

**City of Lawrence**  
**2007 Alcohol Tax Funds**  
**Request for Proposals**  
**Fiscal Year 2007 (January-December)**

**Agency Name:** Lawrence USD 497  
**Program Name:** Prevention Specialist  
**Contact Person:** Sandee Crowther or Peggy Nelson  
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Request is for funding in the following categories and amounts:

- Prevention** .....\$67,000.00
- Treatment
- Intervention
- Coordination

Proposal dated: April 21, 2006

## I. PROGRAM DESCRIPTION

This proposal requests a continuation of city alcohol tax funding for the Prevention Specialist at Free State High School and clerical support to maintain program integrity. This funding becomes even more essential as services once provided by Prevention Specialists at the Lawrence elementary schools are transferred to building staff and the continuation of Jr. High Prevention Services is in question. These positions (elementary and Jr. High prevention) were funded through a three year Federal Safe Schools Healthy Student Initiative grant which now is reducing services as this funding ends. At the high school level the reduction in SS/HS funding has resulted in the loss of a Peer Education Facilitator leading to the need for additional clerical services to monitor and support the increasing number of prevention services provided at this level.

The Prevention Specialist position at Lawrence High School will continue based on its funding through the Federal Safe and Drug Free Schools Title IV funding. Continued city funding of one prevention specialist position and a part time clerical position will ensure that prevention services will continue at Free State.

The long-term goal of this program is to provide comprehensive programming to increase student and parent knowledge related to alcohol/other drug use, to reduce or delay student risk behaviors by enhancing identified protective factors and developmental assets and to improve school performance. The strategies employed to accomplish this goal include **universal, selective, and indicated prevention services,**

**Universal and Selective Prevention Services** provided by the Free State High School Prevention Specialist which employ these strategies include: FYI Leadership Club-This Club is a strong prevention in regards to drugs, alcohol, and violence by disseminating information, teaching and strengthening leadership skills and by keeping students involved in safe, drug- and alcohol-free activities. Elementary Bullies 2 Buddies program - This program addresses the issues of teasing/bullying at the lower elementary grade levels. The participants explain to the grade school students--via the use of puppets, plays and songs--ways to handle problems/issues in a non-confrontational manner. Link Crew – Trained student mentors are identified to assist in various activities that aid in the transition of sophomores into the high school environment by providing lessons on school rules and regulations, alcohol/drug education, study habits, priorities, resources available regarding prevention and academic support, and team building. Students Teaching about Tobacco - High School STAT teams talk to area 4th and 5th grade students about the benefits of being tobacco-free. Each of these students is a positive role model for the elementary students and provides hope that it is possible for students to go through school tobacco free. Parent Educational Presentations – The prevention specialist provides information to parents on intervention strategies and high school policies, as well as providing parents with information on their student's involvement in the various prevention activities at the school. Elementary Safety Net – A new program focusing on internet safety and security program co-developed and co-facilitated by high school peer educators and the district School Resource Officers. Youth Against Drinking Alcohol (YADA)– A new panel of students who abstain from alcohol and provide Junior High students with role models and strategies for making healthy choices. YADA is a tremendous breakthrough for Lawrence peer education because prior to YADA, students have periodically been interested in forming this type of peer education effort yet never fully committed to the process. Elementary Tutoring Program- It is open to eligible juniors and seniors (3.0 GPA) who are interested in tutoring elementary students. This offers

Free State students an opportunity to be a positive influence on a young student's academic experience.

Cultural Heritage Panel - A group of high school students who have a strong interest in breaking down communication barriers and prejudice among people of different racial, ethnic, religious, and cultural groups. Parent Initiative re Substance Abuse Referrals – This strategy provides alcohol/drug education for parents of students who violate any of the district's alcohol/drug policies. They will be given the option of two hours of prevention education for their student or one-hour prevention services and attendance of their student at an age-appropriate Alcoholics Anonymous meeting accompanied by either the parent or the prevention specialist. Student Study Groups – This is student-led study sessions to assist in study habits and specific class projects open to all students. Elementary Red Ribbon Presentations – The Prevention Specialist coordinates high school students in assisting elementary schools with their Red Ribbon Week activities, including performing plays and puppet shows, handing out ribbons and candy, and conducting rallies about not smoking. Their participation provides positive role models for the younger students. Smoking Cessation Classes – This is a 4-week educational sessions open to all students who wish to stop smoking.

The above programs are considered Universal and Selective because while they are open to the general student population staff works to encourage at risk students to participate.

**Indicated prevention services** include alcohol/drug education for students suspended for violation of district alcohol/drug policies, and individualized parent support.

All programs are age-specific, developmentally appropriate and culturally sensitive, with repeat interventions to reinforce prevention goals.

The USD 497 prevention programming is based on research initially done by the National Institute of Drug Abuse, Hawkins and Catalano of Washington and the Search Institute of Minneapolis, Minnesota. Their findings were subsequently supported by the congressionally mandated National Longitudinal Study of Adolescent Health Survey. The assets targeted are school performance, positive school climate, positive peer influences, and involvement in school/community activities, decision-making skills and informed parent involvement.

The program strategies are age-specific; prevention programming looks different at each academic level. However, at each level the program provides an integrated framework which includes correcting student misperceptions about the prevalence of peer use, providing resistance skills training and examining both internal and external factors influencing drug use. At the high school level, the programs designed to reduce risk and/or increase protective factors are the FYI Leadership Club, Student Study Groups, health resource team services provided to identified at-risk students, individualized student alcohol/drug education, individualized parent support/education, parent group presentations, adjunct classroom instruction, and numerous peer education programs including Students Teaching About Tobacco, the Cultural Heritage Panel, Bullies-2-Buddies, Youth Against Drinking Alcohol, Safety Net, Elementary Student Tutoring Program, and the LINK CREW mentoring team. Existing research supports the use of peer leaders for this type of prevention programming.

## II. NEEDS ASSESSMENT

There is clearly a need to continue the current prevention services being provided by the city alcohol tax fund as evidenced by data from multiple sources. Alcohol continues to be a significant concern for teenagers in the state of Kansas as well as in Lawrence. When Kansas students were asked on the Kansas Communities That Care Survey (CTC), "How old were you

when you first began drinking alcoholic beverages regularly, that is, at least twice a month?" the average age was 14.47 years old. The Lawrence Public School average age was 14.76 years old while the average for Lawrence Free State students in particular was 15.2 years old in 2004 and 15.0 years old in 2005. This is important information given that the National Institute on Alcohol Abuse and Alcoholism reports that "Youth who drink by age 15 are 4 times more likely to develop alcohol dependence than those who begin drinking at age 21." The resulting underage dependence/abuse of alcohol has staggering individual, family and societal costs. In 2001, the Kansas Department of Transportation reported that alcohol was involved in 18.5% of all fatal traffic accidents in Kansas. The National Highway Traffic Safety Administration estimates that the average alcohol-related fatal car crash in Kansas costs \$3.4 million: \$1.1 million in monetary costs and \$2.3 million in quality of life losses. **Alcohol-impaired drivers ages 14-18 caused 16 car crashes in 2004 in Douglas County alone, resulting in 13 injured people.**

As stated, the Communities That Care Survey is an important source of data supporting the continuation of prevention services at the high school level. One area that still poses a challenge is the amount of alcohol that students are drinking once they make the decision to drink. Recent research has shown that the brain continues to make important strides until age 24 and those teens that regularly get drunk will sustain lasting impairment to the brain, making it more difficult for them to do well in school or at work.

In 2005, 76.3% of our sophomore students report that they have never attended school drunk or high. While this number has increased overall since the 1997-1998 school year, it is still too low. The onset of the new Youth Against Drinking Alcohol peer education program is intended to be one more targeted prevention strategy for our incoming sophomores, who will model ways that older students have abstained from alcohol to 8<sup>th</sup> and 9<sup>th</sup> graders. In addition, strengthening the Link Crew mentoring program will be an additional strategy by establishing a more positive school environment with high standards for all of our incoming sophomores.

Research has shown that successful prevention is not a one time inoculation we give our youth. It must be an ongoing process over their development stages. It is most effective if it involves a young person's family, peer group, school, and community. The Prevention Specialist funded by this proposal is in the unique position to positively impact all areas of a young person's life.

### **III. OUTCOMES**

The primary goal at the secondary level is to provide comprehensive programming to increase knowledge related to alcohol/other drug use and to promote protective assets such as positive peer influences, decision-making, a sense of personal responsibility, and improved school performance.

The goal for parents is to increase their involvement in addressing individual student at-risk behavior through increased knowledge of adolescent alcohol/drug use, increased knowledge of parental monitoring strategies and the procedures for intervention.

The high school prevention programs will continue to provide peer education programs to elementary students through the Cultural Heritage Panel, Students Teaching about Tobacco, the Bullies-2-Buddies program, the Elementary Student Tutoring program, Red Ribbon presentations, and our new Youth against Drinking Alcohol program. However, due to the loss of elementary and junior high programs in the absence of the SSHS initiative, we will re-evaluate how to measure elementary prevention program outcomes.

#### **IV. EVALUATION**

Every program comprising the USD 497 Prevention Program is evaluated to ensure that progress is made on the stated goals and to improve the program. Participants in major programs are asked to evaluate program impact on their level of connectedness and responsibility. Grades, attendance, and number of discipline referrals are also used to evaluate program effectiveness.

The evaluation process will monitor process, behavioral and impact outcomes. The long term goal of reducing or delaying student alcohol health-risk behaviors will be tracked by the Kansas Communities That Care Survey. Specific goals/objectives and outcomes are identified on the Logic Model of this proposal (Logic Model Pages 1-4).

#### **V. COORDINATION**

The seamless coordination of prevention services between identified school district personnel and community resources is a necessary element to the continuation of such services. It is essential that prevention services be woven into the academic process in such a way that they enhance learning and are aligned with district policy and curriculum. This level of coordination is more likely to be accomplished by someone within the educational system whose job it is to provide prevention services. The Prevention Specialist position currently funded by the city alcohol tax fund coordinates prevention services with numerous community agencies including the Douglas County Citizens Committee on Alcoholism (DCCCA), Lawrence Douglas County Fire & Medical, Kansas Department of Transportation, Kansas Department of Health and Environment, KU Med, and various parent groups such the Project Graduation Committee which provides an alcohol/drug free graduation party for all area seniors. This unique position within the educational system coordinates activities and community expertise, thereby reducing fragmentation and avoiding duplication.

District Prevention programming has a cooperative as well as a financial agreement with the GaDuGi Safe Center, Inc. Lawrence Public Schools teachers, parents, students, and administrators have consistently voiced a need for more audience specific and developmentally appropriate programming, print and film resources focused on issues of sexual/gender violence, and its relationship to substance use. Research based education (print and film) materials, information and support will be provided by the GaDuGi Safe Center, Inc. in collaboration with the Safe and Drug Free Schools Prevention Program.

Because research states that simply giving students written information on alcohol/drugs does not produce measurable and long lasting changes in substance use, programming must be multi-faceted. To change behavior one must be able to correct misconceptions about the prevalence of use, develop/administer peer-led approaches, give students opportunities to practice newly acquired skills, offer booster sessions, offer training for district personnel and involve parents. In other words it takes a position focused on prevention to produce change.

#### **VI. ORGANIZATIONAL CAPACITY**

Lawrence Public Schools administers the Safe and Drug Free Schools program. A district administrator, who has extensive experience with grants as well as student services, will supervise this position. The Lawrence Public Schools has a long and successful history of providing prevention services to students. District programs must comply with all Lawrence Board of Education policies/administration and Title IV federal regulations.

**City of Lawrence – 2006 Alcohol Tax Funded  
Prevention Grant  
Budget**

**Personnel**

1.0 FTE (186 contract days)  
Prevention Specialist (Peggy Nelson).....\$34,497.00

0.75 FTE Safe and Drug Free Schools clerical support  
(Increased support needed due to loss of Peer Education Facilitator  
and increase in Programming (Kelly Mourning-Byers) .....\$17,690.00

**Fringe Benefits**

*Social Security insurance, workman's comp., unemployment insurance,  
plus the district health and dental plan*

1.0 Prevention Specialist (Peggy Nelson) .....\$6,508.00  
0.75 FTE Safe and Drug Free Schools clerical support (Kelly Mourning-Byers).....\$4,056.00

**Travel**

In-district mileage .....\$500.00  
Staff development-registration and expenses .....\$949.00

**Supplies**

*Materials for instruction and presentations including videos,  
pamphlets, printing of program materials* .....\$800.00

**Contractual**

GaDuGi Safe Center, Inc .....\$2,000.00

**TOTAL GRANT REQUEST .....\$67,000.00**

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>On the 2005 CTC Survey 29% of the responding sophomores reported being drunk or high at school at least once in the past year.</p>	<p>Goal: reduce or delay student risk behaviors by enhancing identified protective factors (connectivity to school) and developmental assets</p> <p>Increase student knowledge related to alcohol/other drug use</p> <p>Objective: *Provide drug and alcohol related materials to sophomores.</p> <p>*connect senior mentors to sophomores.</p>	<p>All incoming 10<sup>th</sup> grade students</p>	<p>Link Crew Mentoring program for all 10<sup>th</sup> grade students (provides a student "friend" and mentor to help in the transition into high school)</p>	<p>Match 100% of incoming 10<sup>th</sup> grade students with a senior mentor</p> <p>120 seniors will participate in the program</p> <p>Senior mentors meet with their sophomore contacts a minimum of 10 times</p> <p>Senior mentors meeting with their staff supervisors a minimum of 20 sessions.</p> <p>100% of sophomores receive drug &amp; alcohol reduction material</p>	<p>The number of sophomore students participating in peer education and FYI leadership club will be maintained.</p>	<p>By 2010, there will an increase in 10<sup>th</sup> grade students reporting never being drunk or high at school as measured by CTC trend data.</p> <p>CTC trend data will show a decrease in tobacco alcohol and other drug use at the 10<sup>th</sup> grade level.</p>

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
The 2005 CTC survey reported that 97.4% of Free State sophomores report "there are a lot of chances for students in my school to get involved in sports, clubs and outside activities	<p>Goal: Reduce or delay student risk behaviors by enhancing identified protective factors and developmental assets</p> <p>Objective: Provide multiple opportunities for students to participate in activities that support abstinence from tobacco, alcohol and other drug use</p>	Available to all high school students	Prevention Peer Programs including: CHP, STAT, FYI Leadership, Elementary Tutoring, Bullies-2-Buddies, Safety Net, Youth Against Drinking Alcohol (YADA)	20% of students are involved with 1 or more Prevention Program by January 2008	50% of students surveyed in Peer Programs will report an increase in personal responsibility by January 2008.	The high level of student participation in drug-free opportunities will be maintained



ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
2005 daily records show 27 students referred on the basis of poor school performance	<p>Goal: Improve school performance</p> <p>Objective: Provide supportive services for at-risk students identified by student improvement team and assistant principals.</p>	Academically at-risk students targeted by Student Improvement Team and Teacher referral	Prevention Specialist provides support and encouragement through regular parent/student contact	100% of students referred the Free State Student Improvement Team	20% of referred student show an improvement in performance by January, 2008	By January 1, 2008, there will have been a 5% decrease in the number of juniors referred for academic intervention.
ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
During the year 2005, 47 students were referred for substance abuse issues	<p>Goal: Facilitate student self awareness of their addiction status.</p> <p>Objective: Assist student movement through the "stages of change" addiction model</p>	Students who violate district alcohol and drug policies	Alcohol and drug education, Smoking cessation and supportive services	100% of students referred and accepting intervention receive individual prevention services by January 2008.	20% of referred students complete a prevention education option by January 2008	50% of referred student who complete a prevention education option will not receive a 2 <sup>nd</sup> discipline referral for substance abuse violation

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>The 2005 CTC survey reports that 19.8% of Ks. sophomores say “my family has clear rules about alcohol and drug use.”            (This question is new to the USD497 students. Next year we will be able to provide school and district comparison data)</p>	<p>Goal: Increase parent knowledge on adolescent alcohol/drug use</p>	<p>All high school parents</p>	<p>Sophomore parent night, parent teacher conferences, SITE council meeting, Parent Network Organization, and Project Grad</p>	<p>100% of parents to secure prevention information on alcohol/drugs and the importance of parental monitoring by January 2008</p>	<p>20% of parents surveyed at parent night can identify the building prevention specialist as a resource for alcohol/drug information and parental monitoring strategies by January 2008</p>	<p>By January 1, 2008, 30% of the surveyed parents identify the building prevention specialist as a resource for alcohol/drug information and parental monitoring strategies</p>

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>The 2005 CTC survey reports that 5% of Kansas sophomores felt parents think it is wrong to drink alcoholic beverages</p> <p>Kansas Sophomores reported in the CTC survey that 1.9% of their parents feel it is not wrong to smoke marijuana.</p> <p>(These questions are new to the USD497 students. Next Year we will be able to provide school and district comparison data)</p>	Provide supportive services to individual parents	Parents of referred students	Alcohol/drug education for parents	100% of parent accepting services will receive services by the Prevention Specialist by January 2008	10% of the parents of referred students will choose to receive prevention education by January 2008	By January 1, 2008, 20% of the parents of referred student will choose to receive prevention education