

Community Health Improvement Plan

Year 1 = Jan-Dec 2021

Strategies and action steps being emphasized in Year 1 are highlighted in yellow (Year 1 time line section has been completed for these strategies.) Elements for which the plan is still coming into focus are highlighted in blue

| Year One Action Plan | | | | | | |
|---|--|--|------------------|---------------------------|----|----|
| PRIORITY AREA 1: Age at First Use of Addictive Substances | | | | | | |
| Goal 1: Delay the age at first use of addictive substances for all students, with a particular focus on those disproportionately affected, including LGBTQ youth, youth of color, youth from families with low incomes, and DCF involved youth. | | | | | | |
| Objective 1.1: By 2023, increase by 10% the percentage of youth in Franklin County and North Quabbin who accurately understand the potential risk of harm from youth drug and alcohol use. | | | | | | |
| Outcome Indicators | | Baseline | 2020 Target | Data Source | | |
| Decrease the percentage of 8 th grade students in Franklin County and the North Quabbin who have the risk factor <i>Lack of perceived risk of harm from drug use.</i> | | 2018 Teen Health Survey | 10% reduction | Teen Health Survey (PNAS) | | |
| Different outcome indicator needed for Strategy 1.1.4? (harm reduction education) | | | | | | |
| Strategy 1.1.1: Promote adoption and implementation of LifeSkills curriculum in Franklin County and North Quabbin middle schools (a curriculum for middle school students focused on building social and emotional skills, that has been shown to decrease substance use, especially among students at highest risk). | | | | | | |
| Action Steps | Organizations(s) Responsible <small>L=Lead, M=Manage, I=Implement</small> | Outcome (Products) or Results | Year 1 Time Line | | | |
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Train all new staff | CTC/PFY, BSAS | All new staff trained | | | | |
| b. Survey implementation plans | CTC/PFY | All districts complete survey of plans | | | | |
| c. Teach curriculum | Schools (MS Health Teachers) | >80% of MS students complete program | | | | |
| d. Collect, analyze & disseminate evaluation data | CTC/PFY | Reports from pre-post-tests provided back to schools | | | | |
| Strategy 1.1.2: Work on integrating SBIRT tool more fully into clinical settings with youth, and combine with trans-friendly provider training, and/or anti-racism training. (Screening, Brief Intervention, and Referral to Treatment – a screening tool for identifying and addressing early and/or problematic substance use; currently required in school settings.) | | | | | | |
| Action Steps | Organizations(s) Responsible <small>L=Lead, M=Manage, I=Implement</small> | Outcome (Products) or Results | Year 1 Time Line | | | |
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Assess where SBIRT currently exists in clinical settings. | PFY | Inventory of sites | | | | |

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| | | | | | | |
|---|----------------------------|--|--|--|--|--|
| b. Assess barriers and readiness for implementation in clinical settings where SBIRT doesn't exist. | PfY, ?Community Action YAP | Assessment; priorities identified | | | | |
| c. Gather necessary resources for addressing barriers, including training opportunities. | PfY | Action steps and scope of activity defined | | | | |
| d. Provide training and support to more fully integrate SBIRT in clinical settings with youth. | PfY | SBIRT used in # or % more settings | | | | |

Strategy 1.1.3: Support and promote *Youth-Led Substance Use Prevention Campaigns* (such as the Above the Influence Campaign, or The 84 Campaign), including tobacco/vaping compliance checks and advertising enforcement.

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|---|--|-------------------------------|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Assess what youth-led substance use prevention initiatives are currently underway in region and what their plans are for year. | PfY, CAYP, 4SC, NQCC (Youth Leadership Initiative CAYP, Youth for Change 4SC, NQCC YAC, school groups) | | | | | |
| b. Assess whether Above the Influence or 84 Campaign or tobacco laws enforcement could be good fit. | tbd | | | | | |
| c. Organize training for youth in these approaches. | tbd | | | | | |
| d. Implement programs | tbd | | | | | |
| e. Evaluate effectiveness | | | | | | |

Strategy 1.1.4: Pilot *Safety First curriculum* (a harm-reduction based drug education curriculum from the Drug Policy Alliance) in a community setting.

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|---|---|--|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Secure funding and partners. | Jena Duncan and Micah Katz-Zeiger (CAYP), Illaria Dana (Tapestry), funder is YAEC (Taylor McAndrew) | Funding sufficient for pilot obtained, who will play roles needed for pilot is settled | x | | | |
| b. Assess curriculum, decide on parameters/goals for pilot | Micah Katz-Zeiger (CAYP), Illaria Dana (Tapestry) and others | Sites & schedule, lesson plans, evaluation plan | | X | | |

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| | | | | | | |
|--|--|--|--|--|---|---|
| c. Implement pilot program | Micah Katz-Zeiger (CAYP), Illaria Dana (Tapestry) and others | ## youth participate in summer 2021 program and evaluation | | | x | |
| d. Evaluate program effectiveness | UMass collab | Report/reflection | | | | x |
| e. Share results and learnings | CHIP | Presentation to CHIP Network | | | | X |

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Objective 1.2: By 2023, increase by 10% the percentage of youth in our region who get a clear message from their parents that their parents don't want them to use drugs and alcohol.

| Outcome Indicators | Baseline | 2020 Target | Data Source |
|---|-------------------------|---------------|---------------------------|
| Decrease the percentage of 8 th grade students in Franklin County and the North Quabbin who have the risk factor <i>Parental attitudes that don't discourage drug and alcohol use.</i> | 2018 Teen Health Survey | 10% reduction | Teen Health Survey (PNAS) |

Strategy 1.2.1: Promote and support Peer-Led Parent Outreach (PEER Community Ambassadors is a new collaboration between numerous family-serving agencies that provides peer-led parent outreach; PEER stands for Parent Engagement, Enrichment, and Resources).

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|--|---|--|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Search for additional funding | CTC/PFY | Additional funding secured. | | | | |
| b. Enlist additional Host Sites | CTC/PFY | Contracts signed. | | | | |
| c. Recruit & train additional PEER Ambassadors | PEER Ambassadors, Host Sites (The Recover Project, Salasin Center, CA Family Center, NQ Recovery Center, Center for New Americans, CTC/PFY, the Brick House, VOC, MCSM, United Arc, Housing, Schools), CTC Community Engagement Coordinator | PEER Ambassadors recruited. Complete self-directed training module. | | | | |
| d. Provide community outreach | PEER Ambassadors with assistance from Host Site Supervisors and PFY Community Outreach Coordinator | Virtual and in-person outreach provided to xx parents, with messaging and resources. | | | | |

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Objective 1.3: By 2023, increase by 10% the number of youth in our region who feel that they have warm, strong, and supportive families.

| Outcome Indicators | Baseline | 2020 Target | Data Source |
|---|-------------------------|---------------|---------------------------|
| Decrease the percentage of 8 th grade students in Franklin County and the North Quabbin who have the risk factor <i>Family management problems</i> . | 2018 Teen Health Survey | 10% reduction | Teen Health Survey (PNAS) |
| Increase the percentage of 8 th grade students in Franklin County and the North Quabbin who have the protective factor <i>Family attachment</i> . | 2018 Teen Health Survey | 10% increase | Teen Health Survey (PNAS) |

Strategy 1.3.1: Promote and support outreach and recruiting for evidence-based parent education programs, including *Strengthening Families, Nurturing Families, Parenting Journey*, etc.

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|---|--|---|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Identify and track all existing evidence-based parent education programs | CTC/PFY, PEER Ambassadors | Updated list of programs and enrollment numbers. | | | | |
| b. Identify barriers for parents to participate in evidence-based parent education programs | The Recover Project, Salasin Center, CA Family Center, NQ Recovery Center, Center for New Americans, CTC/PFY, the Brick House, VOC, MCSM, United Arc, Housing, Schools | Recommendations provided. | | | | |
| c. Gather necessary resources for overcoming barriers. | CTC Parent Education Workgroup | To be determined based on barriers. | | | | |
| d. Recruit additional parent participants | PEER Ambassadors, Coalition Connections Newsletter, VOC Parent Leaders | Enrollment in evidence-based parent-education programs increases. | | | | |

Strategy 1.3.2: Link court-involved & diversion youth with youth programs, and link court-involved parents with community programs/resources.

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| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|--|--|----------------------------------|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Assess the level of linkage and coordination already in place | [?? LEAD], with Juvenile Court, Family Drug Court, Court Clinic, youth programs, family programs, CRA work | | | | | |
| b. Assess barriers to and readiness for additional linkage and coordination | tbd | | | | | |
| c. Select specific barriers and linkages to focus on first, gather necessary resources and collaborators to make an implement action plan. | tbd | | | | | |

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Objective 1.4: By 2023, decrease by 10% the number of youth who are experiencing symptoms of depression and anxiety.

| Outcome Indicators | Baseline | 2020 Target | Data Source |
|--|-------------------------|---------------|---------------------------|
| Decrease the percentage of 8 th grade students in Franklin County and the North Quabbin who have the risk factor <i>Symptoms of depression</i> | 2018 Teen Health Survey | 10% reduction | Teen Health Survey (PNAS) |
| Decrease % the percentage of 8 th grade students in Franklin County and the North Quabbin who report <i>Symptoms of anxiety</i> . | 2019 Teen Health Survey | 10% reduction | Teen Health Survey (YRBS) |
| Additional outcome indicators that will help us measure short-term progress and changes related to youth and adults whose experiences may not be captured by THS | | | |

Strategy 1.4.1: Promote and support successful mentoring programs for youth.

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|--|---|---|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Identify successful mentoring programs in the region | Co-chairs & Audley | Clarity about definition of “mentoring” and “successful”. Local programs IDed | x | x | | |
| b. Use program goals to develop a list of activities to promote/support based on program goals | Audley, BBBSFC, etc | Plan for support based on list/goals | | | x | x |
| c. Begin tracking actions taken and results | Audley, BBBSFC, etc | | | | | x |

Strategy 1.4.2: Promote and support successful Anti-Racism Work and Peer Support Programs such as *Gen Q, Stand-Up, Shout Out, CTC Advancing Racial Justice in Schools project, etc.*

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|---|---|--|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Identify successful anti-racism programs and peer support programs in the region | School-based – CTC & Audley Community-based – CAYP, CTC & Audley | Clarity about definition of “successful,” “anti-racism programs”, and “peer support programs”. Local programs IDed | | x | x | |

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| | | | | | | |
|--|--------------|--------------------------------------|--|--|---|---|
| b. Use program goals to develop a list of activities that promote/support based on program goals | Audley & tbd | Plan for support based on list/goals | | | x | x |
| c. Begin tracking actions taken and results | Audley & tbd | | | | | X |

Strategy 1.4.3: Promote and support Peer-Led Parent Outreach around Supporting Youth Mental Health and Family Connectedness (see PEER Ambassadors, Coalition Connections Newsletter, BBBS).

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|---|---|--|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Secure additional funding. | CTC/PFY | Funding secured. | x | | | |
| b. Enlist additional Host Sites. | CTC/PFY | Contracts signed. | | x | | |
| c. Recruit additional PEER Ambassadors. | PEER Ambassadors, Host Sites (The Recover Project, Salasin Center, CA Family Center, NQ Recovery Center, Center for New Americans, CTC/PFY, the Brick House, VOC, MCSM, United Arc, Housing, Schools), CTC Community Engagement Coordinator | PEER Ambassadors recruited. Complete self-directed training module. | | x | | |
| d. Invite PEER Ambassadors to help assess curriculum/programs the Anxiety and Depression workgroup is reviewing | Co-chairs of both workgroups; PFY Comm Engagement Coordinator, Audley | Decision about which programs to move forward with (A&D) | | X | x | |
| e. Provide community outreach. | PEER Ambassadors with assistance from Host Site Supervisors and PFY Community Outreach Coordinator | Virtual and in-person outreach provided to xx parents, with messaging and resources. | | | x | x |

Strategy 1.4.4: Promote and support PreVenture (an evidence-based program where counselors teach skills from Cognitive Behavioral Therapy to youth who are at high risk of substance use).

| Action Steps | Organizations(s) Responsible L=Lead, M=Manage, I=Implement | Outcome (Products) or Results | Year 1 Time Line | | | |
|------------------------------------|---|---------------------------------|------------------|----|----|----|
| | | | Q1 | Q2 | Q3 | Q4 |
| a. Confirm schools' participation. | PFY Staff | At least 4 districts sign MOUs. | | x | | |

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| | | | | | | |
|---|--|--|--|---|---|---|
| b. Organize training for counselors. | PFY Staff | Counselors from all districts and CSO trained. | | x | | |
| c. Create implementation plan. | School counselors, administrators, with PFY assistance | Participating schools complete survey of implementation plans. | | | ? | ? |
| d. Implement program with students. | School counselors, administrators, with CSO clinical oversight | At least 80% of students screened. At least 100 students participate in program. | | | ? | ? |
| e. Evaluate program fidelity and effectiveness. | PFY staff and CSO clinical supervisors | Pre-and post-tests completed and analyzed. | | | ? | ? |