

**Panguitch Prevention Coalition (PPC)**

**Strategic Action Plan: 2016-2017**

**PPC Goal One: Establish and strengthen collaboration among the community’s agencies to support the efforts of the Panguitch Prevention Coalition’s work to prevention and reduce substance abuse among youth.**

**Objective 1:** By September 30, 2017, Increase coalition’s capacity and membership, sustain active membership and ongoing participation in monthly meeting attendance by filling in the gaps of the Panguitch Prevention Coalition, by identifying any missing members of the coalition, as evidenced by the annual coalition member survey.

**Strategy 1.1:** Recruit key leaders and community members to enhance representation and provide support to the 12 sectors

Activity	Who is Responsible?	By when?
Use the CTC and/or CADCA Tools for identifying member representative gaps during a coalition meeting, to identify any community agencies or individuals or leaders that should be a part of the coalition but are not.	Coalition Involvement Committee	July 2017

**Strategy 1.2:** Enhance the coalition’s internal capacity (including leadership, management, board structure, recruitment, and resource attainment) in order to sustain active membership and coalition outcomes, by providing workshops/trainings to increase the skills of the key leaders

Activity	Who is Responsible?	By when?
Conduct key leader meetings/trainings bi-annually, to update key leaders in the community on activities and progress of coalition, and to keep them invested, gain their continual support on coalition needs for the completion of activities.	Member from each Committee  (Underage Drinking, Tobacco, RX Drugs)	March 30, 2017, and September 10, 2017

**Strategy 1.3:** Solicit ongoing, formal feedback from members on their experience with the coalition in order enhance coalition’s membership and to identify areas of functioning that need improvement to better provide support to the community as a prevention resource.

Activity	Who is Responsible?	By when?
Conduct an annual Coalition member Survey to assess the needs of the coalition and identify areas of the coalition that can be enhanced	Bach Harrison (Independent Evaluators), Evaluation Member from each Committee	August 30, 2017
Conduct a Former member follow up, to assess	Bach Harrison	January 30,

the needs of the coalition and identify the areas of the coalition that need to be enhanced	(Independent Evaluators) Evaluation Member from each Committee  (Underage Drinking, Tobacco, RX Drugs)	2017
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**Strategy 1.4:** Strengthen the process by which new members join the coalition to enhance the coalition's ability to complete the action plan and to better provide support the community as a prevention resource.

Activity	Who is Responsible?	By when?
Continue the implementation of the new member packet to educate new members on the history of the coalition, as well as goals, objectives and strategies of the coalition.	Program Director, Coalition Involvement Committee, Chairs of each Committee (Underage Drinking, Tobacco, Rx Drugs)	September 30, 2017
Continue to get new members involved in a coalition activity or decision, and assigned to a committee within two months of joining the coalition.	Program Director, Coalition Involvement Committee, Chairs of each Committee (Underage Drinking, Tobacco, Rx Drugs)	September 30, 2017

**Objective 2:** By September 29, 2017, increase youth membership and participation in the coalition by 6 as evident by coalition member survey and pre-post-test of trainings.

**Strategy 1.2:** Increase Youth Involvement in the Panguitch Prevention Coalition to provide support and collaboration of coalition activities as outlined in the action plan, and create opportunities to enhance skills of the youth by workshops and trainings.

Activity	Who is Responsible?	By when?
Continue to meet with the Panguitch Middle and High School principal and school counselors to gain continual support of the youth coalition, and support recruitment and activities of the youth coalition.	Coalition Involvement Committee	September 30 <sup>th</sup> , 2017
Hold Monthly planning meetings for the youth coalition to teach them the Strategic Prevention Framework and enhance their skills to assess their community, and create data-driven strategies based on identified risk and protective factors.	Program Director, Youth Sector Representative, Youth Coalition	September 30, 2017

**Objective 3:** By September 29, 2017, increase by 10% the prevention knowledge and skills of the coalition members and leaders to increase the overall prevention capacity of the coalition as evident by coalition member survey and pre-post-test of trainings.

**Strategy 3.1:** Enhance the skills and knowledge of coalition members in prevention standards and current substance abuse trends, by Coalition Members and youth coalition members attending Local, State or National Substance abuse Prevention trainings

Activity	Who is Responsible?	By when?
Members of the Youth Coalition attend CADCA youth Leadership Forum designed to increase the knowledge and skills of members to implement the Strategic Prevention Framework.( youth 12-17yrs)	Program Director, Youth Sector member, and members of the youth coalition	February 10, 2017
Members of the Youth Coalition attend CADCA midyear conference designed to increase the knowledge and skills of members to implement the Strategic Prevention Framework.( youth 12-17yrs)	Program Director, Youth Sector member, and members of the youth coalition	July 30, 2017
Create an opportunity for youth to collaborate and network with other youth coalitions in the southwest area by attending an annual Southwest Youth leadership training and strategic planning retreat that focuses on prevention science and evidence-based strategies to enhance skills of youth coalition (youth 12-17yrs)	Program Director, Coalition Involvement committee chair main, Youth Sector member, and members of the youth coalition	August 30, 2017
Selected Coalition Members attend TBA Local, State or National Substance abuse Prevention trainings, to Enhance the skills and knowledge of prevention standards and current substance abuse trends.	Selected coalition members, program Director	September 29, 2017

**PPC Goal Two:** Reduce prescription drug abuse, alcohol consumption and tobacco use among youth, over time, reduce substance abuse among adults by addressing the factors in the community that increase risk of substance and promote the factors that minimize risk or substance abuse.

**Objective 1:** Increase perception of risk of abusing prescription drugs in 6<sup>th</sup>-12<sup>th</sup> (all grades) by 5%, by August 30, 2017 on the Prevention needs assessment survey-Utah’s Student Health and Risk Prevention Survey.

**Strategy 1.1:** Change prescription drug use and misuse norms that increase risk of abuse and reduce availability to youth by Enhancing skills of parents and adults and providing support to

members of the community to enhance protection, by creating opportunities for workshops, seminars and/or presentations.

Activity	Who is Responsible?	By when?
Organize and carry out two prescription drug educational activities that will reach the residents in Pangutich, to educate them on safe maintenance of prescription drugs, proper disposal, importance of locking up the drugs they keep in their homes and provide them with the resources necessary to lock up the drugs they keep in their home.	Program Director, Executive Committee, Chair of Rx Drug Committee	September 30, 2017

**Objective 2:** Reduce life-time prescription drug abuse among youth grades 6<sup>th</sup>-12<sup>th</sup> (all grades) at Pangutich schools by 2%, by August 30, 2017 on the Prevention needs assessment survey-Utah's Student Health and Risk Prevention Survey.

**Strategy 1.2:** Reduce the availability of Prescription drugs by changing the physical design of the environment to reduce risk and enhance protection by motivating residents to lock up the pills they keep, and continue to dispose of the medications that are old or unused.

Activity	Who is Responsible?	By when?
<p>In addition to our two prescription drug take back events in the community, Provide lock boxes that will be distributed to those that participate in the take back events to encourage the locking up of medications. These take back events focus on improving community awareness and readiness and address pain pill abuse and misuse by recognizing the need to dispose of medications, provide the opportunity and access for residents to participate in an activity to reduce availability with special focus on parents and grandparents.</p> <p>Additional surveys and data will be collected to those that attend the event.</p>	RX Drug Committee, law enforcement, Local pharmacist, Program director	October 30, 2016, & April 30, 2017
Continue to organize and implement media campaign to accompany take-back events to provide information to educate public and enhance skills on safe disposal techniques, importance of locking up medications at home, educate community and bring awareness of the prescription drug problem, and address	RX Drug Committee, law enforcement, Local pharmacist, Program director, Coalition youth	October30, 2016, April 30, 2017

<p>community norms that contribute to prescription drug abuse (like low perception of risk). These media events will coincide and partner southwest Utah through educational presentations, community event booths and health fairs that include local data, brochures, PSA etc. 100 lock boxes will be distributed within the community during these events and campaigns to provide them with resources to lock up the drugs they keep in their home</p>		
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**Objective 3:** Decrease Parental Attitudes Favorable to Drug Use by 5% in grades 6<sup>th</sup>-12<sup>th</sup> in Panguitch Schools (currently 28% of Panguitch Youth report parental attitudes favorable to drug use, nearly 20% higher than the state average), Increase protective factor Family Attachment by 10% in 10<sup>th</sup> grade (2009 91% feel attached to their family, 2013 61%, a 30% decrease in 4 years) by August 30, 2017 on the Prevention needs assessment survey-Utah’s Student Health and Risk Prevention Survey.

**Strategy 2.1:** Provide Support to families in the community by creating opportunities to enhance parenting skills and provide education information by holding parenting classes and workshops, community family activity nights.

Activity	Who is Responsible?	By when?
<p>Implement and teach 2 classes (at least 10 community families) of the research based program Guiding Good Choices. This 5 session workshop is designed to teach parents skills on “How to Prevent Drug Use in Your Family”, “Setting guidelines”, “How to Develop Healthy Beliefs and Clear Standards”, “Avoiding Trouble”, “How to Say No to Drugs”, “Managing Conflict”, “How to Control and Express Your Anger Constructively”, and “How to Strengthen Family Bonds”. The evidence-based program Guiding Good Choices classes will help parents to gain the knowledge and skills needed to guide their children through adolescence and teach them the skills necessary for children to resist drug use. The course will also strengthen and clarify family expectations for behavior and enhance the conditions that promote bonding within the family.</p>	<p>Program Director, Executive Committee, Committee Chairs</p>	<p>April 30, 2017, September 31, 2017</p>
<p>Continue to meet with school officials, Juvenile Probation, church organizations and other youth</p>	<p>Member from each</p>	<p>September 30,</p>

<p>serving agencies to plan and coordinate a referral process for the Guiding Good Choices workshops and to advertise and promote the class.</p>	<p>Committee (Underage Drinking, Tobacco, RX Drugs)</p>	<p>2017</p>
<p>Hold 3 educational activities/events for families to opportunity to enhance their bonding and Monitoring skills, in a setting to set clear boundaries, rules and expectations with their children. Using the statewide Utah Parents Empowered Media campaign (Underage Drinking campaign, which educates parents on the risks associate with drinking)</p>	<p>Underage Drinking/ Alcohol Committee Youth Coalition, Program Director</p>	<p>January 30, 2017, July 30 2017, September 30, 2017</p>

**Objective 4:** Decrease youth alcohol consumption by 5% for all grades (6<sup>th</sup>-12<sup>th</sup>) for lifetime use, (currently 32%) and Decrease 5% for all grades (6<sup>th</sup>-12<sup>th</sup>) 30 day use (Currently 18.6% ) by August 30, 2017 on the Prevention needs assessment survey-Utah’s Student Health and Risk Prevention Survey.

**Strategy 3.1:** Provide support and education information to families in the community by creating opportunities to Enhance skills that reduce risk, enhance protection, and provide education material and current youth use rates.

<p>Organize a Town Hall meeting for all community members to address norms that facilitate low perceptions of risk of underage alcohol consumption among school aged children, including public awareness of the risks and rates of youth alcohol use in our community.</p>	<p>Underage Drinking/ Alcohol Committee, Program Director</p>	<p>May 30, 2017</p>
<p>Distribute ongoing information via prevention newsletter (to be mailed out to every city mailbox quarterly) on community prevention events, local data regarding rates of substance usage, educational material regarding risk and protective factors related to alcohol consumption.</p>	<p>Underage Drinking/ Alcohol Committee Youth Coalition, Program Director</p>	<p>January 30, 2017, April 30, 2017, July 30, 2017, September 30 2017.</p>
<p>Coalition members will set up booths local events such as health fairs, back to school nights to provide information and educational materials from Parents empowered media campaign and show local use rates to parents, ideas on how to talk to your kids, how to find additional resources (southwestprevention.com website) to community members that attend.</p>	<p>Public Relations Member from each Committee  (Underage Drinking, Tobacco, RX Drugs) Youth Coalition, Program Director</p>	<p>September 30 2017</p>

**Objective 5:** Increase community and parental knowledge of risks of E-cigarettes by 50% (90% of parents taking the survey had no idea what they were, or how they worked) by September 30, 2016, as measured in the e-cigarettes survey administer by coalition at school event. As well as reduce e-cigarette use of 10<sup>th</sup> graders from 18% to 10% lifetime use (which is higher than the state average of 13%) and reduce 12<sup>th</sup> lifetime use of 20% to 10%, which is higher than the state average of 16%, by August 30, 2017 on the Prevention needs assessment survey-Utah’s Student Health and Risk Prevention Survey.

**Strategy 4.1:** Create and Provide educational materials to community members, leaders and parents on the dangers and risk associated with the use of tobacco and nicotine, and of the new trend of electronic cigarettes.

Activity	Who is Responsible?	By when?
Continue to distribute informational report/pamphlet on the dangers of Electronic Cigarettes and the data showing the increase in use in Panguitch, Utah	Program Director, Executive Committee, Committee Chairs	September 30, 2017
Purchase SAMHSA and NIDA pamphlets on the harms of nicotine and tobacco.	Program Director, Tobacco Committee	December 30, 2017
Distribute pamphlets and reports at public events like health fairs, Rx Take-Backs, Back-To-School nights, Community Family Night, and during presentations with religious congregations.	All Committees	May 30, 2017