

Wyoming's Strategic Prevention Framework State Incentive Grant

Community Strategic Planning Workbook

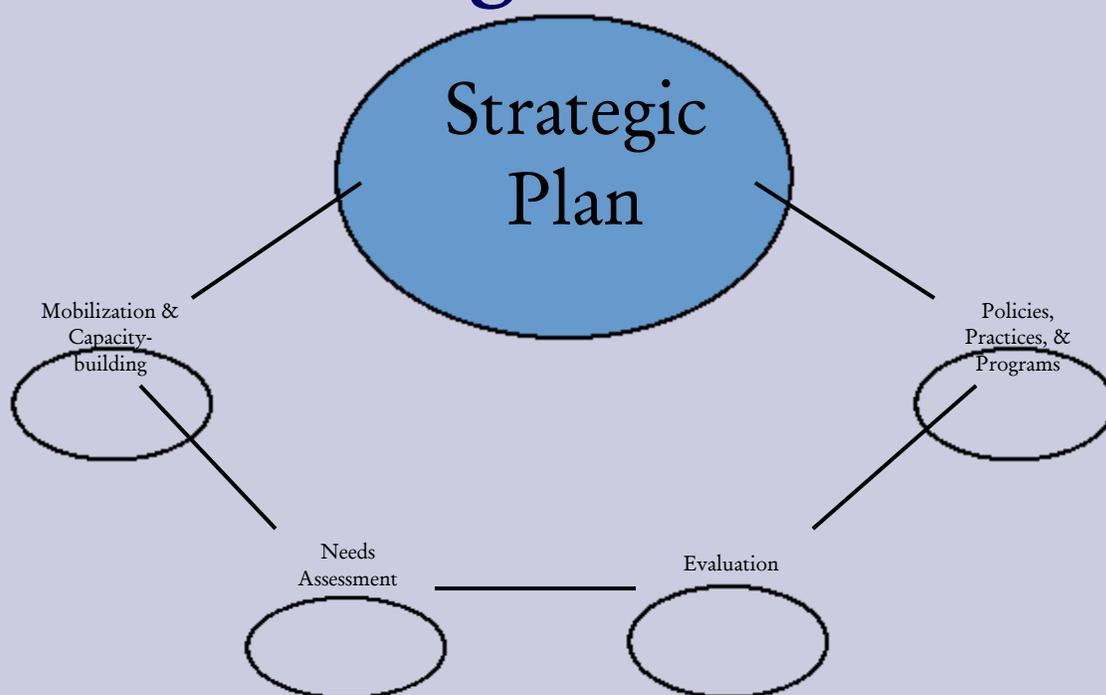


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Contacts for Questions or Help

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Workbook is Also Available Online: <http://spfsig.preved.org/news.php>

Strategic Planning Contributors

List the names of people in your community, the organizations they represent, and the contributions they made to the development of the strategic plan in Table 1 below.

Table 1. Strategic Planning Contributors

Name	Organization	Contribution
Lawrence Perea	Laramie Police Dept.	Strategic Planning Sub-Committee, Community Presentations
Jim Kyritsis	Laramie Police Dept.	Strategic Planning Sub-Committee
Laura Tangeman	Laramie Parks and Recreation	Strategic Planning Sub-Committee
Matt Stroot	Laramie Fire Department	Strategic Planning Sub-Committee, Community Presentations
Lois Pine	Coalition Member, University of Wyoming School of Nursing	Strategic Planning Sub-Committee
Mitch Cushman	Laramie Police Dept.	Strategic Planning Sub-Committee
Erica Rich	Laramie Police Dept.	Strategic Planning Sub-Committee, Community Presentations
Tracy Young	Coalition to Prevent Substance Abuse Coordinator	Strategic Planning Sub-Committee Chair, Facilitator, Community Presentations
Brenda Cannon	Coalition to Prevent Substance Abuse	Strategic Planning Sub-Committee, Community Presentations

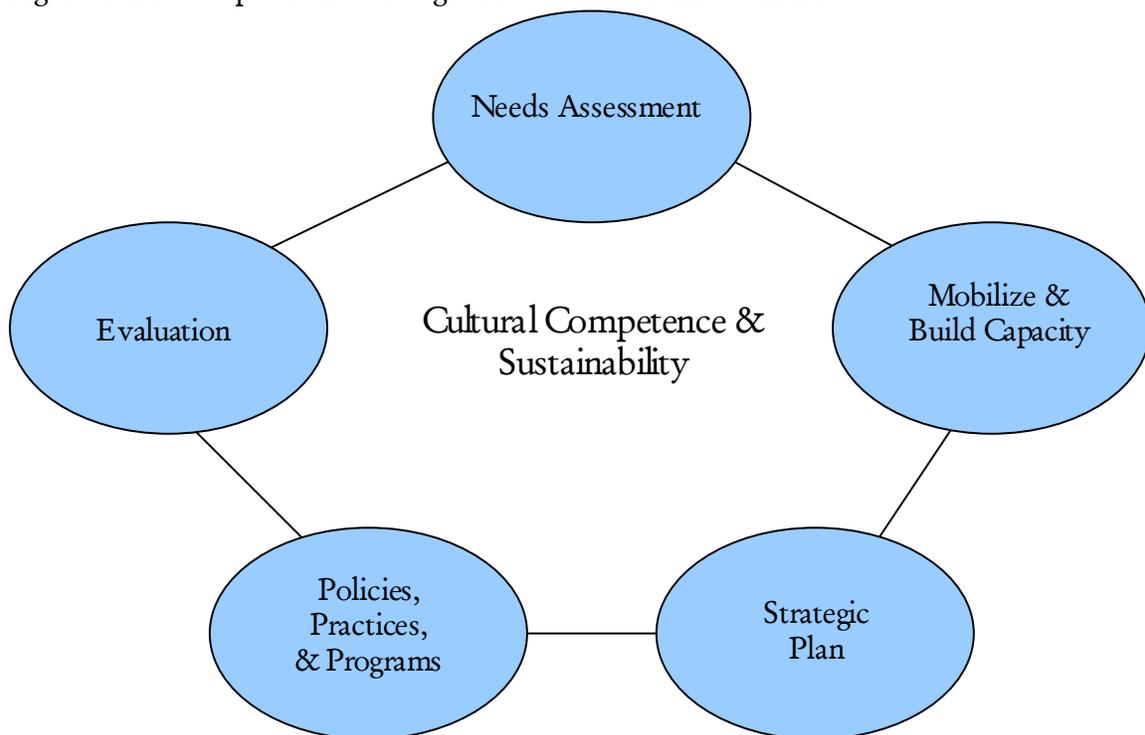
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Introduction

Wyoming received the Strategic Prevention Framework State Incentive Grant (Prevention Framework) from the Federal Substance Abuse Mental Health Services Administration (SAMSHA) on September 30, 2004, along with 20 other states and territories.

The purpose of the project is to implement the five components of the SPF planning model at both state and community levels in Wyoming. The following diagram details this process (Center for Substance Abuse Prevention, 2005).

Figure 1. Five Steps of the Strategic Prevention Framework Process

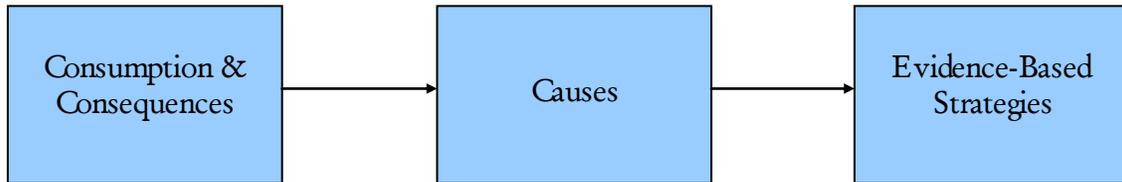


At the state level, Wyoming has completed the needs assessment and funding allocation plan. Mobilization and capacity building take place throughout the project. Wyoming's needs assessment identified the targeted problem as the misuse of alcohol and its consequences, and Wyoming's allocation strategy funds all 23 counties and the Wind River Reservation as Prevention Framework (PF) community grantees.

Outcome-Based Prevention

The foundation of the PF process is the outcome-based prevention model (Lowther & Birckmayer, 2006).

Figure 2. PF Needs Assessment Logic Model



In this model a community details its substance-related consumption and consequence data, researches the causal areas that may impact these problems, and chooses evidence-based policies, practices, and programs to address the identified causal areas.

Purpose

The purpose of this workbook is to help PF funded communities go through the outcome-based prevention model. The current task is to develop a strategic plan. This means that grantees, and the community partnerships, must successfully select and implement evidence-based interventions. This workbook lays out the organizational structure of the Strategic Plan that is to be developed by each community. To be effective, you should not complete this workbook alone. Instead, you and your Community Advisory Council (CAC) should work together to complete this task.

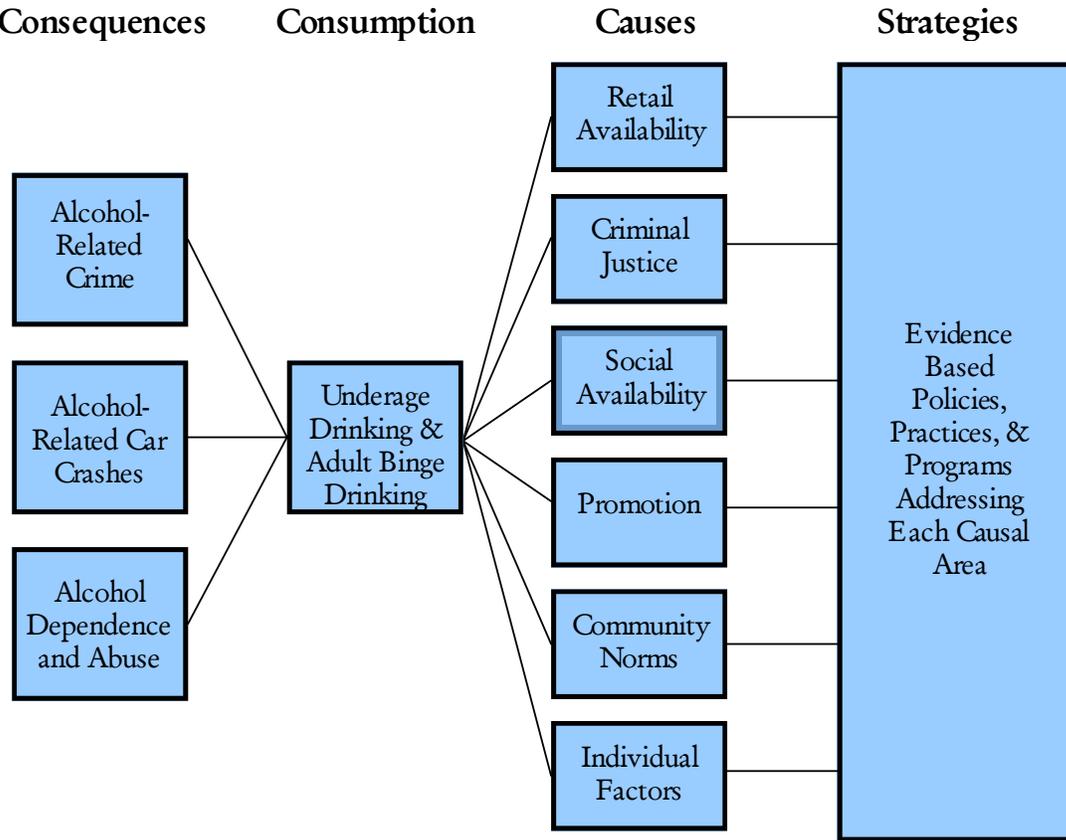
Keep in mind that Wyoming has already identified the targeted need for this project—the misuse of alcohol.

“Misuse of alcohol” means that:

1. The primary target for the PF is underage drinking, and adult binge drinking. Underage drinking refers to any use of alcohol by anyone under the age of 21, while adult binge drinking refers to those 18 years and older who have five or more drinks on any one occasion.
2. The secondary target for the PF is the most significant consequences of the misuse of alcohol in Wyoming: alcohol-related crime, alcohol-related motor vehicle crashes, and alcohol dependence and abuse.

Workbook Organization

Figure 3. Outcome-Based Prevention Model



Developing a comprehensive strategic plan at the community level requires a vision for organizing specific prevention programs, policies, and practices to address substance abuse problems locally. A well-developed strategic plan will increase the likeliness of a strategy being implemented effectively.

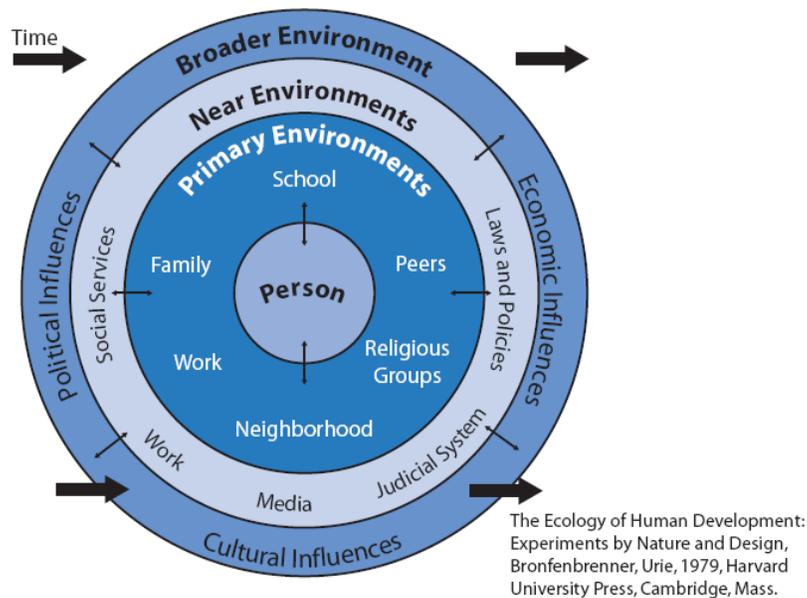
The deadline for submitting your Community Strategic Plan is August 31, 2007. Two copies of the Community Strategic Plan should be submitted, one by mail and one electronically to:

Lisa Laake, MPH, CHES
Wyoming Mental Health and Substance Abuse Services Division
6101 Yellowstone Road, Suite 220
Cheyenne, WY 82002
llaake@state.wy.us
(307) 777-3352

Human Environmental Framework

Figure 4 illustrates the Human Environmental Framework, which shows that interventions can start in many different areas and will affect more than one environment. Strategies that focus on multiple factors and conditions will contribute to a more comprehensive prevention plan.

Figure 4. Human Environmental Framework



This figure depicts social environments or spheres of influence in concentric circles that flare outward, moving progressively away from direct influence on the individual toward increasingly indirect influence, and advancing over time. A comprehensive intervention plan should identify a mix or layering of interventions that target salient risk and protective factors in multiple contexts across the life span.

Evidence-based Prevention

States are required to follow certain guidelines in the policies, practices, and programs it selects in the Prevention Framework project. Every strategy implemented by the Prevention Framework must be evidence-based. This means that 100% of all strategies must be evidence-based.

Under the Prevention Framework project, evidence-based is defined as follows:

1. Inclusion in a Federal List or Registry of evidence-based interventions;
2. Being reported (with positive effects) in a peer-reviewed journal; OR
3. Documentation of effectiveness based on the following three guidelines:
 - The intervention is based on solid theory or theoretical perspective that has been validated by research;
 - The intervention is supported by a documented body of knowledge – a converging of empirical evidence of effectiveness – generated from similar or related interventions that indicate effectiveness; AND
 - The intervention is judged by a consensus among informed experts to be effective based on a combination of theory, research and practice experience. “Informed experts” may include key community prevention leaders, and elders or respected leaders within indigenous cultures.

Finding Strategies

The following is list of websites that may be used to find evidence-based strategies. This is not an all-inclusive list and may also include strategies that would not be relevant for your community:

- National Registry of Evidence-based Programs and Practices:
<http://www.nrepp.samhsa.gov/>
- Office of Juvenile Justice and Delinquency Prevention:
http://www.dsgonline.com/mpg2.5/mpg_index.htm
- CSAP’s Centers for the Application of Prevention Technologies (CASAT):
<http://casat.unr.edu/bestpractices/search.php>
- Alcohol Policy Information System:
<http://www.alcoholpolicy.niaaa.nih.gov/index.asp?SEC={B4296FE1-6F35-4175-B85D-17D5A53EE062}&Type=NONE>
- Leadership to Keep Children Alcohol Free:
<http://www.alcoholfreechildren.org/en/prevention/pubs.cfm>
- National Highway Traffic Safety Administration (NHTSA):
<http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.3d62007aac5298598fcb>

Every participant has received a CD containing research articles and other publications that may be useful in developing your strategic plan.

Evidence-based Environmental Strategies

The following is a list of just a few of the evidence-based environmental strategies:

- Responsible beverage service
- Alcohol compliance checks
- Happy hour restrictions
- Reducing alcohol outlet density
- Limiting hours/days of retail sales
- Sobriety and traffic safety checkpoints
- Graduated drivers' license laws
- Social host laws
- Keg registration
- Restricting alcohol sales at public events
- Increasing taxes on sales of alcohol
- Dram shop liability

Choosing the Right Strategy for your Community

There are many factors to consider prior to choosing your strategies. Not all strategies will be effective in all communities.

All strategies must be based on data collected around each of the causal areas during your Needs Assessment. Please review your Needs Assessment Workbook.

One factor to consider is whether or not there is community support for the strategy. If the community does not support the strategy, it is unlikely that the strategy would bring about positive change if implemented.

It is also important to look at what laws are already in place and what laws may prevent certain strategies from being implemented. For example, sobriety checkpoints, shown to be evidence-based, are unlawful in Wyoming (Statute 7-17-101). For this reason, it would not make sense for a community to focus on this strategy.

Another factor to consider is which strategies show the greatest likelihood of showing positive results. There are many great strategies out there, but it is important to look at what the effect would be on the community as a whole.

Logic Model

Logic Model

The Centers for Disease Control and Prevention defines logic model as “a systematic and visual way to present the perceived relationships among the resources you have to operate the program, the activities you plan to do, and the changes or results you hope to achieve” (www.cdc.gov/tobacco/evaluation_manual/glossary.html).

The logic model found on page 11 should be completed by all communities as part of the Strategic Plan. It is important that you work with your coalition when developing this logic model. All communities will have an opportunity to practice developing a logic model.

Community Logic Model

<p>What are the consequence and consumption areas you are going to focus on (from Needs Assessment)? Include your goals and objectives.</p>	<p>What are the causal areas you are going to focus on (review your answer to Question 40 from the Needs Assessment)?</p>	<p>What evidence-based strategies are you going to use for each causal area?</p>	<p>What activities are going to take place in Year 1 (October 2007 – September 2008)?</p>	<p>What activities are going to take place in Year 2 (October 2008 – September 2009)?</p>	<p>What are you going to do to evaluate your strategies?</p>
<p>Underage Consumption and Binge Drinking</p> <p>Adult Binge Drinking</p> <p>Misuse of Alcohol</p>	<p>Community Norms</p> <p>Social Availability</p> <p>Promotion</p>	<p>Community Trials Intervention to Reduce High Risk Drinking</p>	<ol style="list-style-type: none"> 1. Community Awareness 2. Responsible Beverage Service Training (TIPS) 3. Preventing underage alcohol access 4. Enforcement 5. Community Mobilization 6. Social Norms Campaign 	<p>Sustain efforts and accomplishments from Year 1</p>	<p>The coalition agrees to work closely with WYSAC in developing evaluation methods for our county.</p>

Organization of Strategic Plan

Form 1: Cover Sheet

(Please place this as the top page for your application)

County: Albany

Name and title of primary contact: Tracy Young
7073

Phone: (307)760-

Email (required): tyoung@peakwellnesscenter.org
3047

Fax: (307)742-

Mailing Address: 2523 Garfield Street, Suite D City: Laramie

Zip: 82070

Shipping Address (if different):

Total Funding Request for First Year Implementation: \$121,415

Name, organization, address, phone, fax, email & tax identification number for the
Lead Agency authorized to sign contracts.

Vicki Martin, M.A.
Albany County Resource Center
2523 Garfield Street, Suite D
Laramie, Wyoming 82070
(307)742-6293
Martinv25@gmail.com
Tax ID #: 48-1306371

Certification: I certify to the best of my knowledge that the information contained in
this community strategic plan is correct. I certify that the Community Advisory
Council and/or Coalition was involved in the development of this community
strategic plan. I have been authorized by the agency's governing body to assist with
the development of this Strategic Plan.

Signature of Primary Contact

Date

Signature of Fiscal Agent

Date

Form 2: Geographic Setting/Community Characteristics

Limit 2 pages

Describe the geographic setting of the community.

- What are the geographic boundaries?
- What are the socio-economic issues relevant to the community?
- What are the characteristics of the community?
- Describe the target population you will be focusing on.

Located in southeast Wyoming, Laramie sits at the base of the Snowy Range. Laramie is the county seat of Albany County, Wyoming, and contains 85% of the county's population. Albany County has a total area of 4309 square miles. Laramie is located 56 miles west of Cheyenne, the capital of Wyoming. The elevation of Laramie is 7,162 feet. The City of Laramie sits on Interstate-80, the only bi-coastal interstate in the United States.

The population of Albany County is estimated to be 30,360. Laramie is a transportation and commercial hub for a timber-producing and ranching area. Tourism also contributes to its economy. It is the home of the University of Wyoming Cowboys with approximately 10,000 on-campus students and the home to WyoTech with a student population of approximately 2,000 students. Albany County continues to struggle with a low resource base and a high percentage of needy citizens. Albany County spends the least per person for county government (\$215/person) of any county in the state. Counties with similar sized populations to Albany County spend from \$460 to \$1,106 per citizen (*The Cost of Maintaining County Government in Wyoming 7/1/00-6/30/01, Wyoming Dept. of Audit*). 25.7% of the students enrolled in Albany County School District #1 are eligible for free and/or reduced lunch. Wyoming has the highest percentage of working poor families in the U.S. at 94%. Albany County's percentage of children living in poverty (18.2%) is above the state's average of 15.7%. (*WY Kids Count in Wyoming Fact book, 2001, Wyoming Children's Action Alliance, Annie E. Casey Foundation*).

The primary focus of the Prevention Framework grant is underage drinking and binge drinking. This program targets people who are old enough to understand the public health effects of the misuse of alcohol. An environmental, community-based intervention, this program can reach and impact all ages. These ages include early adolescents (12-14), teenagers (15-17), young adult (18-24), and adults (25-54).

Form 3: Coalition Involvement
Limit 2 pages

Describe the coalition and its involvement in the implementation of the strategies.

- What are the coalition's vision and mission statements?
- What is the history and makeup of the coalition?

The mission of The Coalition to Prevent Substance Abuse is to create a community that encourages children, adolescents and adults to make healthy choices by changing the social norms regarding substance abuse. The Coalition to Prevent Substance Abuse (CoPSA) is the coalition in Laramie that is working on substance abuse issues in Albany County. This is the community coalition that is at the heart of the community.

CoPSA was created five years ago when the first State Incentive Grant was awarded to Albany County. At that time a comprehensive needs assessment was done; that needs assessment was the foundation for CoPSA. The mission of the Coalition was established then and continues to be the mission today. Since that time CoPSA has been awarded 21st Century State Incentive Grant (cohorts 1, 2 and 3) and Drug Free Communities. CoPSA has done some very impressive work in the last five years. One of the coalitions programs is called Communities Mobilizing for Change around Alcohol. This is a best practice program under SAMSHA.

“Communities Mobilizing for Change” (CMCA) is a community organizing effort designed to change policies and practices of major community institutions in ways that reduce access to alcohol by teenagers as well as to change the social norms around alcohol within the community. The intervention approach involves activating the citizenry of communities to achieve changes in local public policies and changes in the practices of major community institutions, such as law enforcement, licensing departments, community events, civic groups, churches and synagogues, schools, and local media. The object is to reduce the flow of alcohol to youth from illegal sales by retail establishments and from provision of alcohol to youth by other adults in the community. Within CMCA, CoPSA has done some phenomenal work. They have had success with ordinances (point system for renewal of liquor licenses, mandatory server training and an updated open container law), local media coverage, and now important partnerships within the community. CoPSA is made up of prevention specialists, University of Wyoming professionals, police personnel, fire department personnel, teachers, principals, administrators, the faith based community, and staff from other agencies around Laramie.

Form 4: Consequence & Consumption Areas

Limit 2 pages

Describe the alcohol-related consequence and consumption areas your community will be focusing on. Refer to Questions 5 and 9 from the Needs Assessment Workbook.

- Consequence areas could include alcohol-related crime, alcohol-related car crashes, and/or alcohol dependence and abuse.
- Consumption areas could include underage drinking or adult binge drinking.

In Albany County, the consequences of the misuse of alcohol are made obvious with the fact that 75.4% of all arrests made were alcohol-related and that 96% of all traffic crashes were alcohol-related as well. These statistics are staggering and are both above the rest of the state. Alcohol is the drug of choice in Albany County, accounting for 75% of all arrests involving a drug of some sort.

Property crashes in Albany County are also a concern; the county is similar to the rest of the state in terms of alcohol-related car crashes, however, this remains a concern as well.

Overall, alcohol-related crimes are of the greatest concern in Albany County.

Underage drinking appears to be a major problem in Albany County beginning between 8th and 10th grade. The statistics show that the county is similar to the rest of the state during 6th and 8th grades, however, 10th and 12th graders are drinking at a heavier and more frequent rate than the rest of the state.

Adult binge drinking is the highest in the state at 23.0%, and adult heavy drinking is at 8.7%, which is 2nd in the state.

Adult binge drinking and underage drinking are all major concerns for this county. The above statistics show the magnitude of these problems.

Form 5: Intervening Variables/Causal Areas

Limit 2 pages

Describe the intervening variables/causal areas of substance use in the community.

- How did you respond to Question 40 in the Needs Assessment Workbook?
- Why are you focusing on these areas? Justify your reason.

The casual areas that have been found within our community are:

1. Community Norms
2. Social Availability
3. Promotion

Below each casual area is described in relationship to the Laramie community; justification is given as to why each area has been chosen as a focus area.

The community norms surrounding the use and misuse of alcohol contribute greatly to issues surrounding misuse. The factors related to community norms have created a culture in which alcohol is socially acceptable and normalized within Albany County. Events are centered around alcohol and as a result the behaviors that are present has become normalized. Because of this mindset, alcohol is often misused as a social agent.

Albany County youth are exposed to alcohol use and misuse at a higher rate than kids in the rest of the state. 44.6% of our kids ages 6th through 12th grade attended gatherings that have large amounts of alcohol and 69.23% of our gatherings are centered around alcohol. This is cause for concern in our fight against underage drinking. Our kids learn from an early age that being social and being drunk go hand in hand. Social availability contributes to a great deal of the issues surrounding misuse.

Promotional efforts influence young adults in Albany County a great deal. Advertising targets the college-age population through promotions in the college news publication (Branding Iron.) College-age individuals make up a large portion of the county's population. These individuals also have a large influence on the youth in the community. The atmosphere of Laramie, as a "college town" gives liquor license holders the opportunity for profit; advertising increases this profit. Young people and college-age individuals are aware of where to find the drink specials of the week in the local papers and take advantage of as many specials as they can; this leads to over-consumption.

Form 6: Community Resources
Limit 2 pages

Describe the current community resources available to address the targeted substance use issues in the community.

- What were the results of the Community Resource Assessment (Table 51 from the Needs Assessment Workbook)?

Current Resources and Strategies Focusing upon the Misuse of Alcohol by Causal Area

Causal Area	Strategies	Resources
Retail Availability	Compliance Checks Policy Change	1. EUDL dollars (LPD) 2. Drug-Free Communities grant money (CoPSA)
Criminal Justice	Court Watch, Enforcement	CoPSA Coordinator, Laramie Police Department
Social Availability	Policy Change	Drug-Free Communities (CoPSA)
Promotion	Monitor Ads and Signage in the Community (newspaper advertising, billboards, etc.)	CoPSA coordinator, assistant coordinator, CoPSA members
Community Norms	Policy Change	Drug-Free Communities (CoPSA)
Individual Factors	After School Programming, Laramie Choice, Big Brothers Big Sisters	21 CCLC grant money (CoPSA and Albany County School District #1)

Form 7: Strategies

No page limit

Describe the community-based strategies to be used to address the targeted substance use issues in the community.

- How are the selected strategies appropriate? Justify your selection.
- How will the selected strategies address the consequences, consumption, and intervening variables identified?
- How are the strategies evidence-based? Provide verification that they are indeed evidence-based.

The Coalition to Prevent Substance Abuse (CoPSA) will be using the Community Trials Intervention to Reduce High-Risk Drinking as a strategy to target the substance abuse issues present in our community.

The Community Trials Intervention to Reduce High-Risk Drinking strategy was selected because of its broad focus on drinking and driving, underage drinking, and binge drinking. Underage consumption and adult binge drinking are two primary concerns within our community, and they are the target issues within the Prevention Framework Grant. The environmental strategies that this program includes are: 1) community awareness, 2) responsible beverage service, 3) preventing underage drinking, 4) enforcement, and 5) community mobilization. These strategies fit into our community and will aid the coalition in our continued efforts related to our casual areas (community norms, social availability, and promotion).

This program/strategy addresses the alcohol-related consequences and consumption areas directly. Responsible beverage service training (TIPS) acts as an agent to increase responsible service in establishments, which will result in less over-consumption and alcohol-related accidents and crimes. Enforcement is also a key factor within this strategy that will have a direct effect on the impact that alcohol misuse has on the community. Increasing community awareness will create a change in norms and social availability of alcohol within this community; increasing awareness and involvement within the community is a primary agent for change within this program. Effective use of the media to counter the promotion of drink specials, etc. will also be addressed within this program.

The program/strategy Community Trials Intervention to Reduce High-Risk Drinking is evidence based. It has been recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) and by the U.S. Department of Health and Human Services as a model program.

Form 8: Community Readiness & Experience

Limit 2 pages

Describe the community's readiness to address the identified issue(s) and strategies.

- How has the community's readiness been assessed?

Community readiness has been assessed by the maintenance of a strong, highly involved coalition. There is continuity in the coalition membership, which provides evidence that key players within the community are willing to be involved in meaningful change within the community. The broad membership base of the coalition is also evidence that individuals from a variety of backgrounds and occupations are dedicated to change.

Describe examples of prior community experience, successes, and barriers with this issue.

- What has been tried before?

Throughout the history of CoPSA town hall meetings, community education, policy change efforts, and family-based prevention and education programs have been utilized in our efforts to change community norms related to alcohol use and to create a healthy community.

- What has worked?

Education and policy change have been successful in our efforts and are on-going projects that CoPSA is dedicated to. The coalition has been successful in the creation of a variety of ordinances, including a point system for renewal of liquor licenses, mandatory server training, and an updated open container law. CoPSA has found success in utilizing a comprehensive community approach.

- What have been the struggles?

Town hall meetings and family-based programming have been unsuccessful within our community. Laramie is unique in that a large population is somewhat more fragmented than other, more rural communities in the state of Wyoming (many individuals and families are only in Laramie for a short-time while going to school at either the University of Wyoming or WyoTech). Because of this, individuals and families are often reluctant to get involved in community meetings, such as town-hall functions and/or family-based programming.

Challenges related to substance abuse, including underage consumption and adult binge drinking that have been present throughout the history of CoPSA include

the fierce independent culture of the citizens of Wyoming and of the city of Laramie. This independent mindset creates a challenge when working toward any proposed change that may include more regulations (ordinances, laws, restrictions, etc.). Often citizens in Albany County are unwilling to see past the restrictions to recognize the reasoning behind such changes.

Because Albany County is home to the state's only four-year university, Laramie's population is vastly younger than the rest of the state; this population is also transient in that the majority of students go to school here and leave after they receive their degree. These two factors pose a challenge in creating a cohesive environment in which all individuals residing in this community view the community as their own.

- What is different now?

Seeing a statewide movement toward change related to alcohol misuse has created movement within the Laramie community as well. This broad movement from the state level has created awareness and given communities greater opportunity to educate citizens. This movement has helped the Laramie community to gain support for policy change and continued education efforts within government agencies, the school system, and various civil organizations.

Form 9a: Activities & Outcomes
No page limit

Describe the coalition's planned activities for Year 1 implementation and Year 2 implementation to address the strategies.

- Include a timeline specific to the coalition's project (see Forms 9b and 9c).

Describe the associated short-term and long-term outcomes expected.

- Short-term: 1-2 years
- Long-term: 3-5 years

Short-term Outcomes (1-2 years):

Decreases in Substance Use:

- 2% decline in number of 10th and 12th graders who self-report having participated in binge drinking
- 6% decline in self-reported amounts of alcohol consumed per drinking occasion
- 20% decrease in self-reported "having had too much to drink"

Reductions in behaviors related to risk factors:

- 90% of owners and managers of liquor outlets have received responsible beverage server training
- 90% compliance rate of alcohol outlets
- 25% decline in self-reported driving when "over the legal limit" in the intervention communities relative to the comparison communities
- 5% reduction in emergency room visits due to alcohol use (alcohol poisoning, accidental injuries, sexual assaults, assaults)

Long Term Outcomes (3-4 years):

Decreases in Substance Use

- 4% decline in the number of 10th and 12th graders who self-report having participated in binge drinking
- 12% decline in self-reported amounts of alcohol consumed per drinking occasion
- 49% decrease in self-reported "having had too much to drink."

Reduction in behaviors related to risk factors

- 100% of owners and managers of liquor outlets have received responsible beverage server training
- 100% compliance rate of alcohol outlets
- 51% decline in self-reported driving when "over the legal limit" in the intervention communities relative to the comparison communities
- 5% reduction in emergency room visits due to alcohol use (alcohol poisoning, accidental injuries, sexual assaults, assaults)

Form 9b: Time Line (Year 1)

Limit 2 pages

Applicant Agency: **Coalition to Prevent Substance Abuse (Laramie, Wyoming - Albany County)**

List the key activities, which will be conducted during the year. Be sure to include the anticipated start-up dates for each of the strategies to be funded under this grant. Activities listed are samples. Dates may be changed by the Division.

Activities	Oct 07	Nov 07	Dec 07	Jan 08	Feb 08	Mar 08	Apr 08	May 08	Jun 08	Jul 08	Aug 08	Sep 08
Contractual report and expenditure report: January 2008, April 2008, July 2008, October 2008				X			X			X		
Statewide Prevention Framework Meeting												
Community Advisory Council Meetings	X	X	X	X	X	X	X	X	X	X	X	X
RHRD Training		X										
Activities within RHRD		X	X	X	X	X	X	X	X	X	X	X
Increase Enforcement of Alcohol-Related Crimes	X	X				X	X	X				
Seeking Funding for Alcohol Enforcement							X	X	X	X	X	X

Community Awareness Presentations	X	X	X	X	X	X	X	X	X	X	X	X
Laramie Choice	X	X	X	X	X	X	X	X	X	X	X	X
Youth Conference	X											
City Council Education	X		X		X		X		X		X	
Compliance Checks	X			X				X	X			X
Responsible Beverage Service Training (TIPS)	X	X		X		X		X	X		X	X

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Form 9c: Time Line (Year 2)
Limit 2 pages

Applicant Agency: **Coalition to Prevent Substance Abuse (Laramie, Wyoming - Albany County)**

List the key activities, which will be conducted during the year. Be sure to include the anticipated start-up dates for each of the strategies to be funded under this grant. Activities listed are examples. Dates may be changed by the Division.

Activities	Oct 08	Nov 08	Dec 08	Jan 09	Feb 09	Mar 09	Apr 09	May 09	Jun 09	Jul 09	Aug 09	Sep 09
Contractual report and expenditure report: January 2009, April 2009, July 2009, October 2009	X			X			X			X		
Statewide Prevention Framework Meeting												
Community Advisory Council Meetings	X	X	X	X	X	X	X	X	X	X	X	X
Sustain Enforcement of Alcohol-Related Crimes	X	X	X	X	X	X	X	X	X	X	X	X
Sustain Efforts for RHRD	X	X	X	X	X	X	X	X	X	X	X	X

Legislative Activities / Education				X	X	X						
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Form 10: Budget

Limit 2 pages

Page 24 contains a sample budget form that will be used for all communities. Also include a detailed budget narrative explaining your proposed expenditures. Please keep all categories the same. Any category not listed may be added.

Personnel Services (\$55,176)

- Tracy Young is the coordinator for the Prevention Framework project and will continue to be the coordinator for the next cycle. She will spend 75% of her time on this project.
- Brenda Cannon is the assistant coordinator on the Prevention Framework project and will continue to be the coordinator for the next cycle. She is a part-time employee and will spend between 20-30 hours a week on this project.

Supporting Services (\$6,900)

- Internet-\$1800 annually/3 (three grants under the Coalition)=\$600 will come out of the PF grant
- Rent -\$18,000 annually/3 (three grants under the Coalition)=\$6,000 will come out of the PF grant
- Utilities-\$900 annually/3 (three grants under the Coalition)=\$300 will come out of the PF grant

Travel/Training/Meetings (\$15,000)

- Travel in-state will consist of required meetings for the Prevention Framework project. The amount \$2000 should cover any travel around the state.
- Travel out of state will consist of the coordinator traveling to CADCA and The National Leadership Conference. There are also dollars there to take youth or coalition members. Both of these conferences are very valuable. CADCA is a valuable resource in coalition building and sustainability which is always an issue. The National Leadership Conference is on the forefront of environmental change which is the overall goal of the Prevention Framework Grant. The amount of \$7,000 will cover the above expenses.
- Training fees will be spent to implement the program Community Trials Intervention to Reduce High Risk-Drinking. There is a fee of \$5,000 that will pay for a one day training for the entire Coalition and follow up by the trainer every three months.
- Miscellaneous meeting expenses will consist of incentives for meetings, \$1500 over the years will be spent.

Supplies (\$2,000)

- Office (consumables) has an estimated cost of \$1,700 for the grant cycle.
- Postage has an estimated cost of \$300 for the grant cycle.

Contractual Services (\$27,384)

- Computer support will be provided by TAG Technologies for \$1200

annually/3 (three grants under the Coalition)=\$400 will come out of the PF grant.

- WyPTAC=\$12,141
- WySAC=\$6,070
- Albany County Resource Center is the fiscal agent for The Coalition to Prevent Substance Abuse=\$8500

Other (\$13,783.00)

- Community Trials Intervention to Reduce High-Risk Drinking has five environmental interventions:
 1. Community awareness
 2. Responsible beverage service
 3. Preventing underage alcohol access
 4. Enforcement
 5. Community mobilization

To implement these interventions there are several approaches that will be used (see the program description attached to the grant.) The dollars in this category will be used to implement the various approaches identified in the program.

State Contract Quarterly Invoice for Wyoming SPF SIG

SUBMIT TO: Substance Abuse Division Wyoming SPF SIG 6101 Yellowstone Road - Suite 220 Cheyenne WY 82002-0480	EXPENDITURES FOR QUARTER AND YEAR (Due On 15 th of the month for preceding quarter.)
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<i>Cost Description</i>	<i>Budgeted Amount</i>	<i>Current Month Exp</i>	<i>Year to Date Expenditures</i>	<i>% Exp</i>
PERSONAL SERVICES				
Salaries & Wages	\$50,160.00			
Employer Paid Benefits	\$5,088.00			
SUPPORTING SERVICES				
Internet Service	\$600.00			
Telephone/Cell Phone				
Vehicle Expenses				
Rent	\$6,000.00			
Utilities	\$900.00			
TRAVEL/TRAINING/MEETINGS				
Travel In-State	\$2,000.00			
Travel Out-of-State	\$7,000.00			
Training Fees	\$5,000.00			
Miscellaneous Meeting Expenses	\$1,500.00			
SUPPLIES				
Office (Consumable)	\$1,700.00			
Postage	\$300.00			
EQUIPMENT				
Maintenance				
Rental				
GRANTS-IN-AID				
DONATIONS- CITY, COUNTY, COMMUNITY				
OTHER INCOME				
CONTRACTUAL SERVICES: Attach documentation to include: Subcontractor Name, Title, Contact Person for services				
1. WyPTAC-\$12,141.00	\$27,384.00			
2. WySAC-\$6,070.00				
3. TAG Technologies-\$400.00				
4. ACRC-\$8,500.00				
MISCELLANEOUS COSTS				
A. Bank Fees				
B. Other	\$13,783.00			
TOTAL	\$121,415.00			

LOCAL AGENCY NAME and ADDRESS: Coalition To Prevent Substance Abuse, 2523 Garfield Street, Suite D, Laramie, Wyoming 82070

NAME and TITLE OF REPORTING OFFICIAL: Tracy Young, Coordinator

TELEPHONE NUMBER OF LOCAL AGENCY:

Phone: 307-760-7073

Fax: 307-742-3047

E-Mail: tyoung@peakwellnesscenter.org

I certify that the expenditures reported above have been funded totally with funds awarded by the Wyoming Department of Health.

SIGNATURE OF AUTHORIZED OFFICIAL

DATE

Form 11: Community Infrastructure

Limit 2 pages

Describe how the project will enhance the community's prevention infrastructure. Describe how it creates or improves upon:

- Coordinated efforts
- Organizational structures
- Planning
- Data systems
- Workforce development
- Evidence-based practices
- Cultural competence
- Evaluation and monitoring
- Sustainability

Coordinated efforts:

- The Prevention Framework project as a whole is pulling together prevention providers from many areas together across the state (block grant, tobacco, alcohol, meth and HIV)
- This is a project that is focusing on changing the environment, this can only be done by working with every possible part of the community

Organizational Structures:

- The needs assessment done in this process required the coalition look at what its accomplished during the last 5 years and if the coalition is being effective in its efforts within the community.
- The trainings being provided by WyPTAC are going to help the coalitions analyze their infrastructure and work more effectively and efficiently.
- As the coalition works on capacity building, roles of coalition members may need to be more clearly defined to keep members accountable.
- The strategy, Community Trials Intervention to Reduce High-Risk Drinking, will require that the coalition create task forces to work on specific components of this strategy.

Planning:

- The coalition will continue it's regular meeting where all planning is done.
- As the coalition moves through the next year and works on the identified strategy they will plan their next steps to continue making change in the environment related to alcohol issues.

Data Systems:

- WySAC (PNA, WYRBS, community specific surveys)
- WASCOP (Sheriff and Chiefs, Arrest data)

Workforce Development:

- Most of the work to be done within the next year within the PF project will be volunteer work.

- The strategy may identify the need for more enforcement around alcohol issues; in that case the coalition may support the hiring of additional officers to support enforcement within our community.

Evidence-based practices:

- The strategy that CoPSA has chosen is Community Trials Intervention to Reduce High-Risk Drinking. This strategy/program is evidence based. It has been recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) and by the U.S. Department of Health and Human Services as a model program.

Cultural competence:

- The Community Trials Intervention to Reduce High-Risk Drinking is designed to be used for multiple ethnic groups and in a variety of settings (rural, urban, suburban). The coalition is dedicated to being culturally competent within our community. The coalition is made up of a variety of individuals from various backgrounds; this ensures that we remain culturally competent in all projects in which we involve ourselves.
- Laramie is a rural, predominately Caucasian community. The coalition makes every effort to take cultural differences into consideration, however, because of our location and demographics, cultural differences are not as prominent as in other, more diverse communities. Wyoming is unique, however, in that our culture prides itself on independence and a conservative mindset. It is the goal of the coalition to take Wyoming's unique culture into consideration as we plan prevention programs and implement strategies into the community.

Evaluation and monitoring:

- Evaluation and monitoring for this project will be provided by WySAC. Our coalition works closely with WySAC and will continue to do so. Monitoring and technical assistance will also be provided by WyPTAC. Monitoring of the project is a collaborative effort that will be done in part by coalition members and other individuals and agencies involved.

Sustainability:

- The Coalition to Prevent Substance Abuse (CoPSA) has been in place for five years and has had numerous grants during that time. The coalition currently has five grants that are used for a variety of community projects. CoPSA is also actively seeking funding sources from community foundations that will aid in sustainability efforts for the future.
- CoPSA is also committed to gaining city council support to ensure sustainability and growth of alcohol enforcement within the Laramie community. Because of Laramie's large young adult population, enforcement is critical to achieving all goals related to underage alcohol consumption and adult binge drinking.

Form 12: Cultural Competency

Limit 2 pages

Describe how the project will ensure that planned activities and processes are culturally competent?

- What steps and procedures will be implemented?
- How will cultural competency be assessed?

The Community Trials Intervention to Reduce High-Risk Drinking is designed to be used for multiple ethnic groups and in a variety of settings (rural, urban, suburban). The coalition is dedicated to being culturally competent within our community. The coalition is made up of a variety of individuals from various backgrounds; this ensures that we remain culturally competent in all projects in which we involve ourselves.

Laramie is a rural, predominately Caucasian community. The coalition makes every effort to take cultural differences into consideration, however, because of our location and demographics, cultural differences are not as prominent as in other, more diverse communities. Wyoming is unique, however, in that our culture prides itself on independence and a conservative mindset. It is the goal of the coalition to take Wyoming's unique culture into consideration as we plan prevention programs and implement strategies into the community.

Form 13: Sustainability

Limit 2 pages

Describe how the coalition will ensure that efforts are sustained after the project ends.

The Coalition to Prevent Substance Abuse (CoPSA) has been in place for five years and has had numerous grants during that time. The coordinator is responsible for seeking funding sources for new projects and sustainability for projects already in place. The coalition currently has five grants that are used for a variety of community projects. CoPSA is also actively seeking funding sources from community foundations that will aid in sustainability efforts for the future.

CoPSA is also committed to gaining city council support to ensure sustainability and growth of alcohol enforcement within the Laramie community. Because of Laramie's large young adult population (university and technical school students), enforcement is critical to achieving all goals related to underage alcohol consumption and adult binge drinking.

Form 14: Evaluation

Limit 1 page

Describe how the coalition will evaluate the activities and outcomes of the project.

Evaluations will be conducted in collaboration with Prevention Framework evaluators at the Wyoming Survey & Analysis Center (WYSAC). All you need to include is the fact that you agree to work with WYSAC on the evaluation of all strategies.

The Coalition to Prevent Substance Abuse agrees to work with WYSAC on all evaluation procedures.

