

City of Lawrence
2008 Alcohol Tax Funds
Request for Proposals
Fiscal Year 2008 (January-December)

Agency Name: Lawrence USD 497
Program Name: Prevention Specialist – Lawrence Free State High School
Contact Person: Sandee Crowther or Peggy Nelson
Address: 110 McDonald Dr., Lawrence, KS 66044
Phone Number: 785-832-5000 ext. 1835
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Email Address: scrowthe@usd497.org

Request is for funding in the following categories and amounts:

<input checked="" type="checkbox"/>	Prevention	\$69,090.00
<input type="checkbox"/>	Treatment	0
<input type="checkbox"/>	Intervention	0
<input type="checkbox"/>	Coordination	0

Proposal dated: May 2, 2007

I. PROGRAM DESCRIPTION

This proposal requests a continuation of City of Lawrence Special Alcohol Tax funding for the position of Prevention Specialist at Lawrence Free State High School and partial funding of a Program Support Specialist to maintain program integrity. The position of Prevention Specialist is the only position in the entire school district that targets USD 497 student alcohol and drug use through research-based prevention strategies. **No other position in the district, not WRAP, not district social workers, not district counselors, nor district psychologists target student alcohol and drug use through specific prevention program interventions.** This funding becomes even more essential as the junior high prevention positions funded through a three-year federal Safe Schools Healthy Student Initiative (SS/HS) grant end on October 1, 2007. The reduction in SS/HS funding has resulted in the loss of Specialist support services, leading to the additional need for assistance in monitoring and supporting the increasing number of prevention services provided.

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 research-based protective factors and research-based 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 Strategies provided by the Free State High School Prevention Specialist include: FYI Leadership Club-This Club is an effective prevention strategy in regard to drugs, alcohol, and violence by disseminating information, teaching and strengthening leadership skills, and by keeping students involved in safe, alcohol/drug free activities. Elementary Bullies-2-Buddies program - This program addresses the issues of teasing/bullying at the lower elementary grade levels. High school participants explain to the elementary 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 and transfer students 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 (STAT) - High School STAT teams trained in collaboration with the Douglas County Health Department-Community Health Improvement Project talk to area 4th and 5th grade students about the benefits of being tobacco-free. Each of these high school students is a positive role model for the elementary students and provides hope that it is possible to go through school tobacco-free. Parent Educational Presentations – The Prevention Specialist provides information to parents on prevention and intervention strategies and high school policies, as well as information on their student's involvement in the various prevention activities at the school. Elementary Safety Net – This program, co-developed and co-facilitated by high school peer educators and district School Resource Officers, focuses on internet safety and security. Youth Against Drinking Alcohol (YADA) – This panel of students, who abstain from alcohol, 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 been reluctant to take a stand against drinking due to intense peer pressure. Elementary Tutoring Program- This program is open to eligible juniors and seniors (3.0 GPA) who are interested in tutoring elementary students. It offers Free State High School students an opportunity to be a positive influence on a young student's academic experience and increases protective factors and Developmental Assets[®].

Cultural Heritage Panel - Panels 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 give presentations to audiences age 10 to adult. Parent Education re Substance Abuse Referrals – This strategy provides alcohol/drug education for parents of students who violate any of the district’s alcohol/drug policies. 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 conducting rallies about not smoking. Their participation provides positive role models for the younger students.

The above programs are considered Universal and Selective because, though they are open to the general student population, the Prevention Specialist works to encourage at-risk students to participate. If this position is not funded there is no other district staff person to continue the above programs at Free State High School. The following programs would cease to exist, ending opportunities for students to reduce risk factors and enhance protective factors: FYI Leadership Club, Bullies-2-Buddies, Students Teaching about Tobacco, Parent Educational Presentations, Youth against Drinking Alcohol, Elementary Tutoring Program, Cultural Heritage Panel, Parent Education re Substance Abuse Referrals, and Elementary Red Ribbon presentations. Due to lack of expertise in the prevention area and staff time constraints, **no other district personnel would be available** to continue these efforts at Free State High School. Both high school prevention programs jointly involve over 500 students in prevention programming to provide role models and prevention messages to district youth.

Indicated prevention services include alcohol/drug education for students suspended for violation of district alcohol/drug policies and individualized parent support. For example, the Prevention Specialist provides Smoking Cessation Sessions, which are educational sessions, tailored to the individual student who violates the district tobacco policy. It is also important to connect the student and parents with community resources through an assessment process in order to interrupt the use of substances. All indicated prevention efforts are age-specific, developmentally appropriate and culturally sensitive, with repeat interventions to reinforce prevention goals.

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

The program strategies are age-specific; the Prevention Specialist adapts prevention programming to each academic level. The prevention program at each level 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 alcohol/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 for identified at-risk student; individualized student alcohol/drug education; WIT Team; individualized parent support/education; parent group presentations; adjunct classroom instruction; and numerous peer education programs including Students Teaching about Tobacco, Cultural Heritage Panel, Bullies-2-Buddies, Youth Against Drinking

Alcohol, Safety Net, Elementary Student Tutoring Program, and LINK CREW. 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 of Lawrence Special 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 2006 Kansas Communities That Care Survey (CTC), "How old were you when you first began drinking alcoholic beverages regularly, that is, at least once or twice a month?" the average age was 14.49 years old. The Lawrence Public School average age was 14.83 years old. This is important information given that the National Center on Addiction and Substance Abuse reports, "Youth who drink before age 15 are 4 times more likely to develop alcohol dependence than those who begin drinking at age 21." The National Center on Addiction and Substance Abuse estimates the cost of substance abuse to elementary and secondary education in 2000-2001 to be, conservatively, \$41 billion. In 2005, the Kansas Department of Transportation reported that alcohol was involved in 22.9% 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 aged 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. The Prevention Specialist disseminates this information to schools, parents, and community members. 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 teenage brain continues to make important developmental strides until age 24; 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 2006, 82.2% of district 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 provide one more targeted prevention strategy for junior high students through older students who model abstinence from alcohol. In addition, strengthening the Link Crew mentoring program by including transfer students will be an additional strategy for establishing a more positive school environment.

Research has shown that successful prevention is not a one-time inoculation that we give our youth. It must be an ongoing process throughout their development. Prevention is most effective if it is multi-faceted; involving 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 of these areas in the student's life and is, in fact, the only district position with programs and services to do exactly that.

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 Cultural Heritage Panel, Students Teaching about Tobacco, Bullies-2-Buddies, Elementary Student Tutoring, Red Ribbon presentations, and the new Youth against Drinking Alcohol.

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 used to evaluate program effectiveness. The evaluation process will monitor progress on behavioral and impact outcomes. The long term goal of reducing or delaying student alcohol 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).

IV. 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 academics 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 is completely focused on providing prevention services. The Prevention Specialist position coordinates prevention services with numerous community agencies including: Community Health Improvement Project (CHIP), Douglas County Health Department, Douglas County Citizens Committee on Alcoholism (DCCCA), Lawrence Douglas County Fire & Medical, Kansas Department of Transportation, Kansas Department of Health and Environment, DaDuGi Safe Center, Inc., KU Med, Leadership Lawrence, First Step, Brandon Woods Retirement Facility, Lawrence Parks and Recreation, Lawrence Humane Society, and Safety in Print (S.I.P.). The Prevention Specialist also works jointly with various parent groups in Lawrence; such as, Project Graduation, which provides an alcohol/drug free graduation party for all area seniors; Parent Groups for Quail Run and Woodland Elementary; and the Lawrence Parent Network. **This unique position within the educational system coordinates activities and community expertise, thereby reducing fragmentation and avoiding duplication.**

Prevention programming has a cooperative and financial agreement with GaDuGi Safe Center, Inc. Teachers, parents, students, and administrators have consistently voiced a need for more audience-specific and developmentally appropriate programming and resources focused on issues of sexual/gender violence and its relationship to substance use. Research-based materials and support will be provided by GaDuGi in collaboration with the Prevention Specialist.

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. **This is the only district position that is indeed focused on prevention strategies to produce change.**

V. ORGANIZATIONAL CAPACITY

Lawrence Public Schools administers the Safe and Drug Free Schools program. A district administrator will supervise this position. 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 Safe and Drug Free Schools regulations.

**City of Lawrence – 2008 Alcohol Tax Funded
Prevention Grant
Budget**

Personnel

1.0 FTE (186 contract days) as per USD 497 negotiated salary schedule
Prevention Specialist (Peggy Nelson).....\$35,532.00

0.65 FTE (250 contract days) as per USD 497 classified salary schedule
Administrative Program Assistant (Kelly Mourning-Byers)\$18,200.00

Fringe Benefits

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

1.0 FTE Prevention Specialist (Peggy Nelson)\$7,255.00

0.65 FTE Administrative Program Assistant (Kelly Mourning-Byers).....\$4,303.00

Travel

In-district mileage\$300.00

Staff development-registration and expenses\$500.00

Office Space\$0.00

Supplies: Office

Printer paper, toner, pens/pencils, file folders, etc.\$200.00

Supplies: Other

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

Equipment\$0.00

Other

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

TOTAL GRANT REQUEST\$69,090.00

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
On the 2006 CTC Survey, 17.8% of the responding district sophomores reported being drunk or high at school at least once in the past year.	Goal: reduce or delay student risk behaviors by enhancing identified research-based protective factors, such as connectivity to school and research-based developmental assets Increase student knowledge related to alcohol/other drug use Objective: *Provide drug and alcohol related materials to sophomores. *connect senior mentors to sophomores.	All incoming 10 th grade students	Link Crew Mentoring program for all 10 th grade students (provides a student "friend" and mentor to help in the transition into high school)	Match 100% of incoming 10 th grade students with a senior mentor 120 seniors will participate in the program Senior mentors meet with their sophomore contacts a minimum of 10 times Senior mentors meeting with their staff supervisors a minimum of 20 sessions. 100% of sophomores receive drug & alcohol reduction material	The number of sophomore students participating in peer education and FYI leadership club will be maintained.	By 2010, there will be an increase in 10 th grade students reporting never being drunk or high at school as measured by CTC trend data. CTC trend data will show a decrease in tobacco alcohol and other drug use at the 10 th grade level.

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
The 2006 CTC survey reported that 97.3% 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."	Goal: Reduce or delay student risk behaviors by enhancing identified research-based protective factors and research-based developmental assets Objective: Provide multiple opportunities for students to participate in activities that support abstinence from tobacco, alcohol and other drug use	Available to all high school students	Prevention Peer Programs including: CHP, STAT, FYI Leadership, Elementary Tutoring, Bullies-2-Buddies, Red Ribbon Presentations, Elementary Safety Net, Youth Against Drinking Alcohol (YADA)	20% of students are involved with 1 or more Prevention Program by January 2009	50% of students surveyed in Peer Programs will report an increase in personal responsibility by January 2009.	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
2006 daily records show 150 students referred on the basis of poor school performance.	Goal: Improve school performance Objective: Provide supportive services for at-risk students identified by student improvement team and assistant principals.	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, 2009	By January 1, 2009, there will have been a 5% decrease in the number of juniors referred for academic intervention.
During the academic year 2006, 15 students were referred for substance abuse issues.	Goal: Facilitate student self awareness of their addiction status. Objective: Assist student movement through the research-based "stages of change" addiction model	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 2009.	20% of referred students complete a prevention education option by January 2009	50% of referred student who complete a prevention education option will not receive a 2 nd discipline referral for substance abuse violation

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>The 2006 CTC survey reports that 79.5% of district sophomores say "my family has clear rules about alcohol and drug use."</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 2009</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 2009</p>	<p>By January 1, 2009, 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
District sophomores reported in the 2006 CTC survey that 97.1% of their parents feel it is wrong to drink alcoholic beverages regularly.	Provide supportive services to individual parents	Parents of referred students and parents who self-refer	Alcohol/drug education for parents	100% of parent accepting services will receive services by the Prevention Specialist by January 2009	10% of the parents of referred students will choose to receive prevention education by January 2009	By January 1, 2009, 20% of the parents of referred student will choose to receive prevention education
District sophomores reported in the 2006 CTC survey that 2% of their parents feel it is not wrong to smoke marijuana.						

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Request is for funding in the following categories and amounts:

<input checked="" type="checkbox"/>	Prevention	\$68,446.00
<input type="checkbox"/>	Treatment	0
<input type="checkbox"/>	Intervention	0
<input type="checkbox"/>	Coordination	0

Proposal dated: May 2, 2007

I. PROGRAM DESCRIPTION

This proposal is a request for City of Lawrence Special Alcohol Tax funding for the position of Prevention Specialist at Lawrence High School and partial funding of a Program Support Specialist to maintain program integrity. The Prevention Specialist position was previously funded from 1991 through May 2007 with Safe and Drug Free School funds that will no longer be allocated by the federal government. The position of Prevention Specialist is the only position in the entire school district that targets USD 497 student alcohol and drug use through research-based prevention strategies. **No other position in the district, not WRAP, not district social workers, not district counselors, nor district psychologists target student alcohol and drug use through specific prevention program interventions.** This funding becomes even more essential as the junior high prevention positions funded through a three-year federal Safe Schools Healthy Student Initiative (SS/HS) grant end on October 1, 2007. The reduction in SS/HS funding has resulted in the loss of Specialist support services, leading to the additional need for assistance in monitoring and supporting the increasing number of prevention services provided.

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 research-based protective factors and research-based 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 Strategies provided by the Lawrence High School Prevention Specialist include: FYI Leadership Club-This Club is an effective prevention strategy in regard to drugs, alcohol, and violence by disseminating information, teaching and strengthening leadership skills, and by keeping students involved in safe, alcohol/drug free activities. Elementary Bullies-2-Buddies program - This program addresses the issues of teasing/bullying at the lower elementary grade levels. High school participants explain to the elementary 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 and transfer students 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 (STAT) - High School STAT teams trained in collaboration with the Douglas County Health Department-Community Health Improvement Project talk to area 4th and 5th grade students about the benefits of being tobacco-free. Each of these high school students is a positive role model for the elementary students and provides hope that it is possible to go through school tobacco-free. Parent Educational Presentations – The Prevention Specialist provides information to parents on prevention and intervention strategies and high school policies, as well as information on their student's involvement in the various prevention activities at the school. Elementary Safety Net – This program, co-developed and co-facilitated by high school peer educators and district School Resource Officers, focuses on internet safety and security. Youth Against Drinking Alcohol (YADA) – This panel of students, who abstain from alcohol, 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 been reluctant to take a stand against drinking due to intense peer pressure. Elementary Tutoring Program- This program is open to eligible juniors and seniors (3.0 GPA) who are interested in tutoring elementary students. It offers Lawrence High School students an opportunity to be a positive influence on a young

student's academic experience and increases protective factors and Developmental Assets®. Cultural Heritage Panel - Panels 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 give presentations to audiences age 10 to adult. UNITOWN Leadership Training - This event held twice a year is designed to address issues of racism and intolerance of individual differences with the goal of increasing students' sense of safety and comfort at Lawrence High. Parent Education re Substance Abuse Referrals – This strategy provides alcohol/drug education for parents of students who violate any of the district's alcohol/drug policies. 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 conducting rallies about not smoking. Their participation provides positive role models for the younger students.

The above programs are considered Universal and Selective because, though they are open to the general student population, the Prevention Specialist works to encourage at-risk students to participate. If this position is not funded there is no other district staff person to continue the above programs at Lawrence High School. The following programs would cease to exist, ending opportunities for students to reduce risk factors and enhance protective factors: FYI Leadership Club, Bullies-2-Buddies, Students Teaching about Tobacco, UNITOWN Leadership Training, Parent Educational Presentations, Youth Against Drinking Alcohol, Elementary Tutoring Program, Cultural Heritage Panel, Parent Education re Substance Abuse Referrals, and Elementary Red Ribbon presentations. Due to lack of expertise in the prevention area and staff time constraints, **no other district personnel would be available** to continue these efforts at Lawrence High School. Both high school prevention programs jointly involve over 500 students in prevention programming to provide role models and prevention messages to district youth.

Indicated prevention services include alcohol/drug education for students suspended for violation of district alcohol/drug policies and individualized parent support. For example, the Prevention Specialist provides Smoking Cessation Sessions which are educational sessions tailored to the individual student who violates the district tobacco policy. It is also important to connect the student and parents with community resources through an assessment process in order to interrupt the use of substances. All indicated prevention efforts are age-specific, developmentally appropriate and culturally sensitive, with repeat interventions to reinforce prevention goals.

USD 497 prevention programming is based on research initially done by the National Institute of Drug Abuse, Hawkins and Catalano of Seattle, 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 Developmental Assets® targeted are: school performance, positive school climate, positive peer influences, involvement in school/community activities, decision-making skills and informed parent involvement.

The program strategies are age-specific; the Prevention Specialist adapts prevention programming to each academic level. The prevention program at each level 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 alcohol/drug use. At the high school level, the programs designed to reduce risk and/or increase protective factors are the FYI Leadership Club; UNITOWN Leadership program; individualized parent support/education; parent group presentations; integrating updated

research-based alcohol/drug education into courses such as psychology, biology, chemistry, journalism, and social studies; and numerous peer education programs including Students Teaching about Tobacco, Cultural Heritage Panel, Bullies-2-Buddies, Youth Against Drinking Alcohol, Safety Net, Elementary Student Tutoring Program, and LINK CREW. 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 of Lawrence Special 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 2006 Kansas Communities That Care Survey (CTC), "How old were you when you first began drinking alcoholic beverages regularly, that is, at least once or twice a month?," the average age was 14.49 years old. The Lawrence Public School average age was 14.83 years old. This is important information given that the National Center on Addiction and Substance Abuse reports that "Youth who drink before age 15 are 4 times more likely to develop alcohol dependence than those who begin drinking at age 21." The National Center on Addiction and Substance Abuse estimates the cost of substance abuse to elementary and secondary education in 2000-2001 to be, conservatively, \$41 billion. In 2005, the Kansas Department of Transportation reported that alcohol was involved in 22.9% 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 aged 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. Prevention staff disseminate this information to schools, parents and community members. 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 teenage brain continues to make important developmental strides until age 24; 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 2006, 82.2% of district 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 provide one more targeted prevention strategy for junior high students through older students who model abstinence from alcohol. In addition, strengthening the Link Crew mentoring program by including transfer students will be an additional strategy for establishing a more positive school environment.

Research has shown that successful prevention is not a one time inoculation that we give our youth. It must be an ongoing process throughout their development. Prevention is most effective if it is multi-faceted, involving 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 of these areas in the student's life and is, in fact, the only district position with programs and services to do exactly that.

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 Cultural Heritage Panel, Students Teaching about Tobacco, Bullies-2-Buddies, Elementary Student Tutoring, Red Ribbon presentations, and the new Youth Against Drinking Alcohol.

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 progress on behavioral and impact outcomes. The long term goal of reducing or delaying student alcohol 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).

IV. 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 academics 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 is completely focused on providing prevention services. The Prevention Specialist position coordinates prevention services with numerous community agencies including the Community Health Improvement Project (CHIP), Douglas County Health Department, 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 as Project Graduation, which provides an alcohol/drug free graduation party for all area seniors, and the Lawrence Parent Network. **This unique position within the educational system coordinates activities and community expertise, thereby reducing fragmentation and avoiding duplication.**

Because research states that simply giving students written information on alcohol/drugs does not produce measurable or 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. **This is the only district position that is indeed focused on prevention strategies to produce change.**

V. ORGANIZATIONAL CAPACITY

Lawrence Public Schools administers the Safe and Drug Free Schools program. A district administrator will supervise this position. 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 Safe and Drug Free Schools regulations.

**City of Lawrence – 2008 Alcohol Tax Funded
Prevention & Intervention Grant
Budget**

Personnel

1.0 FTE (186 contract days) as per USD 497 negotiated salary schedule
Prevention Specialist (Diane Ash)\$46,361.00

0.35 FTE (250 contract days) as per USD 497 classified salary schedule
Administrative Program Assistant (Kelly Mourning-Byers)\$9,800.00

Fringe Benefits

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

1.0 FTE Prevention Specialist (Diane Ash)\$8,168.00

0.65 FTE Administrative Program Assistant (Kelly Mourning-Byers).....\$2,317.00

Travel

In-district mileage\$300.00

Staff development-registration and expenses\$500.00

Office Space\$0.00

Supplies: Office

Printer paper, toner, pens/pencils, file folders, etc.\$200.00

Supplies: Other

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

Equipment\$0.00

TOTAL GRANT REQUEST**\$68,446.00**

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
On the 2006 CTC Survey, 17.8% of the responding district sophomores reported being drunk or high at school at least once in the past year.	Goal: reduce or delay student risk behaviors by enhancing identified research-based protective factors, such as connectivity to school and research-based developmental assets Increase student knowledge related to alcohol/other drug use Objective: *Provide drug and alcohol related materials to sophomores. *connect senior mentors to sophomores.	All incoming 10 th grade students	Link Crew Mentoring program for all 10 th grade students (provides a student "friend" and mentor to help in the transition into high school)	Match 100% of incoming 10 th grade students with a senior mentor 120 seniors will participate in the program Senior mentors meet with their sophomore contacts a minimum of 10 times Senior mentors meeting with their staff supervisors a minimum of 20 sessions. 100% of sophomores receive drug & alcohol reduction material	The number of sophomore students participating in peer education and FYI leadership club will be maintained.	By 2010, there will be an increase in 10 th grade students reporting never being drunk or high at school as measured by CTC trend data. CTC trend data will show a decrease in tobacco alcohol and other drug use at the 10 th grade level.

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>The 2006 CTC survey reported that 98.5% of Lawrence High sophomores report “there are a lot of chances for students in my school to get involved in sports, clubs and outside activities.”</p>	<p>Goal: Reduce or delay student risk behaviors by enhancing identified research-based protective factors and research-based 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>	<p>Available to all high school students</p>	<p>Prevention Peer Programs including: CHP, STAT, FYI Leadership, Elementary Tutoring, Bullies-2-Buddies, Red Ribbon Presentations, Elementary Safety Net, Youth Against Drinking Alcohol (YADA)</p>	<p>20% of students are involved with 1 or more Prevention Program by January 2009</p>	<p>50% of students surveyed in Peer Programs will report an increase in personal responsibility by January 2009.</p>	<p>The high level of student participation in drug-free opportunities will be maintained</p>

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
During the year 2006, the CTC survey reported that 86.4% students felt safe at Lawrence High School.	Goal: Improve school climate regarding perception of safety. Objective: Provide an opportunities for to enhance their understanding of cultural and gender differences among in the student population	A hundred students from diverse backgrounds who have demonstrated a mix of accepting and non-accepting attitudes and behaviors towards other students.	Provide 2 - UNITOWN leadership trainings during the grant year	100% of the selected students will participate in the UNITOWN leadership trainings	50% of students surveyed in the UNITOWN training evaluation will report an increase feeling safe at school	By January 1, 2009 there will have been a 5% increase in the number of students who report that they feel safe in school on the CTC Survey
During the year 2006, 41 students were referred for substance abuse issues.	Goal: Facilitate student self awareness of their addiction status. Objective: Assist student movement through the research-based "stages of change" addiction model	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 2009.	20% of referred students complete a prevention education option by January 2009	50% of referred student who complete a prevention education option will not receive a 2 nd discipline referral for substance abuse violation

ASSESSMENT DATA	GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>The 2006 CTC survey reports that 79.5% of district sophomores say "my family has clear rules about alcohol and drug use."</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 2009</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 2009</p>	<p>By January 1, 2009, 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
District sophomores reported in the 2006 CTC survey that 97.1% of their parents feel it is wrong to drink alcoholic beverages regularly.	Provide supportive services to individual parents	Parents of referred students and parents who self-refer	Alcohol/drug education for parents	100% of parent accepting services will receive services by the Prevention Specialist by January 2009	10% of the parents of referred students will choose to receive prevention education by January 2009	By January 1, 2009, 20% of the parents of referred student will choose to receive prevention education
District sophomores reported in the 2006 CTC survey that 2% of their parents feel it is not wrong to smoke marijuana.						