

Port Townsend Coalition Action Plan

September 30, 2022 – June 30, 2023

FOR COALITION USE ONLY	Date Submitted: 9/15/2022	Submitted By: Lindsay Scalf
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FOR DBHR USE ONLY	Date Approved: 1/27/2023	Approved By: Isaac Wulff - PSM
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Funding Source Legend	
GFS	General Fund State (State Funds) (Admin Only)
SABG	Substance Abuse Block Grant (Federal Funds)
DMA	Dedicated Marijuana Account (State Funds)
PFS	Partnerships for Success Grant (Federal Funds) [Cohort 5 & 6 only]
PFS CO	Partnerships for Success Grant (Federal Funds) (Carry Over)
SOR NCE	State Opioid Response (Federal Funds) (No Cost Extension)
SOR II SOR III	State Opioid Response (Federal Funds) [Cohort 5 & 6 only]
SOR II CO	State Opioid Response (Federal Funds) (Carry Over)
DFC	Drug Free Communities Grant Funds (Federal Funds)
Match	Match funding to support implementation / training
Other	Local funding source or not DBHR contracted
TBD	Funding not secured yet, or Future Planning if funds became available

**Port Townsend Community Prevention & Wellness Initiative (CPWI)
Action Plan 2022-2023**

Goal 1: Decrease Favorable Attitudes toward substance use

Objective 1.1: Increase understanding of the risks of harm of substance use among teens (Project SUCCESS)

Objective 1.2: Decrease favorable attitudes toward the problem behavior (by increasing mental health awareness and coping skills) (tMHFA)

CSAP Strategy: Problem ID and Referral (Project SUCCESS) and Education (teen Mental Health First Aid, SPORT)

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
Program Name	<i>Use legend on 1st page</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often?</i>	<i>Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?</i>	<i>Which organization is delivering program and who from the Coalition is making sure implementation occurs?</i>	<i>What survey will you be using? Frequency?</i>
Project SUCCESS	Other Other	SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is designed to prevent and reduce substance use among students 12-18 years of age, including four components: prevention education, school wide prevention activities, parent program, individual and group counseling.	How many program/activity series (groups): 8 groups in 2022-2023 school year Total sessions: 8	Who & # reached: 100 PT Middle School Students IOM: Universal - Direct	Organization delivering the program: Blue Heron Middle School Student Assistance Professional Coalition lead on this program: Blue Heron Middle School Student Assistance Professional	Survey: (Survey by others) Frequency: <input checked="" type="checkbox"/> Not Applicable

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<p>Teens/Adult Mental Health First Aid</p>	<p>TBD</p>	<p>Provide Mental Health First Aid training for students, faculty, staff, and parents. Build capacity for teens to learn the skills they need to have supportive conversations with their friends, and how to get help from a responsible and trusted adult.</p>	<p>How many program/activity series (groups): one series in the 2022-2023 school year</p> <p>Total sessions: 1 in Spring 2023</p>	<p>Who & # reached: 300 students in grades 9-12</p> <p>IOM: Indicated</p>	<p>Organization delivering the program: PTHS SAP and Coordinator</p> <p>Coalition lead on this program: Coordinator</p>	<p>Survey: HYS And evaluation from tMHFA</p> <p>Frequency: every two years</p> <p><input type="checkbox"/> Not Applicable</p>
<p>SPORT</p>	<p>SABG</p>	<p>Implement SPORT with 9-12th graders at PTHS or community youth meeting space.</p>	<p>How many program/activity series (groups): 1 session in the Spring of the 2022-2023 School Year</p> <p>Total Series: 1</p>	<p>Who & # reached: 100 students in PT school district</p> <p>IOM: Universal - Direct</p>	<p>Organization delivering the program: CPWI Coalition Coordinator</p> <p>Coalition Lead on this program: Coordinator</p>	<p>Survey: Favorable Attitudes Towards Use (Y2)</p> <p>Frequency: Pre/Post or 1/year as appropriate</p>

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Goal 2: Decrease Community Norms favorable to youth substance use.

Objective 2.1: Decrease social practices favorable to youth substance use, perceptions of community and law enforcement and norms favorable to youth substance use, and perceptions of laws/policies favorable to youth substance use

CSAP Strategy: Information Dissemination

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
Program Name	Use legend on 1 st page	Briefly state the main purpose of activity	How much? How often?	Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?	Which organization is delivering program and who from the Coalition is making sure implementation occurs?	What survey will you be using? Frequency?
Positive Social Norms Campaign/Public Awareness Campaign	SOR III SABG	Create test messages to promote positive social norms and resilience messaging to adults in youth and adults in Port Townsend School District. Test the target audience responses & determine messaging and frequency of exposure. Follow 2021 media/social marketing/social norms plan that identifies goals and objectives, target audience, behaviors/norms targeted & strategies. Promote collaboration between all sectors of the community in messaging. Develop and disseminate communications about the health risks and increased potency of drugs with media, education, and outreach strategies. Facilitate school-based vaping prevention education with 8 th graders at Blue Heron Middle School	How many program/activity series (groups): disseminate information 6 months out of the year during the 2022-2023 school year Total sessions: 6	Who & # reached: Community wide- 700 middle/high school students IOM: Universal - Indirect	Organization delivering the program: PT Coalition Coalition lead on this program: Coordinator, Clerk Hire	Survey: Community Survey selected questions HYS selected questions Frequency: 1/year <input type="checkbox"/> Not Applicable

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Goal 3: Decrease availability of substances, including perceived availability among teens.

Objective 3.1: Decrease youth access of opioids from friends and home

Objective 3.2 Decrease policies/social practices favorable to youth substance use (Environmental)

CSAP Strategy: Information Dissemination (Take Back, SWO) and Environmental (Policy Workgroup)

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
Program Name	Use legend on 1 st page	Briefly state the main purpose of activity	How much? How often?	Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?	Which organization is delivering program and who from the Coalition is making sure implementation occurs?	What survey will you be using? Frequency?
Medication Take Back Events	SOR III Select from list.	Promote the collection of unused prescription medications for proper disposal. Remove potential for misuse among youth and adults. Distribute information about MED-Project to educate community of harms associated with prescription drug misuse, and ATOD use among youth.	How many program/activity series (groups): one event annually Spring 2023 Total sessions: 1	Who & # reached: all adults in Port Townsend School District catchment area IOM: Universal - Indirect	Organization delivering the program: Coalition Coalition lead on this program: Coordinator	Survey: community survey Frequency: annual <input type="checkbox"/> Not Applicable
Starts with One Campaign	SABG, SOR III Select from list.	Implement DBHR’s “Starts with One” media campaign with posters, flyers, and social media posts with partners to be identified. Include linkage to permanent medication drop box sites, naloxone availability, and medication lockboxes. Provide education to 3 local pharmacies about how to use SW1 materials with customers, and	How many program/activity series (groups): 6 Total sessions: 6	Who & # reached: all adults in Port Townsend School District catchment area IOM: Universal - Direct	Organization delivering the program: Coalition Coalition lead on this program: Coordinator	Survey: Frequency: <input checked="" type="checkbox"/> Not Applicable

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potential linkage to MED project medication disposal boxes.						
Capacity Building for Overdose Prevention and Anti Stigma Policies	SOR III Select from list.	Gather stakeholders and coalition members to build capacity with public institutions and local businesses to develop overdose prevention policies and support their capacity in preventing and responding to overdose, and reducing stigma in substance use prevention policy language.	How many program/activity series (groups): September 2022-June 2023 As needed ad hoc workgroup committee meetings. Total sessions: 3 policies developed/supported	Who & # reached: stakeholders in PT School District catchment area IOM: Universal - Direct	Organization delivering the program: Coalition workgroup Coalition lead on this program: Coordinator	Survey: community survey Frequency: annual

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Goal 4: Reduce community disorganization.

Objective 4.1: Increase community readiness to address ATOD, develop resource awareness among educators, students, parents, and community members. increase turnout in local programs, workshops, and trainings by building communication tools among educators and public health systems.

Objective 4.2: Increase community capacity to address ATOD through training and professional development.

CSAP Strategy: *Community-based Process (Coalition) and Other (Training)*

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
Program Name	<i>Use legend on 1st page</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often?</i>	<i>Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?</i>	<i>Which organization is delivering program and who from the Coalition is making sure implementation occurs?</i>	<i>What survey will you be using? Frequency?</i>
PT Prevention Coalition Meetings (Evidence Based)	PFS SOR III	Bring Coalition members together monthly to share updates and build program plans.	How many program/activity series (groups): Monthly meetings Total sessions: 8 meetings in 9-month period	Who & # reached: All adults and middle/high school students in PT School District catchment area IOM: Universal - Direct	Organization delivering the program: Coalition Coalition lead on this program: Coordinator	Survey: Coalition Assessment Tool Frequency: annual
Coalition Supplies	SOR III	<i>Purchase supplies to support coalition functioning: zoom account, canva account, routine background checks. Materials to support coalition outreach at Pride 2023 and Family Reunification Day 2023</i>	How many program/activity series (groups): 2 community events per year, 2 digital subscriptions per year	Who & # reached: All adults and middle/high school students in PT School District catchment area IOM: Universal - Indirect	Organization delivering the program: Coalition and JCPH Coalition lead on this program: Coordinator	Survey: Coalition Assessment Tool Frequency: annual

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PT Prevention Coalition Training	SABG SOR III	Coalition Coordinator and Coalition members will attend annual required DBHR trainings and professional development.	How many program/activity series (groups): 6 trainings (or as approved) Prevention virtual Summit Nov. 2022. Leadership Institute, 2023 How many program/activity series (groups): 2	Who & # reached: Coordinator and selected coalition members IOM: Universal - Direct	Organization delivering the program: Port Townsend Prevention Coalition leadership team Coalition lead on this program: Coordinator	Survey: Coalition Assessment Tool and Training profile Frequency: annual <input type="checkbox"/> Not Applicable
			Total sessions: 2			

**Port Townsend Community Prevention & Wellness Initiative (CPWI)
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Goal 5: *Decrease family management problems.*

Objective 5.1: *increase attitudes about family management problems (including monitoring, punishment, discipline, limit setting, control, managing anger)*

CSAP Strategy: Education - Selective

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
<i>Program Name</i>	<i>Use legend on 1st page</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often?</i>	<i>Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?</i>	<i>Which organization is delivering program and who from the Coalition is making sure implementation occurs?</i>	<i>What survey will you be using? Frequency?</i>
Nurse Family Partnership	SOR III SABG	Prenatal and infancy home visitation program aimed at improving the health, wellbeing, and self- sufficiency of low-income first time parents and their children	How many program/activity series (groups): July 2022 – June 2023 monthly Nurses will meet with parents at least 9 times How many program/activity series (groups): 1 visit per month Total sessions: 9 per parent	Who & # reached: 7 parents in PT School District catchment area IOM: Selective	Organization delivering the program: Jefferson County Public Health Nurses Coalition lead on this program: Coordinator	Survey: AM Family Management Attitudes (P3) Frequency: pre/post <input type="checkbox"/> Not Applicable

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Goal 6: Increase family bonding, opportunity, skills, and recognition.

Objective 6.1: increase knowledge of nurturing parenting techniques.

CSAP Strategy: Education – Universal/Direct

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
Program Name	<i>Use legend on 1st page</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often?</i>	<i>Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?</i>	<i>Which organization is delivering program and who from the Coalition is making sure implementation occurs?</i>	<i>What survey will you be using? Frequency?</i>
Guiding Good Choices	SABG	Increase parents’ capacity to communicate to youth about substance use through a 5-week parenting program focused on involving everyone in family decision making, strengthening family bonds, developing healthy beliefs and clear standards, helping youth avoid negative influences while maintaining friendships, and managing conflict and expressing anger constructively.	How many program/activity series (groups): 2 series- weekly class over 5 weeks/ Fall of 2022 and Spring of 2023 Total sessions: 2 series, five sessions per series= 10 sessions	Who & # reached: 5 parents in PT School District catchment area IOM: Universal - Direct	Organization delivering the program: PT Prevention Coalition coordinator and Coalition member volunteers Coalition lead on this program: Coordinator and community volunteer facilitator	Survey: Learning Coalition Parent Skills Index Frequency: pre/post <input type="checkbox"/> Not Applicable

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<p>Blue Heron Middle School Youth and Family Engagement Events</p>	<p>SABG</p> <p>Blue Heron Middle School Principal and Dean of Students will partner with the coalition to implement a series of youth and family engagement events. These 2-hour after school events on Tuesdays will promote family bonding and provide prosocial and arts-based activities for youth to participate in after school, including; opportunities to play ping pong, learn coding, Lego robotics, and Dungeons & Dragons.</p> <p>Monthly 2-hour parent nights will include activities for youth, and education for parents around the following themes: helping your kid navigate social media, the teenage brain and setting limits, how to talk with your teenager, student wellness (emotional, physical, mental), supporting BIPOC students at school, supporting LGBTQ+ students at school, shame-free tips on preventing use of drugs and alcohol.</p>	<p>How many program/activity series (groups): weekly afterschool program and monthly family/parent events</p> <p>Total sessions: February-June 2023: 16 afterschool programs for youth + 4 monthly family/parent events (February 2023, March 2023, April 2023, May 2023)= 20 sessions</p>	<p>Who & # reached: 40 students and 60 parents at Blue Heron Middle School. Blue Heron Middle School enrollment is 248, and programs will be offered to all students, so 40 youth and 60 parents is an estimate of participation based on past participation rates.</p> <p>IOM: Universal - Direct</p>	<p>Organization delivering the program: Blue Heron Middle School Principal and Dean of Students PT Prevention Coalition coordinator and Coalition member volunteers</p> <p>Coalition lead on this program: Blue Heron Middle School Principal and Dean of Students Coordinator and community facilitators</p>	<p>Survey: HYS</p> <p>Survey of adult perceptions of adolescent substance use</p> <p>Minerva: CPWI Coordinator will enter participant count for each session</p>
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