

Pomeroy Advocates for Community Empowerment (PACE) Strategic Plan

- Goal 1:** Increase prevention Leadership in Pomeroy WA by bringing community collaboration to focus on substance abuse prevention.
- Objective 1.1:** Increase participation on the coalition by engaging members, recruiting, and coordinating meetings to bring community members to coalition.
- Strategy 1.1.1:** Engage, educate and mobilize community members to strategically plan for prevention programs to Pomeroy
- Objective 1.2:** Ensure coalition has an understanding of local conditions that impact youth substance use and plan prevention programs according to a thorough assessment of the community
- Strategy 2.1.1:** Complete a community wide evaluation using needs assessment, resource assessment and gaps assessment to gather community wide data

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Monthly coalition meetings and monthly committee meetings as needed.	Coordinators of PACE will organize monthly meetings and develop agendas for the meeting. Members of the Leadership team will assist by attending meetings and inviting others to attend monthly meetings.	Meetings are held on the 1 st Wednesday of each month. Committee meetings will be held based on SPF process and meet bi-monthly	Secretary of PACE will invite members each month to remind members to attend. Coordinator will prepare agenda and provide to the Secretary to attach to meeting announcement and minutes from the previous meeting.	All members of PACE will participate and all communities are invited to join.	PACE Coalition	Coordinators of PACE: Lucilla Mendoza, Dorothea Skalicky, Leadership Team-Doug LaMunyan, Drew Hyer, Amy Smith, Alia Scoggin (Secretary)
Annual Coalition Evaluation	Coalition will ask all coalition members to evaluate their progress of the coalition activities on an annual basis.	Coalition Assessment will take place every September	Coalition coordinators will ask members to complete assessment during September's meeting and email assessments to those who do not attend	PACE Coalition coordinators	PACE Coalition	Coordinators- Lucilla Mendoza, Dorothea Skalicky, Leadership Team
Evaluate community needs, resources, conditions and gaps annually	PACE coalition will update strategic plan each year after evaluating community needs, resources, and gaps using yearly	Community evaluation will take place from October to January annually. Community	Community will use Data Book, Healthy Youth Survey (bi-yearly, Annual Community Survey, and local data	Data Assessment Team, Coalition Coordinators, All Coalition members involved in distribution of community survey	PACE Coalition-Data Assessment Committee	Coordinators- Lucilla Mendoza and Dorothea Skalicky and Data Assessment

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*survey will be
delivered early
October each
year.*

*Team-Amy
Smith, Doug
LaMunyan, Dan
Lewis*

Goal 2: Increase membership of the coalition by 10% between July 1, 2014 to June 30, 2015

Objective 2.1: Increase membership on coalition from groups that are currently under-represented, specifically parents, youth, and representatives of different faiths as measured through DBHR reporting

Strategy 1.2.1: Disseminate information about the coalition to community using media and town hall meetings and invite general public to join with special focus on under-represented populations.

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Recruitment/Capacity Building Activity SAPT and PFS Funds	<i>The purpose of this activity is to inform the community of the PACE coalition, recruit new members, and disseminate community survey results.</i>	<i>August 2014 and January 30, 2015, 12-2pm</i>	<i>2 meetings 2 hours each</i>	<i>All Pomeroy Community members</i>	<i>PACE Coalition</i>	<i>Coalition Coordinators Janice Cole Doug LaMunyan</i>
Information Dissemination Activity SAPT and PFS Funds	<i>The purpose of this activity is to provide information regarding the PACE Coalition to inform the community regarding coalition mission and recruit new members PACE material to be displayed using local print media, social media including Facebook and development of PACE website and radio.</i>	<i>Ongoing from Jan 2015-June 2015</i>	<i>Every 2 weeks Media/Newsletters, Social Media including Facebook and website, and local radio, news releases, community survey</i>	<i>All Pomeroy Community Members Adult and Youth population</i>	<i>PACE Coalition</i>	<i>Coalition Coordinators</i>

Goal 3: Increase knowledge of the coalition role, purpose, and mission in the community between July 1, 2014 and June 30, 2015

Objective 3.1: Increase support of the coalition work by 20% between July 1, 2014 – June 30, 2015 as measured in annual community surveys

Strategy 1.3.1: Provide public awareness information and education about coalition initiatives

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Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Information Dissemination Activity SAPT and PFS Funds	The purpose of this activity is to provide information regarding the PACE Coalition in attempts to inform the community re coalition mission and coalition initiatives. PACE material to be displayed using local print media, social media including Facebook and development of PACE website and radio.	Ongoing from July 1, 2014-June 30, 2015	Every 2 weeks Media/Newsletters, social media including Facebook and website and local radio, news releases, community survey	All Pomeroy Community Members Adult Population and Youth Population	PACE Coalition	Coalition Coordinators
Host Key Leader Event SAPT Funds	Event to educate Pomeroy leaders know about coalition initiatives and prevention efforts in their county.	May, 2015	Coalition members will personally invite key leaders to a luncheon to present and celebrate the strategic plan of the PACE coalition	Key Leaders in Pomeroy	PACE Coalition	Coalition Coordinators/Lucilla Mendoza & Dorothea Skalicky

Goal 4: Increase knowledge of relevant prevention topics and the SPF for all coalition members and coordinators

Objective 1.1: Increase prevention knowledge of members and staff by 10% between July 1, 2014 – June 30, 2015 as measured by pre and post surveys

Strategy 1.1.1: Provide specific training on the SPF and community based process, and other relevant topics as identified in needs assessment and further described in strategic plan

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Training for Coalition Members and Coordinators	The purpose of this activity is to provide training regarding community based process and the SPF to coalition members and coalition coordinators. Please review List of trainings Below.	Ongoing	7 trainings throughout the fiscal year	Trainers brought to Pomeroy Trainings provided to coalition, coalition coordinators, and coalition members	PACE Coalition	Coalition Coordinators
Attend Coalition Orientation SAPT Funding	The purpose of this activity is to orient coalition coordinators to SPF and prevention	July 2014	1 training	Training offered to *new coalition coordinators	PACE Coalition	New Coalition coordinators

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Provide Coalition Orientation to Coalition SAPT Funding & PFS Funding	<i>The purpose of this activity is to provide training for the coalition on the SPF</i>	March 2015	2 trainings 1 st in September 2 nd in March	Training offered to coalition members and youth coalition	PACE Coalition	Coalition Coordinators
Attend Prevention Summit SAPT Funding	<i>Attend Prevention Summit Workshops related to youth substance use prevention and related SPF topics</i>	October 2014	1 training per year	Training offered to coalition members and Youth Coalition (SAM Club)	DBHR	Coalition Coordinators
Attend SAPST Training SAPT & PFS Funding	<i>Attend training specific to the Strategic Planning Framework and related prevention topics.</i>	November 2014 May 2015	2 training per fiscal year	Training offered to coalition members and coordinators 2-4 members	PACE Coalition	Coalition Coordinators
Attend CADCA Leadership Forum or Mid-Year Institute PFS Funding	<i>Attend training specific to the Strategic Planning Framework and related prevention topics.</i>	February 2015	1 training each year dependent on funding	1 coalition coordinators 2 coalition members (1 youth and 1 adult)	PACE Coalition	Coalition Coordinators
Attend Spring Forum PFS Funding	<i>Attend training specific to the Strategic Planning Framework and related prevention topics.</i>	May 2015	1event each year	6 youth and 1-2 coordinators or members	PACE Coalition	Coalition Coordinators
Provide Youth Engagement Strategies Workshop PFS Funding	<i>Bring in presenter with expertise on topic for workshop with coalition to increase capacity and increase membership amongst under-represented population.</i>	May 2015	1 training per year	Training offered to coalition members and youth members	PACE Coalition	Coalition Coordinators

Goal 5: Increase youth and adult perception of consequences of laws and regulations regarding youth alcohol use by 5% in Pomeroy between July 1, 2014 to June 30, 2015

Objective 5.1: Expansion of media campaign to be developed by date of submission of strategic plan

Strategy 1.5.1: Expansion of media campaign: To be developed by date of submission of strategic plan

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Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Policy Review and Revision Workgroup	Policy leaders, law enforcement and school officials will create a workgroup to review and revise policy that pertain to youth alcohol and substance use.	To Begin July, 2014 – November 2014	Policy workgroup to meet once monthly to look over and revise policy of Pomeroy	Undersheriff Sheriff Superintendent Student Resource Officer Prosecuting Attorney	PACE Coalition Sherriff's Department	Drew Hyer Student Resource Officer
Information Dissemination of laws, regulations, and consequences regarding youth substance use	Once policy is reviewed and revised, the work group will advertise laws regulations and consequences regarding youth substance youth throughout the community using posters, print media, social media, on the website and to parents and youth in Pomeroy Schools	To Begin November 2014 to January 2015	PACE will use print media, social media such as Facebook and Website, posters for community events and school events to hand out information	Undersheriff, Superintendent, Student Resource Officer, Mike Tom (Eastern Washingtonian) and PACE Coalition	PACE Coalition and Sherriff's Department	Coalition Coordinators Lucilla Mendoza & Dorothea Skalicky and Student Resource Office (TBD)

Goal 6: Increase perception of harm of alcohol and other drugs amongst parents and youth in Pomeroy

Objective 6.1: Increase awareness of risks and harms, rules, regulations, and current social norms regarding youth substance use by 10% for Pomeroy youth and parents as measured using pre and post surveys and annual community survey data between July 1, 2014 to June 30, 2015.

Strategy 1.6.1: Saturate community with facts, media, and materials relevant to youth substance use using SAMSHA media campaign, "Talk. They Hear You."

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Media Campaign "Talk. They Hear You." PFS Funding	The purpose of the media campaign is to increase awareness of substance abuse issues for all of Pomeroy community members and how to prevent and decrease use Media Campaign to be displayed on local billboard, movie theater, social media, websites, local radio station and print media	July 1, 2014 to September 30, 2014 and January 1, 2015 to June 30, 2015	Radio-daily Print Media-weekly and monthly Movie theater-biweekly Billboard-1 month showing Social media-weekly	All Pomeroy Community Members	PACE Coalition	Coalition Coordinators

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Goal 7: Increase perception of harm of the risks associated with the use of alcohol and other drugs amongst parents and youth in Pomeroy, WA by 5% between July 1, 2014 – June 30 2015

Objective 7.1: Increase the number of youth who think drinking and substance use is wrong

Strategy 1.7.1: Provide Prevention-Intervention Specialist to implement prevention program to youth in 7th and 9th grades

Objective 7.2: Decrease Alcohol use rates by selected/indicated students by 5% between July 1, 2014 – June 30 2015

Strategy 2.7.1: Provide Prevention Intervention Specialist in the Jr. & Sr. High to provide intervention services

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Project SUCCESS and Prevention Education Series Student Assistance Program	Project SUCCESS is evidence based program delivered to all 7 th and 9 th graders which includes classroom education, intervention services, and group support. Prevention education Series is 5-6 sessions	Project success begun in the fall quarter 2013 for 7 th and 9 th graders and will continue through June 30, 2015	PI Specialist will implement the Prevention Education Series as part of her duties each year at Pomeroy Jr. & Sr. High School	PI Specialist	Pomeroy ESD 123	PI Specialist
Student Awareness Movement (SAM's CLUB) Youth Coalition All Campus Prevention Programs	The youth coalition will provide campus with prevention programs that bring awareness to Pomeroy Jr. & Sr. High School Students Programs that the Youth Coalition will implement the Red Ribbon Week, monthly topics such as Bully Awareness, Mental Health Awareness, Alcohol and Drug Awareness weeks.	The youth coalition will implement at least 4 awareness programs to all Jr. & Sr. High students each year. Red Ribbon Week is October. Prevention week is the 2 nd week in May and youth will go to the Spring Forum from July 1, 2014 – June 30, 2015.	PI Specialist is the Advisor for SAMS club and she will organize awareness events with the assistance of the leadership and members of the youth coalition	PI Specialist and Youth Coalition	Pomeroy High School- PI Specialist-Amy Smith and SAM's Club and SAM's Club Leaders	PI Specialist, SAM's CLUB & PACE Coalition

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Individualized selected/indicated short term Intervention Services-	<i>Intervention specialist to provide selected/indicated intervention services to Jr. and Sr. High School students using education, intervention services, assessments and group support, short-term counseling, assessments, group therapy for indicated/selective students using 6-8 group sessions.</i>	<i>The program will begin in 2013 and will continue annually for the next 5 years. Groups will develop as areas of need are recognized</i>	<i>PI Specialist will intervene with youth that are indicated to need support group. PI Specialist will provide individualize services and group support groups as issues arise.</i>	<i>PI Specialist</i>	<i>Pomeroy ESD 123</i>	<i>PI Specialist- Amy Smith</i>
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Goal 8: Decrease use of alcohol use and amongst youth in Pomeroy, WA

Objective 8.1: Increase refusal skills, and life skills management amongst youth by 5% as measured using pre and post surveys and the Healthy Youth Survey between July 1, 2014 – June 30, 2015.

Strategy 1.8.1: Provide 3 Direct Service Program strategies to youth in Pomeroy, WA

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
**Middle School Summer Youth Program (SYP)	<i>The Summer Youth Program is a 7 week program for youth currently in grades 6th, 7th, and 8th grade. It focuses on reducing underage drinking and drug use during the summer months and provides alcohol and other education in addition to internet safety, relationships, volunteering, refusing skills, and decision making skills</i>	<i>The program runs from June 2015 through August 2015</i>	<i>Program developed through QBH and instruction and education is provided by professionals in Pomeroy and surrounding counties/In addition, Youth Leaders are major contributors for the program</i>	<i>Pomeroy Jr. High Students in addition to students from surrounding counties.</i>	<i>PACE Coalition/PACE Youth Coalition-SAM Club; QBH</i>	<i>QBH/Dorothea Skalicky</i>
**Life Skills for Middle School	<i>Life Skills is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.</i>	<i>10 week lessons from August 2014 and September 2014</i>	<i>Program conducted weekly in Ms. Knebel's Teen Living Class.</i>	<i>Pomeroy Jr. High Youth in Teen Living Classes.</i>	<i>PACE Coalition/QBH</i>	<i>QBH/Dorothea Skalicky</i>

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**Media Ready for Middle School	Media Ready is a research-validated literacy education program for middle school students. This program is implemented to prevent or delay the onset of underage drinking, tobacco use. This program encourages youth into healthy beliefs and attitudes about the use of alcohol and other substances. This program helps youth to establish positive decision making skills.	PI will begin program spring 2015 for 10 week lessons to 8 th graders	Program will be implemented and facilitated by the PI Specialist upon approval of the curriculum committee. PI specialist has preliminary approval from Principle/Superintendent	PI Specialist will provide program to 8 th graders during	ESD 123-PI Specialist and PACE Coalition	PI Specialist- Amy Smith
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Goal 9: Increase family management skills and reduce family management problems

Objective 9.1: Lack of communication skills surrounding substance abuse and lack of communication regarding to rules related to substance use as determined by pre and post surveys

Strategy 1.9.1: Provide evidence based direct service program to parents, youth and families in Pomeroy, WA

Activity/Program	Brief Description	When	How	Who	Lead Organization	Responsible Party (ies)
Guiding Good Choices	The goal of the GGC program is to prevent substance abuse among teens by teaching parents of preteens and younger adolescents the skills they need to improve family communication and family bonding. The program draws on extensive research that demonstrates the critical importance of bonding in reducing or inhibiting adolescent participation in antisocial behaviors.	The program consists of five 2-hour workshops. The coalition will implement 2 programs each year, the first one in November 2014 and the second one in February 2015.	PACE will hire facilitators to run programs and programs will be advertised through local churches and through government requirements or identified candidates through the court system.	Those who received GGC training in March 2014. Trained facilitators include directors of the Garfield County Christian Youth Program (Ian Quarrels) and a parent representative (Janice Cole)	PACE Coalition	PACE Coalition/ Coalition Coordinators GGC Committee- Workgroup