

Meeting Agenda
BOARD OF DIRECTORS
Lakeshore Regional Entity
May 20, 2021 – 1:00 PM

Phone: 646-876-9923 Conference ID: 990 8194 6893

1. Welcome and Introductions – Mr. DeYoung
2. Roll Call/Conflict of Interest Question – Mr. DeYoung
3. Public Comment (Limited to agenda items only)
4. Consent Items:
Suggested Motion: To approve by consent the following items.
 - May 20, 2021 Board of Directors meeting agenda (*Attachment 1*)
 - April 15, 2021 Board of Directors meeting minutes (*Attachment 2*)
5. Reports –
 - a. LRE Leadership (*Attachments 3, 4, 5, 6, 7, 8, 9, 10*)
 - b. Beacon Report (*Attachment 11*)
6. Chairperson's Report – Mr. DeYoung
 - a. May 12, 2021 Executive Committee (*Attachment 12*)
7. LRE Financial Audit – Derek Miller, Roslund, Prestage & Company, P.C. (*Attachment 13*)
8. Public Mental Health Care System Proposals – Alan Bolter (*Attachment 14*)
9. Action Items –
 - i. LRE Office Furniture – (Included in LRE Budget Amendment #3)
Suggested Motion: To approve LRE office design and furniture in the amount of \$145,000.
10. Financial Report and Funding Distribution – Ms. Coleman (*Attachment 15*)
 - a. FY2021, April Funds Distribution (*Attachment 16*)
Suggested Motion: To approve the FY2021, April Funds Distribution as presented
 - b. LRE FY 2021 Budget Amendment #3 (*Attachment 17*)
Suggested Motion: To approve Budget Amendment #3 to the LRE FY21 budget
 - c. Statement of Activities as of 3/31/2021 and Variance Report (*Attachment 18*)
 - d. Bucket Report (*Attachment 19*)
11. CEO Report – Ms. Marlatt-Dumas
12. Board Member Comments
13. Public Comment
14. Upcoming LRE Meetings

- June 9, 2021 – Executive Committee, 3:00 PM
- June 10, 2021 – Consumer Advisory Panel, 1:00 PM
- June 17, 2021 – LRE Executive Board Meeting, 1:00 PM

15. Adjourn

Meeting Minutes
BOARD OF DIRECTORS
Lakeshore Regional Entity
April 15, 2021 – 1:00 PM

WELCOME AND INTRODUCTIONS – Mr. DeYoung

Mr. DeYoung called the April 15, 2021 LRE Board meeting to order at 1:11 PM.

ROLL CALL/CONFLICT OF INTEREST QUESTION – Mr. DeYoung

In Attendance: Mark DeYoung, Peg Driesenga, Matt Fenske, Patricia Gardner, Steven Gilbert, Jack Greenfield, Jacque Johnson, Shaun Raleigh, Stevie Riel, Jay Roberts-Eveland, Ron Sanders, John Snider, Stan Stek, Jane Verduin

PUBLIC COMMENT

None.

CONSENT ITEMS:

LRE 21-16 Motion: To approve by consent the following item.

- April 15, 2021 Board of Directors meeting agenda
- March 18, 2021 Board of Directors meeting minutes

Moved: John Snyder Support: Stan Stek
ROLL CALL VOTE - UNANIMOUS
MOTION CARRIED

WRITTEN BOARD REPORTS

- a. LRE Leadership reports are included in packet for information.
 - Talksooner – Ms. Roberts-Eveland suggests utilizing townships. Ms. VanDerKooi will look into this.
 - Ms. VanDerKooi reports that the DNR reached out to LRE regarding a partnership with TalkSooner. It will be included in a newsletter that is sent to 600,000 people.
 - LRE will host a webinar for park employees.
- b. Beacon report is included in packet for information.

CHAIRPERSON'S REPORT

Minutes from the April 7, 2021 Executive Committee meeting are included in the packet.

ACTION ITEMS

LRE 21-17 Motion: To approve the LRE CEO to fully execute the LRE Office Lease

Moved: Stan Stek Support: Peg Driesenga

ROLL CALL VOTE - UNANIMOUS
MOTION CARRIED

LRE 21-18 Motion: To approve the LRE negotiating team to move forward with negotiating with MDHHS consistent with discussion during the work session.

Moved: Stan Stek Support: Jay Roberts-Eveland
ROLL CALL VOTE - UNANIMOUS
MOTION CARRIED

FINANCIAL REPORT AND FUNDING DISTRIBUTION

FY2021 February Funds Distribution

Included in the Board packet for information.

LRE 21-120 Motion: To approve the FY2021 March Funds Distribution as presented

Moved: Peg Driesenga Support: John Snyder
ROLL CALL VOTE - UNANIMOUS
MOTION CARRIED

Statement of Activities as of 2/28/2021 and Variance Report-

Included in the Board packet for information.

Member Bucket Reports-

Included in the Board packet for information.

- Ms. Coleman would like the Board to note that we have incorporated the lapse in DCW.
- The LRE is comfortable that enrollment will remain steady for now and have made shifts in our projections accordingly.

CEO REPORT

Included in the Board packet for information.

- Emergency order has been extended through October.
- Bill will review HealthWest systems to work through any systemic issues.
- Ms. Marlatt-Dumas and Mr. Riley will begin looking at the LRE organizational chart to begin filling it in.

BOARD MEMBER COMMENTS

None.

PUBLIC COMMENT

None.

UPCOMING LRE MEETINGS

- May 12, 2021 – LRE Executive Committee, 3:00 PM
- May 20, 2021 – LRE Executive Board Meeting, 1:00 PM

ADJOURN

Mr. DeYoung adjourned the April 15, 2021 LRE Board of Directors meeting at 1:56 PM.

Mark DeYoung, Board Chair

Minutes respectfully submitted by:
Marion Dyga, Executive Assistant

Substance Use Disorder Director's Report May 2021

1. **About Last Night Media Campaign Award:** Kent County Health Department/King Media/LRE are pleased to announce the marketing campaign, "About Last Night" won the *2021 Platinum Ava Digital Award*. This is an international competition honoring excellence in digital creativity, branding, and strategy. The award was in the digital marketing category and for integrated marketing. This is the fourth time the campaign has been recognized. The look of the campaign is attached for your reference.
2. **Evaluation of the Regional Strategic Plan:** Please find attached the baseline evaluation report for SUD Prevention. Next month, the regional treatment evaluation will be provided to the group.
3. **Training Series Update:**
 - **April 22:** "*Collegiate Prevention Training*"- This training had 25 individuals participate and it was conducted by the Michigan Higher Education Network.
 - **May 6:** "*Racism is a Public Health Crisis*" with Dr. Grenae Dudley- CEO of The Youth Connection. This training had 89 individuals participate. The reviews were great, and participants are asking for more training on this topic.
 - **May 11:** "*Tobacco Cessation Training*"-This training was provided thru PESI and Dr. Hayden Center and 102 individuals participated.
 - **July 20:** MPH will be offering a training on Health Disparities and how to review data with disparities in mind. This is a follow up to the Dr. Dudley training.
4. **FDA and Menthol Ban Update:** The FDA announced on April 29, that they will initiate rulemaking to prohibit menthol cigarettes and flavored cigars (including menthol-flavored cigars), to learn more you can go to Campaign For Tobacco Free Kids: <https://www.tobaccofreekids.org/>
5. **TalkSooner Marketing Update:** from Karen Kirchenbauer, Principal Seyferth PR is attached for your review.
6. **Gambling Disorder Grant Update:** from Kelly Kondrat, Gambling Disorder Coordinator with KWB Strategies is attached for your review.

Card night is a great way to fight the winter chill - but one too many messes with more than your poker face.



**Have fun. And know
when you're done.**

This publication is supported by a grant from the Michigan Department of Health and Human Services/Bureau of Community Based Services, Office of Recovery Oriented Systems of Care, through Lakeshore Regional Entity. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the MDHHS/OROSC or LRE.

A drink or two won't blow your budget - but one too many adds up fast.

An Uber home + a late night pizza snack + the ride back to your car = no more latte runs.



**Go out - without
breaking your budget.**

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LAKESHORE REGIONAL ENTITY

EVALUATION BASELINE REPORT

SUBSTANCE USE DISORDER
PREVENTION SERVICES
FY21 - FY23

PREPARED BY
KORI BISSOT



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TABLE OF CONTENTS

INTRODUCTION

2

ALCOHOL

3

Access

4

Perception of Risk

5

Social Norms

6

MARIJUANA

7

Access

8

Perception of Risk

9

TOBACCO & VAPING

10

Access

11

Perception of Risk

12

OPIOIDS

Opioid Overdoses

13

Rx Misuse

14

Access: Over-prescribing

15

Perception of Risk

16

EARLY AGE OF ONSET

17

Perception of Risk (MS)

18

Positive Peers

19

Family Dynamics

20

Family Communication

21

Life Stressors

22

ATTACHMENTS:

A. Metrics Monitoring

18

B. Evaluation Logic Model FY21-23

19

INTRODUCTION

Purpose:

This report provides an overview of data indicators targeted for improvement through substance use disorder prevention initiatives planned with support of the LRE during fiscal years 2021 through 2023.

As one of ten Prepaid Inpatient Health Plans (PIHP) in Michigan, the LRE is responsible for managing services provided under contract with the Michigan Department of Health and Human Services (MDHHS) for substance abuse prevention. Funding to support initiatives includes Block Grants, Public Act 2, and State Opioid Response grants.

The service region includes Allegan, Kent, Lake, Mason, Muskegon, Oceana, and Ottawa Counties.

Data Sources:

Regional data was calculated using results from the Michigan Profile for Healthy Youth (MIPHY), Ottawa County Youth Assessment Survey, and the Lake County Youth Assessment Survey.

When middle school (MS) is referenced, it refers to students in 7th or 8th grade. When high school (HS) is referenced it refers to students in grades 9th or 10th and 11th or 12th.

State-level comparison data is provided from the Youth Risk Behavior Survey (YRBS) conducted by the Center for Disease Control which provides state-level results for some data indicators. The YRBS surveys high school students in grades 9th through 12th in the year prior to MIPHY collection.

Methodology

For each prioritized goal area, an analysis of youth substance use and related risk factors is examined and a summary of planned prevention efforts related to the risk factors is provided based on evaluation logic model representing the region's theory of change.

This framework provides an overview of how funded initiatives relate to targeted intervening variables which have been shown to increase the likelihood of substance use in a community. It should be noted that not all planned activities will occur in each county of the region.

In 2024, the researcher will examine whether there were improvements in targeted issues and how those improvements relate to corresponding changes in substance use.

The FY21-23 evaluation logic model is provided as Attachment B.

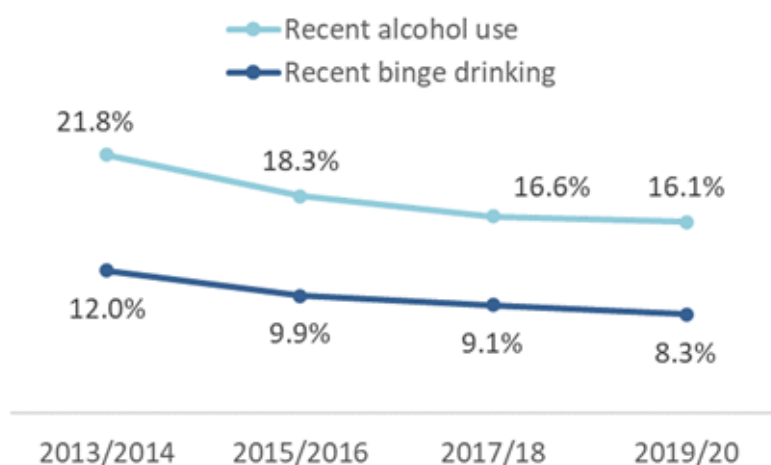
ALCOHOL

Childhood and underage drinking use has been declining in the LRE region and continues to be lower than statewide rates with 25.4% of HS students state-wide reporting any alcohol use and 11.2% reporting recent binge drinking

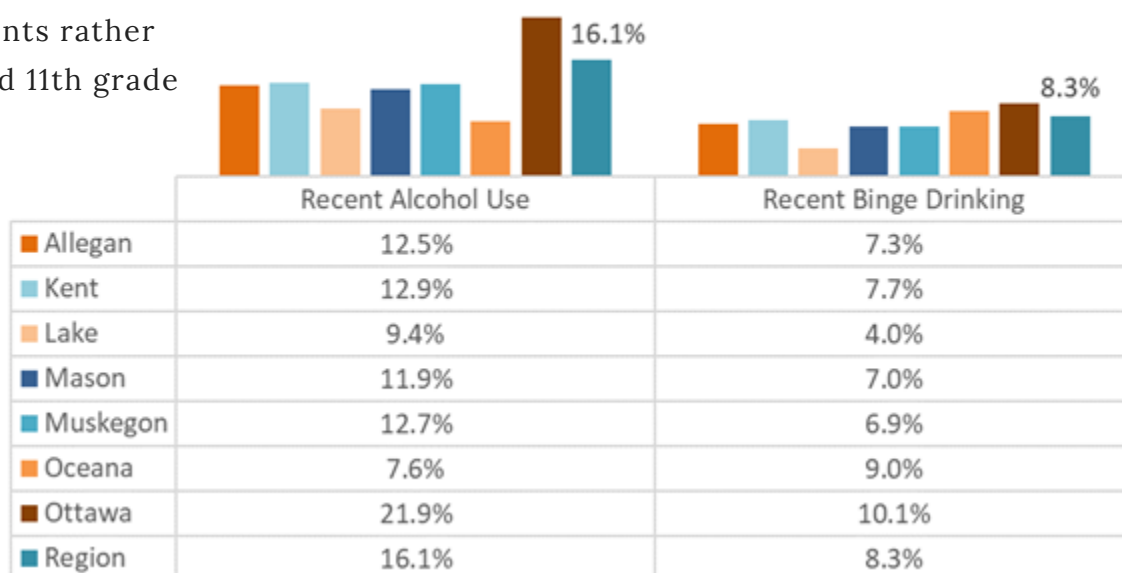
Among high school students in the region, the rate of recent alcohol use in 2020 ranged from a low of 7.6% in Oceana County to a high of 21.9% in Ottawa County.

Recent binge drinking ranged from a low of 4.0% in Lake County to a high of 10.1% in Ottawa County. It should be noted that the rate may be higher in Ottawa county due to their surveying 10th and 12th grade students rather than 9th and 11th grade students.

Recent Alcohol Use Among HS Students, LRE Region



Recent Alcohol Use Among HS Students, By County School Year (SY) 19/20

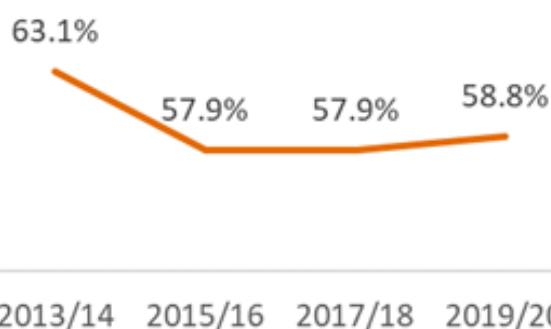


ACCESS

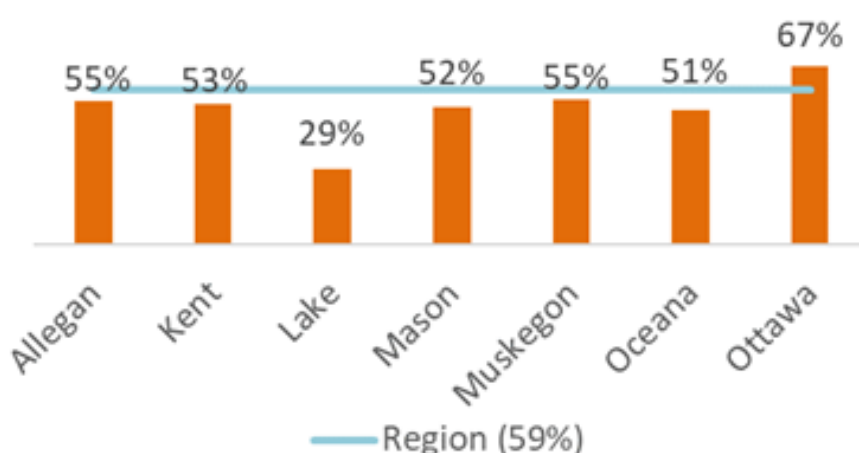
Among HS students in the region, there has been a slight decrease in those reporting it would be 'sort of' or 'very easy' to get alcohol in recent years.

Across the region, easy access to alcohol ranged from a low of 29% in Lake County to a high of 67% in Ottawa County in 2020.

HS Students Reporting It Would Be 'Easy' To Get Alcohol, LRE Region



HS Students reporting it Would be 'Easy' to Get Alcohol, by County SY 19/20



Planned Efforts Include:

Awareness of social host laws:

- Increase awareness of social host laws and the legal consequences of providing alcohol to a minor for parents & college students of legal age.
- Incorporating parent responsibility info into existing programs serving parents throughout the region,
- Enhanced enforcement for underage drinking parties to raise visibility of enforcement and encourage community reporting.

Retail Access:

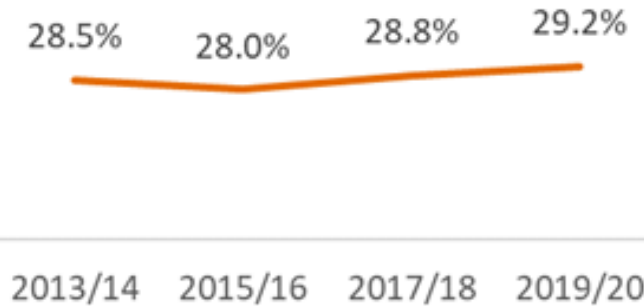
- Support and education for retailers to prevent sales to minors through retailer education such as TIPS and TAMS and vendor education.
- Safe Prom and Graduation initiatives to inform retailers of local events to become more vigilant during this time with the intention of decreased alcohol sales to youth. Often paired with increased enforcement efforts.
- Partner with law enforcement to conduct compliance checks.

PERCEPTION OF RISK

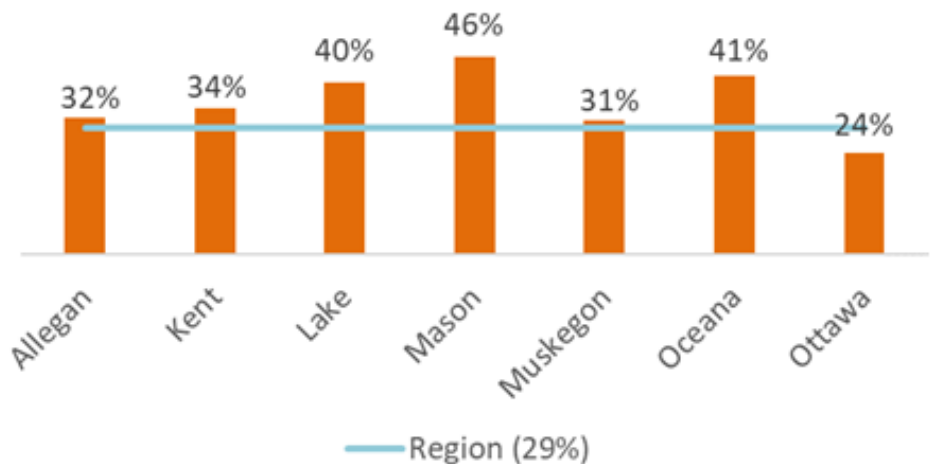
HS students reporting that drinking 5+ drinks once or twice each weekend is 'no risk' or 'slight risk' has remained relatively stable in recent years.

Across the region in 2020, low perception of risk for binge drinking ranged from a low of 24% in Ottawa County to a high of 46% in Mason County.

Believe Binge Drinking is Low Risk, LRE Region



Believe Binge Drinking is Low Risk by County SY19/20



Planned Efforts Include:

Increase awareness of the legal consequences of underage alcohol use:

- Increase efforts and visibility of Minor-In-Possession (MIP) enforcement at prom, graduations, and underage drinking parties.
- MIP brochure distribution with local law enforcement.
- FaceTheBook

Note: Additional efforts targeting perception of risk included under Early Age of Onset.

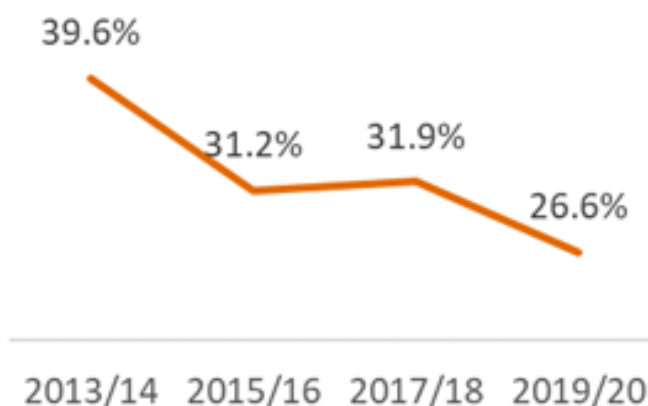
SOCIAL NORMS

Inaccurately high perceptions of peer use can increase the likelihood that youth will begin using alcohol or other drugs.¹

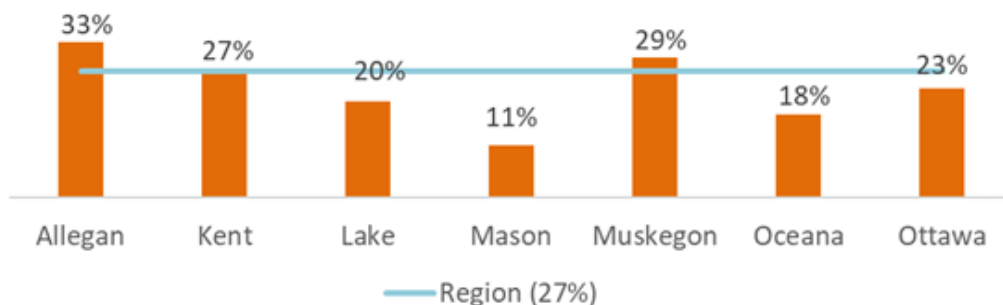
Although only 16% of HS students reported recent alcohol use, more than 1-in-4 (26.6%) believe that most (50%+) of the students in their grade drank in the past month.

Across the region in 2020, rates ranged from 11% in Mason county to 33% in Allegan county.

Believe 50%+ of Peers Drank Recently, HS Students LRE Region



Believe 50%+ of Peers Drank Recently, HS Students by County SY19/20



Planned Efforts Include:

Youth Messaging to Peers:

- Engage area HS groups in development and distribution of normative messaging.
- Train local youth to promote messaging among their peers.
- Provide youth leadership development opportunities.
- Support youth-developed messaging.

Promote Responsible Adult Modeling:

- Education and messaging to decrease normality of heavy/excessive drinking among adults.

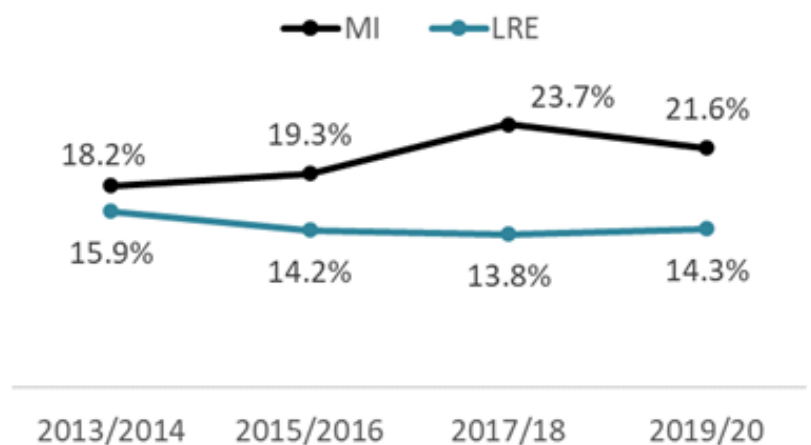
¹ Focus On Prevention, Strategies and Programs to Prevent Substance Use, U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention, retrieved via <https://store.samhsa.gov/system/files/sma10-4120.pdf>

MARIJUANA

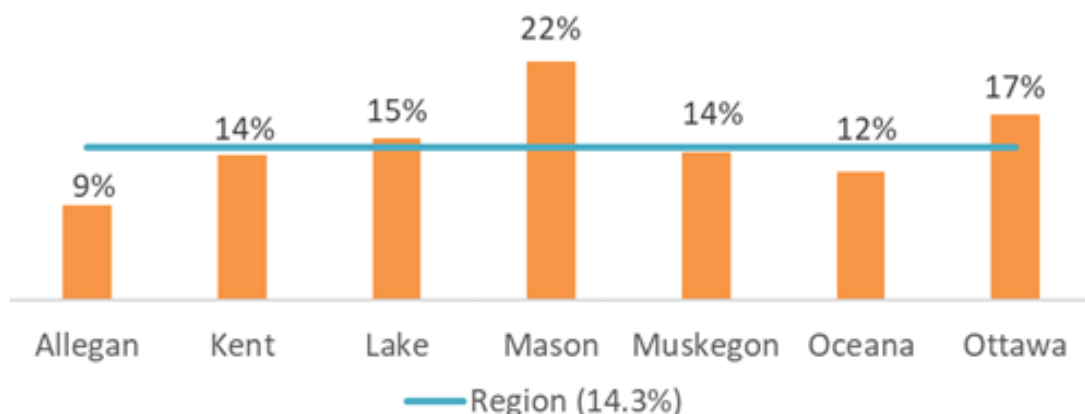
In 2020, 14.3% of HS students in the LRE region reported recent use of marijuana. Rates remain lower than state-wide. Rates have remained relatively stable in recent years despite legalization of recreational marijuana use in 2019.

Across the region, the rate of recent marijuana use among HS students in 2020 ranged from a low of 8.9% in Allegan County to a high of 22.4% in Mason County.

Recent Marijuana Use Among HS Students, LRE Region vs. Michigan in SY19/20



Recent Marijuana Use Among HS Students, By County SY19/20

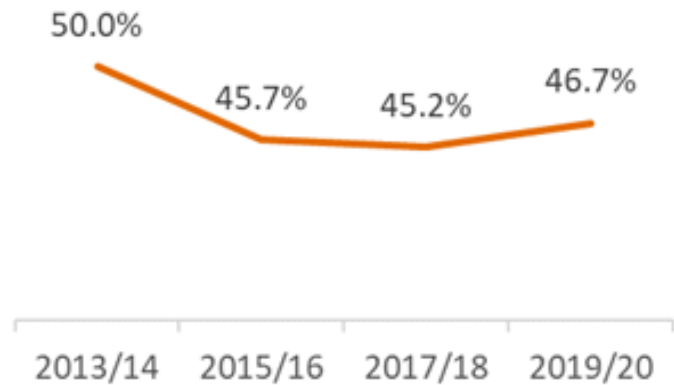


ACCESS

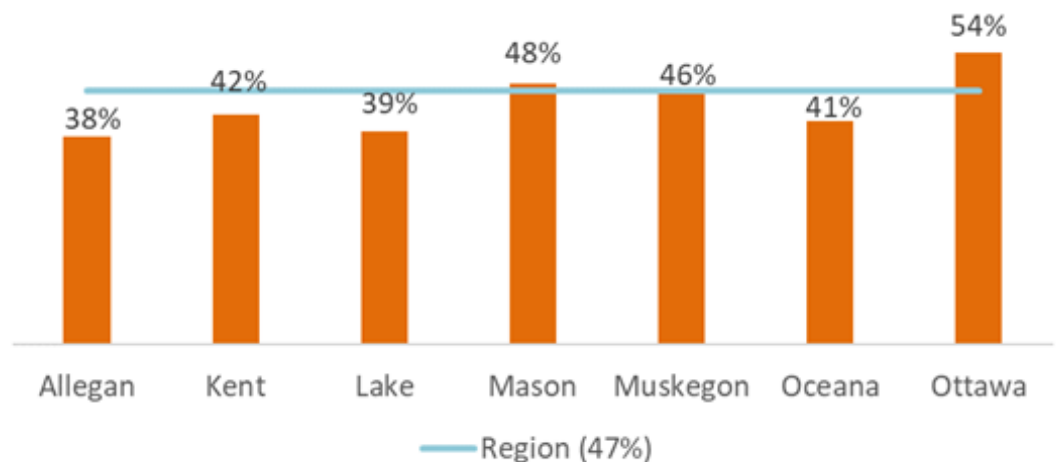
HS students reporting it would be 'sort of' or 'very easy' to get marijuana improved slightly in recent years. This is encouraging given the passing of recreational marijuana legislation that took effect in 2019.

Across the region in 2020, easy access ranged from a low of 38% in Allegan County to a high of 54% in Ottawa County.

Easy to Get Marijuana Among HS Students, LRE Region



Easy to Get Marijuana Among HS Students, by County SY 19/20



Planned Efforts Include:

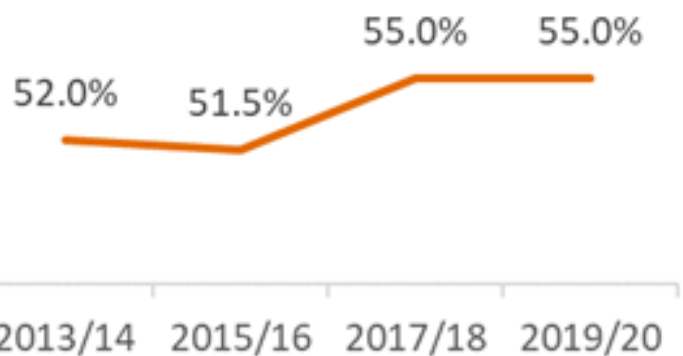
- Promote safe storage of marijuana in the home through education of consumers and distribution of lockboxes to medical marijuana consumers.
- Advocate for appropriate regulatory oversight including standards for packaging, distribution, sales, and adequate monitoring for compliance.
- Promote local policies that restrict or disallow retailer density, dispensaries near places frequented by youth such as schools and churches, and/or free samples and community events with marijuana.

PERCEPTION OF RISK

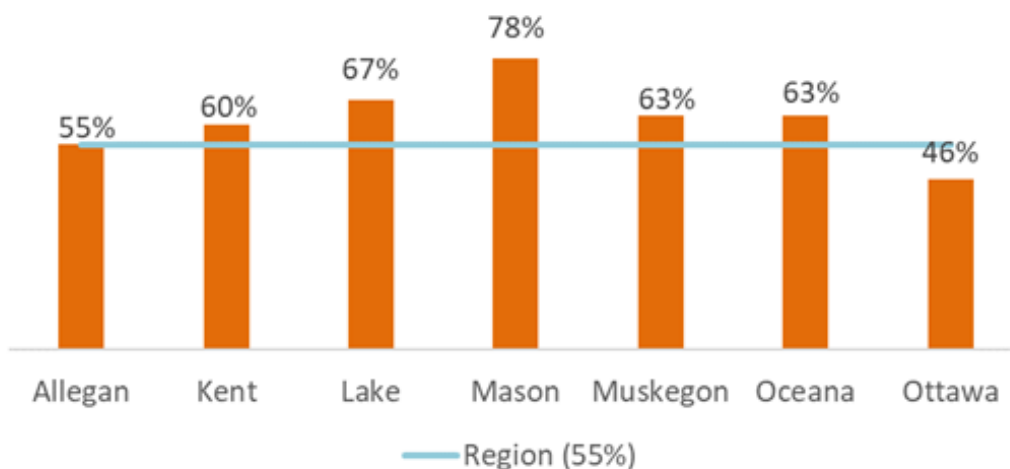
HS students reporting that using marijuana once or twice each week is 'no risk' or 'slight risk' has worsened slightly in recent years.

Across the region in 2020, low perception of risk for regular marijuana use ranged from a low of 46% in Ottawa County to a high of 78% in Mason County.

Believe Regular Marijuana Use is Low Risk, HS Students LRE Region



Believe Regular Marijuana Use is Low Risk, HS Students by County SY19/20



Planned Efforts Include:

- Develop and promote model policies for local adoption.
- Incorporate marijuana info into existing educational efforts, including Prime For Life's new curricula component for marijuana.
- Provide information on the risks of marijuana use while pregnant.
- Raise awareness of the risks of driving after using marijuana.

Note: Additional efforts targeting perception of risk included under Early Age of Onset.

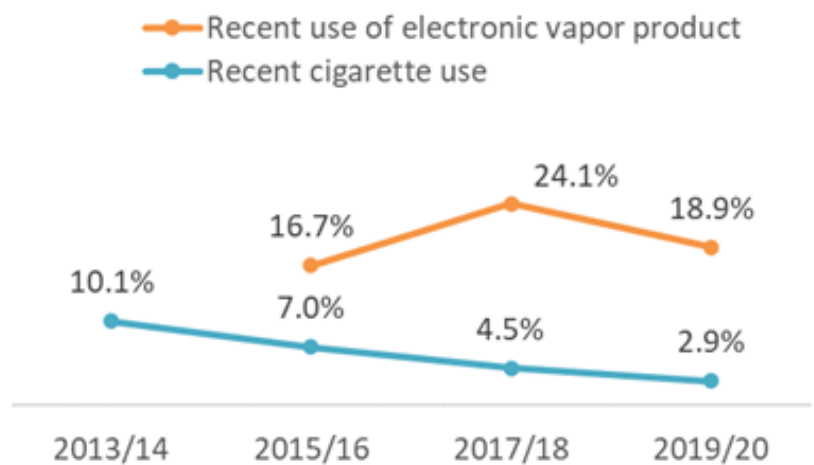
TOBACCO

In 2020, only 2.9% of HS students reported recent smoking with rates lower than state-wide (4.5%) and decreasing substantially in recent years. Rates of recent vaping decreased in 2020 with 18.9% of HS students reporting vaping and remained lower than statewide rates (20.8%)

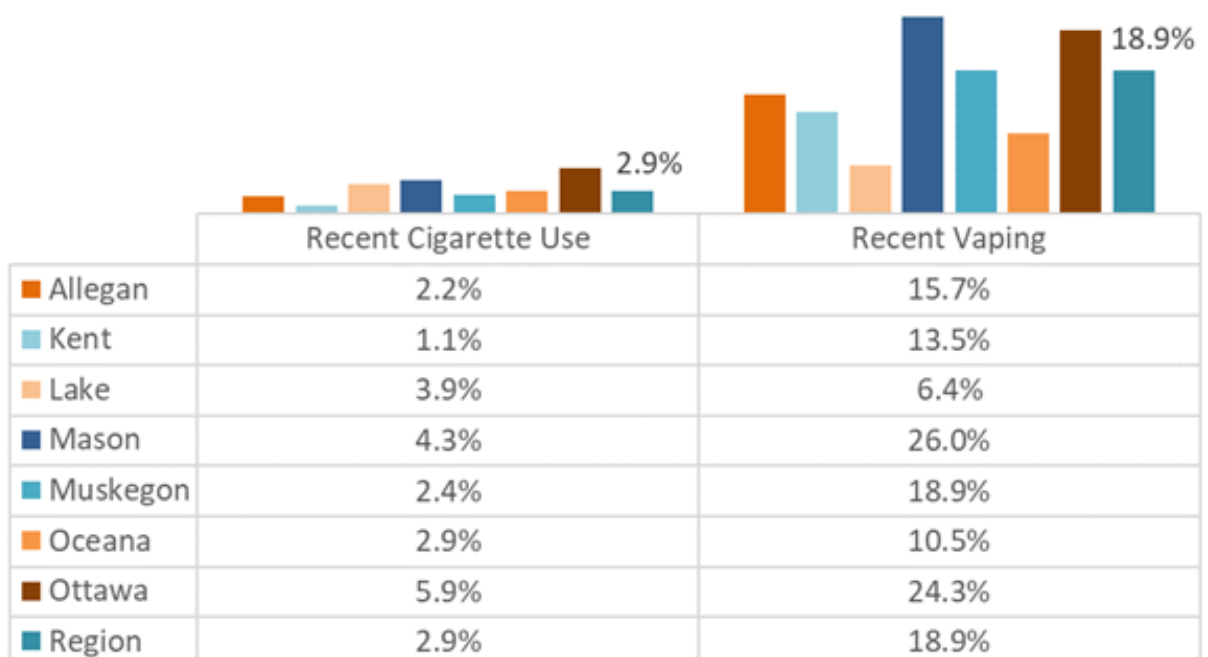
Among HS students, the rate of recent vaping ranged from a low of 6.4% in Lake County to a high of 26.0% in Mason County in 2020.

Recent smoking among HS students ranged from a low of 1.1% in Kent County to a high of 5.9% in Ottawa County.

Recent Tobacco Use Among HS Students, LRE Region



Recent Tobacco Use Among HS Students, SY19/20



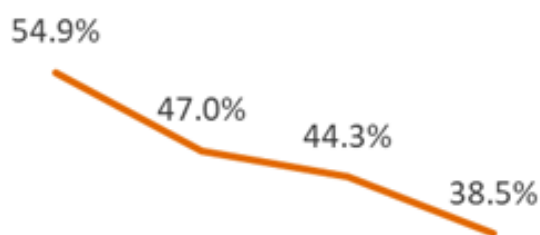
ACCESS

Access to cigarettes has declined in the region in recent years, and retailer compliance rates are high.

Data for access to vaping products is not available.

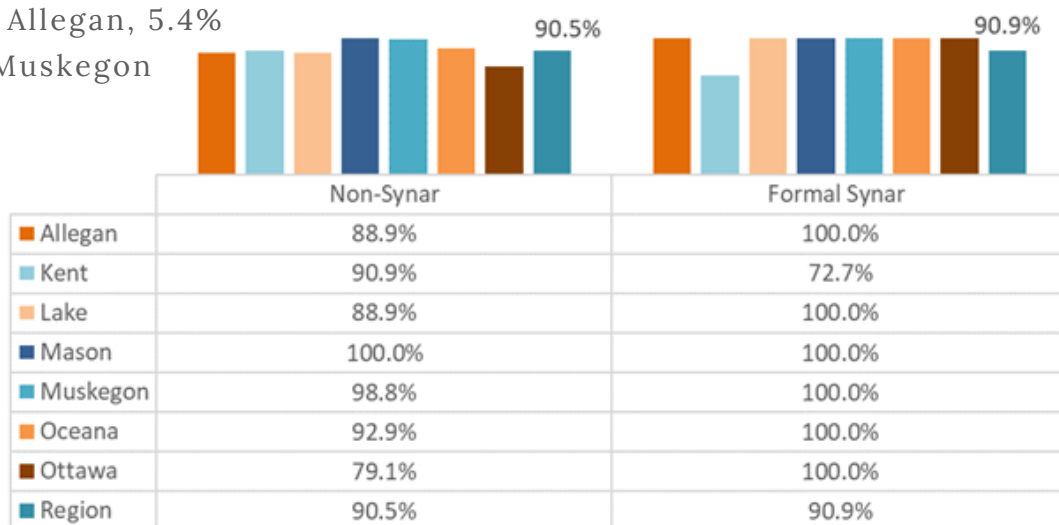
However, MIPHY reports the percent of students who vaped recently report they usually buy their vaping products at a store or gas station. In counties where data was available, very few of the students reported they usually buy vaping products at a store or gas station (2.7% in Allegan, 5.4% in Kent, and 3% in Muskegon counties).

Easy to Get Cigarettes, LRE Region



2013/14 2015/16 2017/18 2019/20

Retailer Compliance Rates (Refused Sale to Minor), By County SY 19/20



Planned Efforts Include:

Efforts to prevent traditional tobacco use among youth are minimal as it is not a mandated priority area and rates are low.

Efforts to ensure retailers do not sell tobacco to minors are a priority due to the Federal Synar Amendment requiring states to ensure a minimum of 80% compliance or risk a loss of 40% of Block Grant SAPT funds.

Retail Access:

The regional No Cigs For Our Kids Campaign began in 2004 for Allegan, Muskegon, and Ottawa counties and expanded to the entire LRE region in 2013. In 2019, regional efforts increased to include vaping products.

This campaign consists of year-round law enforcement compliance checks for retailers, education and support for retailers, and consistent branding to enhance visibility.

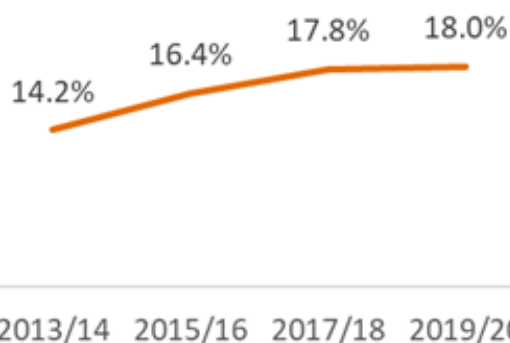
PERCEPTION OF RISK

In the LRE region, HS students reporting that smoking 1+ packs of cigarettes per day is low risk have worsened slightly in recent years with almost 1-in-5 reporting this as 'no risk' or 'slight risk'.

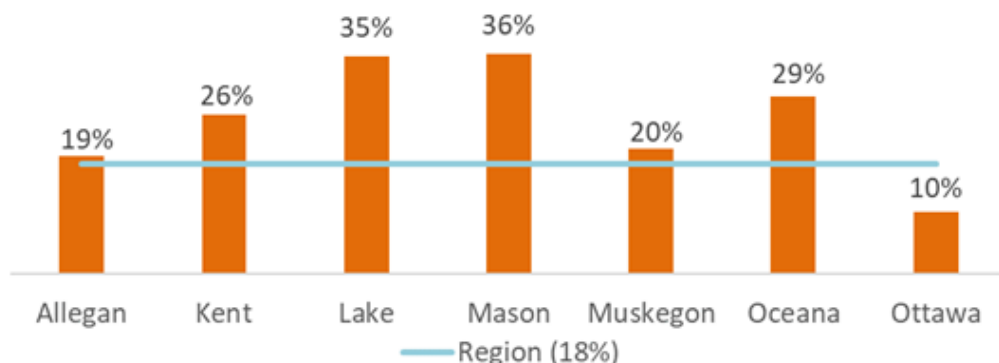
Across the region, rates range from a low of 10% in Ottawa County to a high of 36% in Mason County.

MIPHY does not collect perception of risk for vaping but 24.2% of HS students in Ottawa county and 39.4% of Lake County HS students reported vaping is low risk

Believe Smoking 1+ Packs/Day is Low Risk, HS Students LRE Region



Believe Smoking 1+ Packs/Day is Low Risk HS Students by County SY19/20



Planned Efforts Include:

Educate youth about risks of tobacco use:

- Education on risks of tobacco use, including vaping.
- Incorporate info on e-cigs into educational programming, materials and presentations.

Increase Parent Communication:

- Presentations, workshops and informational materials to help parents and caregivers understand the health risks of vaping, identify use in their child, and communicate risks to their youth.

Increase consequences for vaping:

- Promote enhanced school policy and enforcement for vaping.
- Develop model policies regarding vaping and promote adoption.
- Support school personnel in identifying vaping use, provide appropriate consequences, and support for youth who are vaping.

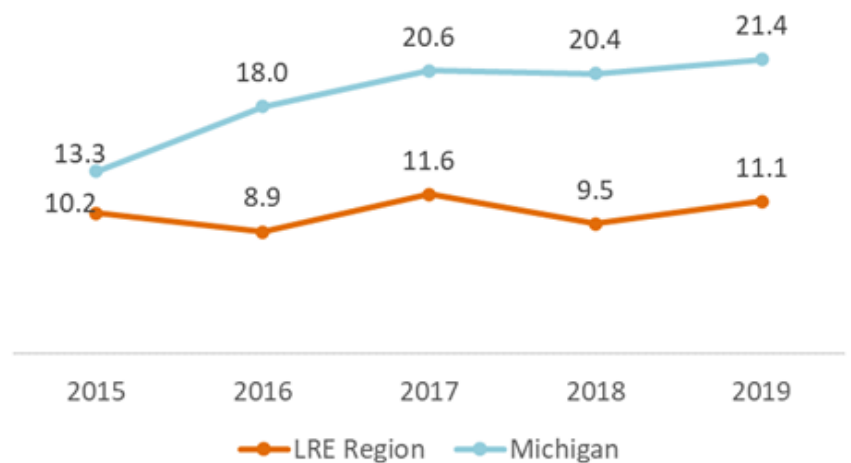
OPIOID OVERDOSES

In 2019 there were 145 deaths in the LRE region due to opioid related overdoses (prescription and illicit). Opioid overdose deaths have remained relatively stable in recent years in the LRE region while increasing substantially state-wide.

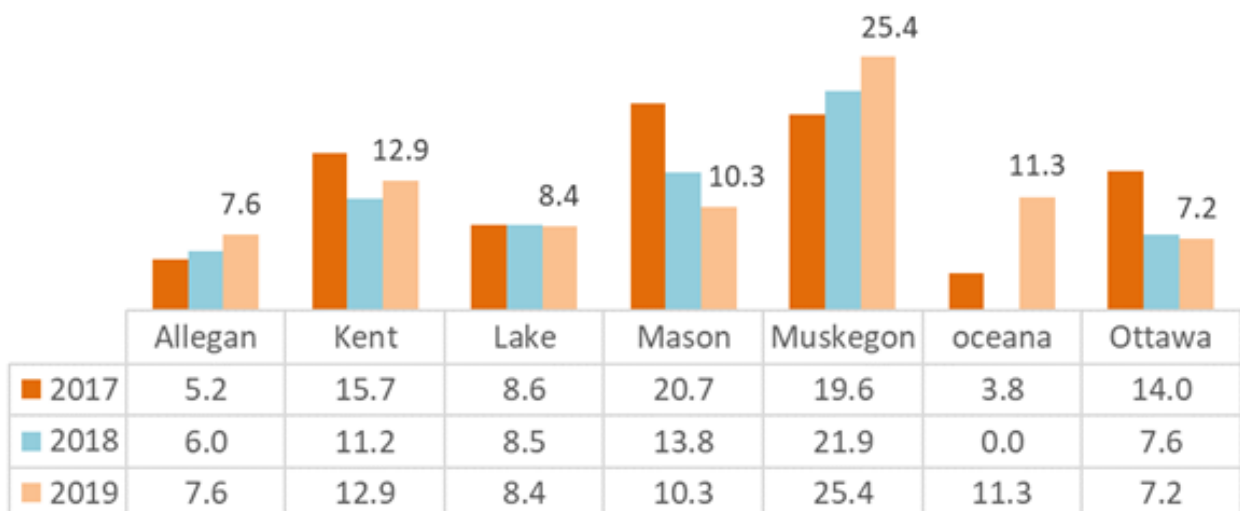
Across the region, the rate of opioid overdose deaths per 100k residents ranged from a low of 7.2 in Ottawa County to a high of 25.4 in Muskegon County per 100k residents.

Rates have been increasing in Allegan and Muskegon Counties while decreasing in Mason and Ottawa counties.

**Rate of Opioid Overdose Deaths
Per 100,000 Residents**



**Rate of Opioid Overdose Deaths
Per 100,000 Residents by County**



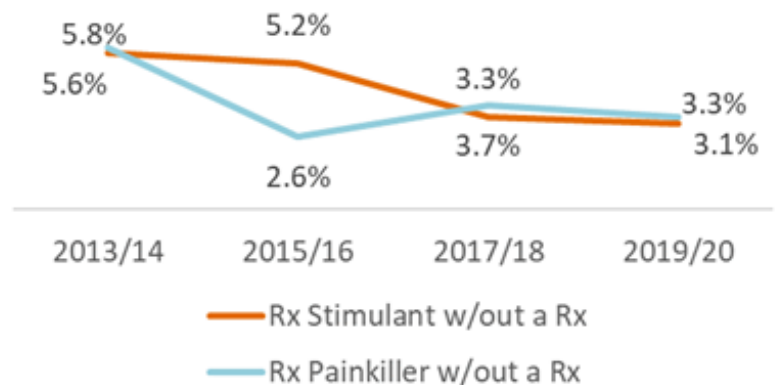
RX MISUSE

Prescription drug (Rx) misuse among HS students has decreased in recent years to a low of 3.1% for Rx stimulants and 3.3% for Rx Painkillers. Statewide comparison data is not available.

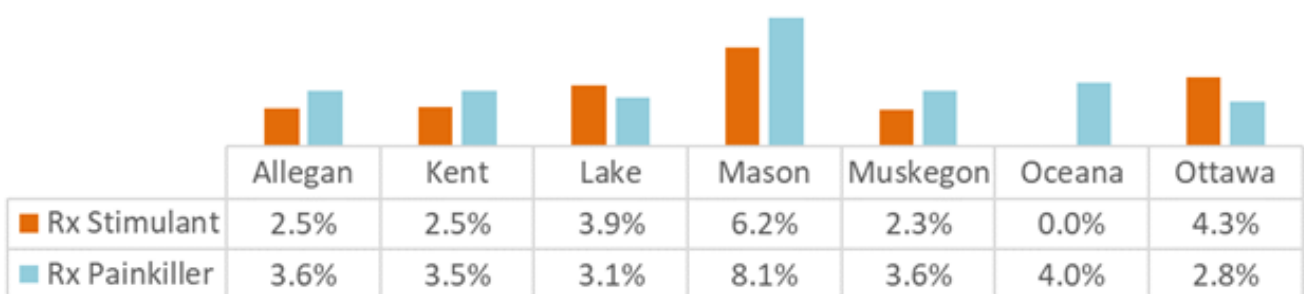
Across the region, the rate of recent Rx misuse for painkillers range from a low of 2.8% in Ottawa County to a high of 8.1% in Mason County.

For Rx stimulants, rates range from 0% in Oceana county to 6.2% in Mason County.

Recent Rx Misuse Among HS Students, LRE Region



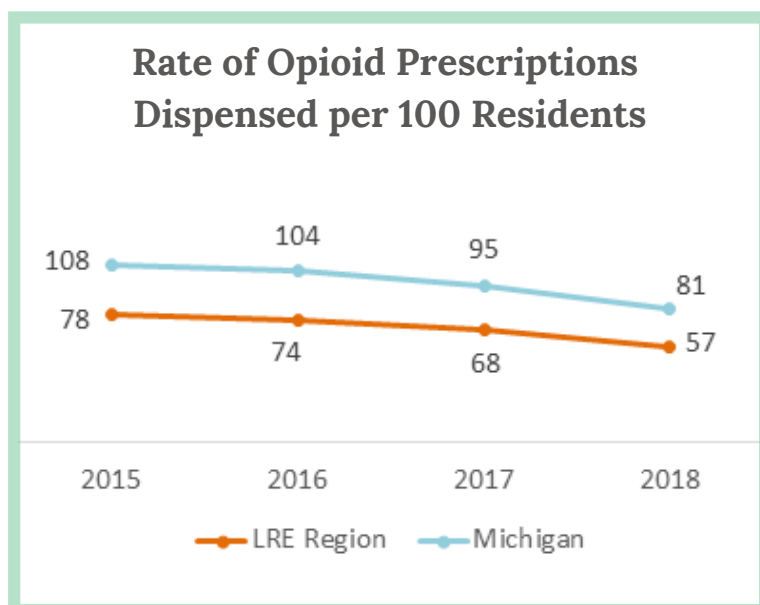
Recent Rx Misuse Among HS Students By County SY19/20



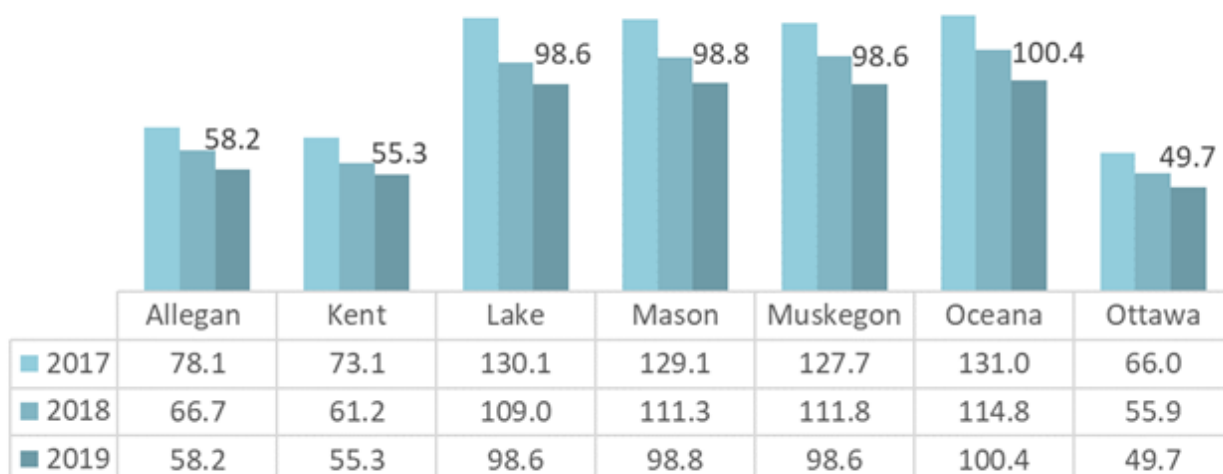
OVER-PRESCRIBING

Prescribing of opioids has decreased in the LRE region in recent years and remains lower than state-wide.

Across the region, the rate of opioid prescriptions dispensed per 100 residents range from a low of 50 in Ottawa county to 100 in Oceana, Muskegon, Mason, and Lake Counties.



Rate of Opioid Prescriptions Dispensed per 100 Residents



Planned Efforts Include:

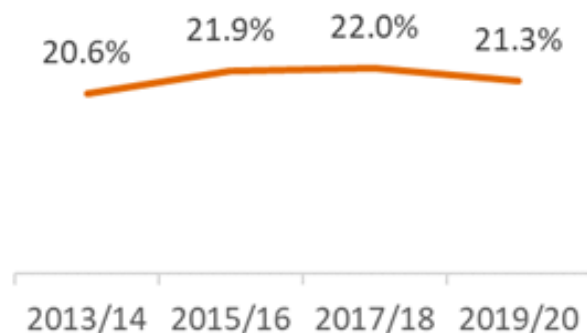
- Education and support for pharmacists and physicians to support safe prescribing, promote disposal, and identification and referral to treatment.
- Increase proper disposal of medications through disposal opportunities and awareness of the importance of proper disposal.
- Provide education and resources to support parents to properly manage, monitor, and dispose of Rx medications in the home.
- Raise awareness of the risks and legal consequences of sharing prescribed medications to prevent youth sharing of Rx medications.

PERCEPTION OF RISK

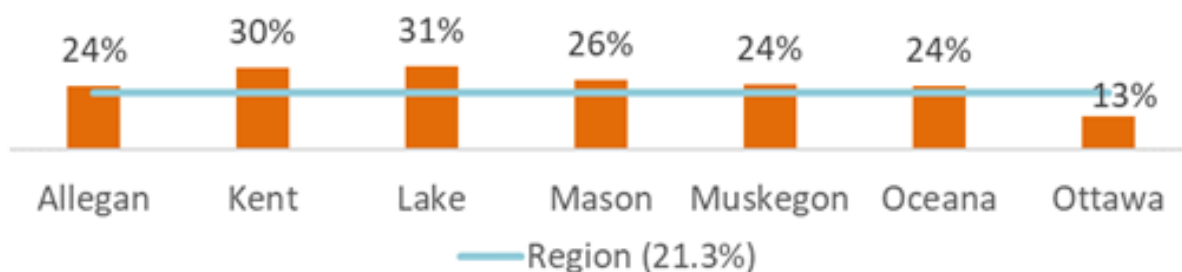
In the LRE region, HS students reporting that taking a prescription drug not prescribed to you is low risk has remained relatively stable in recent years with more than 1-in-5 reporting this as 'no risk' or 'slight risk'.

Across the region, rates range from a low of 13% in Ottawa County to a high of 31% in Lake County.

Believe Rx Misuse is Low Risk, LRE Region



Believe Rx Misuse is Low Risk by County SY19/20



Planned Efforts Include:

- Develop materials for schools and organizations to share with youth and families on signs, symptoms, consequences of RX abuse, and resources for youth who need help.
- Incorporate information into presentations for health education classes and other community presentations.
- Promote the risks of Rx drug misuse through the Talk Sooner Campaign.
- Partner with pharmacists to develop and promote information to patients on the risks of Rx opioids.

EARLY INITIATION

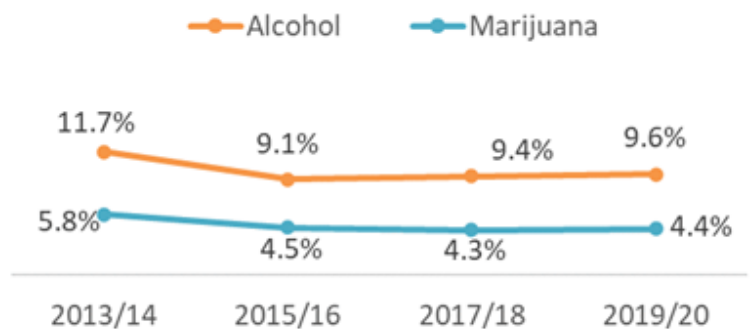
Research has consistently found that alcohol or drug use at an early age increases the likelihood of developing addiction as an adult. In 2019, 9.6% of high school students in the LRE region reported use of alcohol before the age of 13 and 4.4% reported use of marijuana before age 13. Rates have improved slightly in recent years.

Across the region, early use of alcohol ranges from a high of 20.4% in Mason county to a low of 7.4% in Oceana County. Early use of marijuana ranges from a low of 2.7% in Oceana county to a high of 12.6% in Lake County.

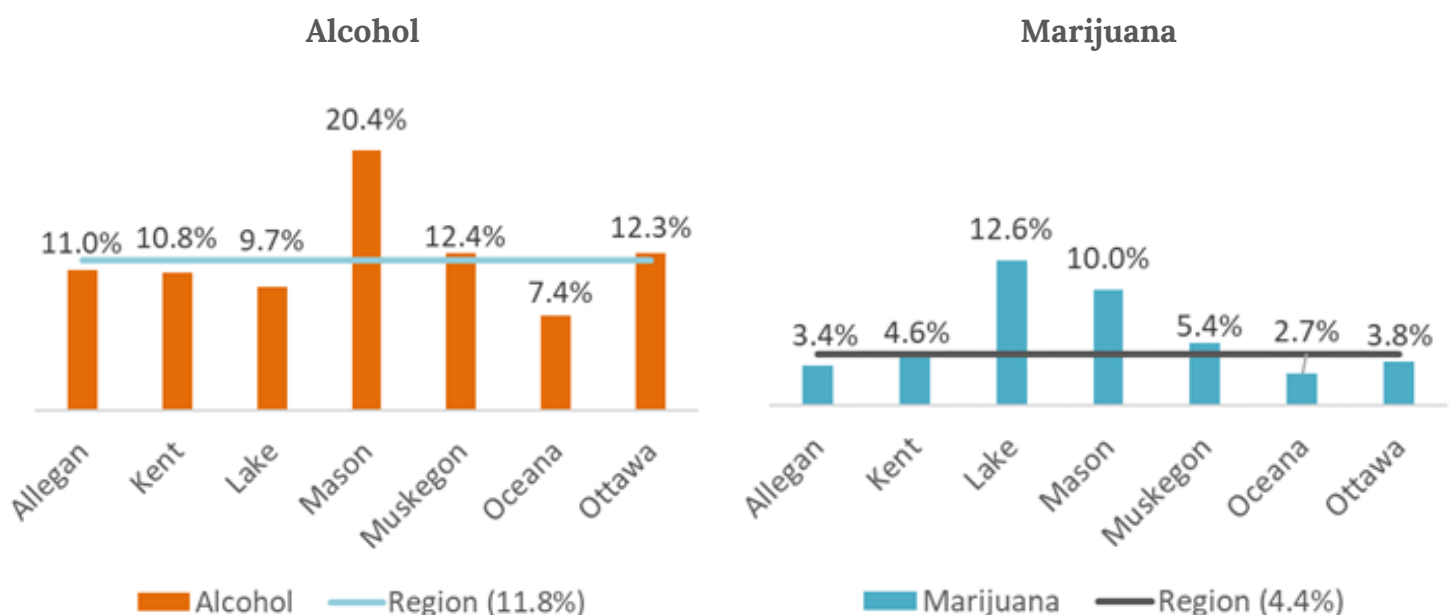
Data on prescription drug misuse before age 13 is not available.

However, in 2020 2.1% of middle school (MS) students reported recent misuse of Rx Stimulants and 0.7% reported recent misuse of Rx Painkillers.

HS Students Reporting Use Before Age 13, LRE Region



HS Students Reporting Use Before Age 13 By County

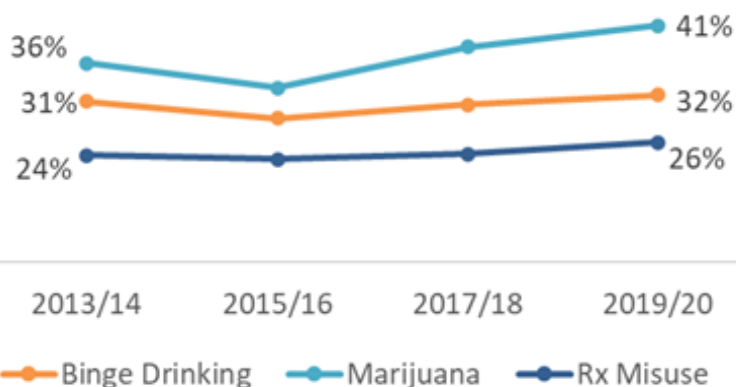


PERCEPTION OF RISK

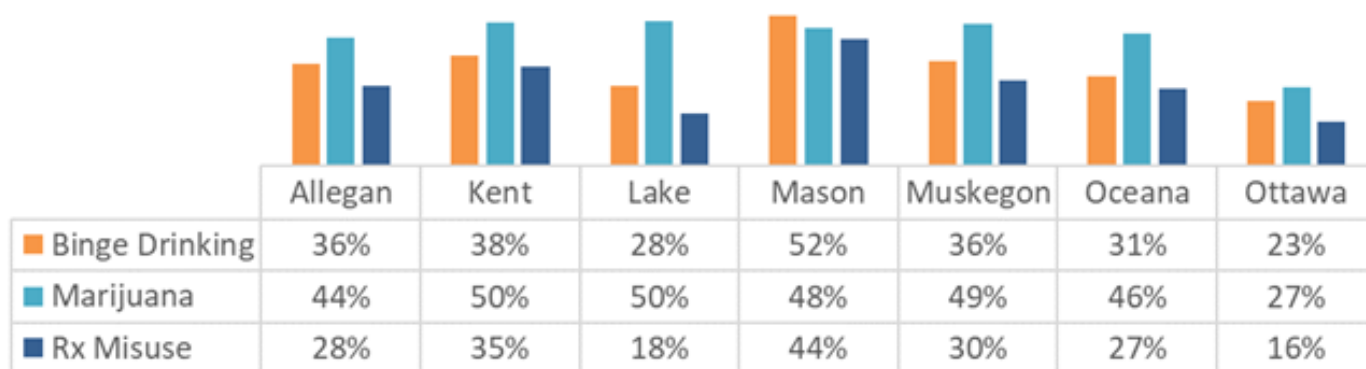
MS students reporting substance use is low risk have remained relatively stable in recent years with a slight increase for marijuana.

Across the region, rates of MS students reporting substance use is low risk vary, with the highest rates for binge drinking in Mason (52%), Marijuana in Kent and Lake (50%), and Rx misuse in Mason (44%). Ottawa county had the lowest rates for each.

MS Students who Report The Following as Low Risk, LRE Region



**MS Students that Report the Following are Low Risk
By County SY19/20**



Planned Efforts Include:

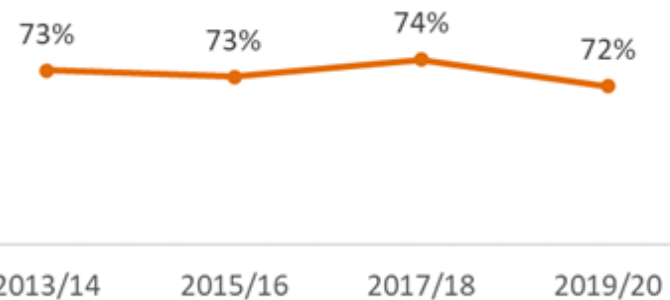
- Educate elementary and MS students about the immediate and long-term effects of alcohol and other drug use through youth and family programming.
- Peer refusal skills training of high school students. In addition, presenting this training to younger students as well as peer counseling.
- Provide Drug Risk Teaching Toolkit to teachers to provide relevant content on the risks of youth substance abuse.
- Participate in national awareness weeks to promote true alcohol facts and educate youth on the risks of underage drinking (i.e. National Drug Facts Week, Red Ribbon Week, etc.)

POSITIVE PEERS

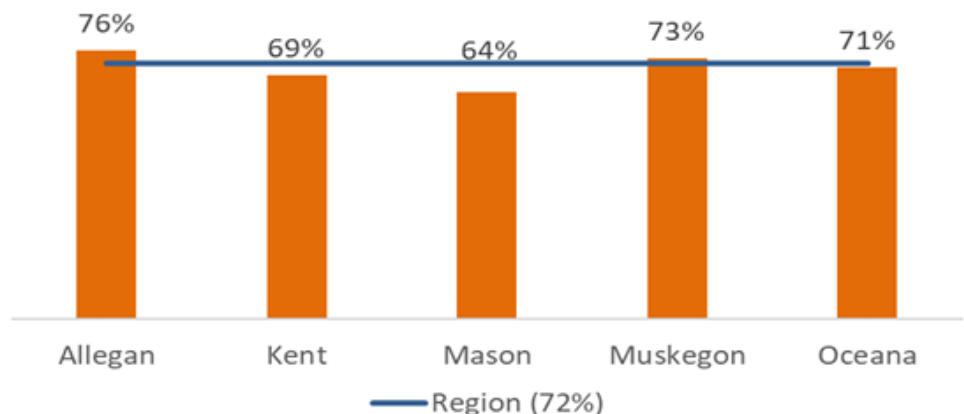
Students (MS and HS) reporting they have at least one best friend who made a commitment to be drug-free in the past year have remained relatively stable.

Across the region, rates range from a low of 64% in Mason County to a high of 76% in Allegan County.

Reporting 1+ Best Friend Committed to Being Drug-Free in Past Year, MS/HS Students LRE Region



At Least 1 Best Friend Committed to Being Drug-Free by County, MS/HS Students SY19/20



Planned Efforts Include:

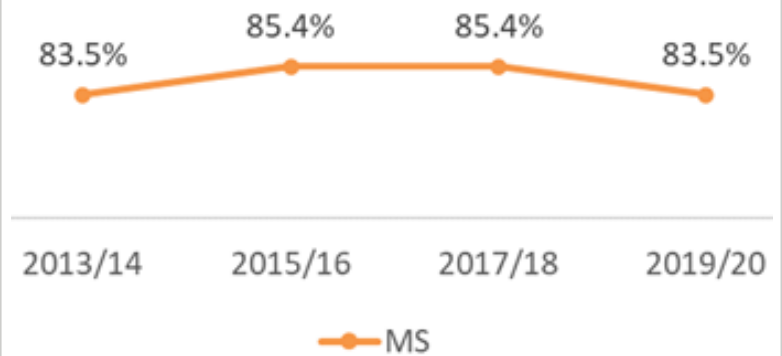
- Peer refusal skills training of high school students. In addition, presenting this training to younger students and peer counseling. (inc. suicide prevention)
- Youth leadership opportunities to develop leadership skills and provide opportunities for projects, including Annual Youth Summit.
- Project Success- School wide awareness and community outreach activities including alcohol free activities, campaigns to increase awareness and student-developed pro-social messaging.
- Yo Puedo Program - Recruitment of high-risk youth, visits to local universities, community service projects and recreational activities.
- Strong Voices, Bold Choices – Youth work together to develop messaging for peers to prevent alcohol use.

FAMILY DYNAMICS

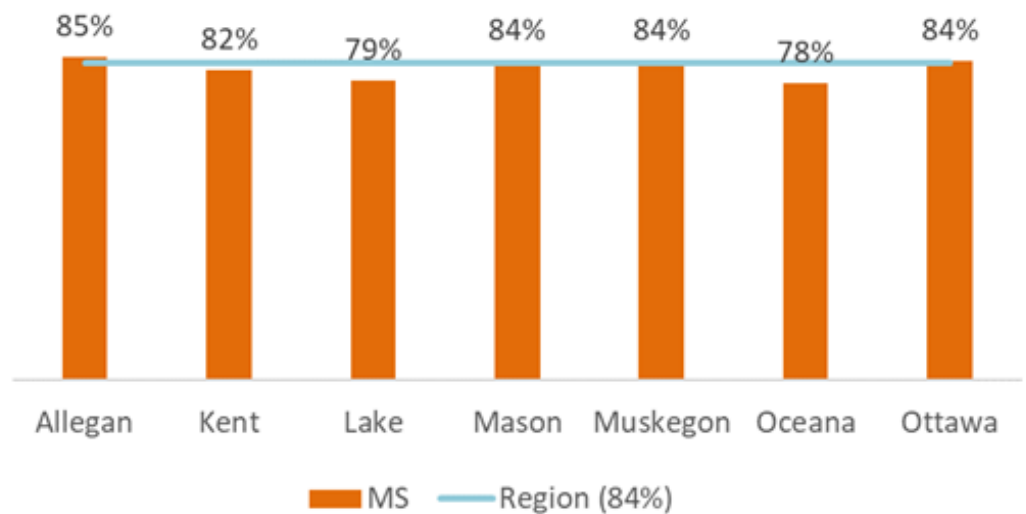
The rate of MS students who report they could ask their mom or dad for help with a personal problem has remained relatively stable in recent years.

Across the region, rates are similar and range from a low of 78% in Oceana county to a high of 85% in Allegan County.

Could ask Parent for Help w/ Personal Problem, MS LRE Region



Could Ask Parent for Help w/ Personal Problem, MS Students by County SY19/20



Planned Efforts Include:

Parental skill training:

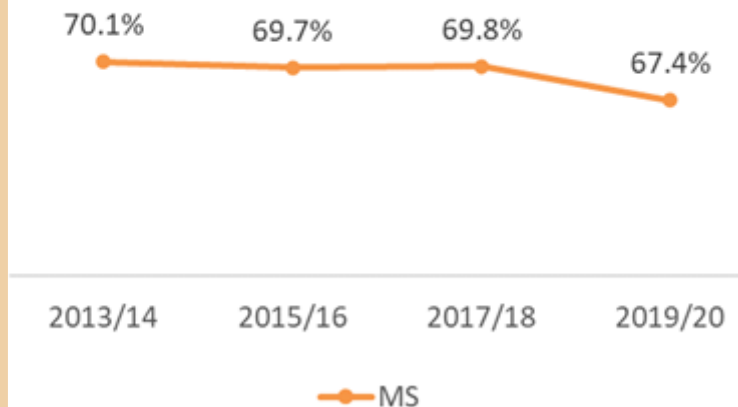
- Strengthening Families Program, Nurturing Parent program, and Project Success – Parent Education Programs
- Inside Out Dads (Triple P) program for fathers in jail being released soon.
- Circle of Parents Groups providing parent management skills & linkage to community supports & resources.
- Parent workshops on how to identify and respond to drug use.
- Teach communication skills and how to prevent substance use and promote healthy choices.
- Coordinate a collaborative committee to plan and implement enhanced parenting services and supports.

FAMILY COMMUNICATION

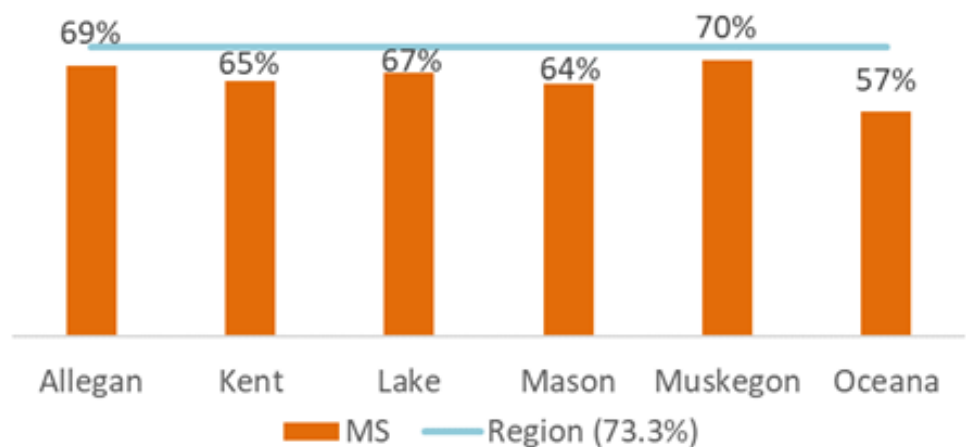
The percent of MS students reporting that a parent or other adult in their family has talked to them about their expectations regarding alcohol and other drugs has worsened slightly in recent years.

Across the region, rates range from a low of 57% in Oceana County to a high of 70% in Muskegon County.

Adult Has Talked About Expectations, MS Students in LRE Region



Adult has Talked About Expectations, MS Students By County SY19/20



Planned Efforts Include:

Encourage parent communication regarding substance use:

- Talk Sooner Campaign to educate parents on the consequences of teen use, how to talk to their youth about the consequences thru community events, social media, lunch and learns, and newsletters.
- Family Meals Month to promote TalkSooner & family communication.
- Provide info to parents at community events on how to talk to their kids.

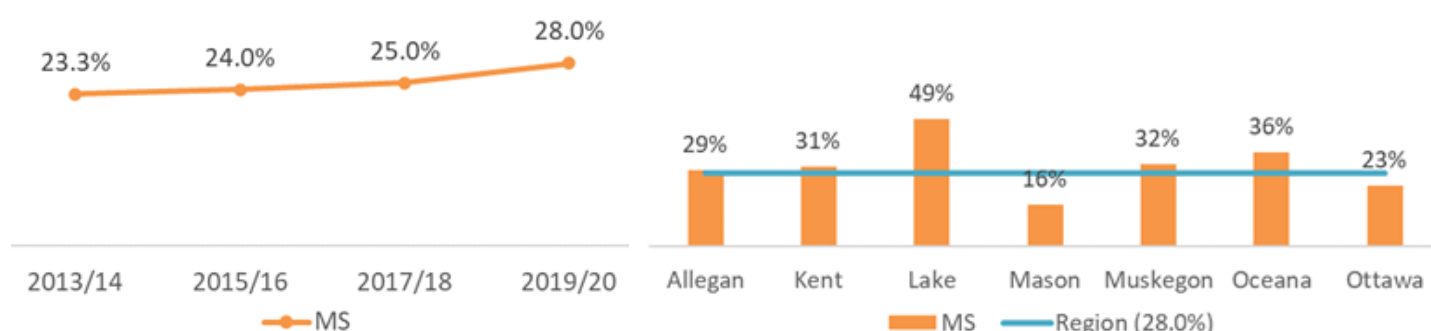
LIFE STRESSORS

Students experiencing mental health issues may be at increased risk for initiating substance use at an early age. In the LRE region, rates of MS students reporting depression in the past year have increased in recent years. High school students who report having seriously considered suicide in the past year has declined slightly in recent years.

Middle School Students - Reporting Depression in Past Year

LRE Region

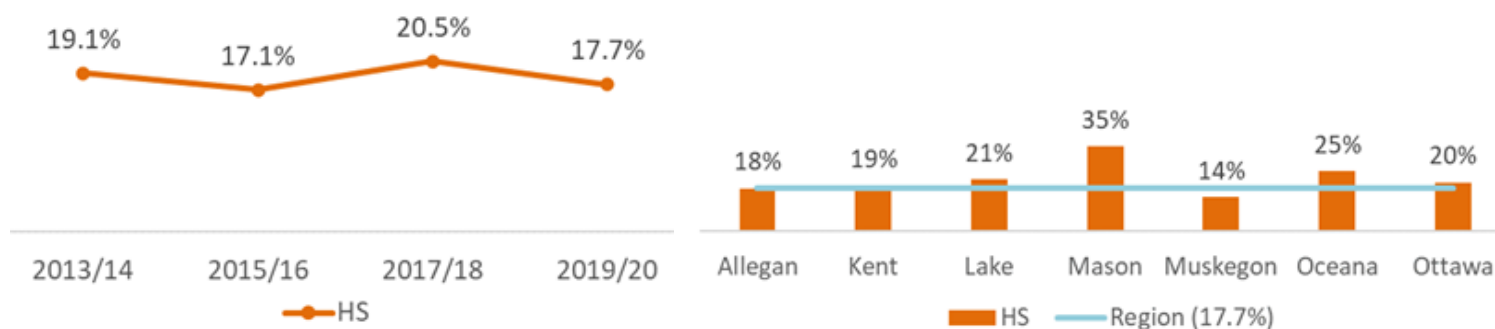
By County SY19/20



High School Students - Seriously Considered Suicide in Past Year

LRE Region

By County SY19/20



Planned Efforts Include:

Education to develop coping and refusal skills:

- Disseminate educational prevention material at community events.
- Native American Community Services - Collaborate with the Straight School to engage youth in student leader program (FOC Kent).
- Youth education and early intervention programs that teach refusal skills, social emotional skills, and encourage healthy choices.
- Educate parents in Recovery for Children of Addicted Parents.
- Train students to provide support/mentoring to other students.
- Red Cliff Wellness Program (Native American only).
- Support teen parents with life skills and support to achieve diploma.

Attachment A

Lakeshore Regional Entity, Prevention Metrics Tracking FY21 thru FY24

The following provides a summary of indicators targeted by Lakeshore Regional Entity, substance abuse prevention in the counties of Allegan, Kent, Lake, Mason, Muskegon, Oceana, and Ottawa. Unless otherwise specified, regional data was calculated using results from the Michigan Profile for Healthy Youth, Ottawa County Youth Assessment Survey, and Lake County Youth Survey for FY19/20. 'HS students' include 9th and 11th grades, with the exception of Ottawa county which includes 10th and 12th.

Childhood and Underage Drinking	Progress Tracking				% Change
	2018	2020	2022	2024	
% HS students reporting recent alcohol use	16.6%	16.1%			
% HS students reporting easy access to alcohol	57.9%	58.8%			
Among HS students who drank recently, % who get by taking from home. ⁱ	20.0%	23.4%			
Among HS students who drank recently, % who get by buying at a store or gas station ⁱⁱ	1.4%	1.9%			
% HS students reporting binge drinking is low risk	29.4%	29.2%			
% HS students reporting 50%+ of peers drank in past month	31.9%	26.6%			

ⁱ Includes Allegan, Kent and Muskegon Counties.

ⁱⁱ Includes Allegan, Kent and Muskegon Counties.

Marijuana Use	Progress Tracking				% Change
	2018	2020	2022	2024	
% HS students reporting marijuana use, past 30 days	13.8%	14.3%			
% HS students reporting it would be easy to get marijuana	45.2%	46.7%			
% HS students reporting marijuana use is low-risk	55.0%	55.0%			

Tobacco and Vaping	Progress Tracking				% Change
	2018	2020	2022	2024	
% HS students reporting recent cigarette smoking	4.5%	2.9%			
% HS students reporting recent vaping	24.1%	18.9%			
% HS students reporting easy access to cigarettes	44.5%				
Maintain formal Synar non-compliance (fail) rate ≤20%	2.9%	9.5%			
% HS students reporting smoking cigarettes is low risk	18.7%	18.0%			

Attachment B

Rx Misuse	Progress Tracking				% Change
	2018	2020	2022	2024	
% HS students reporting recent use Rx painkiller w/out Rx	3.7%	3.3%			
% HS students reporting recent use Rx stimulant w/out Rx	3.3%	3.1%			
% HS students reporting misuse of Rx drug is low-risk	22.0%	21.3%			

Opioids	Progress Tracking							% Change
	2018	2019	2020	2021	2022	2023	2024	
# Opioid related overdose deaths (MI-SUDDR)	123	145						
Rate Opioid related overdose deaths per 100k residents (MAPS)	9.5	11.1						
Opiate Rx written, rate per 100 residents (MAPS)	57.5	51.2						

Early Initiation of Substance Use	Progress Tracking				% Change
	2018	2020	2022	2024	
% HS students reporting alcohol use of before age 13	9.1%	9.6%			
% HS students reporting marijuana use before age 13	4.3%	4.4%			
% MS students reporting marijuana use is low risk	38.2%	41.0%			
% MS students reporting Rx misuse is low risk	24.2%	25.7%			
% MS students reporting binge drinking is low risk	30.7%	31.9%			
% MS/HS students reporting at least one best friend committed to being drug-free ⁱ	72.8%	72.1%			
% MS students could ask parents for help w/ a personal problem	85.4%	83.5%			
% MS student's family have talked to them about alcohol or other drugs ⁱⁱ	69.8%	67.4%			
% MS students reporting depression, past year ^v	25.0%	28.0%			
% HS students seriously considered suicide, past year ⁱⁱⁱ	20.5%	17.7%			

ⁱ Excludes Lake and Ottawa counties

ⁱⁱ Excludes Ottawa County

ⁱⁱⁱ There are many efforts other than those within this plan working to prevent suicide. This plan is but a small part of larger community efforts to address this complex issue.

Attachment B

Lakeshore Regional Entity/Region #3-Regional Logic Model for FY20 - FY23

(Includes: Allegan, Kent, Lake, Mason, Muskegon, Oceana and Ottawa Counties)

PROVIDER ACRONYMS: **ACCMHS** – Allegan County Community Mental Health Services (Allegan County), **AC** – Arbor Circle (Kent, Ottawa and Muskegon Counties), **CHS** – Cherry Health Services (Kent County), **DHD#10** – District Health Department #10 (Lake, Mason and Oceana Counties, **FOC** – Family Outreach Center (Kent County), **MCHP**- Muskegon Community Health Project (Muskegon County), **N180** – Network 180 (Kent County), **OCDPH** – Ottawa County Department of Public Health(Ottawa County), **PHMC** - Public Health Muskegon County (Muskegon County), **WW** – Wedgewood (Kent County), **OCCMHS** – Ottawa County Community Mental Health Services

Notes: When a provider serves more than one county but only provides the service in some of their service area, the counties have been identified.

Some data was unavailable for Ottawa county due to differences in survey tool. Where Ottawa is not included it is noted within the data source.

FUNDING: The funding sources are listed with the provider information for all activities funded by a grant source other than Block Grant or PA2. These funding sources include: State Opioid Response (**SOR**), State Targeted Response (**STR**), Partnership for Success (**PFS**), and Licensing and Regulatory Affairs, Bureau of Medical Marihuana Regulation, Medical Marihuana Operations and Oversight Grant (**LARA**) grants. When a specialty funding sources is the primary funder for an activity, it has been identified in the Provider/County column.

Problem/ Goal	Intervening Variable	Local Condition	Strategies	Activities	Provider/ County	Intermediate Outcome (s)
Reduce Childhood and Underage Drinking Regionally, 16.6% of HS students report recent use of alcohol	Easy Access: Regionally, 57.9% of students report it would be 'sort of' or 'very easy' to get alcohol, (MIPHY and OYAS 2018)	Parents not monitoring: Regionally, 20.0% of HS students who drank recently report they usually get their alcohol by taking it from a family member (MIPHY	Increase awareness of social host laws and the legal consequences	Conduct Parents Who Host Lose the Most Campaign	N180	<ul style="list-style-type: none"> Reduction in % of students reporting it would be easy' to get alcohol. * Reduction in % students who drank recently that report they usually get their
				Raise parental awareness of the consequences of providing to a minor by working with youth to place stickers on alcohol at local retailers (Kent) and on pizza boxes. Incorporate parental responsibility info into existing programs that work with parents (MIP Classes), drug trends presentations	DHD#10 (Mason & Oceana), KCHD, ACCMHS, OCPHD, AC Ott., PHMC	

(MIPHY and OYAS 2018) Long Term Goal: Reduction in Past 30 day use by 5%	2018 exc. Ottawa)	Enhance enforcement for social host laws and underage drinking parties: <ul style="list-style-type: none"> Promote consistent and active enforcement Publicize enforcement activities and the results Encourage community resident to report underage parties to law enforcement for targeted party patrols. 	ACCMH, AC Ott, OCDPH, DHD#10, N180	alcohol by taking it from home. <ul style="list-style-type: none"> Maintain the low rate of recent drinkers reporting they usually buy it at a store or gas station.
(MIPHY and OYAS 2018) Long Term Goal: Reduction in Past 30 day use by 5%	2018 exc. Ottawa)	Educate and support retailers to prevent sales to minors	PHMC, AC Ott(ROADD)	Retailer education including responsible beverage service (TIPS TAMS), Vendor Education for alcohol retailers and trainings events with the MLCC; incorporate info on the harms of overserving older adults Safe Prom/Graduation Initiatives to inform retailers of local events increasing likelihood of youth attempts to purchase alcohol. Conduct law enforcement compliance checks
(MIPHY and OYAS 2018) Long Term Goal: Reduction in Past 30 day use by 5%	2018 exc. Ottawa)	report they usually get their alcohol by buying it from a store or gas station. (MIPHY 2018 excl Ottawa)	ACCMHs, PHMC, MCHP, OCDPH	Increase the % of youth reporting binge-drinking as low risk. *
(MIPHY and OYAS 2018) Long Term Goal: Reduction in Past 30 day use by 5%	2018 exc. Ottawa)	Increase awareness of the legal consequence of underage alcohol use.	ACCMHs, AC Ott, OCDPH, MCHP, N180	Decrease the % of students reporting more than half their peers drank alcohol in the past month. *
(MIPHY and OYAS 2018) Long Term Goal: Reduction in Past 30 day use by 5%	2018 exc. Ottawa)	Engage area high school groups in development and distribution of messaging to correct the inaccurate	Youth developed messaging to their peers: <ul style="list-style-type: none"> Train local and SLC groups on youth leadership, media messaging and having an influence on their peers. Partner with local SLC groups to implement social messaging. (Above the Influence, Sober Life is Cool, Safe Prom, Etc.) 	AC Ott, N180/Kent, WW, PHMC

		(MIPHY and OVAS 2018)	perception of peer use	<ul style="list-style-type: none"> ATI Mobile Experience (Kent county only) Coordinate SADD Groups (Kent county only) 		
			Decrease normality of heavy/excessive drinking among adults to improve community norms.	Rethink Drinks: Reduce excessive alcohol consumption through education on responsible drinking through social media and education.		
				Raise awareness among older adults of the impact of changing metabolism as one ages on the effects of alcohol consumption.		
					Region	

Problem/Goal	Intervening Variable	Local Condition		Activities	Provider/ County	Intermediate Outcome (s)
Opioid related overdoses (prescription, and illicit) are increasing with 1.7 hospitalizations/10k residents in 2017 and 145 deaths in 2018. Methamphetamine use is on the rise w/ a 68% increase in treatment admissions between	Easy Access to prescription opioids: 25.7% of Ottawa county students report it would be 'sort of' or 'very easy' for them to get a Rx drug w/out a Rx. (OVAS 2017) <i>Data not available regionally</i>	Over-prescribing: <i>1.2 opioid Rxs were dispensed per resident in 2017.</i>	Provide education and support to pharmacists and physicians.	Educate pharmacists and doctors from a broader perspective of safe prescribing practices and encourage prescribing practitioners to check the MAPS system before prescribing medications with abuse potential,	DHD#10 Mason ACCMHS, KCHD, PHMC, MCHP, OCCMHS	Decrease youth reporting easy access to prescription drugs. (data not available)
				Educate pharmacists on proper medication disposal and to distribute talk sooner information to customers	DHD #10 Mason, KCHD, ACCMHS, PHMC, MCHP, OCCMHS	
				Educate doctors and pharmacists on screening for addiction and encourage referral to treatment;	DHD#10 Oceana & Mason, PHMC, MCHP, OCCMHS	
				Educate the community of the dangers of misusing prescription drugs so that they will appropriately store and dispose of their prescription medications	N180, DHD#10 Oceana & Mason, ACCMHS, AC Ott, PHMC, MCHP	
				Identify and promote appropriate methods for community residents to dispose of prescription medications	DHD#10 Oceana & Mason, ACCMHS, AC Ott, PHMC, MCHP, OCCMHS	
		Youth take/steal from home and other's homes (Misc. focus group reports)	Increase proper disposal of medications through disposal and awareness efforts.	Work to establish additional disposal locations including non-law enforcement locations such as hospitals and hospice facilities	DHD #10 Mason, ACCMHS	Decrease the rate of opiate prescriptions written per 10,000 residents. *

2015 and 2017 in the region. Stakeholders report persons addicted to opioids are turning to meth as an alternative. Long Term Goal: Reduction in opioid related deaths.		Youth sell and/or share Rx medications	Raise awareness of the risks and consequences of sharing prescribed medications.	Talk Sooner Campaign to educate parents on proper prescription medication management and how to talk to their kids about not misusing Rx drugs.	Region	Decrease MS and HS students reporting low risk for using Rx drugs without a Rx.*
				Provide resources to help parents properly manage, monitor and dispose of Rx medications thru parent workshops, info at community events & communications.	DHD #10 Mason & Oceana, ACCMHS, AC Ott, PHMC, MCHP	
				Promote the use of lock boxes for monitoring of medications within the home	DHD #10 Mason & Oceana, ACCMHS, PHMC	
				Compile information about the risks and develop materials; disseminate through various groups and programs	N180, DHD #10 Mason & Oceana, ACCMHS, AC Kent, PHMC	
				Educate parents on the legal consequences of youth selling or sharing their prescription medications through Talk Sooner, events and communications.	N180, DHD #10 Mason & Oceana, ACCMHS, PHMC, MCHP	
Perception of Risk: Regionally, 22.0% of HS students report using a Rx drug w/out a Rx is low-risk (MIPHY and OYAS 2018)	Rx drugs are considered safe because they are a 'medicine'	Raise awareness of the risks of prescription drug misuse.	Develop materials for schools and organizations to share with families on signs, symptoms, consequences of RX abuse, and resources for youth who need help.	DHD #10 (Mason), WW, ACCMHS, AC(Kent), PHMC, MCHP, AC Ott		
			Provide resources and tools to schools and youth serving organizations to incorporate into their programming; promote MI Model Rx misuse lesson.	N180, DHD #10 Mason & Oceana, ACCMHS, AC Ott & Kent, PHMC, OCCMHS		
			Incorporate information on the risks into presentations to health education classes and other community presentations; include information specific to older adults where appropriate.	N180, DHD #10 Mason & Oceana, KCHD, ACCMHS, AC Ott, PHMC		
			Provide the Botvin's Life Skills opioid lesson through the Talk Sooner Campaign.	KCHD		
			Partner with pharmacists to develop and promote information to patients on the risks of Rx opioids	OCCMHS		
			Incorporate information for older adults age 55+ into informational materials and presentations on the impact of changing	Region		

				metabolism, drug interactions, and addictive nature of Rx drugs.		
	Low perception of risk for meth	Community does not understand meth risks.	Raise awareness of the risks of meth use.	Incorporate the risks of methamphetamine into presentations and curricula. Provide info and resources to people who work w/youth to communicate the risks	Region	Increased perception of risk for methamph- etamine
Persons with untreated opioid addiction at high risk of overdose	People with addiction are not identified and connected to services and supports.	Increase identification and referral Identify common risk factors for OD Increase availability of OD reversal kits.	Provide tools and/or referral resources to increase ATOD screening for women and men of childbearing age (4Ps Plus) Death review teams identify underlying issues contributing to overdoses Encourage additional physicians trained and registered to provide suboxone. Encourage PCPs and Emergency Depts to prescribe Naloxone alongside opiate prescriptions esp. for patients with Red Flags such as an OD history, or co- prescriptions of benzos or stimulants. Promote awareness and availability of Naloxone through community education and reduced stigma	PHMC PHMC Region OCCMHS OCCMHS, DHD10 Mason OCCMHS, DHD10 Mason	Region Region OCCMHS OCCMHS, DHD10 Mason	Increase in persons admitted to treatment.
						Increased availability of naloxone.

Problem/ Goal	Intervening Variable	Local Condition	Strategies	Activities	Provider/ County	Intermediate Outcome (s)
Tobacco Use Regionally 4.5% of HS students report smoking cigarettes and 24.1% report use of an electronic	Easy Access: Regionally, 44.5% of HS students report it would be 'sort of' or 'very easy' to get cigarettes,	Retail Access: Regionally, 9.1% of HS students who smoked in the past month report they usually get their	Increase enforcement of YTA thru compliance checks Educate and support retailers to prevent sales to minors	<ul style="list-style-type: none"> Conduct law enforcement compliance checks with tobacco retailers. Work with the court to ensure that the maximum penalties are imposed for YTA related violations. Educate retailers on responsible tobacco retailing practices. Increase the perception of consequences for selling tobacco to minors 	ACCMHS, KCHD, DHD#10, OCPHD, PHMC	Maintain a formal Synar compliance rate of 80% or greater.*

vapor product in the past month (MIPHY and OYAS 2016) Long Term Goal: Reduction in Past 30day use of vaping & Maintain low rate of cigarette use.	(MIPHY and OYAS 2018)	cigarettes by buying at a store or gas station (MIPHY 2018 excl. Lake, Mason and Oceana)				
		E-Cigs: Regionally, 9.6%of HS students who vaped in past month report they usually get them by buying at a store or gas station (MIPHY 2018).	Educate and support retailers to comply with age restrictions on sales of electronic vapor products.	<ul style="list-style-type: none"> Incorporate e-cig information into retailer education and No Cigs for Our Kids materials Conduct compliance checks for electronic vapor products. 	DHD#10, KCHD, ACCMHS, OCPHD, PHMC	Retailers will not sell e-cigs to minors. Measure via compliance checks.
			Advocate for improved regulations and oversight	<ul style="list-style-type: none"> Advocate for improved legislative requirements for retailer training, product placement, and oversight to ensure compliance 		
		(MIPHY 2018).				
	Perception of Risk: Regionally 18.7% of students report smoking 1+ packs/day as low-risk (MIPHY and OYAS 2018) Teens in focus groups report the belief that vaping is safe.	Youth don't understand the physical risks of using tobacco, including electronic vapor products.	Educate youth about the risks of tobacco use	<ul style="list-style-type: none"> Tobacco prevention education on risks of use Incorporate info on e-cigs into educational programming, materials and presentations. 	MCHP, KCHD, ACCMHS, OCPHD, PHMC, DHD10 Mason	Decrease % of MS and HS students reporting low risk for cigarette use. *
			Educate parents so they communicate risks of vaping to their youth.	<ul style="list-style-type: none"> Presentations, workshops and informational materials to help parents and caregivers understand the health risks of vaping, identify use in their child, and communicate risks to their youth. 		
		Youth are able to use at school without consequence	Promote enhanced school policy and enforcement for vaping.	<ul style="list-style-type: none"> Develop model policies re vaping and promote adoption. Support school personnel in identifying vaping use and providing appropriate consequences and support to youth found using. 	AC Ott, DHD10 Mason	Decrease in teens reporting vaping is 'safe' during focus groups.

Problem/ Goal	Intervening Variable	Local Condition	Strategies	Activities	Provider	Intermediate Outcome (s)
Early Initiation of ATOD use contributing to addiction in later life. Regionally, 9.1% of HS Students report drinking alcohol before the age of 13 and 4.3% report trying marijuana before the age of 13 (MIPHY and OYAS 2018) GOAL: Reduce the % of HS students reporting use of alcohol and marijuana before the age of 13.	Low perception of risk: Regionally, 30.7% of MS students report that binge drinking is low risk; 38.2% report smoking marijuana is low risk and 24.2% report using a Rx medication w/out a Rx is low risk (MIPHY and OYAS 2018)	MS youth don't understand negative impacts of substances at a young age and messaging often waits to communicate risks to older ages that have already initiated use.	Educate elementary and MS students about the immediate and long-term effects of alcohol and <u>other</u> drug use	Strengthening Families youth component (PFS)	AC Mkg (PFS), DHD #10 Mason & Oceana (PFS), ACCMHS (STR), AC Ott (STR), KCHD (STR)	Decrease % of students reporting 'no risk' or 'slight risk' for: • Binge drinking 1 or 2x/weekend * • Smoking marijuana 1 or 2x/week * • Using a Rx medication w/out a Rx*
				Total Trek Quest -Provide lessons on the negative impact of alcohol use on youth choices and coping skills	AC Ott	
				Peer refusal skills training of high school students and their presentations to younger students and counseling of peers (including suicide prevention)	AC Ott & Kent, N180, PHMC	
				Project Success educational series to help students identify and resist pressures to use, correct misperceptions about prevalence and acceptability of use, and consequences of use. Includes Red Ribbon Week and National Drug Fact week campaigns w/ assemblies, social media campaigns and daily activities.	WW	
				Yo Puedo - weekly educational sessions	KCHD	
				Life Skills Programming – curricula addresses risks of substance use.	DHD #10, KCHD(SOR), AC Kent & Ott (SOR)	
				Project ALERT – curricula addresses risks of substance use.	DHD #10 Mason & Oceana	
				Provide Drug Risk Teaching Toolkit to teachers to provide relevant content on the risks of youth substance abuse.	N180, AC Ott	
				Strong Voices, Bold Choices – Provide education on risks of alcohol and other drugs (FOC Kent)	FOC	
				Participate in national awareness weeks to promote true alcohol facts and educate youth on the risks of underage drinking (i.e. National Drug Facts Week, Red Ribbon Week, etc.)	AC Ott, N180, DHD #10, ACCMHS	
				Prime 4 Life programming to help youth understand the risks and potential for development of addiction w/ alcohol and marijuana use	ACCMHS (SOR), DHD #10(Mason, Oceana (PFS), PHMC(PFS), KCHD (SOR)	

Early initiation continued...					
Regionally 27.2% of students report they do NOT have any best friend committed to being drug free in the past year (MIPHY 2018, excludes Ottawa)	Youth lack opportunities to engage w/ positive peers and give back to their communities in a meaningful way.	Provide opportunities for youth to build relationships w/ positive peers thru leadership development opportunities and pro-social activities.	Peer refusal skills training of high school students and their presentations to younger students and counseling of peers (including suicide prevention)	Region (minus Lake, Oceana, and Mason)	Increase in students reporting at least one best friend who made a commitment to be drug free in the past year.
Family Dynamics including management, conflict, expectations, and communication			<ul style="list-style-type: none"> Youth Leadership Groups (SLIC, Dream Team, TOPPC, PRIDE, PALS, PYT, AIM, SADD) to develop leadership skills and provide opportunities for projects. Youth Summit 	ACCMH, PHMC, DHD#10, N180, WW, AC Kent & Ott., MCHP	
			Project Success- School wide awareness and community outreach activities including alcohol free activities, campaigns to increase awareness and student developed pro social messaging.	WW	
			Yo Puedo Program - Recruitment of high-risk youth, visits to local universities, opportunities for community service projects and recreational activities.	KCHD	
			Strong Voices, Bold Choices – Youth work together to develop messaging for peers to prevent alcohol use.	FOC	
			Strengthening Families Program (PFS) and Nurturing Parent program	AC Mkg (PFS), DHD #10 Mason & Oceana (PFS), ACCMHS (STR), AC Ott (STR), KCHD (STR)	
			Inside out dads (Triple P) program for fathers in jail who will be released soon.	AC Ott.	
			Circle of Parents groups providing parent management skills & linkage to community supports & resources	AC Ott.	
			Parent workshops on how to identify and respond to drug use and/or paraphernalia	N180, DHD #10 Mason & Oceana, PHMC, AC Ott	
			Project Success – Parent Education Programs to teach communication skills and how to prevent substance use and promote healthy choices.	WW	
					Increase in % of HS students reporting that they could ask their mom/dad for help w/ personal problems.*

Early continuation continued...	Regionally 27.2% of students report they do NOT have any best friend committed to being drug free in the past year (MIPHY 2018, excludes Ottawa)	Youth lack opportunities to engage w/ positive peers and give back to their communities in a meaningful way.	Provide opportunities for youth to build relationships w/ positive peers thru leadership development opportunities and pro-social activities.	Peer refusal skills training of high school students and their presentations to younger students and counseling of peers (including suicide prevention)	Region (minus Lake, Oceana, and Mason)	Increase in students reporting at least one best friend who made a commitment to be drug free in the past year.
				<ul style="list-style-type: none">Youth Leadership Groups (SLIC, Dream Team, TOPPC, PRIDE, PALS, PYT, AIM, SADD) to develop leadership skills and provide opportunities for projects.Youth Summit	ACCMH, PHMC, DHD#10, N180, WW, AC Kent & Ott., MCHP	
				Project Success- School wide awareness and community outreach activities including alcohol free activities, campaigns to increase awareness and student developed pro social messaging.	WW	
				Yo. Paledo Program - Recruitment of high-risk youth, visits to local universities, opportunities for community service projects and recreational activities.	KCHD	
				Strong Voices, Bold Choices – Youth work together to develop messaging for peers to prevent alcohol use.	FOC	
Family Dynamics including management, conflict, expectations, and communication	Regionally, 21.6% of HS students report they could NOT ask their mom or dad for help w/ personal problems (MIPHY 2018 Excl. Ottawa)	Parental skill training to support effective boundary setting boundaries, monitoring, and preventing substance use	Strengthening Families Program (PFS) and Nurturing Parent program	AC M ke g (PFS), DHD #10 Mason & Oceana (PFS), ACCMHS (STR), AC Ott (STR), KCHD (STR)	Increase in % of HS students reporting that they could ask their mom/dad for help w/ personal problems.*	
			Inside out dads (Triple P) program for fathers in jail who will be released soon.	AC Ott.		
			Circle of Parents groups providing parent management skills & linkage to community supports & resources	AC Ott.		
			Parent workshops on how to identify and respond to drug use and/or paraphernalia	N180, DHD #10 Mason & Oceana, PHMC, AC Ott		
			Project Success – Parent Education Programs to teach communication skills and how to prevent substance use and promote healthy choices.	WW		

Early continuation continued...	Youth use substances to deal with stressors: Regionally, 20.5% of HS students report seriously considering suicide in past year (MIPHY and OYAS 2018)	Elementary, Middle and HS youth lack the skills to cope with life stressors with one-third (32.2%) of students reporting depression in the past year (MIPHY and OYAS 2018)	Education to develop coping and refusal skills that can be utilized to manage life stressors	Prime 4 Life programming for youth and young adults experimenting with use, inc. including as an alternative to suspension for youth caught using marijuana/vaping	PHMC (PFS), DHD#10 Mason & Oceana (PFS)	Reduction in % of HS students seriously considering suicide.* <i>Note: There are many efforts other than those within this plan working to prevent suicide. This plan is but a small part of larger community efforts to address this complex issue.</i>
				Project Success small groups with youth who are to further engage those who are experimenting and reduce suspensions for these students.		
				<ul style="list-style-type: none"> Conduct Mental Health First Aid (MHFA) and QPR-Question Persuade Refer Classes Educate youth on signs of suicide and how to find help 		
				Disseminate educational prevention material at resource fairs, school events, and other community events.		
				Native American Community Services - Collaborate with the Straight School to engage 6-10 youth in student leader program (FOC Kent)		
				<ul style="list-style-type: none"> Strong Voices, Bold Choices Program – provide youth education teaching refusal skills and encouraging healthy choices. (FOC Kent) <u>Yo Puedo</u> (Cherry Health Kent) 		
				Collaborate with recovery programs to educate parents using the Program Kit for Children of Addicted Parents.		
				PALS program – Trained students provide one-on-one support/mentoring to other students.		
				Conduct Red Cliff Wellness Program (Native American only)		
				Early Risers program for HR elementary youth to teach social emotional skills		
				STAR program to support teen parents with life skills and educational support to achieve a HS diploma	ACCMHS	
				Education on coping and refusal skills provided within early intervention groups and Prevention Education Series.	WW	

Early continuation continued...			Provide support for homeless and runaway youth to manage trauma and develop coping skills.	Provide family sessions for these indicated youth	AC Kent	
				Seeking Safety psychoeducation and coping skills	AC Kent	
				Say it Straight Curricula- communication training program to help youth develop empowering communication skills and increase self-awareness, self-efficacy, and personal and social responsibility	AC Kent	
				Street Smart skills-building program to improve social skills, assertiveness and coping through exercises on problem solving, identifying triggers, and reducing harmful behaviors.	AC Kent	

*Data indicator being tracked regionally for evaluation purposes