

Establishment of parent support system for parents of teenagers, ages 12-15

Creation and distribution of locally-produced and relevant parent brochures

Organization and training of volunteer parent navigators in rural schools

Increase in positive attitudes toward people and the future Decrease in number of days absent from school during club participatior

After-School Action Clubs

Increase in positive attitude toward school

Establishment of parent resource "centers" with timely and accessible information on substance use/abus-

Life Skills Training

After School Action Clubs

of Parent Navigator support Program

\*Target population varies with each component

Parent Navigator\*

Grade 7

Pioneer M.S.

Grade 7

60

# **State Incentive Grant COMMUNITY-BASED PREVENTION ACTION PLAN IMPLEMENTATION MATRIX**

**Community Project Name:** Connecting Kids to Themselves, Their Families, and their Community

Lead Agency for SIG Community Project: Walla Walla County Department of Human Services

Address of Lead Agency: 310 W Poplar, Walla Walla, Washington 99362

Phone number/e-mail of Lead Agency: (509) 527-3278/cwidmer@co.walla-walla.wa.us

Project Director: Cindy Widmer

| PRG<br>SVC # | Program Service Name  | Science<br>Rigor | Budget   | Beginning | End  | Provider  | Location |
|--------------|---|------------------|----------|-----------|------|---|----------|
| 1            | Parent Navigator Activity<br>- Parents Who Care<br>Curriculum | 1, 2<br>4        | \$25,006 | 7/01      | 6/02 | Walla Walla County<br>Department of<br>Human Services |          |
| TOTAL        |   |                  | \$25,006 |           |      |   |          |

2. List Partners: (Indicate specific contribution to prevention service specified, such as: deliver services, in-kind (space, etc), funds, referrals)

| Approval Date:                                   | Approved By:  |
|--|---|
|  | Will provide space for parent gatherings and resources.   |
| The Community Center for Youth                   | • Will provide for placement of parent education resources.                                       |
| Sager Middle School                              | education materials).   |
| Children's Home Society                          | • Will provide assistance in establishing and maintaining parent groups (parent shelf for parent  |
| Walla Walla Public Library                       | • Will provide a parent shelf for selected information.   |
| Walla Walla High School Computer Training        | • Will provide assistance in the establishment of a Web page and support information.             |
|  | education and the use of PTSA meetings for discussion and distribution.                           |
| Walla Walla PTSA Council.                        | • Will provide national PTSA materials designed for substance abuse prevention and parent         |
| and Walla Walla High School                      | gatherings) for disbursement of information.  |
| • Pioneer Middle School, Garrison Middle School, | • Will provide space for placement of parent education and venues (such as open houses and parent |
| Lourdes Counseling Center                        | • Will provide educational materials and parent education.  |
| • Walla Walla County Public Health Department    | • Will provide materials for youth education and recognition and parent education materials.      |
| Services Prevention Coordinator                  | Task force for materials, consultation, and coordination.   |
| • Walla Walla County Department of Human         | Will provide educational materials and access to the Walla Walla County Substance Abuse           |
|  | support and information.  |
| Walla Walla Public School District #140          | Will provide access to existing parent groups and inform all parents of availability of           |

# Approved By:

State Incentive Grant Project Director

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### NAME OF PREVENTION PROGRAM: Parent Navigator

| 1.   |   | 2.   |   | 3.   |      |  |                  | 4  |  |  |  |
|--|---|--|---|--|------|--|------------------|--|--|--|--|
| RISK FACTOR P  | RIORITIZED R  | ISK FACTOR(S) INDIC  | CATOR   | PROTECTIVE FACTOR(S)<br>PRIORITIZED  |      |  | ) PF             | ROTECTIVE FACTOR(S) INDICATOR  |  |  |  |
|  |   | outh who report alcohol/dru  |   | Prg<br>Svs<br>#*<br>1  |      | Healthy beliefs and  |                  | Engagement in healthy behaviors  |  |  |  |
| <ul> <li>drug use.</li> <li>Family management problems.</li> <li>Parental attitudes and involvement in ATOD.</li> <li>school surveys (eventually adolescent health surveys)</li> <li>Juvenile and adult DUI arrests/convictions</li> </ul> |   |  |   |  |      | clear standards.<br>Family bonding.  | •                | Availability of parent support<br>Low participation in crime, drug/alcohol<br>use<br>Willingness to discuss substance issues<br>with families, peers, school staff, and<br>professionals   |  |  |  |
|  | 5.  |  | 6.  |  |      |  |                  | 7.   |  |  |  |
|  | ASSESSMENT<br>/Protective Factor)   | PROBLEM(S  | ) RELATED   | TO PR  | RIOR | RITIZED:   |                  | FICIPATED IMMEDIATE CHANGES<br>Related to participation in<br>Prevention Services<br>(refers to immediate outcomes)  |  |  |  |
| Available  | Missing   | Risk Factor  | Protective  |  |      | Resource Gaps  | Prg<br>Svs<br>#* |  |  |  |  |
| <ul> <li>Substance abuse prevention programs</li> <li>Community intervention strategies</li> <li>Lack of parent support programs</li> </ul>  | <ul> <li>Sufficient parent<br/>education</li> <li>Parent support<br/>group(s) for<br/>abusing or at-risk<br/>youth</li> <li>Central location<br/>for timely<br/>information</li> <li>Availability of<br/>resource person<br/>for questions of<br/>substance abuse<br/>signs and/or<br/>access to help<br/>access to help</li> </ul> | <ul> <li>Problems related to<br/>"favorable<br/>attitudes"<br/>include lack of<br/>consistently<br/>available parent<br/>education and<br/>resource material.</li> <li>Local manifestation<br/>of risks: parents<br/>feel uninformed,<br/>alienated, and<br/>disconnected,<br/>assuming their<br/>questions aren't<br/>substantive or<br/>they're alone</li> </ul> | <ul> <li>Problem<br/>related to<br/>of clear<br/>standard<br/>include<br/>insuffici-<br/>resource<br/>parent ac<br/>to assista</li> <li>No centr<br/>locations<br/>quickly<br/>accessib<br/>informat<br/>and pare<br/>support.</li> </ul> | o lack<br>s<br>ent<br>s and<br>ccess<br>ance.<br>ral<br>s for<br>le<br>ion |      | Parent advocacy<br>related to<br>substance abuse<br>and/or risk.<br>Organized and<br>directed parent<br>support with<br>children who have<br>demonstrated risk.<br>Centrally located<br>and simple-to-<br>understand<br>information<br>regarding risk,<br>identification,<br>prevention and<br>intervention. | 1                | <ul> <li>Increase in positive attitudes toward family</li> <li>Process Evaluation Objectives:</li> <li>Establish of parent support system for parents of teenagers, ages 12-15, measured through parent surveys and comments.</li> <li>Increase knowledge of community services and support</li> <li>Establish of parent resource "centers" with timely and accessible information on substance use/abuse, measured through documentation of use and website hits.</li> <li>Creation and distribution of locally produced and relevant parent brochure.</li> <li>Organization and training of volunteer parent navigators in rural schools.</li> </ul> |  |  |  |

\* See Table on page one for key to program services

|            |   | 9.  |        |  |            |         |  |   |  |  |  |
|------------|---|---|--------|--|------------|---------|--|---|--|--|--|
|            |   |   |        |  |            |         |  |   |  |  |  |
| Prg<br>Svs |   | YOUTH   | School | Survey   |            | ADULT   | ELIGIBILITY TO<br>PARTICIPATE  |   |  |  |  |
| #*         | Proposed  | Proposed Description By<br>(by grade, ethnicity) School Fall 00 Spr 01 Proposed |        | Description  | (Criteria) |         |  |   |  |  |  |
| 1          | N/A   |   |        |  |            | 10-20   | Parent Support Groups (parents involved in a support group).                             | <ul><li>Community at large</li><li>Parents and family</li></ul> |  |  |  |
|            |   |   |        |  |            | 10-20   | Parents Who Care Groups – Parents involved in<br>Parents Who Care curriculum-based group | members   |  |  |  |
|            |   |   |        |  |            | 100-200 | Library Resource Center – Parents accessing material or website                          |   |  |  |  |
|            |   |   |        |  |            | 30-50   | Parent Centers at Schools – Parents accessing<br>Centers                                 |   |  |  |  |
|            | 1,460 Local Parent Brochure – Parents receiving |   |        |  |            |         |  |   |  |  |  |
|            |   |   |        | newsletters       8       Parent Navigator volunteers – Parents identified as key parent communicators |            |         |  |   |  |  |  |

|              | 10.  |       |  | 11.       |           | 12.                                     |
|--------------|--|-------|--|-----------|-----------|---|
|              | PROGRAM ACTIVITY(S)<br>Related to Prevention Actions and Program Services          |       | Institute of Medicine<br>PREVENTION DEFINITION |           |           | DOMAIN(S) OF<br>ACTIVITY(S)             |
| Prg Svs<br># |  | Rigor | Universal                                      | Selective | Indicated | (Community, family, school, individual) |
| 1            | Parents Who Care Parenting Curriculum  | 4     |  | Х         |           | Family                                  |
|              | Parent Navigator Activities  | 1,2   | Х  |           |           | Family/Community                        |
|              | - Parent Support Groups: Provide parents with resources and support to navigate    | 1,2   |  |           |           | Family                                  |
|              | community resources and provide necessary directions and support to at-risk        |       |  |           |           |   |
|              | youth. (Format and structure to be determined by needs of groups.)                 |       |  |           |           |   |
|              | - Library Resource Centers: Establish and maintain a resource and information      |       |  |           |           | Family/Community                        |
|              | center of services available throughout Walla Walla County.                        |       |  |           |           |   |
|              | - Parent Centers at School: Provide information on healthful alternatives to using |       |  |           |           | Family/Community                        |
|              | drugs, alcohol, tobacco, and other self-defeating behaviors.                       |       |  |           |           |   |
|              | - Local Parent Brochures: Establish a newsletter/calendar to track and report on   |       |  |           |           | Family/Community                        |
|              | issues, classes, conferences, and seminars.  |       |  |           |           |   |
|              | - Parent Navigator volunteers: Organize and train volunteer parent navigators.     |       |  |           |           | Family/Community                        |

# NAME OF PREVENTION PROGRAM: Parent Navigator

|                  | 13.  |                             |                  | 14.  |                                     | 15.                | 16       | 5.      |
|------------------|--|-----------------------------|------------------|--|-------------------------------------|--------------------|----------|---------|
| FACT<br>INCEN    | PROTECTIVE<br>ORS/COMPONENTS/<br>NTIVES ADDRESSED<br>EACH ACTIVITY |                             | DOSAGE OF        | LOCATION OF ACTI<br>EACH BEGIN A<br>ACTIVITY(S) DA |                                     | ND END             |          |         |
| Prg<br>Svs<br>#* |  |                             | Number of Cycles | Number of sessions each program<br>cycle           | Length (in<br>hours) of<br>sessions |                    | Begin    | End     |
| 1                | Healthy beliefs and  | Parent Who Care             | 1                | 6 to 10 sessions                                   | 1.5 hours                           | Variable           | 9/01/01  | 6/30/02 |
|                  | clear standards  | Support Groups              | TBD              | Support Groups (to be determined)                  | 1.5 hours                           | Walla Walla        | 07/01/01 | 6/30/02 |
|                  | <ul> <li>Family bonding</li> </ul>                                 | Library Use                 | Ongoing          | Monthly  | N/A                                 | County (variable   |          |         |
|                  | and enhanced   | Parent Centers              | Ongoing          | N/A  | N/A                                 | locations, such as |          |         |
|                  | communication/   | Local Brochures             | Ongoing          | N/A  | N/A                                 | community sites)   |          |         |
|                  | • education  | Parent Navigator volunteers | As needed        | Key parent communicators (as needed)               | N/A                                 |                    |          |         |

# State Incentive Grant COMMUNITY-BASED PREVENTION ACTION PLAN IMPLEMENTATION MATRIX

Community Project Name: Connecting Kids to Themselves, Their Families, and their Community

Lead Agency for SIG Community Project: Walla Walla County Department of Human Services

Address of Lead Agency: <u>310 W Poplar</u>, Walla Walla, Washington 99362

Phone number/e-mail of Lead Agency: (509) 527-3278/cwidmer@co.walla-walla.wa.us

Project Director: Cindy Widmer

| PRG<br>SVC # | Program Service<br>Name | Science<br>Rigor | Budget   | Beginning | End     | Provider   | Location |
|--------------|-------------------------|------------------|----------|-----------|---------|--|----------|
| 1            | Mentoring               | 4                | \$10,788 | 7/1/01    | 6/30/02 | Walla Walla County Department of Human<br>Services |          |
| 2            | Life Skills             | 5                | \$24,377 | 9/5/01    | 5/15/02 | College Place School District #250                 |          |
| 3            | After School Clubs      | 1,2              | \$6,880  | 9/15/01   | 6/30/02 | Walla Walla County Department of Human Services    |          |
| TOTAL        |                         |                  | \$42,045 |           |         |  |          |

#### Exhibit: Y3 SIG B1 July 1, 2001 to June 30, 2002 SIG Prevention Action Plan: <u>Walla Walla - 02</u>

2. List Partners: (Indicate specific contribution to prevention service specified, such as: deliver services, in-kind (space, etc), funds, referrals)

| Approval Date:  | Approved By:  |
|---|---|
| <ul><li>Walla Walla County Sheriff's Office</li><li>Children's Home Society</li></ul> | <ul> <li>Will provide volunteers to work with youth in school-based settings</li> <li>Will provide trained staff to work with families in or outside of school.</li> </ul>  |
| Walla Walla General Hospital  | Will provide space and refreshments for periodic mentoring program social events  |
| • Welle Welle Constal Heavitel  | family outreach.  |
| Community Connections   | <ul> <li>health behaviors survey and assistance identifying a skilled facilitator to teach Life Skills<br/>Training.</li> <li>Will provide community and private business coordination, volunteers, marketing for Hispanic</li> </ul> |
| will provide  | opportunities; staff; follow-up evaluation cooperation and participation in statewide adolescent  |
| <ul> <li>YMCA and the YWCA</li> <li>College Place School District #250</li> </ul>     | • Will provide counselor generated student referrals to the mentoring program and a supportive environment for youth and mentors to meet. Demonstration site; students; data; classroom   |
| <ul><li>Children's Home Society.</li><li>YMCA and the YWCA</li></ul>                  | • Will provide off site recreation opportunities for youth and mentors.   |
| Retired Senior Volunteer Program  | • Will provide volunteer training, ethics and risk-management consultation  |
| • FRIENDS   | <ul> <li>Will provide senior citizens to serve as mentors</li> </ul>  |
| Walla Walla Community Network   | <ul><li>Will provide assistance with program coordination.</li><li>Will provide youth mentoring framework.</li></ul>  |
| Human Services  | in modified versions for 7th and 8 <sup>th</sup> grades classes   |
| Walla Walla County Department of  | force for materials, consultation, and coordination and ROPES training at reduced rates and   |
|   | • Will provide educational materials and access to the Walla Walla County Substance Abuse Task  |
| #140  | program. Will provide supportive environment for youth and mentors to meet.   |
| Walla Walla Public School District  | <ul><li>activities, faculty involvement, data collection, and evaluation cooperation.</li><li>Will provide counselor and intervention specialist generated student referrals to the mentoring</li></ul>                               |
| Pioneer Middle School   | • Will provide space, students, technical assistance, materials and supplies. Also, integrated student  |
| • RSVP  | • Will provide senior volunteers to serve as activity program leaders.  |

State Incentive Grant Project Director

### NAME OF PREVENTION PROGRAM: Mentoring, Life Skills Training, After School Clubs

|                  | 1.  | 2.  |                  | 3.  | 4  |
|------------------|---|---|------------------|---|--|
| RI               | SK FACTOR PRIORITIZED   | RISK FACTOR(S) INDICATOR  |                  | OTECTIVE FACTOR(S)<br>PRIORITIZED   | PROTECTIVE FACTOR(S)<br>INDICATOR  |
| Prg<br>Svs<br>#* |   |   | Prg<br>Svs<br>#* |   |  |
| 1                | • Early initiation of the problem behavior  | <ul> <li>Juvenile arrests for property crime</li> <li>Juvenile arrests for drugs and/or<br/>alcohol</li> </ul>                      | 1,3              | • Bonding with adults who have healthy beliefs and clear standards.                   | <ul> <li>Engagement in healthy behaviors.</li> <li>Increased positive attitudes<br/>towards people and the future.</li> </ul>                          |
| 1,3              | • Low commitment to school  | <ul><li>Juvenile arrests for vandalism</li><li>School dropout rate</li></ul>  | 1,2,3            | Personal healthy beliefs     and clear standards                                      | Responses to Washington State     Adolescent Health Behavior   |
| 2,3              | <ul> <li>Favorable attitudes toward<br/>drug use</li> <li>Friends who use drugs/<br/>alcohol</li> </ul> | <ul> <li>Responses to Washington State<br/>Adolescent Health Behavior Survey</li> <li>Juvenile arrests for violent crime</li> </ul> | 2<br>3           | <ul> <li>Social Competence - skill</li> <li>Attachment to pro-social peers</li> </ul> | <ul> <li>Survey</li> <li>Assessment absent days/attitudes towards school</li> <li>Low participation in crime, and drugs/alcohol/tobacco use</li> </ul> |

\* See Table on page one for key to program services

|   | 5.   |  | 6.  |   |                    | 7.  |
|---|--|--|---|---|--------------------|---|
|   | ASSESSMENT<br>Protective Factor)   | PROBLEM(S) F   | RELATED TO I  | ANTICIPATED IMMEDIATE CHANGES<br>Related to participation in<br>Prevention Services<br>(refers to immediate outcomes)   |                    |   |
| Available   | Missing  | Risk Factor  | Protective<br>Factor  | Resource Gaps   | Prg<br>Svs<br>#*   |   |
| <ul> <li>Community<br/>collaboration</li> <li>Professional staff</li> <li>Current<br/>community efforts<br/>to reduce underage<br/>access to alcohol,<br/>tobacco, and other<br/>drugs</li> <li>Some mentoring<br/>activities that<br/>actively<br/>discourage use,<br/>offer opportunities<br/>for skill building<br/>and recognition</li> </ul> | <ul> <li>Sufficient activities<br/>that actively<br/>discourage use, and<br/>offer opportunities<br/>for skill building<br/>and recognition.</li> <li>Meaningful<br/>opportunities for<br/>youth to build<br/>relationships with<br/>positive role<br/>models</li> <li>Sufficient<br/>mentoring program<br/>opportunities</li> <li>*Alternative<br/>opportunities that<br/>develop social<br/>skills</li> <li>Opportunities to<br/>learn about<br/>community<br/>resources, and to<br/>participate in<br/>activities that<br/>promote skill-<br/>building</li> </ul> | <ul> <li>Lack of sufficient<br/>opportunities for<br/>youth to interact<br/>with positive adults<br/>in one-on-one<br/>relationships</li> <li>Lack of<br/>opportunities for<br/>meaningful<br/>community<br/>participation by<br/>youth and lack of<br/>sufficient<br/>recreational<br/>opportunities for<br/>underserved and at-<br/>risk youth.</li> <li>Lack of sufficient<br/>programs<br/>encouraging middle<br/>school students to<br/>access alternatives<br/>to problem<br/>behaviors</li> </ul> | <ul> <li>Opportunit<br/>ies for<br/>pro-social<br/>bonding</li> <li>Opportunit<br/>ies for<br/>social skill<br/>developme<br/>nt</li> </ul> | <ul> <li>Consistent use of survey tool to assess substance knowledge/use.</li> <li>Lack of volunteers to serve as youth mentors</li> <li>Lack of alternative youth development activities for atrisk youth</li> <li>Lack of positive, non-school activities.</li> <li>Consistent middle school substance abuse prevention curriculum and associated services</li> </ul> | 1<br>3<br>1,3<br>2 | <ul> <li>Outcome Evaluation Objectives</li> <li>Increase in positive attitudes toward others and the future</li> <li>Delay initiation of problem behavior (substance use).</li> <li>Process Evaluation Objectives</li> <li>Increased opportunities for caring adults to work with youth, measured by number and length of matches.</li> <li>Outcome Evaluation Objectives</li> <li>Increase in positive attitude toward school and community</li> <li>Process Evaluation Objectives</li> <li>Increased opportunities for youth to engage in meaningful activities outside of school hours</li> <li>Outcome Evaluation Objectives</li> <li>Decrease use of alcohol, tobacco, marijuana and other drugs</li> <li>Change in favorable attitudes towards ATOD use</li> <li>Increase in skills in area of social competency</li> </ul> |

\* See Table on page one for key to program services

# NAME OF PREVENTION PROGRAM: Mentoring, Life Skills Training, After School Clubs

|            |                      |  | 8.   |                   |    |          |                                | 9.   |  |  |
|------------|----------------------|--|--|-------------------|----|----------|--------------------------------|--|--|--|
|            |                      |  | TARGET POPU  | LATIO             | ON |          |                                |  |  |  |
| Prg<br>Svs |                      | YOUTH  |  | School<br>Survey  |    | ADULT    |                                | ELIGIBILITY TO<br>PARTICIPATE  |  |  |
| #*         | Proposed             | Description<br>(by grade, ethnicity)   | By School  | Spr Fall<br>98 99 |    | Proposed | Description                    | (Criteria)   |  |  |
| 1          | 10-20                | Youth, ages 6 -18  | County wide  | X                 | X  | 10-20    | Adult mentors                  | <ul> <li>Mentors:</li> <li>Must pass screening and WSP check as well as intensive interview.</li> <li>Must participate in required training.<br/>Youth:</li> <li>Referred by parent/guardian or agency or school representative.</li> <li>Assessment of need completed.</li> <li>Parent/guardian permission required.</li> </ul> |  |  |
| 2          | 95<br>75<br>95<br>25 | 6 <sup>th</sup> grade<br>7 <sup>th</sup> grade<br>8 <sup>th</sup> grade<br>9 <sup>th</sup> grade | Meadowbrook Inter<br>Sager Middle School<br>Sager Middle School<br>Sager Middle School | X<br>X            |    |          |                                | <ul> <li>Each 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade<br/>classroom of 22 to 32 students</li> <li>Ninth grade students returning to<br/>Sager for Year 3 of the program<br/>as an after school activity</li> </ul>  |  |  |
| 3          | 20-40                | 6 <sup>th</sup> – 8 <sup>th</sup> grade  | Pioneer Middle School  |                   | Х  | 5        | Skilled volunteer facilitators | • Youth referred by school assistat<br>principal or counselor based on<br>poor grades, problem behaviors,<br>need to bond to school and<br>universal recruitment   |  |  |

|                 | 10.   |       |  | 11.       |           | 12.   |  |
|-----------------|---|-------|--|-----------|-----------|---|--|
|                 | PROGRAM ACTIVITY(S)<br>Related to Prevention Actions and Program Services   |       | Institute of Med<br>PREVENTIC<br>DEFINITIO |           |           | DOMAIN(S) OF<br>ACTIVITY(S)                   |  |
| Prg<br>Svs<br># |   | Rigor | Universal                                  | Selective | Indicated | (Community,<br>family, school,<br>individual) |  |
| 1               | <ul> <li>Mentor:</li> <li>Recruitment, training, support, and supervision of mentors to work with youth. Mentoring activities may include tutoring, assistance with school projects, recreational activities, attending cultural or sporting events, performing community services, or nurturing. Mentors are asked to make a year commitment and spend 1-2 hours weekly with their youth.</li> </ul>   | 4     |  | X         |           | Community,<br>Individual,<br>School           |  |
| 2               | Life Skills (Curriculum Components Year 1)Introductory sessionCommunication skillsMarijuana: myths and realitiesSmoking and biofeedbackSelf-image and self-improvementSocial skillsAdvertisingAlcohol: myths and realitiesMaking decisionsAssertivenessCoping with anxietyCelebration reviews after completion of<br>sections I (Lesson 1 – 8) and section II<br>(Lesson 9 – 15)(Curriculum Components Year 2 in addition to Year 1)Celebration review noting the conclusion<br>of the booster sessionsDrug Abuse: Causes and EffectsMaking decisionsSocial SkillsCoping with anxietyPeer pressureCommunication skillsCurriculum Components Year 3 in addition to Year 1 and 2)IntroductionCommunication skillsDrug Abuse: Causes and EffectsSocial skillsCoping with AnxietyCelebration review noting the conclusion<br>of the booster sessionsDrug Abuse: Causes and EffectsSocial skillsMedia InfluenceSocial skillsCurriculum Components Year 3 in addition to Year 1 and 2)IntroductionCommunication skillsDrug Abuse: Causes and EffectsSocial skillsMedia InfluenceAssertivenessCoping with AnxietyCelebration review noting the conclusion<br>of the booster sessionMaking decisionsCelebration review noting the conclusion<br>of the booster sessionMaking decisionsSocial skills | 5     | X  |           |           | School (peer)                                 |  |
| 3               | <ul> <li>After School Action Club:</li> <li>A variety of structured recreational and educational activities will be offered in the after-school hours in a club format to provide healthy alternatives to using drugs, alcohol, tobacco, and other self-defeating behaviors. Central to after school Action Club is community services component.</li> </ul>  | 1,2   | X  |           |           | Individual                                    |  |

| 13.   |   | 14.   |   |                                      | 15.  | 16.                                |         |
|---|---|---|---|--------------------------------------|--|------------------------------------|---------|
| PROTECTIVE<br>FACTORS/COMPONENTS/INCENTIVES<br>ADDRESSED IN EACH ACTIVITY |   | DOSAGE OF EACH ACTIVITY(S).                     |   |                                      | LOCATION OF EACH<br>ACTIVITY(S)  | ACTIVITY<br>BEGIN AND END<br>DATES |         |
| Prg<br>Svs<br>#*  |   | Number time<br>each<br>program<br>cycle offered | Number of<br>sessions<br>each<br>program<br>cycle | Length (in hours)<br>of each session |  | Begin                              | End     |
| 1   | Bonding with adults who have<br>healthy beliefs and clear standards   |   | Weekly<br>sessions                                | 1 to 2 hours each                    | School or community site   | 7/1/01                             | 6/30/02 |
| 2   | Classroom instruction: favorable<br>attitudes towards drug use,<br>community bonding demonstrating<br>importance of cohesive and<br>unfavorable attitudes towards drug<br>use through activities to have fun<br>without them. |   | 5 sessions<br>10 sessions<br>15 sessions          | 45 mins each                         | Sager MS 8 <sup>th</sup> and 9 <sup>th</sup> grade<br>Sager MS 7 <sup>th</sup> grade<br>Meadowbrook Inter. 6 <sup>th</sup> grade | 9/15/01                            | 5/15/02 |
|   | Ropes/challenge course participation  |   | 1 session   | 1.5 hours                            | Sager MS 9 <sup>th</sup> graders   | 9/8/01                             | 9/8/01  |
|   | • Friends who use alcohol, drugs,<br>tobacco, selection of healthy<br>affiliation and reinforcement through<br>activities athat encourage<br>recreation/interaction without durgs.  |   | 2 sessions<br>1 session                           | 45 minutes each<br>45 minutes each   | Meadowbrook Intermediate<br>Sager MS   | 9/15/01                            | 5/15/02 |
|   | Healthy beliefs and clear standards<br>within families, schools,<br>communities, thorugh celebrations,<br>demonstrating consitency between<br>family/school/communty  |   | 2 sessions<br>1 session                           | 45 minutes each<br>45 minutes each   | Meadowbrook Intermediate<br>Sager MS   | 9/15/01                            | 5/15/02 |
| 3   | Bonding with people who have<br>healthy beliefs and clear standards,<br>and opportunities to develop healthy<br>beliefs and clear standards   | Variable<br>(depending<br>on activity)          |   | 1-2 hours each                       | Pioneer Middle School  | 9/15/01                            | 5/30/02 |