

Kootenai Alliance for Children and Families
Community Resource Assessment Report

November 2005

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Executive Summary

This report describes the results of the resource assessment completed as part of Kootenai Alliance for Children and Families' *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. It 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 present in a community, and implement tested, effective programs to address the community's unique profile. To that end, the Risk and Protective Factor Assessment Work Group collected and analyzed survey and archival data on Kootenai Alliance for Children and Families youth and identified the following risk factors as priorities for community planning:

- Family Management
- Family History of the Problem Behavior
- Early Initiation of the Problem Behavior
- Transitions and Mobility

The resource assessment, another step in the *Communities That Care*® process, was conducted simultaneously with the collection of archival data. In May of 2005, members of the Resource Assessment and Evaluation Work Group attended the Community Resource Assessment Training. Work group members collected information from youth and family serving non-profits and agencies across the county regarding evidence based and outcome based programs that are currently being implemented. The assessment was completed in November 2005.

Based on the assessment information, the Resource Assessment and Evaluation Work Group identified these gaps:

Gaps in current programs that exist are;

- Lack of evaluations for those programs that are implementing best practice or outcome based programs;
- Exclusivity of target group. Best practice programs that are being implemented are targeting specific populations, ie: at-risk, aggressive, court-ordered;
- Programs being offered do not address the four risk factors, specifically transition and mobility. There were no best practice programs or outcome based programs that met the transition and mobility risk factor;
- Primary focus of programs offered is intervention vs. prevention.

Development Gaps include:

- Lack of standard and consistent evaluation of existing programs;
- Lack of availability of information for those programs that do evaluate and monitor outcomes.

- Limited participation and understanding by business community and those involved in community development and population growth regarding the affects community growth has on families and children.

Introduction

The Kootenai Alliance for Children and Families *Communities That Care*® effort

Vision Statement:

All residents of our Community of Care and promise are responsible, healthy, secure, principled and empowered to reach their full potential.”

In January of 2003, Kootenai Alliance for Children and Families began implementing Channing Bete Company's *Communities That Care*® system. Dr. David Hawkins and Dr. Richard Catalano of the Social Development Research Group developed the system at the University of Washington, Seattle. It 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.

The *Communities That Care*® system helps community members work together to efficiently and effectively promote positive youth development. Kootenai Alliance for Children and Families is implementing the *Communities That Care*® system through a grant from Purdue Pharmaceuticals Company.

Key Accomplishments to Date

- During the calendar year 2002, Kootenai Alliance for Children and Families was awarded the opportunity through state prevention funds to implement the *Communities That Care*® operating system.
- In January 2003 a Community Board Orientation was held and five work groups were formed. The Risk and Protective Factor Workgroup, the resource and Evaluation Workgroup, the Outreach Workgroup, the Youth Involvement workgroup and the Board Maintenance and Funding work group.
- In December 2004 the *Communities That Care*® Youth Survey was implemented to 580 in 9th and 12th grades.
- On May 10, 2005 a Community Assessment Training was held with forty-five in attendance. The *Communities That Care*® Youth Survey was reviewed and four risk factors were prioritized: *Family Management, Family History of the Problem Behavior, Early Initiation of the Problem Behavior, and Transitions and Mobility.*
- On May 10, 2005 a Resource Assessment Training was held with twenty-five in attendance. A matrix of programs was built and new programs were identified to research for implementation and to fill the gaps identified.

The resources assessment

The key goal of the *Communities That Care*® effort 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. The Kootenai Alliance for Children and Families Community Assessment Report, which was completed in December 2004, can be obtained from by calling the Kootenai Alliance for Children & Families at (208) 676-8293.

This report, the Community Resource Assessment Report, is another step in the *Communities That Care*® process. The Resource Assessment and Evaluation Work Group collected information about which evidence-based programs are being implemented in youth and family serving non-profits, agencies and schools across the county. The work group used survey information from the community to identify Kootenai Alliance for Children and Families' evidence-based programs and outcome based programs that focus on our county's four prioritized risk factors. Coupled with the Community Assessment Report, the information contained in this report will serve as the foundation for Kootenai Alliance for Children and Families' Community Action Plan.

How the information was collected

During the Community Board Orientation Training, work-group members partnered with the NICON who publishes a directory of all non-profits and agencies that serve youth and families in the county. This directory of 500 non-profits and agencies was surveyed to discover if any evidence-based and outcome based programs were currently being implemented and if not, to provide that information as well. In addition, they were asked about goals, outcomes and survey tools. Once the resource assessment results were back and the county's priority risk factors had been prioritized, the Resource Assessment compiled a list of evidence-based and outcome-based programs that are currently being implemented and those that address the county's priority risk factors.

Assessment details

Members of the Resource Work Group analyzed the resource assessment survey information to identify Kootenai Alliance for Children and Families' evidence-based programs and illuminate resource gaps and areas for improvement. The following are the findings:

- Only a handful of best practice programs are being implemented in Kootenai County and of those only a few met the prioritized risk factors. See bullets below. In addition, there were not many outcome-based programs, and if so they were not evaluated or reported on a consistent basis, if at all. It was suggested that some may not have been reported due to the lack of familiarity with terminology, such as outcome-based or measures.
- The two risk factors that were identified to hold the highest priority for our community due to lack of programs identified is *transition and mobility* and *family management and conflict problems*. While there are programs that do address transition from one grade to the next, there is a lack of programs that address redistricting or new districts, moving from one school to the next for

- reasons such as divorce, homelessness, etc... In addition, it was discussed that parents are a part of this issue and that transition and mobility ties into family management and conflict.
- *Early initiation of use* is addressed in our community through many activities and programs. Many outcome-based programs were found such as DARE and PEAK. Best practice programs were found that address early initiation of use and prevention, such as Project Alert in the CDA School District.
 - Programs were identified that address *family history of high-risk behavior* through ICARE, Anchor House, and Head Start. It was found there is a specific target population for these programs and they are not all inclusive.
 - While best-practice programs were found that do address the risk factors family management and conflict, a lack of programs were identified that address these risk factors in a preventative manner, which target all parents.
 - The lack of evidence-based programs suggests that Kootenai Alliance for Children and Families has many gaps to fill in order to effectively address the priority risk factors established by the Community Board. However, this provides Kootenai Alliance for Children and Families with an exciting opportunity to choose from a wide variety of programs and implement in many possible settings.

How to use this report

The Community Resource Assessment Report is intended to help participants at the Community Planning Training develop Kootenai Alliance for Children and Families' Community Action Plan. Participants developing the Community Action Plan should use this report to:

- select tested, effective programs, policies and practices to fill Kootenai Alliance for Children and Families' identified gaps;
- formulate systems-change strategies to implement tested, effective programs.

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 Kootenai Alliance for Children and Families' Community Action Plan:

- Select new evidence-based programs that address as many as possible of the four prioritized risk factors.
- Select programs that can be implemented across a broad range of the community vs. implementing in a school setting, where time is valuable. Suggested settings would include collaborations utilizing general community networks, such as Park and Recreation.
- Select programs that are prevention focused vs. intervention and that targets both the child and the parent.
- Select programs that have a general audience of parents and youth. Not programs that target the at-risk, aggressive or substance abusing child.

- Select programs do not require multiple professionals to be trained. This cost would be too great for services and put additional stressors on already busy agencies.
- Strengthening Families is recommended in meeting 3 of the 4 risk factors. It involves both parents and youth, can be implemented by any agency or group, is prevention focused, targeting the general population, not any one specific group of parents or youth.
- For transition and mobility select programs that are not necessarily best practice, but that meet the community needs and will make an impact.
- Develop a plan to assist programs that are not currently doing any form of evaluation so they can develop a plan, evaluate and report their program's outcomes.

For more information, please contact:

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