

VARSA Vashon Island Coalition Action Plan

July 1, 2020 - June 30, 2021

FOR COALITION USE ONLY	Date Submitted: 6/19/2020 12/18/2020	Submitted By: L. Bruce
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FOR DBHR USE ONLY	Date Approved: 7/16/2020 1/25/2021	Approved By: Tony M. Edwards-Lenton
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For assistance using this template please contact the DBHR Prevention Training Team at PxTraining@hca.wa.gov. This form now has a row that describes the corresponding question in the Minerva system while building the program profile. This is to be used as a reference as you build your new programs in the system, as well as fill this template out.

This form is locked for filling in form functions, but is not password protected. If you need to add rows, feel free to unrestrict the editing protection and make your edits.

Funding Source	
SABG	<i>Substance Abuse Block Grant (Federal Funds)</i>
GFS	<i>General Fund State</i>
PFS 2018	<i>Partnerships for Success Grant (Federal Funds) (WA is a PFS 2018 awardee)</i>
PFS CO	<i>Partnership for Success Grant (Federal Funds) (Carry-Over)</i>
DMA	<i>Dedicated Marijuana Account (State Funds)</i>
SOR	<i>State Opioid Response (Federal Funds) (WA is a SOR 2018 awardee)</i>
SOR-CO	<i>State Opioid Response (Federal Funds) (Carry-Over)</i>
DFC	<i>Drug Free Communities Grant Funds (Federal Funds)</i>
Match	<i>Match funding to support implementation / training</i>
Other	<i>Local funding source or not DBHR contracted</i>
TBD	<i>Funding not secured yet, or Future Planning if funds became available</i>

Goal 1: Decrease the risk associated with low neighborhood attachment and community disorganization on Vashon Island. (Minerva #11)

Objective 1.1: Increase community capacity to address alcohol, tobacco, and other drug issues on Vashon Island. (Minerva #12, #13)

CSAP Strategy: Community Based Process Minerva #15

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
<i>Program Name</i>	<i>Use legend on 1st page</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often? During which months?</i>	<i>Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?</i>	<i>Organization delivering program? Who from the Coalition is making sure this gets done?</i>	<i>What survey will you be using? Frequency?</i>
Minerva #3	#7	#4	#18, #19	#16, #21, #22, #23	N/A	#24, #25
VARSA Coalition	SABG	Work of the coalition to plan, implement, and evaluate the strategies associated with the Community Prevention and Wellness Initiative (CPWI) on Vashon Island, Fundraising and sustainability through partnerships with the community. Cultural competency and literacy working with diverse Island communities. Assess and evaluate strategies and activities.	<i>Monthly Coalition meetings (10 per year), admin (minimum of 10 per year), and workgroups (as needed); annual town hall/key leader event; Annual Community Survey</i>	Who & # reached: VARSA Coalition members and the community (minimum of 8 sector representatives) IOM: Universal - Direct	VARSA: CPWI Coalition Coordinator and VARSA Admin committee	Coalition Assessment Tool; yearly CPWI Community Survey; yearly
Training	SABG/PF S CO	Trainings for staff, coalition members, partners, and youth (CADCA, WA State Prevention Summit, Spring Youth Forum, Positive Community Norms, prevention strategies, cultural competence, etc.).	<i>ongoing</i>	VARSA Coalition Coordinator, coalition members, community members, youth (minimum of 6 participants) IOM: Universal – Direct	VARSA, CPWI Coalition Coordinator, admin team, partners	Coalition Assessment Tool; yearly CPWI Community Survey; yearly
VARSA	TBD	Increase capacity, outreach, and/or programming to the LGBTQ community; Increase prevention programming to focus population; recruitment to programs; increase LGBTQ families receiving prevention services.	September - June	Who & # reached: VARSA Coalition members, Vashon community IOM: Universal - Direct	VARSA, CPWI Coalition Coordinator, VARSA Admin Committee, LGBTQ coordinator	Coalition Assessment Tool; yearly CPWI Community Survey; yearly

Goal 2: *Decrease the risk associated with community laws and norms favorable towards drug use on Vashon Island.*

(Minerva #11)

Objective 2.1: *Decrease the social acceptance of alcohol, tobacco, and other drug use. (Minerva #12, #13)*

CSAP Strategy: *Information Dissemination Minerva #15*

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
<i>Program Name</i>	<i>Use legend on 1st page</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often? During which months?</i>	<i>Who is this service for? How many people reached? Is it Universal-Indirect, Universal-Direct, Selective, or Indicated?</i>	<i>Organization delivering program? Who from the Coalition is making sure this gets done?</i>	<i>What survey will you be using? Frequency?</i>
Minerva #3	#7	#4	#18, #19	#16, #21, #22, #23	N/A	#24, #25
VARSA Public Awareness	SABG	“You Can” and other social norms campaigns; various prevention messaging; films and community presentations; participation in ongoing county-wide youth prevention campaign; varsanetwork.org website; VARSA facebook page; newspaper ads/articles	Ongoing	Who & # reached: Vashon community (minimum of 100 households) (minimum of 2 ads and 1 social norms campaign) IOM: Universal - Indirect	VARSA, CPWI Coalition Coordinator and ad hoc workgroups	n/a n/a
Awareness: Prevention Messaging	SABG	Increase community awareness of coalition and decrease favorable attitudes by sending out postcards to school district families.	3 mailings of postcards; Winter and Spring 2021	Parents and students in VISD; (minimum of 750 households) IOM: Universal – Indirect	VARSA; CPWI Coalition Coordinator and staff; VISD	n/a n/a
Safe Homes	SABG	Social Media Marketing campaign on the importance of locking up substances (alcohol, marijuana, prescription and OTC medications).	Posters and social media marketing (2 campaigns – Spring and Fall); Informational booth at community events, parent education classes, and school functions (open houses, parent/teacher conferences) promoting the safe (locked up) storage of substances. Ongoing	Who & # reached: Vashon Community (minimum of 100 households) IOM: Universal - Indirect	VARSA; CPWI Coalition Coordinator, ad hoc workgroup	n/a n/a
Safe Homes: Secure Storage and	SABG	Increase community knowledge of secure storage and disposal of prescription and OTC medication through	One postcard mailing April 2021	Vashon Community (minimum of 4500 households) IOM: Universal – Indirect	VARSA CPWI Coalition Coordinator and staff	n/a n/a

Safe Disposal		postcards mailed to all households on Vashon, to coincide with April Drug Takeback Day				
Vaping Public Awareness	PFS CO	School and Community public awareness regarding the hazards of vaping "Take a DEEP BREATH"; two community presentations and yearlong campaigns at McMurray Middle School and Vashon High School.	Posters, Radio and Theatre PSAs, School morning PSAs	Vashon Community (minimum of 100 households); Vashon Island Schools (minimum of 1000 students) IOM: Universal - Indirect	VARSA; CPWI Coalition Coordinator; McMurray SFSS; VHS SFSS; VISD P/I	n/a

Objective 2.2: Reduce policies and social practices favorable toward ATOD use. (Minerva #12, #13)

CSAP Strategy 2.2: Environmental Minerva #15

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<i>Minerva #3</i>	<i>#7</i>	<i>#4</i>	<i>#18, #19</i>	<i>#16, #21, #22, #23</i>	<i>N/A</i>	<i>#24, #25</i>
Policy Issues	SABG	May include the following: Assess alcohol, marijuana, vaping and other drug laws and policies in unincorporated King County, Vashon Chamber of Commerce, and local retailers to reduce availability to youth, reduce advertising and promotion, limit access and locations of retail stores. Work with Vashon Island School District and local private schools to assess their policies on vaping and substance use on school properties. Work with principals, staff, and students to update board policies and student handbooks to reflect discipline and substance use cessation assistance.	Quarterly policy committee meeting and/or specific workgroup meeting	Who & # reached: Vashon Community and local business owners (minimum of 4) IOM: Universal - Indirect	VARSA; CPWI Coalition Coordinator, youth prevention club members, ad hoc workgroups	n/a n/a

Goal 3: *Decrease the risk associated with friends who engage in the problem behavior. (Minerva #11)*

Objective 3.1: *To increase and maintain resistance and refusal skills among youth on Vashon Island. (Minerva #12, #13)*

CSAP Strategy: *Education Minerva #15*

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<i>Minerva #3</i>	<i>#7</i>	<i>#4</i>	<i>#18, #19</i>	<i>#16, #21, #22, #23</i>	<i>N/A</i>	<i>#24, #25</i>
Project Success	Other	School-based prevention/intervention system for individual assessments and referral, and individual and group counseling.	September - June	Who & # reached: Approximately 40 referrals IOM: Indicated	PSESD P/I Specialist and Program Supervisor, VISD Superintendent, VHS and MMS Principals	GAIN-SS; Check Yourself Pre and Post
SPORT	SABG	SPORT – Prevention Plus Wellness program given to Vashon youth.	2 one-hour virtual lessons given to Vashon youth individually or in small groups; Winter 2021	A minimum of 8 Vashon youth IOM: Universal - Direct	VARSA; Coalition Coordinator; McMurray SFSS; McMurray staff	Refusal Skills [Y4i] Pre and Post

Goal 4: *Increase bonding (opportunity, skills, and recognition) within community, schools, peers, and families. (Minerva #11)*

Objective 4.1: *Increase and maintain opportunities, skills and recognition for prosocial involvement in the community, schools, peers and families. (Minerva #12, #13)*

CSAP Strategy 4.1: *Alternative Activity Minerva #15*

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<i>Minerva #3</i>	<i>#7</i>	<i>#4</i>	<i>#18, #19</i>	<i>#16, #21, #22, #23</i>	<i>N/A</i>	<i>#24, #25</i>
Positive Peer Networks	SABG	Youth-led prevention activities and positive opportunities for family-, school-, and community-based pro-social involvement on Vashon, such as VHS Red Ribbon Week, McMurray Middle School SOS Prevention Club, other youth prevention activities which may include a community mural.	Ongoing throughout the year.	Who & # reached: Minimum of 10 youth on prevention team IOM: Universal-Direct	VARSA, CPWI Coalition Coordinator, VARSA Student and Family Support Specialist; PSESD P/I, MMS and VHS prevention clubs,	Youth Participation – Opportunities for Prosocial Involvement [CO06] Pre and Post

Goal 5: Decrease the risk associated with family management problems. (Minerva #11)

Objective 5.1: Increase and maintain attitudes of family management practices (including monitoring, punishment, discipline, limit-setting, control, and managing anger. (Minerva #12, #13)

CSAP Strategy: Education Minerva #15

Name of Program	Funding Source	Brief Description	How	Who & IOM Category	Lead and Responsible Party(ies)	Surveys
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<i>Minerva #3</i>	<i>#7</i>	<i>#4</i>	<i>#18, #19</i>	<i>#16, #21, #22, #23</i>	<i>N/A</i>	<i>#24, #25</i>
Incredible Years	SABG	Prevention education program for parents of school-age children (6-12 years), focusing on strengthening parent-child communication, discipline, and social-emotional development.	1 series of 12 sessions; February - May	Who & # reached: Parents within the Vashon community (minimum of 6 unduplicated participants) IOM: Universal - Direct	VARSA, CPWI Coalition Coordinator, Incredible Years Instructor	Managing and Monitoring for Parents [APMF02] Pre and Post
Guiding Good Choices	SABG	Drug use prevention program providing parents of youth ages 9-14 knowledge and skills to strengthen and clarify family expectations for behavior, promote family bonding, and manage family conflict.	Minimum of 1 series of 5 sessions delivered to English-speaking families, January – March 2021; Additionally, some participants may individually register with Neighborhood House to take Spanish series.	Who & # reached: Parents within the Vashon community (minimum of 4 unduplicated participants) IOM: Universal - Direct	VARSA, CPWI Coalition Coordinator, GGC Instructor	Managing and Monitoring for Parents. English [APMF02] Spanish [APMF02s] Pre and Post