

PROGRAM NARRATIVE

Abstract

Friends of the Family of North Santiam, Inc., serves a rural Oregon area of 12,500 where unemployment is 7%, and the economy is struggling. We are a community-based volunteer-driven coalition serving four communities – Stayton, Sublimity, Lyons, Mehama. A consensus decision-making model is the basis for our choices. We propose an integrated approach to reducing substance abuse among youth, focusing efforts on younger children, youth, families, teachers and the community around three goal areas: Healthy, Thriving Youth, Strong Nurturing Families and Community Engagement. We will provide education/support services for families; establish mentoring relationships for adults/children and peer-to-peer; provide mentoring and support for young parents (ages 13-21); engage youth in positive decision-making situations, emphasizing accountability and responsibility; give educators new strategies for creatively engaging at-risk youth; and educate our community about needs/risks, assets and protective factors; working together to create a healthier, drug-free environment for our children and families.

Nature And Extent Of Incidence/Prevalence Of Youth Substance Abuse

Many of the problems Friends of the Family is addressing are discussed in the specific programs outlined in the project designed: 1) Marion County has the 2nd highest teen pregnancy rate in the state at 21.1% in 1998; 2) Juvenile Crime increased 36% last year in Stayton and Sublimity; 31 arrests and 21 additional contacts with police officers last year were related to alcohol use by youth and another 32 tobacco arrests were made; additionally, in Marion County, the under 14-year-old age group committed 38% of all juvenile crime in Marion County and the 13-14 year olds were the single largest crime committing group. 3) High school drop out rate was 15.63% last year, alternative schools are overflowing and more and more teens are opting out of

school, obtaining their GEDs and entering the job market, or not. 4) According to the Oregon Joint Data Book, Office of Alcohol & Drug Abuse Programs, and data compiled by the Community Health Information Project (CHIO), in 2000, 20% of Marion County eighth graders reported using tobacco in the previous month, 21.1% reported using an illicit drug and 27.7% used alcohol. *

Friends of the Family will focus efforts on a reduction in alcohol and marijuana use. Working collaboratively with North Santiam School District, Regis High School and St. Mary School, and the Stayton Sublimity Police Department, we will provide an integrated program of supports and services to youth and their families that includes mentoring, restorative justice, leadership development, decision-making tied to accountability and community education and training to help reduce the risk factors related to substance abuse, and increase the protective factors and build assets that lead to a healthier and safer community.

Friends of the Family of North Santiam, Inc. (FOF) is a 501(c)(3) non-profit organization founded in 1994 as a Community Progress Team of the Marion County Children & Families Commission and an Oregon Together Project, with a major focus on prevention of drug/alcohol/tobacco use among community youth. We serve a rural area that crosses two counties located in the Willamette Valley of Oregon that is home to approximately 12,000 people, approximately 40% growth between 1990-2000, according to the 1990/2000 census. Our Hispanic population has increased by nearly 20% during that same period. We work in four communities (Stayton, Sublimity, Lyons & Mehama) which have three grade schools, one middle school and one public high school, as well as a Catholic grade school and high school. We have one charter school and one Christian grade school. Our economy is based predominately on agriculture and food processing. The state capitol is 17 miles from our largest community, so many residents of the area are employed by government.

We're focused our efforts around 5 goal areas 4 key strategies:

| GOAL AREAS | KEY STRATEGIES |
|--|--|
| <ol style="list-style-type: none"> 1. Civic Engagement and Community Connectedness 2. Strong, Nurturing Families 3. Healthy, Thriving Children 4. Healthy, Thriving Youth 5. Healthy, Engaged Seniors | <ol style="list-style-type: none"> 1. Drug, Alcohol & Tobacco Use Prevention 2. Community Collaboration 3. Education, Training & Technical Support 4. Positive Activities for Children, Family & Youth |

An Environmental Scan

Juvenile Crime Juvenile crime is often involved, according to 1990 research by J. Dryfoos, *Adolescents-at-Risk: Prevalence and Prevention* which cites that “risk factors for juvenile crime are identical to the risk factors for serious alcohol and drug use – early anti-social behavior, ineffective parenting, child maltreatment and school failure.”

The juvenile crime problem in the greater Stayton/Sublimity is increasing. In the 9-17 year age bracket, crimes increased by 36% in 2001. Certainly the increase in our local population plays a role in this, and possibly a decrease in funding for law enforcement and criminal justice related prevention and rehabilitation programs also has an impact. Specifically speaking to crimes related to youth and alcohol/tobacco and drugs, the Stayton/Sublimity Police report that 22 MIP Alcohol arrests were made and 32 MIP Tobacco arrests were made. Additionally, 21 arrests were made related to marijuana (possession, furnishing, delivery, etc.) and one arrest was made for amphetamine possession. Additionally, officers reported 52 other youth-related incidents where drugs were involved or suspected.

In 2002, the Stayton /Sublimity Youth Peer Court began taking MIP Alcohol and Possession of a Controlled Substance for Marijuana less than an ounce, in addition to MIP Tobacco cases. In FY 2001-2002, Peer Court considered 5 MIP Tobacco and 1 MIP Marijuana case. In FY 2002 through March 6, 2003, the Peer Court considered 3 MIP Tobacco, 6 MIP

Alcohol and 4 MIP Marijuana cases. The Peer Court Advisory Board and Stayton Police Department support the need for continued education of youth and parents around drug and alcohol use, its relationship to juvenile crime, and activities that enhance both internal and external assets cited by the Search Institute. These assets are part of the foundation of the Peer Court.

High School Drop Out Rates have increased significantly in the catchment area served by Friends of the Family. These rates are highly correlated to other socio-economic factors such as our high unemployment rate (above 7% according to Department of Employment figures for February 2002), increasing drug use rates, rising juvenile crime and teen pregnancy rates. The anecdotal experience in both the mentoring program and the Santiam Youth Council point to low parental involvement in children's lives which often leads to low attendance, poor academic performance and early school drop out.

For two years, Santiam Youth Council hosted a self-directed study group, led by a Willamette University Masters in Education student. 15 – 20 students congregated at the local A&W every Thursday night. Three students became honor roll students for the first time during the program; another was accepted into a community college and received a 4.0 in his second semester; another dropped out of school, but studied for her GED with the group and is now attending community college. With one-on-one direction and ongoing support these highly “at-risk” youth are learning that a positive commitment to school and academic performance, caring about school and being motivated to do well, equates to positive results and more opportunity and choice.

Willamette University's C.H.I.P. data collection projects measures the synthetic four-year drop out rate, which represents the proportion of the ninth-grade class that drops out prior to completing their fourth year of high school in the public K-12 system. It is calculated as if the

current year's data on four classes of students was really four years of data for one class of students, which is believed to provide a better measure of the percentage of students actually graduating from high school.

| | 1996-97 | 1997-98 | 1998-99 | 1999-2000 | 2000-01 |
|----------------------------|---------------|---------------|---------------|---------------|---------------|
| Oregon | 25.37% | 25.56% | 21.70% | 18.37% | 15.65% |
| Marion County | 34.67% | 31.75% | 29.80% | 25.69% | 23.27% |
| Stayton High School | 23.39% | 23.25% | 22.70% | 15.63% | 30.58% |

Source: Oregon Department of Education, compiled by Marion-Polk Community Health Information Project, 2002
<http://www.willamette.edu/publicpolicy/chip>

Teen Pregnancy Rates in Marion County have been steadily declining, from a high of 26.7 in 1997 to 17.6 in 2001. However, the number of teen pregnancies is increasing in our area from 28 29 in 1992-1994 to 39 in 1997-1999, according to data compiled by Willamette University's Atkinson Graduate School of Business. The rates are not available by zip code at this time due to lack of population data, so counts of teen pregnancies are aggregated by over three year periods to ensure confidentiality. The tables below show numbers of teen pregnancies that occurred in each zip code that Friends of the Family serves.

The 97383 zip is the largest city, Stayton, where both high schools are located.

The Friends coalition hosted a Teen Pregnancy Forum, bringing together county health experts, community members, educators and teachers, local drug and alcohol counselors, youth, parents, city leaders and others to share information review trends and relationships between teen pregnancy, risk and protective factors, as well as assets that support positive behaviors. Both experts and community members agreed that alcohol and drug use played an important role in youth decisions to engage in sexual activity. According to a 1995 USDHHS Report to Congress on Out-of-Wedlock Childbearing by Miller, lack of a positive future and personal distress (early alcohol and other drug use) is an interrelated risk factor predictive of early initiation of sexual activity, unprotected sexual activity, high risk behaviors and early childbearing.) As a result of

this town hall meeting and subsequent discussion by community stakeholders, the coalition is launching a young parents program to provide formalized education, mentoring and support to young parents (ages 13-21) including information on parenting, healthy lifestyle choices, mental health and social adjustment.

Alcohol, Drug & Tobacco Use By Youth Under 18 According to data collected as part of the Oregon Public School Drug Use Surveys in 1998 and 2000, Marion County 8th graders use of alcohol has been decreasing, illicit drug use is up and tobacco use is steady. Currently our public school district does not share the school drug use surveys for confidentiality reasons.

8th Grade Students Comparison 1998-2000

| County | Alcohol | | Illicit Drugs | | Tobacco | |
|--------|---------|-------|---------------|-------|---------|-------|
| | 1998 | 2000 | 1998 | 2000 | 1998 | 2000 |
| Marion | 27.7% | 25.3% | 18.0% | 21.1% | 20.6% | 20.0% |
| Polk | 22.2% | 29.1% | 23.4% | 18.9% | 25.2% | 14.5% |

The above table shows percentages of eighth grade students who reported using alcohol, illicit drugs, or tobacco products during the month prior to the survey.

Oregon Healthy Teens Survey 2001 – Times drank alcohol in past 30 days = 1+

| | 8 th Grade | 11 th Grade |
|--------|-----------------------|------------------------|
| Female | 32.3% | 41.7% |
| Male | 32.9% | 47.6% |
| Total | 31.8% | 43.4% |

Oregon Healthy Teens Survey 2001 – Times used marijuana in past 30 days

| | 8 th Grade | 11 th Grade |
|--------|-----------------------|------------------------|
| Female | 14.3% | 16.8% |
| Male | 21.3% | 28.4% |
| Total | 18.2% | 21.0% |

Other Factors Family dynamics are shifting -- more and more parents are divorced with one-parent households; Marion County leads the state in children living with an adult other than a biological parent; more two-parent households are working – leaving kids without supervision during key after school and weekend hours and often low parental involvement in their lives. For

years, underage drinking has been generally accepted, often with parents hosting “keg” parties. Recently, the Catholic high school principal worked diligently to raise awareness of the dangers of alcohol use by teens, making presentations for parents at the school, sending information home and promoting the Not My Kid forum, which Friends of the Family co-sponsors.

Teachers used to live in the community where they taught school, establishing relationships with parents and children as they met at the grocery store or the post office. At-risk youth are creative, right-brain thinkers according to Jim Maris and schools tend to be left-brain institutions of learning. The teacher’s in-service we are recommending will give teachers some innovative tools to help kids understand character, empathy and safety and provide them with preventive measures against sex, drugs and gangs using honesty ,confrontation and knowledge. These are tools for building self-esteem, even after a long day.

With at least 38 girls (13-21) having babies in our area in the last three years, the need for a support system and just someone to ask questions of becomes even more critical.

*Marion County Children & Families Phase II Comprehensive Plan, February 2002.
Community Health Information Project, Willamette University Atkinson Graduate School of Management,
<http://www.willamette.edu/publicpolicy/chip>
Building Results: From Wellness goals to Positive Outcomes for Oregon’s Children, Youth and Families, Oregon Commission on Children & Families, Clara C. Pratt, Ph.D., Family Study Center, Oregon State University*

GOALS & OBJECTIVES

Drug Free Communities Goal 1 Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.

FOF Project Goals

1. Reduce substance abuse among youth in 5th through 12th grades using best practice models to educate and teach new skills, change attitudes and behaviors that increase and/or minimize the risk of substance use.

2. Increase awareness and understanding and teach parents of children ages 0-18 good parenting skills that target risk factors related to substance use and abuse.

3. Increase awareness and understanding and provide teachers with tools they need for identifying behaviors and motivators of at-risk youth and altering teaching methods that target risk factors related to substance use and abuse

FOF Project Objectives

a. Provide mentoring opportunities matching adults-to-grade/middle schoolers; 11th graders-to-8th graders; mothers/fathers-to-young parents ages 13-21; youth-to-youth offenders.

b. Provide first-time youth offenders with an alternative to a juvenile record and positive involvement with peers

c. Provide youth, 7th-12 grades the opportunity to plan and positive after school and weekend educational, recreational, cultural and community service activities for youth that are free of alcohol, drugs and tobacco.

d. Provide customized parenting workshops for parents of infants and toddlers, grade school and middle/high school age children; workshops for parents of children particularly at-risk; workshops on opening up and establishing communication with youth, promoting drug-free teen years, and dealing with aggressive behaviors.

e. Provide a comprehensive program of education, mentoring, free soft baby carriers, supports and links to services targeting young parents, ages 13-21.

f. Provide teachers with in-service training and tools for teaching youth at-risk.

Drug Free Communities Goal 2 Establish and strengthen collaboration among communities, private nonprofit agencies, and Federal, State, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.

FOF Project Goals

1. Increase awareness of the needs of the growing Latino community, enhancing participation and launching a dialogue on how to increase understanding of risk and protective factors that particularly face that community.
2. Strengthen the Friends of the Family coalition by increasing awareness in the four communities we serve and expanding/enhancing participation with partners.
3. Establish a website that has information on and links to substance abuse prevention, risk and protective factors and assets, and promotes Friends of the Family and the activities, best practices and education programs and strategies for prevention, of partners in our area.

FOF Project Objectives

- a. Develop and implement a plan of outreach to the Latino community.
- b. Host one community/partner meeting in partnership with Stayton/Sublimity Police Department and Youth Peer Court to discuss current ATOD issues and risk and protective factors in the community, and identify opportunities to promote substance abuse prevention, increase protective factors and build community assets.
- c. Design and launch an interactive website.

Relationship Between Goals/Objectives/Risk & Protective Factors

Friends of the Family has used a variety of tools and plans to assess community needs and build a strategic plan that is founded on best practices. Through surveys, kitchen table conferences and focus groups, community forums and ongoing our coalition meetings, as well as use of county data portraits of 19 high level outcomes, and the Community Health Information Project zip code data, we have assessed community need.

The Marion County Children & Families Commission, in partnership with many of the local coalitions and other partners, as well as the Oregon Commission on Children and Families,

developed a Coordinated, Comprehensive Plan for the children and families of Marion County. The plan includes goals, objectives and best practices in goal areas similar to Friends of the Family. These are based on state-determined high level outcomes including increased community engagement; increased system integration; and decreases in teen drug, tobacco and alcohol use.

Key strategies/priorities of this comprehensive plan for Healthy, Thriving Youth (ages 9-18+) include: Increased opportunities for youth empowerment including leadership, service and safety; and increased boundaries and expectations for youth by providing them with tools for learning clear rules for success. “Empowering youth also means getting them involve...in both the planning and implementing of asset building and risk/protective factor initiatives.

Increasing volunteerism and community engagement is another key priority/strategy of the County’s plan. “Engaging communities in recognizing, accepting and helping to resolve their own problems” is key to “fostering community engagement for children and families. In developing this grant, we have used these strategies, as well as the risk and protective factors and the 40 assets model of the Search Institute. These are addressed in the following tables.

DFCSP Goal #1 Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.

| <i>FOF GOAL</i> | <i>FOF OBJECTIVES</i> | <i>LINK TO LOCAL GOALS & OBJECTIVES DATA</i> | <i>LINK TO RISK & PROTECTIVE FACTORS & ASSETS</i> | <i>MEASURABLE & ACHIEVABLE OBJECTIVES</i> <i>By end of Year One</i> | <i>OUTCOMES</i> <i>By end of Year One</i> |
|--|---|---|--|--|---|
| 1. Reduce substance abuse among youth in 5 th through 12 th grades using best practice models to educate and teach new skills, change attitudes and behaviors that increase and/or minimize the risk of substance use. | <p>a. Match mentors/mentees for adults-to-grade/middle schoolers; 11th graders-to-8th graders; parents-to-young parents ages 13-21; youth-to-youth offenders.</p> <p>b. Provide first-time youth offenders with an alternative to juvenile record and positive involvement with peers</p> <p>c. Provide 7th-12 graders the opportunity to implement positive educational, recreational, cultural and community service activities for youth that are free of alcohol, drugs and tobacco.</p> | <p>20% of 8th graders reported using tobacco in previous month, 21.1% used an illicit drug; 27.7% used alcohol.</p> <p>Juvenile crime increased 36% among 9-17 year-olds in 2001.</p> <p>In 2001, 22 MIP Alcohol arrests, 32 MIP Tobacco arrests, and 21 MIP marijuana arrests</p> | <p>Risk Factors <i>Early & Persistent Antisocial Behavior</i> identified by providing additional adult interaction.</p> <p><i>Availability of Drugs and Alcohol in Community</i> is reduced with additional activities available that do not allow these substances</p> <p>Protective Factors</p> <p>Assets <i>Other Adult Relationships (Assets)</i> Provides additional support from non parent adults.</p> | <p>a. 4 mentoring programs engaging at least 50 youth and 50 mentors in positive relationships with peers and adults.</p> <p>b. Youth peer court fully functioning, including MIP Alcohol, Tobacco and Marijuana.</p> <p>c. A full range of activities for and planned by 25 youth in at least 10 planning sessions and 10 events and evaluations completed.</p> | <p>a. 60% of mentees improve grades, enhanced social skills and increase school attendance.</p> <p>b. 80% of youth offenders success-fully complete sanctions don't re-offend</p> <p>c. 80% of youth planners learn and use new decision making skills.</p> <p>50% of youth participants are aware of drug and alcohol free activities available and report choosing these over other activities.</p> |

| <i>FOF GOAL</i> | <i>FOF OBJECTIVES</i> | <i>LINK TO LOCAL DATA</i> | <i>LINK TO RISK & PROTECTIVE FACTORS & ASSETS</i> | <i>MEASURABLE & ACHIEVABLE OBJECTIVES</i> <i>By end of Year One</i> | <i>OUTCOMES</i> <i>By end of Year One</i> |
|--|---|--|---|---|---|
| 2. Increase awareness and understanding and teach parents of children ages 0-18 good parenting skills that target risk factors related to substance use and abuse. | <p>d. Provide customized parenting workshops for parents of infants and toddlers, grade school and middle/high school age children; workshops for parents of children particularly at-risk; workshops on opening up and establishing communication with youth, promoting drug-free teen years, and dealing with aggressive behaviors.</p> <p>e. Provide a comprehensive program of education, mentoring, free soft baby carriers, supports and links to services targeting young parents, ages 13-21.</p> | <p>Oregon Healthy Teens Survey reports that 39.8% of 8th grade girls spent 5+ hour home in the afternoon without adult supervision in the last month. 41.1% of boys did the same. (2001)</p> <p>Marion County has 2nd highest teen pregnancy rate in state. In 1992-94, 29 teen girls were pregnant in the 4 communities Friends serves, in the 1997-1999 time period, 38 teen girls ere pregnant.</p> | <p>Risk Factors</p> <p>Family Management Problems</p> <p>Family Conflict</p> <p>Extreme Economic Deprivation</p> <p>Protective Factors</p> <p>Development of healthy beliefs and clear standards; Bonding</p> <p>Assets</p> <p>Family support and positive communication</p> | <p>d. 50% of all youth participants report that they had a positive experience communicating with their parent(s) within one week following workshop</p> <p>e. 50% of young parents stay with mentor for 12 months and report using advice share to improve parenting skills. *80% of families report they used carrier and feel they are bonding better with their child. *50% of families report they read information on parenting and abuse prevention.</p> | 75% of all participating parents report learning at least one new parenting skill that they have used with their child/youth that has shown positive results. |

| <i>FOF GOAL</i> | <i>FOF OBJECTIVES</i> | <i>LINK TO LOCAL DATA</i> | <i>LINK TO RISK & PROTECTIVE FACTORS & ASSETS</i> | <i>MEASURABLE & ACHIEVABLE OBJECTIVES</i> <i>By end of Year One</i> | <i>OUTCOMES</i> <i>By end of Year One</i> |
|---|--|--|--|---|--|
| 3. Increase awareness and understanding and provide teachers with tools they need for identifying behaviors and motivators of at-risk youth and altering teaching methods that target risk factors related to substance use and abuse | f. Develop and implement a teacher's in-service training and tools for teaching youth at-risk. | Synthetic 4-year drop out rate at Stayton High is 30.58% | <p>Risk Factors Favorable attitudes toward problem behaviors Early and persistent antisocial behavior</p> <p>Protective Factors Enhance individual characteristics Healthy beliefs, clear standards, bonding</p> <p>Assets School engagement – learning; achievement motivation</p> | f. Training in 2 schools completed and follow-up and analysis complete and findings shared with teachers. | f. 80% of teachers report learning and using new tools for teaching at-risk youth within one week of training. |

GOALS & OBJECTIVES

DFCSP Goal #2 Establish and strengthen collaboration among communities, private nonprofit agencies, and Federal, State, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.

| <i>FOF GOAL</i> | <i>FOF OBJECTIVES</i> | <i>LINK TO LOCAL DATA</i> | <i>LINK TO RISK & PROTECTIVE FACTORS & ASSETS</i> | <i>MEASURABLE & ACHIEVABLE OBJECTIVES By end of Year One</i> | <i>OUTCOMES By end of Year One</i> |
|--|--|--|--|--|---|
| <p>1. Increase awareness of needs of growing Latino community, enhancing participation and launching dialogue to increase understanding of risk/ protective factors that face this community.</p> <p>2. Strengthen the Friends of the Family coalition by increasing awareness in the four communities we serve and expanding/enhancing participation with partners.</p> | <p>a. Develop and implement a plan of outreach to the Latino community.</p> <p>b.. Host one community/partner meeting with Stayton/ Sublimity Police Department and Youth Peer Court to discuss current ATOD issues, identify opportunities to promote substance abuse prevention, increase protective factors and build community assets.</p> | <p>2000 census shows that Latino community now comprises just over 7% of local population.</p> <p>Latino youth twice as likely to drop out of school.</p> <p>Community Engagement Research Study, November 1997-- North Santiam Area:</p> <p>37% of residents were involved with others to solve a community issue or problem in past year</p> | <p>Risk Factors Community laws and norms favorable toward drug and alcohol use, firearms, and crime</p> <p>Protective Factors Develop healthy beliefs and clear standards.</p> <p>Assets Community Values Youth, Caring Neighborhoods</p> | <p>a. A plan written with help and support of Latino community that includes goals, objectives and tactics, measurable outcomes, and a timetable for implementation.</p> <p>b. Community meeting held. 30 groups / individuals participated. Youth involved. Ideas generated for improving community norms</p> | <p>a. Increase by 100% the number of Latinos actively involved in Friends of the Family coalition.</p> <p>b.90% of meeting participants have increased aware-ness of ATOD issues, and 50% have committed to implementing /partnering on at least one new strategy for substance abuse prevention promotion.</p> |

| FOF GOAL | FOF OBJECTIVES | LINK TO LOCAL DATA | LINK TO RISK & PROTECTIVE FACTORS & ASSETS | MEASURABLE & ACHIEVABLE OBJECTIVES <i>By end of Year One</i> | OUTCOMES <i>By end of Year One</i> |
|--|--|---|--|---|---|
| 3. Establish a website that has information on and links to substance abuse prevention, risk and protective factors and assets, and promotes Friends of the Family and the activities, best practices and education programs and strategies for prevention, of partners in our area. | c. Design and launch an interactive website. | Community Engagement Research Study, November 1997-- North Santiam Area: 37% of residents were involved with others to solve a community issue or problem in past year Only 34% said that it was very likely that neighbors would do something about children skipping school | Risk Factors Transitions and mobility Community standards and norms Protective Factors Clear, healthy standards; Positive social orientation Assets Service to Others; planning & decision making | c. Website launched, and linked to other local sites, and ATOD prevention sites; getting 500 hits per month | c. 50% of site users report learning new information about community services/supports/activities for themselves, families. |

PROJECT DESIGN

Coalition & Maintenance We developed a matrix about three years ago, to make sure that we had covered our bases and that we were inclusive. It incorporates geographic representation (from all 4 communities), age (from high school through senior citizens), gender (it's always more difficult to get men than women), cultural and ethnic, service provider vs. non-service providers, parents, business, education, law enforcement and the justice system, appropriate representation from government – both city, and prevention specialists, health care. It also considers the need for “rainmakers” to raise money, service-delivery oriented people, grant writers and finance whizzes, planners, influencers....we try to find a mix that helps us meet all the needs of today's savvy non-profit. We use the matrix for everything...recruiting board and coalition participants; volunteers we need to recruit for other positions, chaperones for dances, and people with unique talents and skills to volunteer with our youth. We receive lots of formal and informal input from kids which quite often influences directions we take. We continue to struggle with outreach and inclusion of the Hispanic/Latino community which is the reason for the focus in this grant.

Governance & Leadership – Friends of the Family began when a few local community leaders decided that there was a “better way” to support children and families in the community, fight substance abuse issues and reduce juvenile crime. We conducted kitchen table conferences and one-on-one interviews with parents, teachers, service providers, senior citizens, business and others to find out how they perceived their community and what they wanted to do to change things. We hosted a series of community potlucks and Friends was born it continues to be volunteer-driven. For the first several years we had no formal leadership, bylaws or policies. We grew and it became critical to our success to form a Board of Directors, a 501©(3) designation, and make our decisions based on a consensus model which is written into our

bylaws. Our Coordinating Team of officers and project coordinators meets monthly . Our board and the full coalition meets quarterly. All our meetings are open to the public, and are posted on the cable access channel and appear in the local and regional newspaper. Often our board meetings feature guest speakers or community forums. We have an office on Main Street and three days a week, volunteers are available, as well as our coordinator. .

Once we agreed to a consensus model, the true nature of our coalition settled into a very positive, effective rhythm. We have faced some difficult situations, but we talk everything out and it works. This year, some of the “old-timers” who began with Friends are transitioning out of positions of leadership and into positions of advisor and counsel. The transition is well planned will take the entire year in order to ensure stability.

Sustainability & Expansion

By building in leadership and learning opportunities for coalition members, we constantly work to build capacity and sustainability. Most of our members have taken the grant writing workshop we offer and are involved in developing new grants and grant opportunities. With the seriousness of the funding situation in Oregon, we believe that our strategy to for diverse funding streams is paying off. As is our penchant for saving pennies. We have created a resource development plan which guides our efforts and are following organizations such as United Way as they change in case they new opportunities. We understand the funding cycle for private foundations and shift our requests from year to year to meet their specific needs. Two years ago we launched a direct mail campaign that brings in \$3,000.. In five years, we anticipate our support from the county and the state will increase; individual donors and direct mail should increase; and we will continue to explore new foundations and rotate our requests. We believe our coalition is the right size for our community, now. As the area grows, the ambitions of the coalition should grow as well, as its size.

FOF Resource Development Plan - 2003-2004

| | | Confirmed |
|--|--|------------------|
| Government | | |
| Confirmed | Marion County Children & Families Commission | \$12,000 |
| Confirmed | Oregon Together State of Oregon | 10,000 |
| Pending | JABIG -pending – Federal \$ | \$ 5,000 |
| Pending | City of Stayton Revenue Sharing pending | 4,000 |
| Pending | City of Sublimity-pending | 1,000 |
| Foundation Grants | | |
| Confirmed | Frank Foundation | 3,000 |
| | OCF | 15,000 |
| Pending | Meyer Memorial Trust | 57,846 |
| Pending | Drug Free Communities | 55,853 |
| Potential | Ford Family Foundation | 10,000 |
| | Wells Fargo | 2,000 |
| | PacificCorp | 5,000 |
| | US Bank | 5,000 |
| | Spirit Mountain Community Fund | 25,000 |
| | McDonald's | 5,000 |
| Fundraisers - Confirmed | | |
| Direct Mail Solicitation | \$ 3,000 | \$ 7,000 |
| Individual Donations (\$1,000 confirmed) | 1,000 | |
| Grant Writing Workshop | 1,000 | |
| Other donations | 2,000 | |
| Community Groups | | |
| Kiwanis - pending | \$ 1,000 | \$ 8,400 |
| Rotary (confirmed) | 6,000 | |
| Lions - pending | 1,000 | |
| Kiwannianes - confirmed | 300 | |
| UMW - confirmed | 100 | |
| Fees | | |
| SYC activities - confirmed | \$5,000 | \$ 5000 |

Selection & Implementation of Multiple Strategies

Stayton/Sublimity Youth Peer Court The Peer Court is a partnership that provides a cohesive, community-based program of prevention and intervention for first time youth offenders. Youth, family and community members work together to promote personal and community commitment, accountability and responsibility. Referrals come through the Marion County Juvenile Department, and the court sees approximately 45 non-violent misdemeanor offenders annually. This number is anticipated to grow as we begin intake for minor in possession of alcohol and marijuana cases.

Both youth and offenders participating in the court and receive education related to the juvenile justice system, mediation, alcohol and substance abuse effects and prevention, tobacco use and prevention, community service and more. All local public and private schools participate, along with partners representing six private businesses, the local hospital and Marion County Health Department, youth volunteers, local attorneys, Willamette Law School, Cities of Stayton & Sublimity, Marion County Sheriff, Oregon Department of Transportation, Oregon Together, local civic groups (Lions, Kiwanis, Masons, Rotary), an advisory panel of eight volunteers and our community service partners.

Youth must admit guilt and go through a sanction/decision making process directed by peer jurors and an attorney/law student volunteer judge. Youth are sentenced to an array of sanctions including improving school attendance and grades, making apologies, writing essays, referral to intervention services, completing hours of community sanctions, spending specified time with their families, making financial restitution. Through mentoring training, jurors often become mentors to offenders once they have completed their sanctions. Each offender must return and serve as a juror to meet their obligations. Once the obligations are met, offenders may have their record expunged. This is not an option if they go into the corrections system

Goals of the project are to 1) Maintain recidivism rate of less than 5% for person related Crimes ; 2) Decrease recidivism rte of property related crimes to less than 5%; and 3) Increase the number of successful program adjudications by 10%.

Mentoring Program According to the Community Health Information Project, reports of unfounded child abuse have increased by 300% in the county. Since 1995, founded cases in our area have nearly doubled (from 9 to 16). The intent of the mentoring project is to provide elementary, middle and high school youth with ongoing contact with positive adult and peer role models. We also want to enhance community connectedness; improve socialization skills; improve school attendance; improve grades; engage a broad range of adult community members -- men, women, seniors, professionals and blue collar workers, empty nesters, those of diverse cultures and heritages – as role models and contacts for area youth. create intergenerational links and new awareness and understanding among youth and adults, provide a system of support for children and families at risk of abuse

We partnered with Oregon National Guard Model because of its proven success, willingness to help develop the project, and provide ongoing technical assistance and training.

Friends of the Family, North Santiam School District (NSSD), St. Mary Elementary/Middle School, Stayton Police Department are the primary partners. NSSD and the Police Department provide funding and in-kind contributions that pay for background checks and copying, as well as advice and counsel. We've created a Safety Net Team with Services to Children & Families, Adult & Family Services, NSSD, the Police Department and others to develop policies for reporting potential child abuse, and so that we could work together to provide supports for families in trouble, before abuse and reporting begins.

Adult to Youth Mentoring: The project serves first through third grade girls and boys and recently added a middle school age initiative. We have 45 youth and 45 adults in the project. Six

Youth Peer Court high school jurors been trained and are mentoring middle school offenders. Expanding the program will allow us to increase the number of grade school and middle school youth we can accommodate and expand the Peer-to-Peer mentoring project. We want to increase the number of youth served to at least 55.

To evaluate the success of our project, we conduct surveys of all the participants (mentors and mentees), as well as parents and teachers based on the Oregon National Guard model, as well as surveys we are currently using for our Youth Peer Court and Oregon Together projects. In 2002, our survey tools showed that:

| | |
|-----------|--|
| Teachers: | 78% of students improved their academic performance |
| | 73% of students improved attendance |
| | 64% of students improved their classroom social behavior |
| Parents: | 74% reported that their children are getting along better with others |
| | 100% want child to stay in program. |
| Mentees | 100% reported that being in the program helped them in school |
| | 79% reported that they were getting along better with family and friends |
| Mentors | 95% of mentors reported that this had been a positive experience. |
| | 62% believed they had made progress with their mentees. |

As a result of these evaluations, we revised the program to include increased contact between mentors and teachers, more small group activities for mentors and mentees and introduction of a manners class. In 2001, learned that many of our mentors had been aware of substance use/abuse problems, family violence issues, lack of financial resources, housing and transportation that are facing many of today's local families. Changing the standards and norms in the community is based perceptions. This program is making people more aware and changing behaviors for both mentors and mentees.

Youth to Youth Mentoring – Transitioning from elementary into 4-year high schools can be very intimidating and those are the times when youth are most at risk of making bad choices.

We are working on a Youth to Youth mentoring project individually with 8th graders at St. Mary Elementary and 11th graders at Regis High School, but we would like to roll this program out to all schools with this grant. We based this program on a local best practice because of its success. Goals for the program include:

- enhance peer connectedness with older, more mature high schoolers
- ease the transition from grade school to high school; support for what to anticipate
- build self-esteem and confidence
- improve attendance and grades
- enhance socialization skills

Santiam Youth Council The primary purpose of Santiam Youth Council is to teach deliberate decision-making processes that kids will stop and think about the choices they are making, and make choices that are healthy and supportive. And, understanding that all choices have consequences, regardless whether they are positive or negative.

About 30 youth, from 7th-12th grades are the core-planning group, with another 20 that come in and out of the process. They hold monthly meetings for planning and executing positive after school and weekend events and activities. They have learned project planning and implementation using a project task sheet that provides opportunity to plan out, step-by-step, everything that needs to be done to host an event.

They sponsor an annual strategic planning session to review the previous year's activities and plan for the coming year. The first Friday night of each month they host a "philosophy group" which is really time for open discussion about issues and problems they face – anger, discrimination, lack of trust by adults, families, relationships, racism, substance abuse, sex, teen

pregnancy, youth violence, dress codes, atheism, Christianity, politics. Each year, SYC tries to either hosts trainings – leadership, mediation, and anger management – or attends workshops hosted by others. We usually subsidize fees and expenses, asking the kids to pay some portion of the cost, and also provide scholarships for those who can't afford even the fees. But with more and more youth getting involved, we don't have the money we once did to help those who can't afford to pay the fees.

Every Thursday two years ago, kids who needed study help have met at the local A&W from 7pm-10pm. The volunteer who coordinated this effort was a Master's in Teaching candidate who helped with questions, study tips and ideas. Most of the grade-related problems were due to lack of follow-through – not turning in papers on time or at all; absence during tests, etc. Skill building around how to organize study time, how organize and write a paper, how to get feedback and creating timetables, helped the kids learn some new habits and techniques. Several students learned habits that have landed them on the honor roll this year for the first time, as seniors. This grant will allow us to reinstitute this effort.

This spring, SYC members want to conduct a follow-up survey to the one that launched this effort...one that queries attitudes and behaviors, challenges at school and home. We propose conducting the survey with the help of a Portland area firm who will donate their time, then analyze the results and host a community forum to present the answers/analysis and invite community members to create new ways to engage youth. We hope to use these results and the forum findings to formulate activities and education opportunities funded by this the grant for the coming year.

Parenting Workshops/Forums For five years, Friends of the Family has offered one or two parenting education options. These series and one-time events that are research-based

curriculum for parents of children of all ages. More than 600 parents and community members have participated in our parenting workshops and forums during this five-year period.

Ongoing workshop series are offered twice each year and one additional stand alone forum is usually co-sponsored with local schools. In 2003-2004 FY, we will offer Love & Logic in the fall, Parents Who Care in the winter and an early childhood parenting series in the fall and spring. Additionally, we will offer at least one forum on AHDD and add others once we query parents. Dr. Michael Leeds, a child psychologist and behavior expert will conduct a workshop on anger and aggressive behaviors. We charge \$5 for couples for the entire series of workshops, and nothing for the forums. We do offer scholarships if needed. For the new series we hope to engage 25-40 parents for each different offering. We'll survey households this spring to improve our offering..

Teacher In-service – School districts can be challenges because of their often-inwardly focused nature. It has taken Friends of the Family a long time to establish real collaborations with North Santiam School District. The co-sponsorship of a teacher in-service, and the inclusion of the Catholic schools for presenting new tools to teach at-risk youth is a real testament to how far our relationship has come. This in-service and accompanying community forum takes a look at “at-risk intelligences”, explores identifiers and allows teachers to more accurately perceive and understand the educational/emotional needs of each student. It starts with building site visits and interviews so the curriculum can be formulated around specific school needs. By building sensitivity and appreciation for this group of youth, developing a classroom character code, teachers can optimize classroom experiences and minimize discord. Additionally the day-long course looks at curriculum and styles of presentation, learning models that foster empathy and safety in the classroom, preventive measures related to sex, drugs and gangs, self-esteem building tools, dealing with alienation abuse, and anger, and the need for staff to staff

communications. The in-service will be re-crafted for an evening workshop for parents and youth. This is a new effort for Friends.

Young Parents Program The teen pregnancy rate in Marion County the second highest in the state – 20.7% in 1999, compared to 15.9% in the State of Oregon – and 38 teen pregnancies reported in our area in past three years. According to the Marion County Children & Families Commission’s Profile of Trend Data & Supports: Phase II of The Coordinated, Comprehensive Plan for Children & Families (September 2000), children born to teen mothers are overwhelmingly more likely to: be low birth weight and born in poorer health; be abused or neglected and placed in foster care; be involved in juvenile and adult crime; drop out of school themselves; become teen parents themselves (Maynard, 1996, as quoted in Pratt, 1997)

The program is our effort to provide a information and support system for young mothers, ages 13-21. We want to recruit young mothers through the local MOMs Club (a national organization for stay-at-home moms) to be mentors, and work with schools, an affordable housing project, through Stayton Community Action Resource Center and the local hospital. The program will begin with start-up funds from Friends of the Family and a grant from Oregon Community Foundation. Mentoring and resource/referral/ information services are included in phase one. We’ll add elements we as the program grows. If we receive this grant we’ll include: baby play group; baby clothing and equipment exchange; special events – e.g. potluck dinners with special speakers to answer questions; plus opportunities for young parents to meet and share with others who are having similar experiences

Individual goals for the program include:

- Provide a network of support for young parents
- Promote health child development
- Offer specific advice and one-on-one emotional support to new parents

- Assist young parents in developing good parenting skills
- Link young parents to community resources and supports that will help them be successful

We will measure success based on the number of parents participating, assessing their experiences, what they learned, the impact on their baby, relationships with other parent, family, friends. We will ask them about isolation, connection to supports and services, relationship with mentor, education status, their accomplishments, future plans, awareness of stressors that lead to substance abuse. We'll also assess the impact on the mentor's view of community and resulting changes in attitude, behavior.

This is a more intense program, so our target is 10 parents in the first year.

Project Timetable - DFCS Goal #1 *Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.*

| FOF GOAL | FOF STRATEGY | ACTIVITIES | COMPLETION | RESPONSIBILITY |
|--|---|---|--|------------------------------------|
| 1. Reduce substance abuse among youth in 5 th through 12 th grades using best practice models to educate and teach new skills, change attitudes and behaviors that increase and/or minimize the risk of substance use. | a. Match mentors/mentees for adults-to-grade/middle schoolers; 11 th graders-to-8 th graders; parents-to-young parents ages 13-21; youth-to-youth offenders. | a. 45 children are matched with an adult mentor; 20 8 th graders at matched with an 11 th grade mentee; 10 young parents are matched with an older parent mentor; 10 offenders are matched to a Peer Court volunteer mentor | a. Quarterly review of progress toward state activities and goals. 12/03-3/04 -6/04-9/04 Final report 9/04 | Kim Pomme |
| | b. Provide first-time youth offenders with an alternative to a juvenile record and positive involvement with peers | b. Conduct juror recruitment at all schools 1 juror training Weekly offender intake Hold monthly court session Analyze juror and offender surveys | b.10/04 11/04 Ongoing Monthly as needed Following each court Final report 9/04 | Cari Emery-Wyatt |
| | c. Provide youth, 7 th -12 grades the opportunity to plan and positive after school and weekend educational, recreational, cultural and community service activities for youth that are free of ATOD . | c. Monthly meetings 6 recreational events 2 cultural events 4 community service 3 leadership learnings | c. Monthly Bi-monthly 1/04 & 5/04 11/03-12/03-6/04-8/04 10/04-3/04-7/04 Final Report 9/04 | Stacey Graham + TBD Coordinator |

Project Timetable - DFCSP Goal #1 *Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.*

| FOF GOAL | FOF STRATEGY | ACTIVITIES | COMPLETION | RESPONSIBILITY |
|---|--|---|----------------------|-----------------------|
| 3. Increase awareness and understanding and provide teachers with tools they need for identifying behaviors and motivators of at-risk youth and altering teaching methods that target risk factors related to substance use and abuse | f. Develop and implement a teacher's in-service training and tools for teaching youth at-risk. | F. Engage 25 teachers in 2 schools to participate in and complete training. | September 2003 | Jim Maris |
| | | Conduct on-sight interviews. | October 2003 | |
| | | Hold trainings | November 2003 | |
| | | Post training survey | Final Report 12/2003 | |

Project Timetable - DFCSP Goal # 2 *Establish and strengthen collaboration among communities, private nonprofit agencies Federal, State, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.*

| FOF GOAL | FOF STRATEGY | ACTIVITIES | COMPLETION | RESPONSIBILITY |
|---|--|---|---------------------------------|--------------------------------|
| 1. Increase awareness of the needs of the growing Latino community, enhancing participation and launching a dialogue on how to increase understanding of risk and protective factors that particularly face that community. | a. Develop and implement a plan of outreach to the Latino community. | a. Conduct community forum and individual interviews that includes 30 Latino residents. | January 2004 | Coordinating Team – Jeff Pikel |
| | | Write and publish an outreach plan in Spanish & English with stated timeline. | March 2004 | |
| | | Distribute plan/ get feed back from Latino community. | March 2004 Final Plan – 4/04 | |

Project Timetable - DFCS Goal # 2 *Establish and strengthen collaboration among communities, private nonprofit agencies, and Federal, State, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.*

| FOF GOAL | FOF STRATEGY | ACTIVITIES | COMPLETION | RESPONSIBILITY |
|--|---|---|---------------------|-------------------------------------|
| 2. Strengthen the Friends of the Family coalition by increasing awareness in the four communities we serve and expanding/enhancing participation with partners. | b. Host one community/partner meeting with Stayton/ Sublimity Police Department and Youth Peer Court to discuss current ATOD issues, identify opportunities to promote substance abuse prevention, increase protective factors and build community assets | b. Invite 30+ groups and community residents participated in partner meeting. | September 2003 | Coordinating Team – Jennifer Strutz |
| | | Host meeting and collect ideas and commitments. | October 2003 | |
| | | Publish findings and commitments | January 2004 | |
| | | Begin to work with partners to implement ideas. Expand mailing and invitation list. | January 2004 | |
| 3. Establish a website that has information on and links to substance abuse prevention, risk and protective factors and assets, and promotes Friends of the Family and the activities, best practices and education programs and strategies for prevention, of partners in our area. | c. Design and launch an interactive website. | c. Develop blueprint for website – meetings with designers and Coordinating Team. | October 2003 | Jeff Pikl, John Dark |
| | | First draft due | November 2003 | |
| | | Revisions from Team | November 2003 | |
| | | Final design | December 2003 | |
| | | Launch site | January 2004 | |
| | | Send surveys to users | February-March 2004 | |
| Redesign | March 2004 | | | |
| Collect site data/report | May 2005 | | | |

Local community measurements, project evaluation and community reporting

Local Community Measurements – A primary strategy for this grant will be to convince the school district to share the Oregon Healthy Teens Survey information with the coalition. The survey is conducted annual by the Oregon Research Institute, Oregon Department of Human Services, Health Services Cluster and Oregon Department of Education. Many of the items on the Oregon Healthy Teens Survey come from national surveys such as the Youth Risk Behavior Survey (YRBS) and Monitoring the Future. The information includes accurate information about student substance use, antisocial behavior, nutrition, sexual activity, physical activity and risk and protective factors. We have access to the aggregated Marion County Data, which is probably fairly comparable, but still not specific enough. 622 8th graders and 403 11th graders participated in the Marion County sample. The survey has confidentiality factors built in and does not report results for grades that had fewer than 5 students respond. The survey does not provide age of onset of use. WE will work to obtain previous years' data as well so we can set up a comparative analysis. We will contact other schools that do share the data, as well as seek meetings with district staff *and* school board members, as well as community advocates whose the need for this information in planning and assessing coalition activities

Project Evaluation - DFCSP Goal #1 *Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.*

| FOF GOAL | FOF STRATEGY | PROCESS INDICATOR for Year One | OUTCOME INDICATOR for Year One | IMPACT INDICATOR |
|--|---|--|---|---|
| 1. Reduce substance abuse among youth in 5 th through 12 th grades using best practice models to educate and teach new skills, change attitudes and behaviors that increase and/or minimize the risk of substance use. | <p>a. Match mentors/mentees for adults-to-grade/middle schoolers; 11th graders-to-8th graders; parents-to-young parents ages 13-21; youth-to-youth offenders.</p> <p>b. Provide first-time youth offenders with an alternative to a juvenile record and positive involvement with peers</p> <p>c. Provide youth, 7th-12 grades the opportunity to plan and positive after school and weekend educational, recreational, cultural and community service activities for youth that are free of alcohol, drugs and tobacco.</p> | <p>a. 45 children are matched with an adult mentor; 20 8th graders at matched with an 11th grade mentee; 10 young parents are matched with an older parent mentor; 10 offenders are matched to a Peer Court volunteer mentor</p> <p>b. 45 youth volunteer and successfully complete Peer Court training and serve as jurors. 35 offenders choose Peer Court to deal with their offense.</p> <p>c. 40 youth participate in planning/executing positive activities and 1,200 participate in drug-free, planned activities.</p> | <p>a. 60% of mentees have improved grades, enhanced social skills and increased school attendance.</p> <p>b. 80% of youth offenders have successfully completed sanctions and have not re-offended.</p> <p>c. 80% of youth planners indicate they have learned and used new decision making skills.</p> <p>50% of youth participants are aware of ATOD-free activities available and report choosing these over other activities.</p> | <p>a. Reverse the rising trend of high school drop outs at Stayton High School. by 3% within 2 years.</p> <p>b. Reduce incidence of juvenile crime by 3% within 2 years.</p> <p>c. Reduce incidence of 8th grade and 11th grade youth drinking alcohol in last 30 days by 4% within 2 years</p> |

Project Evaluation - DFCSP Goal #1 *Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.*

| <i>FOF GOAL</i> | <i>FOF STRATEGY</i> | <i>PROCESS INDICATOR for Year One</i> | <i>OUTCOME INDICATOR for Year One</i> | <i>IMPACT INDICATOR</i> |
|--|--|--|--|--|
| 2. Increase awareness and understanding and teach parents of children ages 0-18 good parenting skills that target risk factors related to substance use and abuse. | d. Provide customized parenting workshops for parents of infants and toddlers, grade school and middle/high school age children; workshops for parents of children particularly at-risk; workshops on opening up and establishing communication with youth, promoting drug-free teen years, and dealing with aggressive behaviors. | d. Conduct: *2 Love & Logic workshops for 25 parents each *1 Parents Who Care series for 25 parents *1 Workshop focusing on communicating and motivating at-risk youth including 20 parents and 20 youth *1 Workshop on aggressive behaviors with 20 parents and 20 youth *1 series for parenting infants and toddlers with 15 parents and toddlers | d. 75% of all participating parents report learning at least one new parenting skill that they have used with their child/youth that has shown positive results. 50% of all youth participants report that they had a positive experience communicating with their parent(s) within one week following workshop | d. Reduce child abuse founded reports by 3% in two years. *Increase incidence of youth reporting that at least one parent know where they are after school. |
| | e. Provide a comprehensive program of education, mentoring, free soft baby carriers, supports and links to services targeting young parents, ages 13-21. | e. Recruit and match 10 young parents with older parents/moms. Distribute 50 soft baby carriers each quarter to young and other parents with newborns. | e. 50% of young parents stay with mentor for 12 months and report improved parenting skills. *80% of families report they used carrier and feel they are bonding better with their child. *50% of families report they read information on parenting and abuse prevention. | d. Reduce child abuse founded reports among young parents by 3% in two years. |

Project Evaluation - DFCSP Goal #1 *Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse, and promoting the factors that minimize the risk of substance abuse.*

| FOF GOAL | FOF STRATEGY | PROCESS INDICATOR for Year One | OUTCOME INDICATOR for Year One | IMPACT INDICATOR |
|---|--|---|---|---|
| 3. Increase awareness and understanding and provide teachers with tools they need for identifying behaviors and motivators of at-risk youth and altering teaching methods that target risk factors related to substance use and abuse | f. Develop and implement a teacher's in-service training and tools for teaching youth at-risk. | F. Engage 25 teachers in 2 schools to participate in and complete training. | 80% of teachers report learning and using new tools for teaching at-risk youth within one week of training. | Increased participation and improved grades among 50% of at-risk youth attending classes of trained teachers at the end of semester. Reduce drop out rate by 1% within 2 years |

Project Evaluation - DFCSP Goal # 2 *Establish and strengthen collaboration among communities, private nonprofit agencies Federal, State, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.*

| <i>FOF GOAL</i> | <i>FOF STRATEGY</i> | <i>PROCESS INDICATOR for Year One</i> | <i>OUTCOME INDICATOR for Year One</i> | <i>IMPACT INDICATOR</i> |
|---|--|--|--|--|
| <p>1. Increase awareness of the needs of the growing Latino community, enhancing participation and launching a dialogue on how to increase understanding of risk and protective factors that particularly face that community.</p> <p>2. Strengthen the Friends of the Family coalition by increasing awareness in the four communities we serve and expanding/enhancing participation with partners.</p> | <p>a. Develop and implement a plan of outreach to the Latino community.</p> <p>b.. Host one community/partner meeting with Stayton/ Sublimity Police Department and Youth Peer Court to discuss current ATOD issues, identify opportunities to promote substance abuse prevention, increase protective factors and build community assets.</p> | <p>a. Conduct community forum and individual interviews that includes 30 Latino residents.</p> <p>Write and publish an outreach plan in Spanish & English with stated timeline. Distribute plan and receive feed back from Latino community.</p> <p>b. 30 different organizations and community residents participated in partner meeting.</p> | <p>a. 100% increase in Latino participation in FOF activities.</p> <p>b.</p> <p>b. 50% of partners agree to work on ATOD strategies within their organization and report back to coalition on progress toward coalition goals.</p> <p>*FOF increases regular participation by new partners by 10% on an ongoing basis.</p> | <p>Increased awareness of Hispanic participation and cultural understanding among youth and community leaders. (Not sure how to measure this. Would look for support from Children & Families Commission).</p> |

Project Evaluation - DFCSP Goal # 2 *Establish and strengthen collaboration among communities, private nonprofit agencies, and Federal, State, local and tribal governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.*

| <i>FOF GOAL</i> | <i>FOF STRATEGY</i> | <i>PROCESS INDICATOR for Year One</i> | <i>OUTCOME INDICATOR for Year One</i> | <i>IMPACT INDICATOR</i> |
|--|--|---|--|---|
| 3. Establish a website that has information on and links to substance abuse prevention, risk and protective factors and assets, and promotes Friends of the Family and the activities, best practices and education programs and strategies for prevention, of partners in our area. | c. Design and launch an interactive website. | c. Website up and running and getting 500 hits per month, with bounce back survey | c. 50% of site users recognize that Friends is a coalition for ATOD prevention and report finding the information they need. | Community norms around acceptability of alcohol and marijuana use begin to change as a result of education. (again, not sure how to measure this, pre and post surveys? Will need help defining this more clearly). |

Community Reporting

State of The Community Report Annually, we will publish a report to the community on the “state” of substance use and abuse and related problems and issues. It will include an current environmental scan, featuring the local information available to us, along with an assessment of need, strategies the Friends Coalition is working on, as well our partners. It will include outcomes reporting for this and other grants. We would print this 4-page newsprint report in conjunction with the local newspaper, and it would be distributed as an insert in the that newspaper, the weekly advertiser, Friends and Chamber newsletters and distributed at banks, libraries, city halls, post offices, businesses and other community places. Following the first year, we would provide comparative data to demonstrate the changes behavior. We would include it on our new website and provide the report in a PDF format and on disk. Throughout the year, as new information comes available we would update our website, and send e-mails, include updates in our quarterly newsletter.

ACCOMPLISHMENTS TO DATE

Friends of the Family of North Santiam was formed in 1993. Because of the difficulty of local data collection, by zip code, we have tended to measure program outcomes versus community outcomes. However, the Community Health Information Project now offers baseline data for some outcome areas at the zip code level. Our public school district continues its policy of not releasing the Healthy Teen Survey data as a matter of confidentiality.

Measurable Results

1. **Mentoring Program** – 95% of the mentees participating in our mentoring program indicate that they wish to return. 71% of the mentees teachers report improvement in attendance, scholastic achievement and enhanced social interaction at school. 74% of parents report that their child gets along better with parents and siblings. These findings are based on

annual survey. 73% of mentors report that their view of their community has changed since beginning to mentor. Verbatims suggest that empty nesters see drug and alcohol abuse in some pretty brazen family situations, as well as physical, verbal and sometimes sexual abuse. 50% of the mentors say this change has increased volunteerism, increased their awareness of the support available for these families, and increased their philanthropy.

2. **Youth Peer Court** – Recidivism rates for first time offenders that successfully complete Youth Peer Court Sanctions continue to be substantially less than offender who go into the juvenile justice system. 95% of offenders are not re-cited for similar crimes. 90% of youth jurors report learning new information about factors that lead peers to crimes.

3. **Santiam Youth Council** – 90% of SYC members report learning new planning skills that they have used in other areas of their lives; 85% report learning new decision making skills that have helped them make different, positive choices than they would have made prior to their SYC involvement. Anecdotally, three members of SYC made the Stayton High School honor roll for the first time this year. These are students who were failing multiple classes in previous years.

4. **National Award for Collaboration** -- Although not a standard outcome, in 1998, Friends of the Family was one of only 12 honorees in the nation to receive the Award for Excellence in Community Collaboration for Children & Youth, sponsored by the American Association of School Administrators, International City/County Management Association/National Association of Counties, National League of Cities, National School Boards Association and the US Conference of Mayors.

Improved public understanding of drug problems

Friends of the Family has co-sponsored two Not My Kid forums with the local Catholic high school to help raise awareness among parents *and* youth about the consequences of drinking or

using drugs and driving. This was a real breakthrough because this community has condoned “keggers” for years, with parents purchasing the kegs for the parties. The school principal to take a stand on youth involvement in alcohol and drugs with parent permission. Additionally, all the Santiam Youth Council events are heavily promoted as drug, alcohol and tobacco free events. And, with the addition of MIP alcohol and marijuana to the list of offenses considered by Youth Peer Court, we are consistently raising awareness of these problems in our community. Alcohol use rates dropped between 1998 and 2000 from 27.7 % to 25.3% for eighth graders according the Health Teen Survey. However, during the same time period, illicit drug use increased from 18.0% to 21.1%

Leveraged financial support for the coalition’s mission and strategies

1. Marion County Children & Families Commission provides \$12,000 annually that supports a half-time staff person and administrative overhead.
2. The Youth Peer Court receives an annual JABIG grant of \$5,000. We have applied for the FY 2003-2004 and expect to again be awarded the grant.
3. The City of Stayton also provides \$4,000 in revenue sharing to the Peer Court
4. Friends of the Family is an Oregon Together project, and we receive \$10,000 annually to support our “drug-free” efforts.
5. Last year we received our second Oregon Community Foundation grant. We asked for \$7,500 and we received \$15,000 because they like our project and asked us to expand our services to a broader number of people in the community.
6. The Marion County Children & Family information reports for 2002 that Friends leveraged our financial support \$18.80 for every government dollar we received.
7. We’ve written fundraising and financial plan. We’ve launched a direct mail campaign that brings in \$3,000 annually and a grantwriting workshop that raises \$1,000 annually.

Our fees for activities and grants is at \$5,000 annually. And individual donations have grown to nearly \$1,500 annually. We are two new foundations with grants annually.

Systems change and coalition's impact on key agencies and organizations.

The Friends of the Family collaboration has changed the dynamic of our community 's organizations and systems. The Youth Peer Court brought together the schools, law enforcement and the hospital, along with the county health department to identify connect programs and services that support early intervention for drug and alcohol and tobacco use – and promote these efforts to professionals, school counselors and the community, organizations that previously worked in isolation. The Mentoring Program helped create the community Safety Net Team, where law enforcement, education, mentors, the Youth Services Team, Services to Children and others come together to discuss families who are in trouble or on the brink, often due to substance abuse and other stressors. This team works to identify intervention opportunities that will help families and keep kids safe.