

Moffat County *Communities That Care* Community Resource Assessment Report

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Moffat County Communities That Care is a collaborative project of public and private health, education, human service and civic organizations; local businesses and citizens. Some of those who have been represented include:

Boys and Girls Club of Craig
Moffat County School District
Young Life
Northwest Colorado Health
Memorial Regional Health
Connections for Kids
Mind Springs
Moffat County Government
City of Craig
Moffat County Department of Human Services
Craig Police Department
Craig Press
Grand Futures Prevention Coalition
Yampa Valley Pregnancy Center
Moffat County Collaborative Management Program
Moffat County United Way
Advocates Crisis Support Services

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Executive Summary

This report describes the results of the resource assessment completed as part of the Moffat County *Communities That Care* effort. The *Communities That Care* system is a way for members of a community to work together to promote positive youth development. The system was developed by Dr. David Hawkins and Dr. Richard Catalano and is based on their research, which has identified 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 *Communities That Care* effort is to identify which risk factors, protective factors, and problem behaviors are prevalent in a community, and implement evidence-based programs, policies, and strategies to address the community's unique profile. To that end, the Risk and Protective Factor Assessment workgroup collected and analyzed data on the Moffat County area and, with input from the community, identified the following risk factors as priorities for community planning:

- Depression/Anxiety
- Perceived risk of Substance Use

The resource assessment was the next step in the *Communities That Care* process. On February 1, 2018 members of the Resource Assessment and Evaluation workgroup attended the Assessing Community Resources Workshop. Using data collection tools refined at the workshop, workgroup members collected information from the Moffat County area specific to youth. The assessment was completed on April 23, 2018.

Based on the assessment information, the Resource Assessment and Evaluation workgroup suggest that:

- We build public support of district-wide implementation of evidence-based depression/anxiety prevention curriculum. There are two tested, effective resources in the Moffat County area that addresses the risk factor *Depression/Anxiety*. There are also some programs that impact this risk factor that have not been scientifically evaluated for evidence of effectiveness or been defined as tested and effective. This report recommends the community board supplement untested resources with tested, effective programs, and that tested, effective resources addressing *Depression/Anxiety* be expanded to include the entire community.
- Build public support for district wide implementation of evidence-based school substance abuse prevention curriculum. There are two tested, effective resource in the Moffat County area that addresses the risk factor *Perceived risk of Substance Use*. There are also some other programs that impact these risk factors, yet they have not been scientifically evaluated for evidence of effectiveness or been defined as tested and effective. This report recommends the community board supplement untested resources with tested, effective programs, and that tested, effective resources addressing *Perceived risk of substance use* be expanded to include the entire community.

- Build public support for creating community spaces for youth. Right now, in Moffat County, there is little to no spaces that are utilized by youth over the age of 13. These spaces must provide homework assistance, physical recreation, snacks, counseling, and safety while decreasing substance use, violence and other illegal activities.

Introduction

The Moffat County *Communities That Care* Effort

In February 2018 the Moffat County Community began implementing the *Communities That Care* 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 *Communities That Cares* system is a way for members of a community to work together too efficiently and effectively promote positive youth development and prevent youth problem behaviors such as substance abuse and violence.

The Moffat County *Communities That Care* Project seeks to reduce problem behaviors and promote positive behaviors by addressing risk factors that exist in the community that have been shown to increase the likelihood that children will become involved in problem behaviors in adolescence and young adulthood. The Moffat County *Communities That Care* Project also will attempt to enhance protective factors in the community that have been shown to buffer the effects of exposure to risk factors.

The Moffat County community is using the *Communities That Care* process to achieve the community's vision of a compassionate, accepting community of Moffat County where people actively work together to create a safe and healthy environment for all.

Key Accomplishments in the Moffat County Community

- The Communities That Care Survey was administered in 2017 to 6th, 8th, 10th and 11th grades in Moffat County public schools.
- In February 2017 a full-time coordinator for the Moffat County *Communities That Care* Project was hired.
- In March 2017 community leaders attended a Key Leaders Orientation and many committed to the Moffat County *Communities That Care* Project.
- In August 2017 a Community Board was formed. 30 individuals attended the Community Board Orientation and established a structure for the Moffat County *Communities That Care* Project. This included forming workgroups to achieve the various steps in implementing the Moffat County *Communities That Care* Project.
- In October 2017 the Risk and Protective Factor Workgroup attended the Community Assessment Training and completed the Community Risk and Protective Factor Assessment Report.
- In February 2018, members of the Resources Assessment and Evaluation workgroup attended the Assessing Community Resources Workshop. Using data collection tools refined at the training event, workgroup members collected information from the Moffat County area specific to youth. The assessment was completed in April 2018. This report details the results of that assessment.

The Resource Assessment

The key goal of the *Communities That Care* system is for the community to develop a profile of the risk factors, protective factors and problem behaviors in their community, and to develop a plan for addressing the risk factors that are most elevated while enhancing protective factors.

This report supports the second step in that process. The Resource Assessment and Evaluation workgroup has collected information about the resources that address the Moffat County *Communities That Care* priority risk and protective factors and community-level strategies identified by the Colorado Department of Public Health and Environment (CDPHE) that are best practices in changing community-level norms, environments, and structures that would promote positive youth development. The workgroup collected information from the community to identify resources that promote or inhibit community capacity related to these community-level strategies. Coupled with the Community Assessment Report, the information contained in this report will serve as the foundation for the Moffat County *Communities That Care* Community Action Plan.

How the Information Was Collected

During the Assessing Community Resources Workshop, workgroup members created a list of agencies, organizations, and groups in the area that would potentially be involved in advancing the community-level strategies related to the Moffat County community's prioritized risk and protective factors. Next, workgroup members refined data collection tools to gather relevant information about the efforts occurring related to each potential community-level strategy. Then, the workgroup determined whether a deeper investigation of each strategy was necessary; the workgroup then collected more information regarding the possible resources and gaps in community capacity related to each potential community-level strategy. The data collection tools helped workgroup members identify resources related to the community's capacity to implement community-level strategies, and any potential gaps in capacity such as in implementation, effectiveness, enforcement or maintenance, population reach and equity of reach, administration or operations, expertise or skills, funding, shared understanding, leadership or champions, community support, or communication and outreach.

Members of the Resource Assessment and Evaluation Workgroup, the community coordinator, and other community members collected information from 40 agencies and completed 100+ hours of work. As a result, workgroup members were able to identify resources and gaps in community capacity to address community-level strategies to improve our community environment and opportunities for positive youth development.

How to use this report

The Resource Assessment Report is intended to help participants at the Community Planning workshop develop the Moffat County *Communities That Care* Community Action Plan. Participants developing the Community Action Plan should use this report to:

- select best practices in implementing community-level strategies or to fill identified gaps; and to
- Formulate systems-change strategies to expand or enhance community capacity to implement these strategies.

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

Report overview

The next sections of the report provide detailed information about the community's resources and gaps, organized by priority risk factor. The conclusion presents a summary of the resources and gaps, along with recommendations for future action.

Risk Factor: Depression/Anxiety

Depression is defined as an illness when the feelings of depression persist and interfere with a child or adolescent's ability to function. Children who suffer from an anxiety disorder experience fear, nervousness, and shyness and they start to avoid places and activities.

Resources and strengths in community capacity

Currently there are two community resources that addresses the risk factor *Depression/Anxiety* that is tested and proven effective. *2nd Step* provides services to elementary students in the Moffat County area. *R Rules* is provided to all three

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grade levels at the middle school. We feel that our area has lots of expertise and resources to help youth with this risk factor, and a shared understanding of the need for programs. We currently have REPS in our area as a resource, along with Youth Resiliency, Safe 2 Tell and the School Resource Officer (SRO).

Survey information also revealed some curriculum is offered in health classes at the High School but have not participated in a formal evaluation.

Gaps, issues and barriers in community capacity

2nd Step is being used by all elementary schools, however, the curriculum may be slightly altered by each school counselor, so there's no consistent fidelity of the program. The materials for *2nd Step* also need to be updated, but there's not any funding to take this on.

R Rules does not have enough time allotted for it, thus only pieces of the curriculum is used. *R Rules* is also implemented differently in each class, minimizing fidelity to the program due to school administration not enforcing entire curriculum. Health class and any curriculum provided there only reaches 25% of high school students. We have identified programs that exist already, but would like to do a more thorough job or researching some evidence based programs. Also need consistent implementation of programs already in place to reach fidelity. The school counselors have too much on their plate and are stretched thin. Our area needs more prevention based programs in place instead of reactionary programs/resources.

Risk Factor: Perceived Risk of Substance Use

Young people who do not perceive substance use to be risky are far more likely to engage in substance use. In middle school, as friends and other students begin to participate in risky behaviors, Middle School students see a shift in their attitudes toward greater acceptance and lowered tolerance for refusal of substances

Resources and strengths in community capacity

D.A.R.E is currently offered in 5th Grade. Moffat County Heroin and Opioid Prevention Education Team (HOPE) is offering the Marijuana Education Institute (MEI) marijuana education curriculum in 9th grade health classes. There is strong community-wide support system believing that more curriculum should be provided to the youth. Grand Futures is also currently trying to come up with a new strategic plan to mitigate gaps in our area. We also have a Social Host ordinance within Craig city limits.

Gaps, issues and barriers in community capacity

There is minimal substance abuse education in each grade that is offered through health class. Only 5th and 9th graders are being offered any kind of evidence-based curriculum to help combat the perceived risk of substance use. There aren't measures in place to determine the effectiveness of D.A.R.E. - there isn't any pre/post evaluations of the program. The school district also implements curriculums based on a "flavor of the month" and there is often not any continuum of programs to assess fidelity. In our area, there seems to be a mixed message/perception of the issue between some parents and outside entities. Media glorifies the social norm of most substance use. We also feel that there isn't enough expertise in our community about substance use/misuse and its' effects- and a severe gap of resources for youth to go to if they do feel they have a problem. Many parents have blinders on in regards to their own children, and feel that it's "other" families and children that may have substance use problems, never their own. The Social Host ordinance needs to be expanded from Craig city limits to county-wide.

Protective Factor: Build Public Support for Creating Community Spaces for Youth

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Creating spaces for our youth that decrease drug use, violence and other illegal activities while providing homework assistance, physical recreation, snacks and counseling.

Resources and strengths in community capacity

Agencies that work with youth have a shared understanding of the need for a community safe space. We do have two safe spaces in our area currently: Boys and Girls Club and Young Life. There are also several events throughout the year providing a temporary safe space, such as After Prom Party, 5th Quarter, Parks and Recreation organized sports, movies in the park, and the city pool. Community effort from Parks and Rec, Build a Pool and the Yampa Valley Young Professionals have either previously looked into, or are actively seeking support for a Community Space. Parks and Recreation is currently working on their strategic plan that may provide more safe spaces but the extent of which is unknown. Other extracurricular activities in our area exist, providing a safe space as well, such as ballet, gymnastics, Tae Kwon Do, etc. Data provided by our youth back up the need for a permanent safe space.

Gaps, issues and barriers in community capacity

We need a community space for youth for after school and weekends. There is a lack of adult mentors that youth find relatable. There really isn't a permanent space available for teenagers- Boys and Girls Club is mostly 1st- 6th grade centered and Young Life meets only once a week and is constantly looking for a place to host 5th Quarter events. There is not any funding available for safe spaces, and therefore not any community support due to community being against tax increases- the City of Craig has tried to pass a mill levy multiple times but it's always voted down. We need Youth involved with building public support so that the community can hear the needs from the kids themselves.

Conclusions

The Moffat County Community's Community-Level Strategies

The Resources Assessment and Evaluation workgroup is pleased to report that:

- Although there are only four tested, effective resources in the Moffat County area that address the two prioritized risk factors, some untested programs are available and are working to reduce *Depression/Anxiety* and *Perceived Risk of Substance Use* as well as increase protective factors that buffer against these risks.
- There is a shared understanding amongst agencies that we need a community space for Youth.

Gaps in Community Capacity

The following gaps are present in Moffat County community's current capacity related to the recommended community-level strategies, and should be addressed by the Community Action Plan:

Depression/Anxiety

- Even if *2nd Step* is being implemented to focus on this risk factor, the program materials needs to be updated and is only offered to elementary students.
- Even if *R Rules* is being implemented for use in addressing this risk factor, only part of the curriculum is being utilized due to limited time allotted. It is also implemented differently in each class, so there's a lack of fidelity across all classes.

Perceived Risk of Substance Use

- The resource assessment workgroup identified only two tested and effective resources in the Moffat County Community that is working to reduce this risk factor. However, D.A.R.E is only offered to 5th graders and MEI is only offered to 9th graders during health class. Currently, there isn't a curriculum being implemented for students younger than 5th grade. Limited substance abuse education provided throughout other grades.

Build Public Support for Creating Community Spaces for Youth

- There is a severe lack of public support due to economic factors with creating a community space.

Recommendations and next steps

The next step in the *Communities That Care* process is to create a Community Action Plan. This report offers the following recommendations for the Moffat County *Communities That Care* Community Action Plan:

- Build public support for Creating Community Spaces for Youth- bolster support for Build a Pool Committee/effort and suggest a Youth Center be included
- Explore Professional development training for people who work directly with youth.
- Select additional tested, effective programs, policies and practices that address *depression/anxiety*.
- Select additional tested, effective programs, policies and practices that address the risk factor *Perceived Risk of Substance Use*

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Appendix A: Community Capacity to Implement Community-Level Strategies in the Moffat County Community that Address the Moffat County *Communities That Care* Priority Risk and Protective Factors

Risk/ Protective Factor	Strategy/ Program	Domain	Implementation	Effectiveness	Population Reach/Equity (Demographic)	Funding	Administration/ Operations	Expertise/ Skills	Enforcement/ Maintenance	Shared Understanding	Leadership/ Champions	Community Support	Communication / Outreach
Rewards for Pro-Social Involvement	Build Public Support for Creating Community Spaces for Youth	Environment/ Facility	BGCC, Young Life, Church youth groups	No community wide spaces available. Never any follow/ end-results presented	For up to 6 th to 7 th grade. Hispanic population underserved. No serving middle to upper class families.	None	Currently present spaces are great, but there is nothing community wide.	Some from existing spaces. Parks and Rec have tried several times to pass a Rec Center	Poor maintenance of current or past safe spaces	The people that do this work understand the need,	A gap of community leadership and support for safe spaces.	Little to no community support.	Need better communication with community members

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Risk/ Protective Factor	Strategy/ Program	Domain	Implementation	Effectiveness	Population Reach/Equity (Demographic)	Funding	Administration/ Operations	Expertise/ Skills	Enforcement/ Maintenance	Shared Understanding	Leadership/ Champions	Community Support	Communication / Outreach
Low/ Lack of Commitment to school	School policy enforcement review	Policy/ Advocacy	Required to be in compliance with CASB.	Have created a 5- year strategic plan with a score card/ evaluation on yearly basis	All policies are district wide.		Superintendent, school board and principals. Not all staff is at the same level.	More engaged superintendent. Using community member to assist with the reviews. Could use more local instead of an outside agency.	No required schedule for updating policy but one is on the docket to be created. If CASB states that policy has changed then that does become a priority.	There is collaboration with community agencies regarding policies for health/ wellness , sexual health, No student involved in policy review but were consulted for strategic plan	Rather new superintendent and school board Not sure on ability to complete strategy plan due to new leadership .	Better than it has been, with some community collaboration Was public collab for the 5 year strategic plan.	All board meetings are open to the public. All policies are on website. Every student given handbook.

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Risk/ Protective Factor	Strategy/ Program	Domain	Implementation	Effectiveness	Population Reach/Equity (Demographic)	Funding	Administration/ Operations	Expertise/ Skills	Enforcement/ Maintenance	Shared Understanding	Leadership/ Champions	Community Support	Communication / Outreach
Perceived Risk of Substance Abuse	Build public support for District wide Implementation of Evidence based school substance abuse prevention curriculum	Programs	Minimal substance abuse education in each grade. DARE at 5 th grade. HOPE is offering MEI education in 9 th grade health classes.	No evaluation.	County-wide, if part of the school district they get health classes, Nothing before 5 th grade	Based off of legislation, PD pays for DARE through a grant and SAPP fundraiser	There are people who do this work (BAHY, GF, SAPP, BGCC, YL, MCSD,	Taught by PE teachers, so lean towards nutrition and fitness. DARE taught by PD, Not enough expertise in the community to deal with the level of the problem		People who do this work understand the need,	NWCOH, GFPC, MCSD, PD, MRH, BGCC, HOPE, BAHY	There is little community understanding of the problem.	Little to none

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Risk/ Protective Factor	Strategy/ Program	Domain	Implementation	Effectiveness	Population Reach/Equity (Demographic)	Funding	Administration/ Operations	Expertise/ Skills	Enforcement/ Maintenance	Shared Understanding	Leadership/ Champions	Community Support	Communication / Outreach
Depressive Symptoms	Build public support for District wide Implementation of Evidence based on depression/ anxiety curriculum	Programs	2nd step in elementary schools, but can be slightly altered by each school counselor. Materials need updated. R Rules at the Middle School for all 3 grades. Some curriculum offered in the health classes at the HS.	2nd Step needs updated to be more effective. R Rules needs to be increased in allotted time. Implemented differently in each class.	Not all of the R Rules curriculum used due to time allotted. Lots of programs for at-risk kids, but nothing in the way of upstream prevention. Only 25% of HS reached through health classes.	No community programs for elementary kids. No funding for updating the 2nd Step curriculum.	Not enough time set aside for R Rules to reach fidelity.	Lots of expertise and resources for proper implementation	No enforcement for fidelity R Rules. Time issue for both programs	These programs are supported by community agencies	School counselors are on board, principals are not. School board on as well	NONE – Lots of “others” mentality	Parents are notified electronically.