The Swinomish encampment was the largest and best feed during the celebration. Parents, grandparents, and families were there to support the canoe rowers. Even though they finished last, the enthusiasm, encouragement and support were very strong.

Recently, the Swinomish people have seen a number of new efforts directed at Swinomish youth and youth success. There seems to be a lot of optimism about these efforts. In the past, tribal government has expressed the need for greater support for Swinomish youth. People are seeing a concerted effort to address the needs of the young people through the efforts of Swinomish Prevention Program, SIG, Swinomish Recreation and the Swinomish AmeriCorps, plus the general community.

If there is a concern, it might be that efforts are moving too quickly in some areas. Some people fear there might be too much information and change for the youth.

Historically, alcohol was used as a tool to separate American Indian people from their reservation lands. The Swinomish and neighboring tribes roamed the lands of Skagit and Island Counties prior to the Point Elliot Treaty of 1855. They relinquished claim to those lands and were moved to the Swinomish Reservation. Traders wanting the land used alcohol to entice Indian peoples to sell their land. Because the use of alcohol by Indian peoples was illegal and they feared being caught, patterns of rapid drinking developed. They became very susceptible to alcoholism; this drinking pattern remains today. The incidence of adult and youth substance abuse remains very high. Indian people have not responded to treatment programs with much success. It may take an Indian person numerous times in treatment for it to finally succeed. Rarely do treatment programs incorporate culturally based methods in their program, which may contribute to the low rate of success for Indian people.

The State Incentive Grant is serving Swinomish students in LaConner schools. The communication and cooperation between Swinomish and the LaConner schools is improving. The focus on prevention by Swinomish has highlighted their concern and desire to be proactive in this area. Little effort has been made by LaConner schools to address the differences in learning styles between Swinomish and non-Indian students. Because of this, many Swinomish students fall behind. The standard response has been to place Swinomish children in Special Education programs.

What was happening in Swinomish prevention prior to the SIG?

The effects of alcohol have ravaged the Swinomish Tribal Community, like so many other tribes, over past generations. Most recently, these effects have been added to by the introduction of drugs other than alcohol. Combined with the suppression and loss of traditions and culture, alcohol and other drugs have taken their toll on the Swinomish people.

Prior to SIG, in the years 1980 through 1988, alcohol and substance abuse prevention services at Swinomish were provided through tribal efforts. Prevention has been in the form of youth activities intended to provide youth with activities where drugs or alcohol did not play a role. There were no tribal funds available for prevention at the start of the program. It was only the dedication of certain tribal members that kept the program going. Fund raising activities during the holidays, such as wreath making and bake sales, provided funds for activities.

The Swinomish Catholic Church sponsored a Swinomish Youth Group originally. It began meeting every Wednesday evening in 1988 with a handful of youth and continues to date. This too was an activities based program.

Effort through a federally funded Intertribal program, involving seven regional tribes, sought to bring organization to youth prevention in 1996–97. It provided alcohol and drug free activities for youth in the region. Funding ended in 1997, as did the program.

In 1998, funds were obtained through the Washington State Division of Alcohol and Substance Abuse (DASA) for prevention. Through DASA, funds became available to conduct cultural classes such as beading, dream catcher making, and attending big drum powwows. The new Youth Prevention Program has taken over the responsibility of the weekly Wednesday evening Youth Group meetings from the Swinomish Catholic Church. Through this program, Swinomish youth have a chance to meet weekly, and to plan outings, and events that are drug and alcohol free. Youth also receive leadership training and the chance to use those skills at regional conferences.

The LaConner Grade School has used the DARE program in past years. Starting this year, awareness and prevention of alcohol and other drug use has been integrated into the regular health curriculum.

Collaborative Status

Prior to the State Incentive Grant, collaboration at Swinomish was limited. Efforts on the part of the Swinomish prevention program, in the beginning, were the efforts of individual tribal members and the Catholic Church Youth Group. In subsequent years, an intertribal program tried to bring coordinated prevention efforts to tribal youth of the region. More recently the Swinomish Youth Prevention Program funded by DASA provides an activities-based program. The

process of collaboration in the area of prevention is evolving. In the past, there has only been a single program with limited funds.

SIG's appearance on the scene has created some tensions within the ranks of Swinomish prevention. Currently there is no clear comprehensive plan or strategy for Swinomish prevention. Communication relating to scope and sequence of the SIG program needs to occur to insure that everyone understands program goals, objectives and restrictions, particularly monetary. Cooperation between the SIG program and the LaConner schools has improved greatly since the start of the program. Dialog is now open and direct. The inclusion of key school personnel in the initial Sobriety Institute training in January gained supporters for the training. The LaConner School PTA has learned of the training and has asked to be included in any future parent training. They see the training as having application for parents of LaConner youth with alcohol and other drug use and abuse patterns similar to those of Swinomish youth.

SIG has a close working relationship with the Swinomish AmeriCorps program. Swinomish AmeriCorps is a federally funded community based program that addresses identified community needs. Introducing AmeriCorps to the Swinomish Tribal Community resulted from a community meeting and the concerns for youth having difficulty with academic achievement and using of alcohol and other drugs. Some of Swinomish AmeriCorps' objectives are to provide tutoring and drug prevention assistance to youth. The seven-member AmeriCorps team has the skills and the flexibility to assist SIG and tribal prevention efforts.

Plans are in the works to coordinate efforts with the LaConner Boys & Girls Club beginning in the fall. The tribe has purchased fifty memberships in the Boys & Girls Club for tribal youth to participate. It is hoped that, as the Swinomish language program develops, it can be placed on the Boys & Girls Club computers for use there by Swinomish youth.

The Swinomish tribal community uses its Health Education and Social services (HESS) committee to address issues that concern the welfare of community members. Programs under this umbrella, including SIG, participate in monthly meetings.

Swinomish SIG is working with the Swinomish Alcohol/Drug Program, Swinomish Alcohol/Drug Prevention Program, Swinomish AmeriCorps Program, LaConner Substance Abuse Coalition, and the Skagit Community Public Health and Safety Network to better meet the needs of youth. Meetings will be held to coordinate program efforts so they complement one other.

Swinomish Tribal Community SIG prevention planners selected their prevention programs to address the risk factors they found highest in their community, and enhance the protective factors they found lacking. David Hawkins, Richard Catalano, and others at the University of Washington developed a research

framework about community, school, family, peer, and individual influences that either increase the likelihood that a child will someday abuse substances or that help lessen the impact of those risks. Influences that increase the likelihood of substance abuse are known as risk factors; those that lessen the impact of risk factors are known as protective factors.

Below is a table of risk factors on which Swinomish Tribal Community is focusing and for which archival data are available.¹ Numbers in the table below are summary measures, which compare county data to the state average. Ninety-five percent of county rates will have a summary measure between -2.00 and 2.00 around the state average, which, for these purposes, is zero. These summary measures are based on archival data. Archival data are collected for purposes other than measuring risk factors for substance abuse, but are strongly correlated with direct measures of risk factors for substance abuse, such as those found in the Washington State Survey of Adolescent Health Behavior (WSSAHB).

The far right column of the table below contains summary measures for counties like Skagit County. These are counties similar to Skagit County in their population ages 10-24, percentage of deaths related to alcohol and other drugs, and geography. In the table below, Skagit County summary measures are compared to those of Clallam, Cowlitz, Grays Harbor, Island, San Juan, Lewis, Mason, Pacific, Jefferson, and Wahkiakum Counties.

Standardized Summary Measures for Risk Factors

One of the three risk factors on which Swinomish Tribal Community is focusing and for which county level data are available is less of a problem for Skagit County as a whole than in the state on average. Skagit County's highest summary measures are *Early initiation of problem behavior* and *Favorable parental attitudes and involvement in problem behavior*, but prevention planners felt that local data showed that other problems were of greater urgency for the Swinomish community.

In Skagit County and Counties like Skagit²

| Risk Factor | Skagit County | Counties like Skagit |
|---|----------------------|-----------------------------|
| Low neighborhood attachment and community disorganization | -0.63 | -0.62 |
| Low commitment to school | 0.05 | 0.03 |
| Academic failure | 0.49 | 0.56 |

¹ Becker, Linda et al. 1999. *1999 County Profile on Risk and Protection for Substance Abuse Prevention Planning in Skagit County*. Olympia, WA: Department of Social and Health Services, Research and Data Analysis.

² Modified from Becker, Linda et al. 1999. *1999 County Profile on Risk and Protection for Substance Abuse Prevention Planning in Skagit County*. Olympia, WA: Department of Social and Health Services, Research and Data Analysis.

Because Skagit County is so geographically, economically, and demographically diverse, summary measures for the county as a whole and in comparison to similar counties were not found useful by Swinomish Tribal Community SIG prevention planners. This is evidence of the need for more data at tribal community levels.

Below is a list of risk and protective factors found to be of greatest priority by Swinomish SIG project planners.

Risk factors

- Community laws and norms favorable toward alcohol and drug use
- Little commitment to school
- Academic failure

Protective factors

- Bonding to community
- Healthy beliefs and clear standards

What has happened since Swinomish received the State Incentive Grant?

In January 2000, Sobriety Training Institute, an Indian-owned alcohol prevention program, presented training for the Swinomish tribal staff and a few members of the LaConner school staff. The tribe and the Swinomish prevention program funded the training. Staff found this training effective because it focused on the specific history and experiences of Indians with alcohol.

Because the reaction to the initial training was so positive, Swinomish SIG presented the same training in March to thirty-five Swinomish youth, grade five through high school, at a residential camp over a three-day period of time. The youth attending the training committed themselves to the teachings and to becoming advocates for a drug-and-alcohol free life. Since the training, they meet twice weekly to practice skills learned during the training and serve as a support group for each other. They have chosen the name "Swinomish Natives" for their group and plan to make presentations to other school and tribal groups. The first presentation made by the Swinomish Natives was at the Swinomish Tribe General Council meeting, which was a gathering of the whole tribe. They presented a skit and a puppet play and received a standing ovation from the tribe for their efforts.

A month later, in April 2000, the same training was presented to nine Swinomish parents. A majority of the parents attending the training have children that participated in the March training. They found the training information exceptionally useful and the experience enjoyable. A list of SIG-funded programs is in Appendix C.

The Swinomish Canoe Club also had its start in April. The club brings Swinomish Native youth, members of the youth training group, and other tribal youth together in a cultural tradition not practiced for more than ten years. The group will participate in regional canoe races. Canoe Club training requires physical stamina, conditioning and strength. Youth are taught to eat properly (no burgers and fries) and prepare themselves physically through endurance running and strength training. Physical fitness, along with the mental discipline from training lessons, prepares them for canoe pulling and life. The physical training and mental discipline experienced by the canoe club members, both boys and girls, will be offered throughout the year, and it is hoped that it will become a way of life. The lessons learned are immediately transferable to work and school as well as having application in everyday life.

Because of the interaction of the Swinomish Natives and other tribal youth, the lessons learned are being passed on. More young people are joining the Swinomish Natives, wanting to be a part of the drug-and alcohol-free group. The group is experiencing rewards for conventional involvement, a Community Domain protective factor.

The Canoe Project is scheduled to begin this summer. A large cedar log, obtained last fall but snowed in until now, is to be carved into a family canoe. There is enough wood in the log to carve not only the family canoe, but a number of smaller canoes as well. The end result of the family canoe carving will be to participate in the annual canoe journeys held each summer. The canoe journey can last from ten to fourteen days and is a trip back in time. The tribe participates as a group. There are the paddlers, the support people along with elders who provide the knowledge of procedure. Each leg of the journey ends with a stop over at a local tribe beginning with asking for permission to come ashore by the canoes, a feast provided by the local tribe, talking circles to share the experience, songs and dances shared in celebration. The lesson learned is that these things are sacred to our people and must be respected and revered.

The Sobriety Institute is scheduled to conduct training for all LaConner School staff in late August. The intent of the training is to provide school staff with knowledge and skills to better meet the educational needs of Swinomish youth. The LaConner School District has offered to pay for school staff to attend the training for the two days.

Scheduled to begin this fall is work on Swinomish language training. A modest beginning is planned, with the Headstart, pre-school program, and expanding from there. Native language is key to the preservation of culture. The intent is to begin with the very young and expand to family members and eventually to the entire tribe. A recent development is the potential use of a television channel on the local cable company reserved for the tribe. The channel will be used to get information to tribal members but can also be used to teach Swinomish language.

Feedback from youth and community members indicates the State Incentive Grant has created an opportunity for the young people to actively pursue a life style without drugs and alcohol. Participants feel that skills learned to avoid temptation can be shared with others in a creative manner. They sense that young people relearning cultural teachings can make them stronger as individuals. Youth also sense that there are members of the Swinomish Tribal Community willing to empower them and trust their ability to make decisions.

A challenge that has arisen involves fiscal management of funds. Many proposals have been brought forward for funding from the SIG program. It has become a daily task to inform the community that SIG funds are tied to specific goals and objectives, with some flexibility allowed, provided that changes can be related back to the objectives and are approved by the state-level project director.

Another challenge is to get the Swinomish prevention efforts coordinated to the point where everyone is on the same page and aiming toward the same goal at the end: reduced rates of substance abuse among Swinomish youth.

What is next?

In addition to carrying out substance abuse prevention services, there are other expectations associated with SIG. These involve changes in the system by which local prevention services are planned, delivered, and evaluated. The SIG community-level evaluation has four components:

- **Process evaluation:** examines organizational capacity and prevention planning processes.
- **Program implementation fidelity:** a record of what was actually done in presenting a prevention program and how it compares to what was planned.
- **Program effectiveness:** how effective the program was, measured by participant pre-tests and post-tests and examined in light of program implementation fidelity.
- **Long-term community-wide changes in substance abuse prevalence and risk and protective factors:** measured by the Washington State Survey of Adolescent Health Behavior (WSSAHB), prevalence and risk/protective factor changes are assumed to result from prevention system changes in community organization and planning and from the provision of prevention program services to targeted populations.

For the Swinomish Tribal Community SIG project, seven items will be important during Year 2:

1. Continued implementation of prevention programs.
2. Continued participation in program effectiveness monitoring (Everest database and other agreed upon measurement methods when the Everest database is inappropriate for use with a particular program).
3. Participation in program implementation fidelity measures.

4. Continued development of a system for community-wide prevention planning, delivery, and evaluation.
5. Continued participation in process evaluation, consisting of interviews and document review.
6. Ensuring LaConner School District's participation in the autumn 2000 administration of the Washington State Adolescent Health Behavior Survey (WSSAHB).
7. Developing specific plans to track progress toward and achieve anticipated immediate changes from the Community-Based Prevention Action Plan Implementation Matrix (column 7) and the community-level goals from the Washington State Incentive Grant Substance Abuse Plan (see Appendix A).

Appendix A:

Community-Level Goals and Objectives³

Goals:

Communities selected to receive State Incentive Grant funds will work to prevent alcohol, tobacco, marijuana, and other drug use, misuse, and abuse by the state's youth in these communities. They will develop and implement prevention plans, which will foster changes in the prevention system at the community level to make the system more effective.

Objectives:

1. To *establish partnerships* which include existing agencies and organizations, and families, youth, school, and workplaces to collaborate at the local level to prevent alcohol, tobacco, marijuana, and other drug use, misuse, and abuse by youth.
2. To *use a risk and protective factor framework* to develop a community prevention action plan, which reduces factors, which put youth at risk for alcohol, tobacco, marijuana, and other drug abuse and increase factors, which protect or buffer youth from these risks.
3. To *participate in joint community risk and protective factor and resource assessment* by collecting, assessing, and prioritizing community-level information for: (a) youth alcohol, tobacco, marijuana, and other drug use, misuse, and abuse; (b) risk and protective factor indicators; and (c) existing resources and service gaps.
4. To *select and implement effective prevention actions* that address priority risk and protective factors in the community by filling identified gaps in resources.
5. To *use common reporting tools*, which provide information on what works and what does not work to reduce youth alcohol, tobacco, marijuana, and other drug use, misuse, and abuse.

³ Governor's Substance Abuse Prevention Advisory Committee. 1999. *Washington State Incentive Grant Substance Abuse Prevention Plan*. Olympia, WA: Department of Social and Health Services, Division of Alcohol and Substance Abuse, State Incentive Grant Project.

Appendix B:

Methods

Information Sources

Interviews

Interviews were conducted with lead agency contacts, as well as prevention service providers and tribal employees. If audiotaped interviews were conducted, interviewees were informed at the beginning of each interview that the audiotapes were confidential, were for the purpose of ensuring accuracy, and would be erased as soon as notes were taken from them. Questions were based on an interview guide, as well as related topics that arose during the interviews. Interview guides were modified after initial site visits, based on the interviewer's ability to obtain the desired information from the questions asked.

Document review

- a. Proposal: The SWINOMISH TRIBE proposal in response to Solicitation No. 991346 was used as a primary source for contacts, needs, resources, prioritized risk and protective factors, target populations, geography and local plans to meet substance abuse prevention needs.
- b. Matrices: Prevention programs intended to address desired outcomes and associated risk and protective factors are described in detail in Community-Based Prevention Action Plan Implementation Matrix, created by the SWINOMISH TRIBE Cultural Resources Director and the SIG state project director. Matrices were used to guide inquiry into the process of achieving anticipated local outcomes.
- c. Linda Becker et al. 1999. *County Profile on Risk and Protection for Substance Abuse Prevention Planning, Skagit County*. Olympia, WA: Department of Social and Health Services, Research and Data Analysis.

Observation

- a. SWINOMISH TRIBAL COMMUNITY
- b. LaConner Middle School
- c. Town of LaConner and surrounding areas

Sub-Recipient Survey

COSMOS Corporation, survey designers, is under contract with the Center for Substance Abuse Prevention (CSAP) to conduct a cross-site evaluation, and the Sub-recipient Survey is part of that evaluation. The survey is intended to document prevention activities semi-annually. Its focus is the sub-recipient's most important prevention program or action, although more than one form can be completed if the sub-recipient wants to describe other programs. The "most

important” prevention program is defined as that which is most likely to produce measurable outcomes.

Accessing Informants

- *Key Informants:* Initial informants were identified through the SWINOMISH TRIBE SIG proposal.
- *Snowball Sampling Strategy:* Key informants were asked for names of community members who could provide insight into Swinomish Tribes’ history of challenges, successes, and substance abuse prevention services.

Analysis

This report is the first step in a case study. Data analysis occurs throughout the research process in a case study, from the process of formulating the topic through the write-up. During and after interviews, information gathered is weighed in light of previous information. Questions and topics are modified as indicated by the new information. Data verification occurs through cross checking information from informants with that from other informants, documents, observation, and the researcher’s journal entries.

Data analysis in a case study occurs by creating categories of information, broad at first, then becoming more specific. As familiarity with the study topic occurs, categories are related to one another and to theory. CSAP and COSMOS Corporation created broad data categories, around which interview questions and inquiry topics were framed. Data were gathered in the process of this evaluation with the intent of answering specific questions about system change in planning, providing, and evaluating prevention services for youth in local communities.

Appendix C

SIG-Funded Prevention Programs

There are three prevention programs provided through SIG funding. They are summarized below.

Student Team Training Objectives

- Form powerful drug prevention team
- Become skilled in acting as prevention specialists
- Become motivated to save other young people from drugs
- Gain knowledge of stage production, managing skills and puppetry
- Use the media to do stories on the teams and activities

Parent community training

Using the same curriculum as the students, but enhanced with the following:

- Parenting skill and prevention techniques
- Positive Indian ways to break the family-to-family abuse cycle
- Some parents will be trained to be "trainers" in prevention curriculum

School staff training

Following the youth curriculum and enhanced with these topics:

- Violence prevention training
- Positive behavior interventions
- Unique ways to work with Indian students with knowledge of Indian cultural ways
- Breaking research on Indian patterns of drinking



Research and Data Analysis
Progress Report Number 4.43-15d pr