



ROUTT COUNTY CTC

Communities That Care

Community Resource Assessment Report

August 2019

Prepared by:

Susan Petersen, Routt Communities That Care Facilitator

Whitney Bakarich, Mind Springs Health

Dana Duran, Boys & Girls Club of Northwest Colorado

Tami Eggers, Routt County 4-H

Jacob Perry, Prevention Strategies, Northwest Colorado Health

Lindsay Simbeye, Grand Futures Prevention Coalition

Brian Smith, Steamboat Mountain School

Katy Thiel, Youth Resiliency Program of NW Colorado Health

Gretchen Van De Carr, Rocky Mountain Youth Corps

Merrily Waldron, Routt County Intergovernmental Oversight Committee Member

Routt County *Communities That Care* Community Coalition represented by:

Advocates of Routt County
Boys and Girls Club of NW Colorado
City of Steamboat Springs
Collaborative Management/ISST
Craig-Scheckman Family Foundation
CSU Extension / Routt County 4-H
De-Escalation Nation
Division of Youth Services
14th Judicial Dist. Probation/Diversion
Fatherhood Program of Routt county
Familia Adelante
First Impressions of Routt County
Grand Futures Prevention Coalition
Hayden School District
Juvenile Diversion/Probation
Mind Springs Health
NW CO Center for Independent Living
Health Partnership serving NW Colorado
NW Colorado BOCES
NW Colorado Health
Town of Oak Creek
Partners in Routt County
Planned Parenthood of Rocky Mountains

Reaching Everyone Preventing Suicide
Road to Recovery - Mountain Medical Pain
Rocky Mountain Youth Corps
Routt County Commissioners
Routt County Dept. of Human Services
Routt County Sheriff's Office
Routt County United Way
Routt County Youth Services Coalition
Routt To Work
Rx Task Force
Safe Care Colorado
Sk8 Church
South Routt School District
Steamboat Chamber
Steamboat Mountain School
Steamboat Pilot & Today Newspaper
Steamboat Springs School District
Steamboat Teen Council
Steamboat Springs Winter Sports Club
Town of Hayden
Town of Oak Creek
Yampatika

TABLE OF CONTENTS

I. Executive Summary

II. Introduction

A. The Routt County Communities That Care effort

1. About the Communities That Care system
2. Key accomplishments to date

B. Purpose of Resource Assessment

1. How the information was collected
2. How effective resources and gaps were identified
3. How to use this report

III. Resource Assessment Information

A. Priority risk factor #1: Community Laws and Norms Favorable to Substance Use

1. Resources and strengths in community capacity
2. Gaps, issues and barriers in community capacity

B. Priority risk factor #2: Favorable Parental Attitudes and Involvement in Substance Use

1. Resources and strengths in community capacity
2. Gaps, issues and barriers in community capacity

C. Priority risk factor #3: Youth Attitudes Favorable to Substance Use

1. Resources and strengths in community capacity
2. Gaps, issues and barriers in community capacity

D. Priority protective factor: Opportunities for Prosocial Involvement for Youth

1. Resources and strengths in community capacity
2. Gaps, issues and barriers in community capacity

IV. Conclusions, Recommendations and Next Steps

- A. Community resources available to support community-level strategies
- B. Recommendations and next steps

V. Appendix

- A. Capacity Gaps Grid on Programs and Strategies

EXECUTIVE SUMMARY

This report describes the results of a resource assessment completed as part of the Routt County *Communities That Care* (CTC) effort. The CTC system is a way for members of a community to work together to promote positive youth development. This framework was utilized to identify risk factors that predict youth problem behaviors and protective factors that buffer children from risk and help them succeed in life.

A key goal of the CTC effort is to identify which risk factors, protective factors, and problem behaviors are prevalent in a community, and implement evidence-based programs, policies or strategies to address the community's unique profile. To that end, the Data Assessment Workgroup collected and analyzed data from the Routt County, specifically the Health Kids Colorado Survey (HKCS). In depth examination of this data identified a priority health and problem behavior as substance use, especially use of alcohol. This trend among our young people is concerning and underscores the importance of minimizing substance use as a priority area for Routt County.

The Data Assessment Workgroup, with input from the community, identified the following factors as priorities for community planning:

Risk Factor:	Community Laws and Norms Favorable to Substance Use
Risk Factor:	Favorable Parental Attitudes and Involvement in Substance Use
Risk Factor:	Youth Attitudes Favorable to Substance Use
Protective Factor:	Opportunities for Prosocial Involvement for Youth

This resource assessment was the next step in the CTC process. In January 2019 the 10 members of the Community Resource Assessment Workgroup (CRAW) attended the Assessing Community Resources Workshop. Using data collection tools refined at the workshop, members collected information from the Routt County area specific to our young people.

Based on the resource assessment, the CRAW suggests that:

- There are multiple resources that are currently effective in Routt County that address all three of our risk factors and one protective factor. These include a variety of youth-serving programs that positively impact our young people, however few have been scientifically evaluated for evidence of effectiveness or have been defined as tested and effective. This report recommends that the Community Coalition Board work to supplement untested resources with tested, effective programs whenever possible and that all programs or strategies have the capacity to include the entire community.
- Any strategies or programs that are chosen to address the above risk factors should also include a focus on at least one of the targeted protective factors. Additional ways to augment the protective factors should be provided whenever possible (perhaps through other funding sources).

INTRODUCTION

The Routt County *Communities That Care* Effort

About the CTC System:

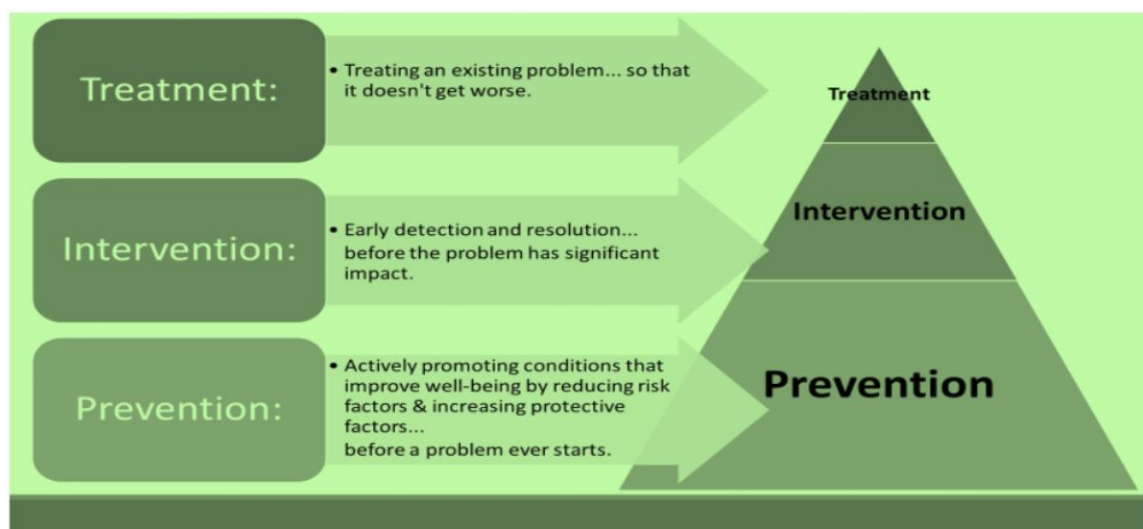
In June of 2017 Routt County began implementing the Communities That Care (CTC) prevention-planning system. Developed by Dr. J. David Hawkins and Dr. Richard Catalano of the University of Washington's Social Development Research Group (SDRG) in Seattle, Washington, the CTC system is a way for members of a community to work together efficiently and effectively to promote positive youth development and prevent youth problem behaviors such as substance abuse.

The Routt County CTC project seeks to reduce problem behaviors and promote positive ones by addressing risk factors most prevalent in our communities and proven to potentially increase the likelihood that children will become involved in problem behaviors during adolescence and young adulthood. CTC will strive to enhance protective factors that have been shown to buffer the exposure to risk factors. This proactive approach will promote positive youth development and will endeavor to make a collective impact for our young people well into the future.



The Routt County community is using the CTC framework to achieve the community's vision of a compassionate, accepting community where people actively work together to create a safe and healthy environment for all.

The coalition is focused on prevention, rather than treatment or intervention; however, partnering with organizations focused on treatment and prevention is vital to the long-term success of this effort.



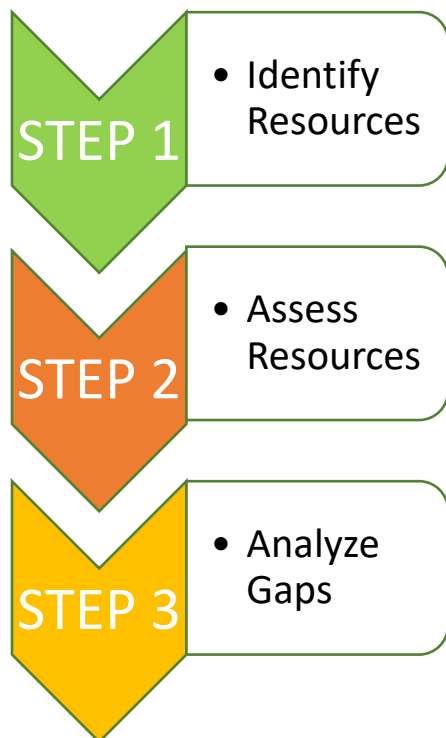
Key Accomplishments To Date:

- In January 2017 Northwest Colorado Health received a grant from the Colorado Department of Public Health and Environment (CDPHE) for both Moffat and Routt Counties to implement the CTC framework in northwest Colorado.
- In April 2017 a Facilitator was hired in Routt County to implement the project.
- In May 2017 the CTC Youth Survey was administered to 7th and 11th graders in the South Routt (Soroco) and Steamboat schools.
- In October 2017 a Community Coalition Board was formed after community stakeholders attended a two-part orientation and established a structure for the Routt County CTC effort. This included forming workgroups to achieve the various steps in implementing the CTC system. At this time it was also determined that this new coalition would merge with the already existing Routt County Youth Services Coalition in an effort to avoid duplication and strengthen collaborative efforts.
- In December 2017 a joint Key Leader Board meeting occurred between Routt and Moffat Counties to provide an update on the status of each county's efforts.
- In February 2018 the Data Assessment Workgroup attended a two-part Community Assessment Workshop and developed a plan and timeline for completing the community risk and protective factor assessment using local data.
- In August 2018 the Data Assessment Workgroup re-convened to review newly released CTC Scaled Reports using the 2017 HKCS data to solidify their recommended priorities. The Data Assessment Report was then published in October 2018.
 - Click here to read: [Data Assessment Report](#)
- In January of 2019 two members of the Community Coalition Board, along with the Routt County CTC Facilitator became trained to offer the Positive Youth Development Workshop locally to any parent, teacher, coach, mentor, etc. working with young people. The first workshop was offered on May 1, 2019 with 33 attendees.
- In June 2019 we created a new logo and sent out a Summer 2019 e-newsletter.

Purpose of Resource Assessment:

The key goal of the Communities That Care system is to develop a profile of the risk and protective factors and problem behaviors in our communities based on available data, and then develop a strategic plan for addressing those most elevated risks and behaviors while enhancing protective factors.

This report supports the second step in that process. The Community Resource Assessment Workgroup (CRAW) collected information about the resources that address Routt county's priority risk and protective factors and has developed recommendations to utilize specific community-level strategies identified by the Colorado Department of Public Health and Environment (CDPHE). These "best practices" in changing community-level norms, environments, and structures all work to promote positive youth development. Further, the workgroup collected information from our communities to help identify all resources with the goal of understanding which can either promote or inhibit our capacity to utilize community-level strategies. Coupled with the Data Assessment Report ([click here](#)), the information contained in this report will serve as the foundation for a Routt County CTC Community Action Plan to be developed in the fall of 2019.



- Hold Resource Assessment Workshop for workgroup members
- Create Master Agency Spreadsheet - who provides services to youth in our communities?
- Narrow list down to programs/strategies that are prevention-oriented and/or evidence-based
- Administer phone surveys

- Hold workgroup discussions to determine which agencies to interview in-person
- Gather in-depth information from agencies and review
- Collate information

- Review findings from interviews
- Perform a Capacity Gaps Analysis
- Create Resource Assessment Report to be voted on by both Community Board and Key Leaders in preparation for holding upcoming Community Planning Workshop

How the Information Was Collected:

Workgroup members began by inventorying programs and then moved on to focus on available strategies. They created the initial list below of 82 agencies, organizations, and groups in Routt County that could potentially be involved in a plan to reduce risk factors and elevate protective factors. Workgroup members used tools developed by CTC and CDPHE to gather relevant information about programs offered by these organizations:

Advocates of Routt County	Hayden/Soroco Wellness Coalitions *	Routt County United Way
ALL Church Youth Groups	Health Partnership of NW CO *	Routt To Work
ALL City / Town sports	High Altitude Basketball	Rx Task Force *
ALL Cultural / Arts programs, etc.	Horizons Specialized Services	SafeCare Colorado
ALL Music/Theater programs	Integrated Community	South Routt School District *
ALL School Resource Officers *	It Takes Courage	Steamboat Adaptive Recreation Sports *
Babson-Carpenter Tech *	Junior Achievement of Rocky Mountains	Steamboat Christian Center - The Hype *
Booktrails *	Juvenile Diversion / Probation *	Steamboat Mountain School
Boy Scouts	Lift Up of Routt County	Steamboat Pilot & Today Newspaper
Boys and Girls Club of NW CO *	Little League Baseball	Steamboat Reading Program
City of Steamboat - P & R Dept. *	Marijuana Education Initiative *	Steamboat Sk8 Church *
Collaborative Management/ISST *	Mindful Life	Steamboat Soccer Club
Colorado Workforce Center	Mind Springs Health *	Steamboat Springs School District *
Court Appointed Special Advocates	More PT less Rx	Steamboat Springs Winter Sports Club *
Craig-Scheckman Family Foundation	Music With Vision *	Steamboat Youth Lacrosse
De-Escalation Nation	North Routt Charter School	Tennis Center at Steamboat
Dept. of Youth Corrections *	NW CO BOCES	The Foundry Treatment Center
Elevation Dance Studio	NW CO Center for Independent Living	Totally Kids Hayden *
Emerald Mountain School	NW Colorado Health *	Town of Oak Creek - P&R Dept. *
Excel Gym	Old Town Hot Springs	UC Health YVMC
Routt County 4-H Youth Devel *	Partners in Routt County *	Yampa Valley Autism
Family Development Center *	Perry Mansfield Arts Camp	Yampa Valley High School
Fatherhood Program of Routt County *	Planned Parenthood	Yampatika *
First Impressions of Routt County *	Reaching Everyone Preventing Suicide *	Young Life *
Girl Scouts	Rocky Mountain Youth Corps *	Youth Hockey Association
Grand Futures Prevention Coalition *	Routt County Dept. of Human Services *	Youth Resiliency Program *
Hayden P&R Department	Routt County Drug & Alcohol Council	
Hayden School District	Routt County Sheriff's Office	

How resources and gaps were identified:

This list of 82 was then narrowed down to 36 (see *) that were seen to be prevention-oriented and/or modeling evidence-based in some fashion thus having the best chance to address our risk and protective factors. The workgroup members evaluated these 36 organizations and from their findings determined that there were many programs within these organizations that required deeper investigation, therefore they conducted in-depth interviews of the following:

Boys & Girls Club of NW Colorado
City of Steamboat P&R Department
Family Development Center
Fatherhood Program of Routt County
Grand Futures Prevention Coalition
Hayden Schools
Marijuana Education Initiative (MEI)
Mind Springs Health
Music With Vision
Partners in Routt County

Rocky Mountain Youth Corps
Routt County 4-H Youth Development
Routt County Probation/Juvenile Diversion
Soroco Schools
School Resource Officers in Soroco & SSHA
Sk8 Church
Soroco/Hayden Health & Wellness Coalitions
Steamboat Schools
Youth Resiliency Program

The workgroup collected detailed information from each organization and then met during multiple meetings to examine the results and discuss where there might be gaps in our community's capacity to either minimize our risk factors or elevate our protective factor with these available resources. The group asked the following questions about each resource and created a Community Capacity Gaps Grip on Programs and Strategies (Appendix A):

- *How is the resource implemented?*
- *Is it tested and effective?*
- *Is there quality enforcement or maintenance?*
- *What is the population reach and equity of reach?*
- *How is the resource administrated?*
- *Are there unique expertise or skills provided by this resource?*
- *How is it funded?*
- *Do our communities have a shared understanding of the resource?*
- *Are there leaders or champions for this resource?*
- *Does the community support it?*
- *What kind of communication and outreach exists to support the resource?*

It was ultimately determined that the workgroup would move on to the next step to collect and evaluate available strategies before circling back to this narrowed down list of programs in an effort to make an informed recommendation provided later in this report.



It should be recognized that our communities in Routt County are very fortunate to have so many youth-serving programs that do incredible work. There is opportunity for all programs to work together toward some common goals around the reduction of substance use and our norms in this area. In the case of the CTC framework however, it is important to funnel down our options to focus on only the resources that have the best chance at making an impact and that we have the capacity to implement effectively as part of our Action Plan. Additionally, the grant provided by CDPHE suggests that communities only focus on what they have the capacity to implement and therefore recommend that we choose only 1-3 strategies and 1-2 programs. Ultimately, the Coalition will continue to involve all organizations and stakeholders to ensure that community-level change is inclusive and diverse.

Understanding what is already available will allow us to:

Partner with existing efforts	Identify gaps that need to be addressed	Avoid duplicating existing efforts
-------------------------------	---	------------------------------------

How to use this report:

This report is intended to help community members at a future Community Planning Workshop that will occur in the fall of 2019. This workshop should be attended by a variety of stakeholders from around Routt county, be inclusive of a diverse group of young people, include all CTC coalition board members and key leaders, youth-service providers, parents, and anyone else who might be interested in paving the way for happy, healthy young people in our communities. Attendees of the workshop will be presented findings of the CRAW and include everyone in the ultimate selection of programs and strategies for each of our priority risk and protective factors, work to fill gaps, and set implementation goals that will be part of our Routt County CTC Community Action Plan.

To summarize the purpose of this report and its use at a workshop:

- Select programs and community-level strategies based on the recommendations in this report.
- Focus on best practices in enhancing or implementing these choices or to fill identified gaps.
- Develop a focused, long-range plan for building on existing resources and filling any gaps with new resources
- Formulate systems-change strategies to expand or enhance community capacity to implement these programs and strategies.

Additionally, we encourage community members to review Appendix A, an inventory of the Routt County's youth-development and prevention resources. The inventory lists all of the resources investigated during the assessment.

If you have questions regarding the process used or what the next steps will be please contact Susan Petersen, Routt County CTC Facilitator at 970-846-5324 or spetersen@northwestcoloradhealth.org

RESOURCE ASSESSMENT INFORMATION

The next section of this report provides detailed information about Routt County’s priority risk and protective factors, along with health and behavior concerns, and some community-level strategies recommended to specifically target these.

The conclusion presents a summary of all our findings on resources (programs and strategies) including their strengths and gaps, along with recommendations for future action.



RISK: Community Laws and Norms Favorable to Substance Use

Perceived availability of substances is associated with increased risk. In communities where young people think that drugs or alcohol are more available, a higher rate of use occurs. The more available alcohol, marijuana, nicotine (vape) and other drugs are in a community, the higher the risk for use.

The attitudes and policies a community holds can be communicated in a variety of ways: through laws and written policies, through informal social practices and through the expectations of parents and other members of the community. When laws, tax rates and community standards are favorable toward alcohol and other drug use, and/or are not supportive of mental health — or even when they are just unclear — young people are at *higher risk*.

Students’ perceptions of the rules and regulations related to alcohol and other substance use are directly related to the extent of problem behaviors during adolescence. Based on 2017 Healthy Kids Colorado Survey data, youth in Routt County believe that there is a lax enforcement of laws for both marijuana and alcohol. 78.2% of area high school youth believed that if a kid was drinking alcohol in their neighborhood police would not catch them. Similarly, with marijuana, 69.2 % of youth believed that if a kid was using marijuana in their neighborhood police would not catch them. This demonstrates a youth perception that it’s hard to get caught using substances.

Information from stakeholder conversations and from the Coalition’s data assessment, combined, indicate that:

- Alcohol and marijuana as well as other substances such as tobacco, nicotine and vape products, are widely available to young people in Routt County.
- Many state laws, and some local laws, are already in place that seem to effectively prevent youth from directly purchasing alcohol, marijuana and nicotine at retail outlets.
- However, laws prohibiting consumption by minors and adults selling to minors do not appear to be limiting availability.

- Community norms and social rules, among parents, other adults and youth, tend to support the idea that it is okay for youth to party as a normal part of development and that adults cannot or should not control the behavior.
- Our resort community tends to have an elevated use of alcohol and other drugs.

While there may be other strategies to address these issues, the evidence-based strategy listed next is recommended in the CDPHE’s “Community and Societal-Level Strategies Menu” for Communities That Care Colorado and by the Routt County CTC Community Coalition.

POTENTIAL STRATEGY: LEVERAGE STATEWIDE MASS MEDIA CAMPAIGNS TO CHANGE COMMUNITY AND SOCIAL NORMS ([click here](#))

Resources & Strengths Identified	Gaps, Issues & Barriers
<ul style="list-style-type: none"> • Statewide campaigns: Speak Now!, Rise Above, Responsibility Grows Here • Local media inclined to shape the way social issues are discussed • One-time presentations to youth on substance misuse and/or mental health are common • One-time presentations to parents on substance misuse and mental health occur at some schools • Systems-involved agencies have youth/families programming and classes available • The Social Host Ordinance is in place to discourage providing private property to underage persons possessing or consuming alcoholic beverages 	<ul style="list-style-type: none"> • State campaigns not promoted locally • Too many single-issue messages are promoted to parents and caregivers, youth and community (i.e., vaping or drunk driving); more coordinated messaging needed • Some doubt that "state" media campaigns could be effective locally • Our resort community has a high level of visitors from out-of-state who may not be impacted or able to participate in changing this norm. • No systematic, reliable information is consistently going out to parents or guardians • Some doubt that youth use newspapers, cable TV or radio • Social Host laws appear to not be widely understood or consistently enforced

Currently there are three mass media campaigns promoted statewide, including Let’s Talk Colorado, Speak Now and Colorado Crisis Lines, which provide information/crisis support for mental health, alcohol and drugs and for suicide prevention. However, during interviews no wide-spread, evidence-based sources of information existed on the danger of availability and sales of prescription drugs for youth; alcohol or drug avoidance; and the danger of parents and caregivers allowing youth to “try” it in their home. Other state campaigns include the Responsibility Grows Here campaign, which is focused on all aspects of marijuana, from growing to distribution to health impacts, and the Rise Above campaign, which focuses on living a drug-abuse free life.

While there is a statewide campaign sponsored by CDPHE focused on marijuana and features Meg the Budtender, interviewees reported limited awareness and suggested it was not as visible as needed. It also did not include the breadth of information necessary.

Overall respondents shared that there are many disparate messages from a variety of agencies resulting in a lack of cohesiveness and consistency and more could be done to promote locally promote statewide campaigns.



RISK: Parental Attitudes and Involvement in Substance Use

Youth in families where parents use illegal drugs, are heavy users of alcohol, or are tolerant of their children's use are at a higher risk for becoming substance users during adolescence. Youth were asked the question in the Healthy Kids Colorado Survey "How wrong do your parents feel it would be for you to: drink beer, wine, or hard liquor?" The risk factors that influence adolescents' use of alcohol or illegal drugs include individual-level characteristics, peer attitudes and behaviors, community norms, and family characteristics. When parents hold attitudes favorable to use then the outcome is proven to have an increased percentage of early onset of use by the youth in that family.

Information from stakeholder conversations and from the Coalition's data assessment, combined, indicate that:

- Parents and guardians often tend to accept "partying" as normal teenage behavior.
- Compared to the national average of 36.5%, parental attitudes in Routt County are 19% more favorable to using substances.
- Only 17.5% of area youth report that their family has clear rules about substance or alcohol use.
- Parents and guardians are sometimes offered one-time information on specific topics but are not offered resources or parenting help in any wide-spread, coordinated way and many who need education the most are difficult to engage.

While there may be other strategies to address these issues, the evidence-based strategy listed next is recommended in the CDPHE's "Community and Societal-Level Strategies Menu" for Communities That Care Colorado and by the Routt County CTC Community Coalition.

POTENTIAL STRATEGY: LEVERAGE STATEWIDE MASS MEDIA CAMPAIGNS TO CHANGE COMMUNITY AND SOCIAL NORMS ([click here](#))

Resources & Strengths Identified

- Same as above, and;
- The Routt County Youth Services Coalition sponsors a "Parent Summit" each year providing education and support
- The Fatherhood Program of Routt County exists to provide support and education to fathers

Gaps, Issues & Barriers

- Same as above, and;
- Education and mass media campaigns addressing the dangers of drinking or using marijuana in the home as a means of "trying" them in what is perceived as a safer environment.
- Transportation and funding to participate in the 80+ youth serving organizations, especially for outlying communities of S. Routt and Hayden.



RISK: Youth Attitudes Favorable Toward Substance Use

Favorable attitudes toward substance use are positively correlated with the level of reported ATOD (alcohol, tobacco and other drugs) use across a range of communities in Colorado and the data from the Healthy Kids Colorado Survey (HKCS) has also shown that our youth are more likely to have favorable attitude towards substance use. This risk factor is closely tied to the previous risk factors mentioned as well. If local enforcement of laws designed to prevent substance use by minors are not consistently enforced, and at the same time there is positive promotion of substance use by the media and community attitudes favorable, there is a greater likelihood youth will engage in substance use.

During the elementary years, children usually express anti-drug, anti-crime and prosocial views. In middle school, as others they know participate in such activities, their attitudes may shift toward greater acceptance, placing them at higher risk. Favorable attitudes toward substance use are positively correlated with levels of substance misuse.

Based on 2017 HKCS more than half of area youth report that alcohol, marijuana and nicotine are easy to access and readily available in Routt County.

Information from stakeholder conversations and from the Coalition's data assessment, combined, indicate that:

- Youth feel that social isolation may result if they do not use alcohol or marijuana.
- Many young people believe that it is normal to try substances at earlier ages than ever before.
- Our resort community has a number of events that serve alcohol, thus normalizing its use when young people are constantly exposed.

- Most programs, systems and policies are aimed at intervention, not prevention, or only with a small group of students.

While there may be other strategies to address these issues, the evidence-based strategy listed next is recommended in the CDPHE’s “Community and Societal-Level Strategies Menu” for Communities That Care Colorado and by the Routt County CTC Community Coalition.

POTENTIAL STRATEGY: LEVERAGE STATEWIDE MASS MEDIA CAMPAIGNS TO CHANGE COMMUNITY AND SOCIAL NORMS ([click here](#))

Resources & Strengths Identified

- Same as above, and;
- There are 80+ organizations in Routt County that serve youth in some capacity providing education, outreach and events

Gaps, Issues & Barriers

- Same as above, and;
- There are variety of youth-serving programs that positively impact our young people, however few have been scientifically evaluated for evidence of effectiveness or have been defined as tested and effective.
- Organizational capacity can be limited based on lack of funding for staff, programs, etc.



PROTECTIVE: Opportunities for Prosocial Involvement for Youth

Finding meaningful opportunities for youth to become involved in their communities greatly impacts their desire to refrain from engaging in harmful behaviors like substance use/abuse. Providing young people with opportunities to give back to the communities that they reside in also allows them to take pride in those communities, engages their free time with healthy and productive behavior, and provides them with a sense of accomplishment allowing them to bond to their communities thus decreasing the likelihood that they will participate in destructive decision-making.

Youth who have opportunities to participate meaningfully in the responsibilities and activities of the family, and who interact regularly with adults that they trust, are less likely to engage in problem behaviors. Youth expressed a strong interest in greater opportunities to form relationships with trusted adults, emphasizing that not all youth have parents or caregivers with whom they have good communication, but they lack the opportunities to identify and engage with other trusted adults.

Information from stakeholder conversations and from the Coalition’s data assessment, combined, indicate that:

- There is a need to better analyze the structure and leadership of existing youth-led coalitions/councils to determine if they can support community-level work.
- Most youth (83.6%) in Routt County participate in an extracurricular activity.

While there may be other strategies to address these issues, the evidence-based strategy listed next is recommended in the CDPHE’s “Community and Societal-Level Strategies Menu” for Communities That Care Colorado and by the Routt County CTC Community Coalition.

POTENTIAL STRATEGY #1: PROMOTE SOCIAL DEVELOPMENT STRATEGY and POSTIVE YOUTH DEVELOPMENT BROADLY IN THE COMMUNITY ([click here](#))

Resources & Strengths Identified

- Positive Youth Development (PYD) is a strengths-based approach that is inclusive, collaborative and sustainable.
- Routt County has 3 certified trainers to offer workshops throughout the county on a quarterly basis
- There is evidence that promoting the Social Development Strategy (SDS) achieves greater protection and long-term benefits and better outcomes.

Gaps, Issues & Barriers

- Getting all youth-serving professionals, mentors, teachers, parents, coaches, etc. trained will take time

POTENTIAL STRATEGY #2: RECRUIT & REWARD YOUTH PARTICIPATION IN COMMUNITY COALITIONS ([click here](#))

Resources & Strengths Identified

- There are multiple resources that engage youth as partners with 9 that specifically have youth-led coalitions or groups.
- Youth-led coalitions/councils already exist in all 3 school districts
- Youth Social Justice Tobacco Movement Grant is currently being administered by Grand Futures Prevention Coalition and available to all 3 school districts
- Dover Youth 2 Youth Empowerment Model ready to be utilized in a collaborative manner as a catalyst for change

Gaps, Issues & Barriers

- Existing youth-led coalitions need to build capacity to be successful at community-level work.
- Youth opinions often only come from a select few vs. broad representation
- Some resources do not have the capacity to reward youth financially.
- Must address the need to include the "unusual suspects" by getting young people involved who do not normally participate
- Multiple organizations must work together to avoid duplication

Currently there are 18 community resources that address this protective factor in some way, ranging from programs to coalitions to educational curricula. However, the following 10 organizations work successfully to encourage prosocial involvement in specific ways:

- Boys & Girls Club of NW Colorado
- City of Steamboat P&R Department / Teen Council
- Grand Futures Prevention Coalition
- Hayden Schools
- Partners in Routt County
- Rocky Mountain Youth Corps
- Routt County 4-H Youth Development
- Soroco Schools
- Sk8 Church
- Steamboat Schools

While these organizations provide a variety of opportunities they often struggle to work together to ensure that all young people from diverse values and backgrounds are included. It is recommended that all youth-serving organizations engage young people that are not always "plugged in" and focus on getting participation from a wider variety of young people that better represent diverse socio-economic and cultural values within Routt County.

CONCLUSIONS, RECOMMENDATIONS & NEXT STEPS

The Community Resources Assessment Workgroup has identified that, although there are some effective programs in Routt County that address the three prioritized risk factors and one protective factor, focus on some very specific community and societal-level substance use prevention strategies will pave the way for long term, sustainable prevention and significant reduction in problem behaviors. It will be important to leverage the entire spectrum of prevention, so both programs and strategies at all levels of the socioecological model (individual, family, school and community) can be used for the most effective prevention.

The next step in the Communities That Care process is to create a Community Action Plan. This report offers the following recommendations for the Routt County CTC Community Action Plan and will be used at a Community Planning Workshop to inform attendees and provide background on the reasons behind these recommendations before asking for a vote on whether to approve, adjust or deny the recommendations:

- 1) Utilize the following strategies throughout Routt County, in all communities:
 - Leverage statewide mass media campaigns to change community and social norms and decrease favorable parental and youth attitudes and involvement in substance use
 - Recruit and reward youth participation in community coalitions
 - Promote the Social Development Strategy and Positive Youth Development throughout Routt County
- 2) Specifically work to enhance, support and increase the capacity of the Grand Futures Prevention Coalition to target our risk factors.

Additionally, we want to acknowledge that a number of specific organizations in Routt County are already working to reduce substance use and are creating opportunities and rewards for prosocial involvement as well as supporting Positive Youth Development (PYD). It is noteworthy that increased ATOD use (Alcohol, Tobacco and Other Drugs), mental health and other problem behaviors have strong correlation to decreased adult bonding or lack of consistent caring adults in the lives of youth, despite high recreational activities (sports, extra-curriculars, etc.). Most, if not all of these organizations, have programs within them that demonstrate favorable outcomes impacting our risk and protective factors and are modeling evidence-based practices. It is therefore recommended that CTC supports and enhances these entities, and the programs they offer, to increase their capacity, collaborate and be efficient and effective in how they support our young people:

- Boys & Girls Club of NW Colorado
- City of Steamboat P&R/Teen Council
- Hayden Schools
- Partners in Routt County
- Rocky Mountain Youth Corps (RMYC)
- Routt County 4-H Youth Development
- Soroco Schools
- Sk8 Church
- Steamboat Schools

These recommendations, or “big ideas”, should be within Routt County’s capacity to implement and are meant to achieve the ultimate goal of creating an environment in Routt County in which all young people feel supported to make healthy decisions and engage in positive behaviors.

The Routt CTC Community Coalition Board will strive to change systems and ensure a collective impact through effective primary prevention. The Board will also work to enhance community capacity, build public support and improve and sustain efforts using the CTC framework for a successful community-owned and operated prevention effort well into the future.



If you have questions regarding this report or what the next steps will be please contact Susan Petersen, Routt County CTC Facilitator 970-846-5324 or spetersen@northwestcoloradhealth.org

This report will be available in Spanish – please contact us for a copy.

APPENDIX

Appendix A: Capacity Gaps Grid on Programs and Strategies

Scoring Scale: How Much is Happening in Your Community and Your Coalition’s Potential Level of Support in the Strategy

None!	There is really not a lot happening related to this strategy in your community. Your coalition could take a significant role in leading, supporting, or building upon these efforts.
Need More!	There are some things happening related to this strategy in your community but your coalition could take a moderate role in leading, supporting, or building upon these efforts.
Some	There is a lot happening in your community related to this strategy. Your community could play a minor role in supporting or building upon these efforts.
Doing It!	This strategy is already happening in your community and your coalition does not really need to be involved further.

		Key Findings related to:		
RISK or PROTECTIVE FACTOR	PROGRAM or STRATEGY	Implementation	Administration	Leadership/Champions
		Effectiveness	Knowledge/Skills	Community Support
		Sustainability	Funding	Outreach
		Population Reach/Equity	Shared Understanding	
Community Laws and Norms Favorable Toward Substance Use	Leverage Statewide Mass Media Campaigns to Change Community and Social Norms	Currently there are no statewide media campaigns being utilized in Routt County targeted to the general population		
	Grand Futures Prevention Coalition	Grand Futures Prevention Coalition and the Boys & Girls Club are working with <i>Rise Above Colorado</i> on a social norms campaign		
Favorable Parental Attitudes and Involvement in Substance Use	Leverage Statewide Mass Media Resources to Decrease Favorable Parental Attitudes and Involvement in Substance Use	Funding exists within the CTC budget to support this strategy and could be supplemented by other organization’s budgets		
	Grand Futures Prevention Coalition	Collaboration has occurred but more can be done with leadership from Grand Futures to implement this strategy more broadly		
Youth Attitudes Favorable Toward Substance Use	Leverage Statewide Mass Media Resources to Decrease Favorable Youth Attitudes about Substance Use	Currently there are no media campaigns being utilized in Routt County targeted towards parents and trusted adults.		
	Grand Futures Prevention Coalition	<ul style="list-style-type: none"> Protect What’s Next: youth focused, goal setting Good to Know: talking to youth Speak now Colorado: scenarios for parents Take Meds Seriously: talking to youth/prescription drugs 		
Youth Attitudes Favorable Toward Substance Use	Leverage Statewide Mass Media Resources to Decrease Favorable Youth Attitudes about Substance Use	Fatherhood Program of Routt County and some parent education in schools		
	Grand Futures Prevention Coalition	Currently there are no media campaigns being utilized in Routt County		
Youth Attitudes Favorable Toward Substance Use	Leverage Statewide Mass Media Resources to Decrease Favorable Youth Attitudes about Substance Use	Having three separate school districts in Routt makes coordination somewhat challenging		
	Grand Futures Prevention Coalition	Grand Futures Prevention Coalition and the Boys & Girls Club are working with <i>Rise Above Colorado</i> on a social norms campaign		

Opportunities for Prosocial Involvement	Recruit and Reward Youth Participation in Community Coalitions	Steamboat Teen Council, Hayden Youth Social Justice and Soroco Teen Group all currently exist and are accessible.
		Grand Futures Prevention Coalition and CTC need to secure youth involvement at a higher level and in a collaborative fashion with existing groups.
		A number of youth serving organizations involve youth, however could work together to ensure better diversity and increased numbers.
	Promote Social Development Strategy (or Positive Youth Development) Broadly in the Community	There are 3 individuals currently certified to provide the Positive Youth Developmet workshops broadly throughout all our communities
		Need sustainable funding to ensure that workshops occur on a regular basis to reach any adult who is working with youth.
		Our communities are invested in youth activities and opportunity for development
		Need to work on population reach to make opportunities more equitable and reach the “unusual suspects” who don’t always participate
	Other programs: Boys & Girls Club City of SS All schools Partners in Routt RMYC 4-H Sk8 Church	Each of these organizations provide a variety of opportunities in our communities and efforts can be enhanced with the structure of the CTC framework. Increase focus on mentoring, individualized support and youth-driven.