



Lake Washington School District, King County Executive Summary of the Community-Level Progress Evaluation Reports

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Executive Summary

The Lake Washington School District in King County is one of eighteen recipients of the Washington State Incentive Grant (SIG). SIG funds are allocated to communities to prevent the use, misuse and abuse of alcohol, tobacco, marijuana and other drugs by Washington State youth. Community grantees are expected to make their local prevention system more effective by establishing prevention partnerships, using a risk and protective factor framework for data driven needs assessments, and by implementing and monitoring science-based prevention programs.

Project Site

The Lake Washington SIG Project is known as the Eastside Central Community. The Eastside Central Community project serves an urban community that is primarily encompassed by Lake Washington School District. The area has several highly profitable companies that attract professional people. It is also home to an increasing number of unskilled workers and individuals who speak little or no English and have difficulty finding well-paid employment as a result. Local percentages of the population at the extreme ends of the socioeconomic scale are increasing.

Prevention History

Prior to SIG, several substance abuse prevention activities were provided in the Lake Washington School District area. Partnerships between prevention providers and organizations were very strong before SIG, with collaborative efforts such as the Lake Washington School District Drug and Alcohol Council already in place. The district was familiar with the use of data for planning and the evaluation of program outcomes and with science-based programs.

Challenges experienced by local SIG staff included confusion regarding the Everest Database program, a complicated and intimidating application process, and unclear evaluation requirements.

Progress toward SIG Community Level Objectives

Objective 1: *To establish partnerships...to collaborate at the local level to prevent alcohol, tobacco, marijuana, and other drug use, misuse, and abuse by youth.*

Before receiving SIG funding, the community represented by the Eastside Central Community SIG project already had substantial experience with creating prevention partnerships. Prevention partnerships were extensive in their scope and their participation, involving interested participants from the schools, parents, youth, neighboring agencies, the community, and local governments. One benefit of SIG has been to formalize communication on prevention between schools and program providers through the creation of advisory boards that focus primarily on substance abuse prevention. These boards have increased collaboration among prevention agencies.

Objective 2: *To use a risk and protective factor framework to develop a community prevention action plan...*

The Eastside Central Community was already educated in the risk and protective framework before participating in SIG trainings. According to respondents, SIG helped to reinforce this knowledge. Also in use by local prevention professionals is the Developmental Assets prevention framework.

Objective 3: *To participate in joint community risk and protective factor and resource assessment...*

Lake Washington School District has traditionally participated in the collection and examination of substance abuse-related prevention data, but not always with multiple prevention partners.

Objective 4: *To select and implement effective prevention actions...*

The SIG process encouraged the choice of programs shown through published research to be effective in different locales and with multiple populations. These are known as research-based programs. Some research-based programs have been selected as best practices by the federal Center for Substance Abuse Prevention. SIG provided funding for two best practices in the Eastside Central Community project: SUCCESS Mentoring and Family Connections. The concept of research-based programs was not new to the area with SIG.

Objective 5: *To use common reporting tools...*

Reporting tools used in common among prevention partners in the Lake Washington School District include the Washington State Survey of Adolescent Health Behavior and the Developmental Asset Survey at the community level. At the program level, the Everest program outcome monitoring database and other program-specific methods are used. Because they are funded through many sources, prevention providers must observe

multiple evaluation and reporting requirements. Although SIG is not responsible for introducing the concepts of data assessment and outcome evaluation, respondents believe that SIG helped to reinforce these methods.

Conclusion

The Lake Washington School District and its prevention partners were familiar with and used most of the prevention concepts promoted through the SIG community level objectives that were established by the Governor's Substance Abuse Advisory Committee. SIG has helped to promote and formalize the practice of those concepts. During the third and last year of SIG community funding, the Eastside Central Community intends to continue to move toward institutionalizing some of the changes they have achieved in the system of prevention planning, funding, implementation, and monitoring they developed through SIG.



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