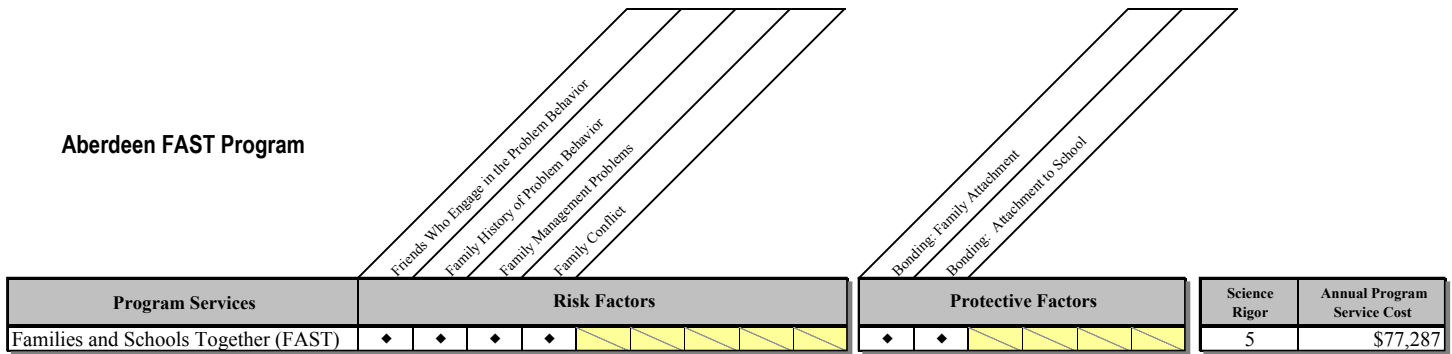
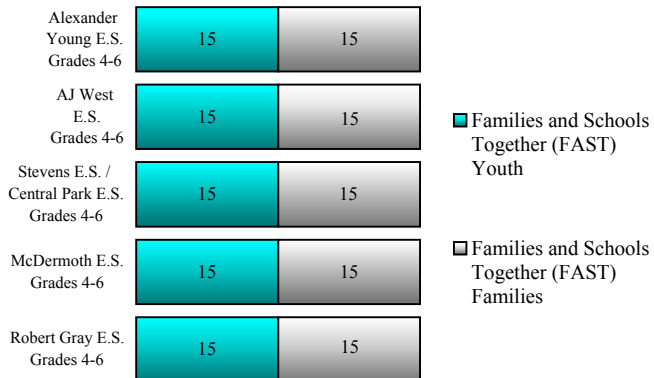


A Guide to the Community Projects

December 2000, Project Action Plan



Annual Target Population



Anticipated Number of Participants

Anticipated Changes

- Families and Schools Together (FAST)**
- Increase involvement with friends who disapprove of ATOD use
 - View parents, teachers, and other adults as allies
 - Increase involvement in ATOD-free activities
 - Change favorable adult attitudes
 - Build positive family attitudes
 - Link parents to appropriate community resources
 - Improve youth behavior problems



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

Community Project Name: Aberdeen FAST Program

Lead Agency for SIG Community Project: Aberdeen School District #5 – Jim Sawin, lead contact

Address of Lead Agency: 409 N. K; Aberdeen WA 98520

Phone number/e-mail of Lead Agency: 360-538-2120/ jsawin@asd5.org

Project Director: Jim Sawin

PRG SVC #	Program Service Name	Science Rigor	Budget	Beginning	End	Provider	Location
1	Families and Schools Together (FAST)	5	\$55,724	9/01 1/01	12/02 3/02	Aberdeen School District #5; (McDermoth School Lead)	Aberdeen School District #5; - McDermoth School - Stevens School
TOTAL			\$55,724				

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

<ul style="list-style-type: none"> • Grays Harbor County Public Health and Social Services • Evergreen Counseling Center • Aberdeen Parks and Recreation • Grays Harbor YMCA • Aberdeen Police Department • Grays Harbor Juvenile Services • ESD 113 • Grays Harbor Community Network • CMASA 	
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Approval Date: _____

Approved By: _____
State Incentive Grant Project Director

NAME OF PREVENTION PROGRAM: Aberdeen FAST Program

1. RISK FACTOR PRIORITIZED		2. RISK FACTOR(S) INDICATOR	3. PROTECTIVE FACTOR(S) PRIORITIZED		4. PROTECTIVE FACTOR(S) INDICATOR
Prg Svs #*			Prg Svs #*		
1	<ul style="list-style-type: none"> Family management problems Friends who engage in the problem behavior Family history of the problem behavior Family conflict 	<p>Results from the WSSAHB:</p> <ul style="list-style-type: none"> Children expressed confusion about or the lack of family rules and expectations. Children claim many times adults do not know where the children are. High rates of child neglect and abuse are reported for the county. Alcohol is the drug of choice for youth in GH County according to the 1999 WA State Survey of Adolescent Health Behaviors. The Health Survey indicates many family members have a history of drug and alcohol use. There is a high rate of adult domestic violence; alcohol related arrests and adult drunken driving are indicators of family conflict and unrest. 	1	<ul style="list-style-type: none"> Bonding: Family Attachment Bonding: School Attachment 	<p>Results from the WSSAHB:</p> <ul style="list-style-type: none"> A high school based teen prevention team, trained to do prevention campaigns, education and peer support/helpers. Lunch buddies/mentor programs are in each school. Community Aide Network working in the community. ESD 113 True North Program substance abuse treatment services for students and families. RSN children’s multi-diagnostic case staffing. Children’s Advocacy Center. Family Conflict Resolution.

* See Table on page one for key to program services

NAME OF PREVENTION PROGRAM: Aberdeen FAST Program

5.		6.			7.	
RESOURCE ASSESSMENT (for Risk Factor/Protective Factor)		PROBLEM(S) RELATED TO PRIORITIZED:			ANTICIPATED IMMEDIATE CHANGES Related to participation in Prevention Services (refers to immediate outcomes)	
Available	Missing	Risk Factor	Protective Factor	Resource Gaps	Prg Svs #*	
<ul style="list-style-type: none"> Community Mobilization Against Substance Abuse Grays Harbor Community Network Drug Free Schools and Student Services 21st Century Grant at the junior high school Grays Harbor YMCA DARE SCOPE Teen Safe & Sober Community Coalition ASD #5 K-12 Counseling Services Aberdeen Parks and Recreation Program 	<ul style="list-style-type: none"> Consistent parenting classes Knowledge and awareness of community 	<ul style="list-style-type: none"> ATOD use begins at an early age in Aberdeen. Families are dysfunctional families and exhibit acceptance of using drugs and alcohol. This is augmented by peer pressure 	<ul style="list-style-type: none"> The community has a number of organizations that provide activities for families. The majority of the activities are aimed at middle income level families and families of middle school or older children. 	<ul style="list-style-type: none"> Healthy families point to the need for successful prevention efforts. Families need strengthening and support. Dysfunctional families need to become structured and learn skills allowing them too positively interact with each other. 	1	<p><u>Parents:</u></p> <ul style="list-style-type: none"> Changing favorable adult attitudes and values regarding ATOD use parents and their children Building positive attitudes and values within the family unit P: Linking parents to appropriate community resources, services and support systems <p><u>Youth:</u></p> <ul style="list-style-type: none"> P: Increased involvement of parents with their children’s schools Children who recognize that ATOD use is wrong Children who disassociate from peers who engage in ATOD use Improvement in child behavior problems <p>P: Refers to Process</p>

8.									9.
TARGET POPULATION									ELIGIBILITY TO PARTICIPATE (Criteria)
Prg Svs #*	YOUTH			School Survey			ADULT		
	Proposed	Description (by grade, ethnicity)	By School	Spr 98	Spr 99	Fall 99	Proposed	Description	
1	35-40	Grades 4-6, ethnicity undetermined at this time	Aberdeen School District Elementary schools <ul style="list-style-type: none"> McDermoth Robert Gray Stevens/Central Park AJ West Alexander Young 		X		35-40	Parents of Youth	Any child, grades 4-6, identified by the program team as displaying the identified risk factors will be eligible for services.

* See Table on page one for key to program services

NAME OF PREVENTION PROGRAM: Aberdeen FAST Program

10.			11.			12.
PROGRAM ACTIVITY(S) Related to Prevention Actions and Program Services			Institute of Medicine PREVENTION DEFINITION			DOMAIN(S) OF ACTIVITY(S)
Prg Svs #		Rigor	Universal	Selective	Indicated	(Community, family, school, individual)
1	<p>Families and Schools Together (FAST)</p> <ul style="list-style-type: none"> • Pre-session home visits • 8-week program curriculum of multiple group activities • A meal hosted by a family • A family sing-along • Structured family communications exercises • Family feelings identification exercises • Parent support meetings while children play • One-to-one quality time • Winning-as-a-family-unit exercises • A closing ritual • A substance abuse education component • Graduation • School-based parent advisory council of FAST program graduates <p>FAST curriculum topics</p> <ul style="list-style-type: none"> • Family – Who are You as a Family • Family – Togetherness (what do you do together?) • Self • Changes/ Seasons/ Feelings • Natural Highs • Communication • Friends • Winning as a Family <p>FAST works Group</p> <ul style="list-style-type: none"> • Ongoing monthly meetings, family activities • Assists FAST works towards self-sufficiency through leadership from FAST graduates • Developing projects for FAST works (family activity or community project) • Divide FAST works into area groups with graduates from participating sites 	5		X		Family/ School

NAME OF PREVENTION PROGRAM: Aberdeen FAST Program

13.		14.			15.	16.	
PROTECTIVE FACTORS/COMPONENTS/INCENTIVES ADDRESSED IN EACH ACTIVITY		DOSAGE OF EACH ACTIVITY(S).			LOCATION OF EACH ACTIVITY(S)	ACTIVITY BEGIN AND END DATES	
Prg Svs #*		<i>Number of cycles per session</i>	<i>Number of sessions each program cycle</i>	<i>Length (in hours) of each session</i>		<i>Begin</i>	<i>End</i>
1	<ul style="list-style-type: none"> • Bonding through participating in the program (strengthening family functioning). • Increase education, skills and knowledge. • Provide opportunities appropriate modeling. • Provide recognition for families and students. 	FAST <ul style="list-style-type: none"> • 2 cycles at each of the 3 paired site) • Professional Home Visits as needed FAST Works	8-week curriculum 8 monthly group meetings	2 hours 2 ½ hours 1 hour	<ul style="list-style-type: none"> • McDermoth /Robert Gray • Stevens and Central Park • AJ West and A. Young 	09/01 01/02	12/01 03/02