

# FORM C - SUBSTANCE USE PREVENTION NARRATIVE

Local Authority: San Juan Counseling

## Instructions:

The next sections help you create an overview of the **entire prevention plan**. Please remember that the audience for this plan is your community. Your county commissioners, coalitions, cities. Write this to explain what the LSAA will be doing. Answer the questions for each step - Assessment, Capacity building, Planning, Implementation and Evaluation. **PLEASE CHANGE THE COLOR OF SUBSTANTIVE NEW LANGUAGE INCLUDED IN YOUR PLAN THIS YEAR!**

## Executive Summary

In this section, **please write an overview or executive summary of the entire plan**. Spend one paragraph on each step – Assessment, Capacity building, Planning, Implementation, and Evaluation. Explain how you prioritized – what data, WHO LOOKED AT THE DATA. Then what needed to be enhanced, built or trained. How did you write the plan? Who was involved? What will be and who will implement strategies? Who will assist with evaluation? This section is meant to be a **brief but informative overview that you could share with key stakeholders**.

After assessing several communities in the county the coalition is working on capacity building in the form of helping communities understand and address the risk and protective factors identified. A member of the Coalition will be attending the Mid-Year CADCA training in Grapevine, TX.

San Juan County Prevention, Action, Collaboration (SJCPCAC) Coalition has identified 4 goals to word towards: They are 1) Reduce Underage Drinking, 2) Suicide Prevention, 3) To Reduce Youth use of E-Cigarettes, 4) Reduce Marijuana Use, and 5) Increase Capacity for Data Gathering

SJCPCAC is working to implement activities to reach these goals. Work Groups have been formed to address goals through various strategies and by trying to raise protection against various shared Risk Factors. Opioid misuse is an underlying issue that we have not been able to pinpoint with specific data. As we work on raising capacity within our county community and assessment, we hope to be able to find the data necessary to specifically address that issue. In the meantime, reducing shared risk factors in other areas helps us create good upstream prevention.

SJCPCAC feels that through continued implementation of evidence based models and capacity building within our community we will better be able to evaluate the specific needs in our area. SJCPCAC meets monthly and includes members from San Juan Counseling, SJ County Attorney's Office, White Mesa Ute Tribe, SJ School District, Help Me Grow Utah, Utah Navajo Health Systems (UNHS), Monticello City Residents, Rural Utah Child Development Headstart, SJ Public Health, USU Small Business Development, Blanding Rotary, Gearup, SJ Sheriff's Office, SJ Foundation, USU Extension Services, Children's Justice Center, Seekhaven and others. SJCPCAC will be using the 2019 SHARPS data to assess San Juan County community's needs. They are also attempting to gather additional information from law enforcement, county court records, Navajo Nation, and other tribal data sources, as well as an additional Community Assessment.

## 1) Assessment

In this section, **describe your Local Authority Area prevention assessment including a brief description of what data sources were used, ie Student Health and Risk Prevention survey and other data such as social indicators data, hospital stays, and death and injury data. List coalitions in your area and identify the risk/protective factors and problem behaviors prioritized by each coalition.**



### Things to Consider/Include:

Methodology/what resources did you look at? What did it tell you?

Who was involved in **determining priority factors and problem behavior**?

How did you come up with the prioritization?

Resource Assessment? What is already going on in your community? What are gaps in services? A full assessment needs to be completed every 3 years with updates annually. Please identify what the coalitions and LSAs **plan to do re assessment** for this fiscal year.

We recently restructured our SJCPAC Coalition subcommittees into five Work Groups. Our HEALTHY SCHOOLS & DATA SUPPORT Work Group will be going over the 2019 SHARPS survey, as well as the community survey to be conducted this year. From the previous SHARP study, the following Problem Behaviors have been identified as priority areas: Reducing Underage Drinking; Reduce Marijuana Use; Reduce E-Cigarette use; and Suicide Prevention. The identified risk factors that affect these problem behaviors are as follows: family conflict, low commitment to school, perceived risk of drug use, attitudes favorable to antisocial behavior, and depressive symptoms.

Recent evaluation of LSA intake records show a 110% increase in client reported opioid misuse from FY 2017 to 2018. This, along with key leader and informal community member interviews shows an emerging trend of possible opioid misuse throughout the county. We hope that conducting an additional Community Assessment in the coming year will help confirm or negate the gravity of this issue.

We are currently attempting to gather information from law enforcement, county court records; Navajo Nation and other tribal data sources; the state Division of Substance Abuse and Mental Health, local public health – as well as Navajo health systems; and surveys conducted in southern San Juan communities. With this and other data, we hope to complete a true snapshot of the entire county, rather than relying solely on SHARPS data, which is only administered in the northern part of the county schools. We have worked very hard to gather support from area Chapter Houses and the Navajo Nation to begin administration of the SHARP Survey in our schools on tribal land. As of this week, we have received conditional permission to administer the SURVEY in those schools. We will be waiting to run the SHARPS this coming fall - in order to gather as much parent and student participation as possible. We hope that by showing Tribal leadership the benefit of this Survey to their youth, that we will obtain permission to continue testing in coming years.

## 2) Capacity Building

**In this section, describe prevention workforce and program needs to mobilize and implement and sustainable evidence based prevention services. Explain how LSA will support the capacity building.**

### Things to Consider/Include:

Training needs to prepare you/coalition(s) for assessment?

After assessment, what additional training was necessary? What about increasing awareness of **prioritized risk and protective factors and prioritized problem behaviors**?

What capacity building activities do you anticipate for the duration of the plan (conferences, trainings, webinars)

Our goal is to help our communities understand and address the identified risk and protective factors. We have 10 coalition members who will be attending the Bryce Coalition Summit in June. We hope that this training will continue to strengthen our knowledge base in how to run effective community coalitions. We also plan to have 8-10 youth, representative of all area high schools, attend the Youth Leadership Training at Snow College in July.

We continually train our SJCPAC members in the SPF model and Risk and Protective Factors. Our Prevention Coordinator and newly hired Prevention Specialist will both be attending CTC Facilitator Training this month. They will use this knowledge to continue building a better prevention infrastructure with our local coalition. We have also created a SJCPAC Facebook page to help with awareness in the community.

Run a Use Only As Directed Campaign to raise awareness of prescription drug misuse and lower stigma that is attached. Would like to build relationships with various community agencies, partners, and medical entities to help build capacity for that campaign and message.

## 3) Planning



In this section, list those who will or did prepare your plan and their role in your LSAA prevention system.. Explain the process taken to identify strengths and needs of your area.

**Things to Consider/Include:**

Plan shall be written in the following:

Goal: 1

Objective: 1.1

Measures/outcomes

Strategies:

Timeline:

Responsible/Collaboration:

What strategies were selected or identified? Are these already being implemented by other agencies? Or will they be implemented using Block grant funding? Are there other funding available to provide activities/programs, such as NAMI, PFS, DFC? Are there programs that communities want to implement but do not have resources (funding, human, political) to do so?  
What agencies and/or people assisted with this plan?

Goal: 1 Reduce Underage Drinking

Objective: 1.1 Decrease Family Conflict, Perceived Risk of Drug Use

Measures: Decrease Poor Family Management in Grade 6 by 20% by 2023. Increase Rewards for Prosocial Involvement in Grade 8 by 10% by 2023.

Strategies: Guiding Good Choices, Parents Empowered, County Youth Coalition, EASY Compliance Checks.

Responsible Coalition subcommittee work groups over PARENT EDUCATION & MEDIA, COMMUNITY DEVELOPMENT and YOUTH DEVELOPMENT & INVOLVEMENT - with additional SJCPAC Support.

Goal: 2 Reduce Depressive Symptoms

Objective: 2.1 Decrease Academic Failure, Attitudes Favorable to ASB

Measures: Percent reporting Low Commitment to School in grade 8 will reduce from 45.2% in 2017; to 40% in 2021. Decrease the number of those reporting moderate depressive symptoms in Grade 8 from 70.0% in 2017 to 64% in 2023. Increase opportunities for Prosocial Involvement in grade 8 from 72.5% in 2017 to 78% in 2021.

Strategies: Guiding Good Choices, Youth Prevention Coalitions, Use Only as Directed Campaign

Responsible: Coalition work groups over HEALTHY SCHOOLS & DATA SUPPORT, YOUTH DEVELOPMENT & INVOLVEMENT with support from SJCPAC.

Goal: 3 To Reduce Youth use of E-Cigarettes.

Objective 3.1: *Early Initiation of Antisocial Behavior, Parent Attitudes Favorable to Drug Use*

Measures: Reduce Lifetime E-Cigarette use in grade 10 from 19.6% in 2017 to 15% in 2023.

Reduce Poor Family Management in grade 10 from 33.1% in 2017; to 29% by 2023.

Strategies: SJCPAC Coalition, County Youth Coalition, Guiding Good Choices.

Responsible: Coalition subcommittee work groups over PARENT EDUCATION & MEDIA and Health Dept. – tobacco buys with support from SJCPAC.

Goal: 4 Reduce Lifetime Marijuana Use

Objective 4.1: Reduce Perceived Risk of Drug Use in grade 10 from 40.7% in 2017; to 36% in 2023.

Measures: Reduce Lifetime Marijuana use in grade 10 from 18.0% in 2017 to 15% in 2023.

Strategies: Guiding Good Choices, County Youth Coalition

Responsible: Coalition subcommittee work group over HEALTHY SCHOOLS & DATA SUPPORT, PARENT EDUCATION & MEDIA, BUILDING HEALTHY COMMUNITIES & FAMILIES with SJCPAC support.

#### 4) Implementation



List the strategies selected to impact the factors and negative outcomes related to substance use.

**Things to Consider/Include:**

Please outline who or which agency will implement activities/programming identified in the plan.

**\*\*Unlike in the Planning section (above), it is only required to share what activities/programming will be implemented with Block grant dollars. It is recommended that you add other funding streams as well (such as PFS, SPF Rx, but these do not count toward the 30% of the Block grant).**

**Strategies:**

\*Guiding Good Choices - train two new instructors. Teach 14 (5 class) sessions in various communities throughout San Juan County within the next two years - using four trained instructors.

\*Receive IRB approval to conduct SHARP Survey in all San Juan County schools, including those on the Navajo Reservation lands. Implement and administer the Survey in all schools. Conduct a county-wide community assessment to gather additional data on perceived use and availability of substance use and depressive symptoms.

\*Conduct additional training for County Youth Coalition work - take youth leadership to Snow Youth Leadership Training in July. Work in schools to strengthen and promote Prevention Science and programming to raise capacity with students.

\*Encourage and support law enforcement to continue consistent EASY Compliance checks throughout the county.

\*Ongoing training of SJCPCAC membership on Prevention Science, Risk & Protective Factors, CTC Model Implementation, etc. Encourage attendance of SJCPCAC members of Bryce Summit and Fall Conference.

\*Begin a Use Only As Directed Campaign swap materials to begin a movement of awareness in San Juan County. Get the questions started and raise capacity as we talk about stigma and perceived availability and risk of use. Hope to use Community Assessment to shed light on current rates of use in the county.

\*Parents Empowered Campaign. Continued community events to raise awareness of the campaign. Planning on working with local grocery stores to promote Family Dinnertime events. Worked with local theater and other businesses to run ads, t-shirts at basketball games, swap with school counselors, hope to run ads in medical clinics, etc. County Youth Coalition involved in planning additional events. Would like to find ways to plan for and implement NATIVE AMERICAN messaging for Parents Empowered that would be more applicable culturally for that population.

## 5) Evaluation

**In this section describe your evaluation plan including current and planned evaluation efforts.**

**Things to Consider/Include:**

What do you do to ensure that the programming offered is

- 1) implemented with fidelity
- 2) appropriate and effective for the community
- 3) seeing changes in factors and outcomes

\*Post test evaluations from Guiding Good Choices Sessions.

\*SHARP Survey results and participation of all county middle and high schools.



\*Continued number of youth trained and involved in County Youth Coalition.

\*Number of swag items handed out at events and to people on our Use Only As Directed Campaign, as well as relationship building with community partners, hospitals, etc. to help raise awareness to general public.

\*Parents Empowered events planned and implemented to reach ALL county populations, especially talking about the importance of family bonding.

\*Reporting from county Law Enforcement.

\*Number of Coalition members who attend Bryce Summit and Fall Conference. Training topics discussed in Coalition Work Groups and at monthly Coalition meetings.

## **6) Create a Logic Model for each program or strategy.**



## 1. Logic Model

Program Name				Cost of Program	Evidence Based: Yes or No	
San Juan County Prevention, Action, Collaboration (SJCPCAC) Coalition				26809	Yes	
Agency				Tier Level:		
San Juan Counseling				Level 0		
Logic	Goal	Factors	Focus Population: U/S/I	Strategies	Outcomes	
			Universal		Short	Long
	Reduce Depressive Symptoms	Academic Failure  Attitudes Favorable to ASB	Universal:  San Juan County Families  Local organizations, key leaders, and agencies will participate in our countywide SJCPCAC. Participation is open to community members of all socioeconomic and ethnic backgrounds. Existing Coalitions include SJCPCAC and San Juan County Youth Coalitions.	Guiding Good Choices classes implemented throughout San Juan County (10-12 throughout the next 2 years)  Youth Prevention Coalition Involvement  SJCPCAC Work Group Involvement  Use Only as Directed Campaign awareness	Percent reporting Low Commitment to School in grade 8 will reduce from 45.2% in 2017; to 40% in 2021.  Increase opportunities for School Prosocial Involvement in grade 8 from 72.5% in 2017 to 78% in 2021.	Decrease the number of those reporting moderate depressive symptoms in grade 8 from 70.0% in 2017 to 64% in 2023.
Measures & Sources	SHARP survey 2017-2019	SHARP survey 2017-2019	Class Completion Rolls Coalition rolls and Meeting minutes. Attendance rosters.	Classes attended for GGC - number of families completing course.	SHARP survey 2021	SHARP survey 2023



				Member attendance and participation. Meeting Minutes		
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## 2. Logic Model

Program Name					Cost of Program	Evidence Based: Yes or No
Parents Empowered Campaign					4000	Yes
Agency					Tier Level:	
San Juan Counseling					Level 0	
	Goal	Factors	Focus Population: U/S/I	Strategies	Outcomes	
			Universal		Short	Long
Logic	Reduce underage drinking.	Family Conflict Early Initiation of drug use.	UNIVERSAL: Target parents of community underage youth.	Present Parents Empowered presentations to classrooms in schools and requesting education on alcohol and the adolescent brain. Present PE presentations to groups on request. Distribute PE collateral items to 10 schools throughout the county, and to key locations in the community.	Decrease Poor Family Management in grade 6 by 20% in 2023.  Increase Rewards for Prosocial Involvement in Grade 8 by 10% in 2023.	Decrease Underage drinking from 12.7% to 9% in all grades by 2023.



Measures & Sources	SHARP survey 2017-2019	SHARP survey 2017-2019	Collateral counts by staff conducting PE presentations.	Staff forms	SHARP 2023 survey	SHARP 2023 survey

### 3. Logic Model

Program Name						
Youth Prevention Coalitions				Cost of Program		Evidence Based: Yes or No
				5000		Yes
Agency	Tier Level:					
San Juan Counseling	Level 0					
	Goal	Factors	Focus Population: U/S/I	Strategies	Outcomes	
			Universal/Selective/ Indicated		Short	Long
Logic	Reduce Lifetime use of Marijuana	Perceived Risk of Drug Use	Universal: Middle & High School students @ schools in San Juan County.	San Juan County Youth Coalition Involvement in area high schools.  SUCPAC Subcommittee Work Groups support	Reduce Perceived Risk of Drug Use in grade 10 from 40.7% in 2017 to 36% in 2023.	Reduce Lifetime Marijuana use in grade 10 from 18.0% in 2017 to 15% in 2023.

Measures & Sources	SHARPS Survey 2017-2019	SHARPS Survey 2017-2023	Meeting Minutes and Attendance Rosters, Student and Environmental surveys.	Member attendance and participation. Meeting minutes.	SHARPS Survey 2017; and 2023.	SHARPS Survey 2017; and 2023

#### 4. Logic Model

Program Name						
Guiding Good Choices				Cost of Program	Evidence Based: Yes or No	
				30000	Yes	
Agency				Tier Level		
San Juan Counseling				Level 0		
	Goal	Factors	Focus Population: U/S/I	Strategies	Outcomes	
			Universal/Selective/ Indicated		Short	Long
Logic	Reduce Depressive Symptoms	Academic Failure Family Conflict	Universal: San Juan County Families	Guiding Good Choices classes implemented throughout San Juan County (10-14 classes throughout the next 2 years)	Percent reporting Low Commitment to School in grade 8 will reduce from 45.2% in 2017; to 40% in 2021.	Decrease the number of those reporting moderate depressive symptoms in grade 8 from 70.0% in 2017 to 64% in 2023.
					Decrease Poor Family Management	





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## 6. Logic Model

Program Name				Cost of Program	Evidence Based: Yes or No	
Community Events				5933	No	
Agency				Tier Level:		
San Juan Counseling						
	Goal	Factors	Focus Population: U/S/I	Strategies	Outcomes	
			Universal		Short	Long
Logic	To reduce youth use of E-Cigarettes.	Early Initiation of Antisocial Behavior Parent Attitudes Favorable to Drug Use	Universal Indirect – targets the county community at large in public settings, including health fairs, Family Support Conference, church and civic groups and other public venues. Includes all ages, male and female and all ethnic and socioeconomic backgrounds.	Presentations will be offered as requested and pertinent educational information will be given out so that community members will better understand the ATOD issues and risks to the community, as well as the important role of Prevention Science and how it works.	Reduce Poor Family Management in grade 10 from 33.1% in 2017; to 29% by 2023	Reduce youth use of Lifetime E-cigarette use in grade 10 from 19.6% in 2017; to 15% in 2023.



Measures & Sources	SHARP survey 2017; 2023	SHARP survey 2017; 2023	Evaluation and number of attendees	Meeting attendance, surveys	SHARP survey 2023	SHARP survey 2023

FY20 Substance Abuse Prevention Area Plan & Budget									
Local Authority: San Juan Counseling					Form C				
		State Funds	County Funds						
FY2020 Substance Abuse Prevention Revenue	used for	used for	NOT used for	Used for	Medicaid	Revenue	Success PFS	(TANF,	
FY2020 Substance Abuse Prevention Revenue						\$37,102		\$29,314	
		State Funds	County Funds						
FY2020 Substance Abuse Prevention Expenditures Bl used for	used for	used for	NOT used for	Used for	Medicaid	Revenue	Success PFS	(TANF,	
Universal Direct						\$3,710		\$26,383	
Universal Indirect						\$31,537		\$2,931	
Selective Services						\$1,855			
Indicated Services									
FY2020 Substance Abuse Prevention Expenditures Bl	\$0	\$0	\$0	\$0	\$0	\$37,102	\$0	\$29,314	\$0
SAPT Prevention Set Aside									
Primary Prevention Expenditures	Dissemination	Education	Alternatives	Identification	Based Process	Environmental	Total		
	\$11,131	\$11,131			\$14,840		\$37,102		
Cost Breakdown	Salary	Fringe Benefits	Travel	Equipment	Contracted	Other	Indirect	Expenditures	
Category	52787	10698			2931			\$66,416	



**FORM D**  
**LOCAL AUTHORITY APPROVAL OF AREA PLAN**

**IN WITNESS WHEREOF:**

The Local Authority approves and submits the attached Area Plan for State Fiscal Year 2020 in accordance with Utah Code Title 17 Chapter 43.

The Local Authority represents that it has been authorized to approve the attached Area Plan, as evidenced by the attached Resolution or other written verification of the Local Authority's action in this matter.

The Local Authority acknowledges that if this Area Plan is approved by the Utah Department of Human Services Division of Substance Abuse and Mental Health (DHS/DSAMH) pursuant to the terms of Contract(s) # 152314 152315, the terms and conditions of the Area Plan as approved shall be incorporated into the above-identified contract by reference.

**LOCAL AUTHORITY:** San Juan Mental Health-Substance Abuse Special Service District

**By:** \_\_\_\_\_  
*(Signature of authorized Local Authority Official, as provided in Utah Code Annotated)*

***PLEASE PRINT:***

**Name:**

**Title:**

**Date:**