## North Country Regional Public Health Network Substance Misuse Prevention Workplan, SFY 2021

North Country Substance Misuse Prevention Coordinator

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The following workplan was derived from the *North Country's 2019-2022 Strategic Plan* for substance misuse prevention and from the region's proposal to serve as the region's public health network in the area of substance misuse prevention. In contrast to the Strategic Plan, a public document, this workplan is intended to be an internal working document, for use by the Substance Misuse Prevention Coordinator for implementation, the NH Department of Health and Human Services, Bureau of Drug and Alcohol Services for implementation and oversight and the Center for Excellence (CFEx) for technical assistance.

## **SFY20 Workplan**

| Goal #1            | Decrease the overdose death rate due to the misuse of illicit drugs in the North Country  |
|--------------------|---|
|                    | from a rate of 1.5 to 1.2 deaths a year per 10,000 population by 2022.  |
| Objective(s)<br>#1 | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |
| #2                 | To reduce the percentage of North Country Region high school students who say that it would be easy for them access prescription drugs without a prescription from 15% to 7% by 2022.   |
| #3                 | To increase the perception of peer disapproval among North Country Region high school aged youth for people their age to use non-medical prescription drugs from 81% to 88% by 2022.    |
| #4                 | Decrease lifetime non-medical prescription drug use among North Country Region high school aged youth from 11% to 7% by 2022.   |

| Risk and/or              |
|--------------------------|
| <b>Protective Factor</b> |

Decrease ease of access, increase perception of risk. Increase participation in youth leadership development initiatives focused on illicit drug misuse prevention.

## Strategy 1:

Year-long media messaging campaign and community-wide education event held in each community yearly to focus on increasing awareness around importance of Goal #1 objectives.

| Activities  | Timeframe  | Responsible<br>Person            | Outputs   | Short Term Outcome(s) Year 1 and 2  | Long Term<br>Outcome(s)<br>Year 3  |
|---|--|----------------------------------|---|---|--|
| Promotional materials supporting "Take Back Day" October 2019 and April 2020.   | 2021 SFY   | SMPC, DFC<br>coordinator,<br>COC | 2 PSAs,<br>Informative<br>videos,<br>Promoting<br>Take back   | To increase the perception among North  | To increase the perception among North Country Region high school  |
| Prevention materials reaching 500+ individuals at local and regional prevention events. Community cards, SAMSHA drug prevention material, resource guides, "Street Drugs" books, rack cards, summary resource guide, related prevention material. | 2021 SFY   |                                  | day or change of plans.  400 community cards, 800 SAMSHA prevention pamphlets, 100 resource guides, 150 "Street Drugs" books, 500 | Country Region high school aged youth that people who use non- medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021. | aged youth that people who use non- medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. To reduce the percentage of North Country Region high |
| Attend and provide support for all local coalitions: (1) Stand Up Androscoggin Valley-  | (1) 1st Wednesday of every<br>month, 8:00AM Berlin Senior<br>HS. Berlin/ Gorham Middle |                                  | rack cards.   | To reduce the percentage of North Country   | school students<br>who say that it<br>would be easy<br>for them<br>access  |

| Berlin, (2) Lancaster/Groveton Coalition. (3) Haverhill Area Substance Misuse Prevention Coalition, (4) Littleton ATOD-Alcohol, Tobacco and Other Drugs, (5) North Woods Action Committee/Community Management Team - Colebrook.  *All coalition meetings held virtual as needed. | and High School, (2) 1st Wednesday of every month, 6PM, Lancaster Town Hall, (3) 3rd Thursday of every month, 8AM, Cottage Hospital, Woodsville, (4) 3rd Thursday of every month, 12PM, NCHC Conference Room, Littleton, (5) 2nd Thursday of every month 12PM, Colebrook School, Colebrook. | 70 Members total  100 participating | Region high school students who say that it would be easy for them access prescription drugs without a prescription from 15% to 10% by 2021. | prescription<br>drugs without a<br>prescription<br>from 15% to 7%<br>by 2022. |
|---|---|-------------------------------------|--|---|
| Conduct Bi-annual Coalition Learning Collaborative.   | April 2021  | community<br>members                |  |   |

|   | Strategy 2: Present YRBS report to all school boards within region after the release of 2019 and 2021 YRBS data to raise awareness of prevalence and demonstrate usefulness of YRBS reports. |                       |                                  |   |   |  |
|---|--|-----------------------|----------------------------------|---|---|--|
| Activities  | Timeframe  | Responsible Person(s) | Outputs                          | Short Term Outcome(s)<br>Year 1 and 2   | Long Term Outcome(s)<br>Year 3  |  |
| Attend regional high school superintendent meetings to facilitate school board presentations. | Winter<br>'2020  | SMPC                  | 9 School Boards                  | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021. | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |  |
| Present YRBS<br>data to<br>regional<br>school boards  | 2020-2021<br>School<br>year  |                       | 9 School Boards-<br>upon request |   |   |  |

| Strategy 3: W   | Strategy 3: Will convene one Summer Leadership Academy targeting grades 9-12 to train youth in Positive Youth Development (PYD). |                             |                     |   |   |  |  |
|---|--|-----------------------------|---------------------|---|---|--|--|
| Activities  | Timeframe  | Responsible Person(s)       | Outputs             | Short Term Outcome(s)<br>Year 1 and 2   | Long Term Outcome(s) Year 3   |  |  |
| Provide Promotional and technical support for YLTA- "Summer Island" | Summer<br>2021   | YLTA<br>Leadership,<br>SMPC | 20 youth<br>leaders | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021. | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |  |  |

| Leadership |  |  |  |
|------------|--|--|--|
| academy.   |  |  |  |

|  | <b>Strategy 4:</b> Provide North Country Student Assistance Professional supervision to allow for sharing of effective strategies and assure fidelity to Project SUCCESS Model |                       |         |   |   |
|--|--|-----------------------|---------|---|---|
| Activities   | Timeframe  | Responsible Person(s) | Outputs | Short Term Outcome(s)<br>Year 1 and 2   | Long Term Outcome(s) Year 3   |
| Provide support and TA for the regional SAP coordinator as well as SAP events. Facilitating partnerships between student assistance professionals and other community resources.  Attend monthly SAP learning collaborative. | 2020-2021<br>school<br>year<br>Monthly, as<br>Scheduled.   | SMPC and COC          | 8 SAPs  | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021. | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |
|  |  |                       |         |   |   |

| Strategy 5: Provide guida  | Strategy 5: Provide guidance and support for annual youth-led PYD middle school (grades 6-8) and high school (grades 9-12) conferences |                             |  |   |   |  |  |
|--|--|-----------------------------|--|---|---|--|--|
| and other action plan relat  | and other action plan related events each year .   |                             |  |   |   |  |  |
| Activities   | Timeframe  | Responsible Person(s)       | Outputs  | Short Term Outcome(s)<br>Year 1 and 2   | Long Term Outcome(s)<br>Year 3  |  |  |
| Youth Leadership<br>Through Adventure<br>(YLTA) Middle school<br>conference, "UP"<br>Fall and Spring<br>conferences, 10K<br>race, softball<br>tournament, etc. | Fall- 2020-<br>Spring<br>2021  | YLTA<br>Leadership,<br>SMPC | 800 students participating in annual conferences and prevention events in person and virtually | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021. | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |  |  |

| Strategy 6: Coordinate   | Strategy 6: Coordinate and schedule one Kids In Prevention (grades 4-6) retreat each year. |  |                |   |   |  |  |
|--|--|--|----------------|---|---|--|--|
| Activities   | Timeframe  | Responsible Person(s)                      | Outputs        | Short Term Outcome(s)<br>Year 1 and 2   | Long Term Outcome(s) Year<br>3  |  |  |
| Haverhill Cooperative Middle School "Kids in Prevention" (KIP) retreat at Mountain Lake Lodge. | November<br>2020   | Jim Kinder,<br>DFC<br>Coordinator,<br>SMPC | 50<br>Students | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021. | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |  |  |

| Strategy 7: Support two high scho  | Strategy 7: Support two high school youth-led PYD groups to coordinate and implement School Climate Prevention Projects each year. |                              |                                       |  |   |  |  |
|--|--|------------------------------|---------------------------------------|--|---|--|--|
| Activities   | Timeframe  | Responsi<br>ble<br>Person(s) | Outputs                               | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s)<br>Year 3  |  |  |
| Identify 2 middle or high schools that will support a school climate prevention project. Work with them to initiate, implement and complete the project by the end of the school year. | Identify in<br>the fall of<br>2020, Finish<br>by end of<br>school<br>year 2021.  | SMPC                         | schools<br>in the<br>North<br>Country | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 72% by 2021 | To increase the perception among North Country Region high school aged youth that people who use non-medical prescription drugs put themselves at risk of harm from 63% to 75% by 2022. |  |  |

| Goal #2                          | Decrease the number and percent of students who have ever used an electronic vapor product one or more times in their life.  |
|----------------------------------|--|
| Objective #1                     | Decrease past 30-day vapor product use among North Country Region High School aged youth from 20.5% to 16% by 2022.  |
| Risk and/or<br>Protective Factor | Decrease ease of access, increase perception of risk. increase participation in youth leadership development initiatives focused on nicotine and other drug misuse prevention. |

| Strategy 1: Year-long social media messaging campaign and community-wide education events held in each community yearly to focus on |           |                          |         |   |                                   |  |  |
|---|-----------|--------------------------|---------|---|-----------------------------------|--|--|
| increasing awareness around importance of Goal #2 objective.  |           |                          |         |   |                                   |  |  |
| Activities  | Timeframe | Responsible<br>Person(s) | Outputs | Short Term<br>Outcome(s)<br>Year 1 and<br>2 | Long Term<br>Outcome(s)<br>Year 3 |  |  |

| Create 2 Anti-Vaping video presentations to North Country high school and middle school                             | 2019-2020<br>School          | SMPC/DFC<br>Coordinator. | All Schools,       | Decrease<br>past 30-day                            | Decrease<br>past 30-day                            |
|---|------------------------------|--------------------------|--------------------|--|--|
| students.   | year.                        |                          |                    | vapor<br>product                                   | vapor<br>product                                   |
| Create 2 community Anti-Vaping presentations focused on educating parents. To be released on social media platforms |                              |                          |                    | use among North Country                            | use among North Country                            |
| Distribute Vaping and Nicotine prevention materials at regional schools and community events.                       | 2020-2021<br>School<br>year. |                          | All<br>Communities | Region High School aged youth from 20.5% to 17% by | Region High School aged youth from 20.5% to 16% by |
|   | SFY 2021                     |                          | 500<br>pamphlets   | 2021.  | 2022.  |

| <b>Strategy 2:</b> Present YRBS report to all school boards within region after the release of 2019 and 2021 YRBS data to raise awareness of prevalence and demonstrate usefulness of YRBS reports. |              |                       |                 |  |  |  |  |
|---|--------------|-----------------------|-----------------|--|--|--|--|
| Activities  | Timeframe    | Responsible Person(s) | Outputs         | Short Term Outcome(s) Year 1 and 2   | Long Term<br>Outcome(s) Year<br>3  |  |  |
| Attend regional high school superintendent meetings to facilitate school board presentations.   | Winter '2020 | SMPC                  | 9 School Boards | Decrease past 30-<br>day vapor<br>product use<br>among North<br>Country Region<br>High School aged | Decrease past 30-<br>day vapor<br>product use<br>among North<br>Country Region<br>High School aged |  |  |
| Present YRBS data to regional school boards. Upon request.  | SFY 2021     |                       | 9 School Boards | youth from 20.5%<br>to 17% by 2021.  | youth from 20.5%<br>to 16% by 2022.  |  |  |

Strategy 3: Will convene one Summer Leadership Academy targeting grades 9-12 to train youth in Positive Youth Development (PYD).

| Activities  | Timeframe      | Responsible<br>Person(s) | Outputs          | Short Term Outcome(s) Year 1 and 2  | Long Term<br>Outcome(s) Year 3   |
|---|----------------|--------------------------|------------------|---|--|
| Provide promotional<br>and technical support<br>for YLTA- "Summer<br>Island" Leadership<br>academy. | Summer<br>2021 | YLTA Leadership,<br>SMPC | 20 youth leaders | Decrease past 30-day vapor product use among North Country Region High School aged youth from 20.5% to 17% by 2021. | Decrease past 30-<br>day vapor product<br>use among North<br>Country Region High<br>School aged youth<br>from 20.5% to 16%<br>by 2022. |

| <b>Strategy 4:</b> Provide North Country Student Assistance Professional supervision to allow for sharing of effective strategies and assure fidelity to Project SUCCESS Model   |   |                       |         |   |   |  |  |
|--|---|-----------------------|---------|---|---|--|--|
| Activities   | Timeframe   | Responsible Person(s) | Outputs | Short Term Outcome(s) Year 1 and 2  | Long Term Outcome(s) Year 3   |  |  |
| Provide support and TA for the regional SAP coordinator as well as SAP events. Facilitating partnerships between student assistance professionals and other community resources.  Attend monthly SAP learning collaborative. | 2020-2021<br>school year<br>Monthly, as<br>Scheduled. | SMPC and<br>COC       | 8 SAPs  | Decrease past 30-day vapor product use among North Country Region High School aged youth from 20.5% to 17% by 2021. | Decrease past 30-day vapor product use among North Country Region High School aged youth from 20.5% to 16% by 2022. |  |  |

| <b>Strategy 5:</b> Provide guidance and support for annual youth-led PYD middle school (grades 6-8) and high school (grades 9-12) conferences each year. |           |                       |         |                                    |                                   |  |
|--|-----------|-----------------------|---------|------------------------------------|-----------------------------------|--|
| Activities   | Timeframe | Responsible Person(s) | Outputs | Short Term Outcome(s) Year 1 and 2 | Long Term<br>Outcome(s) Year<br>3 |  |

| Youth Leadership Through Adventure (YLTA) Middle school conference, "UP" Fall and Spring conferences, 10K race, softball tournament, etc. | Fall- 2020-<br>Spring 2021 | YLTA<br>Leadership,<br>SMPC | 800 students participating in annual conferences and prevention events in person and virtually | Decrease past 30-<br>day vapor<br>product use<br>among North<br>Country Region<br>High School aged<br>youth from 20.5%<br>to 17% by 2021. | day vapor<br>product use<br>among North<br>Country Region<br>High School aged<br>youth from 20.5% |
|---|----------------------------|-----------------------------|--|---|---|
| etc.  |                            |                             |  | to 17% by 2021.   | to 16% by 2022.   |

| Strategy 6: Coordinate   | Strategy 6: Coordinate and schedule one Kids In Prevention (grades 4-6) retreat each year. |   |             |  |   |  |  |  |
|--|--|---|-------------|--|---|--|--|--|
| Activities   | Timeframe  | Responsible<br>Person(s)                | Outputs     | Short Term Outcome(s) Year 1 and 2   | Long Term Outcome(s)<br>Year 3  |  |  |  |
| Haverhill Cooperative Middle School "Kids in Prevention" (KIP) retreat at Mountain Lake Lodge. | November<br>2020   | Jim Kinder, DFC<br>Coordinator,<br>SMPC | 50 Students | Decrease past 30-day<br>vapor product use<br>among North Country<br>Region High School<br>aged youth from<br>20.5% to 17% by 2021. | Decrease past 30-day<br>vapor product use among<br>North Country Region High<br>School aged youth from<br>20.5% to 16% by 2022. |  |  |  |

| Strategy 7: Support two high school youth-led PYD groups to coordinate and implement School Climate Prevention Projects each year. |  |                       |                                      |   |   |  |  |  |
|--|--|-----------------------|--------------------------------------|---|---|--|--|--|
| Activities   | Timeframe  | Responsible Person(s) | Outputs                              | Short Term Outcome(s) Year 1 and 2            | Long Term Outcome(s) Year 3                   |  |  |  |
| Identify 2 middle or high schools that will support a school climate   | Identify in the fall of 2020, Finish by end of school year 2021. | SMPC                  | 2 schools in<br>the North<br>Country | Decrease past 30-<br>day vapor<br>product use | Decrease past 30-<br>day vapor<br>product use |  |  |  |

| complete the project by youth | try Region<br>School aged<br>from 20.5%<br>6 by 2021. | Country Region<br>High School aged<br>youth from 20.5%<br>to 16% by 2022. |
|-------------------------------|---|---|
|-------------------------------|---|---|

| Goal #3                  | Decrease past 30-day alcohol use among North Country High School aged youth from 34.8%   |
|--------------------------|--|
|                          | to 29% by 2022.  |
| Objective #1             | To increase the perception among North Country Region high school aged youth that their parents think it is wrong for someone their age to use alcohol from 83% to 90% by 2022.                            |
| Objective #2             | To increase the perception among high school aged youth in the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 36% by 2022 |
| Objective #3             | To increase the perception of peer disapproval among North Country Region high school aged youth for people their age to drink alcohol nearly every day from 43% to 51% by 2022.                           |
| Risk and/or              | Decrease ease of access, increase perception of risk. Increase participation in youth leadership development   |
| <b>Protective Factor</b> | initiatives focused on alcohol and other drug misuse prevention.   |

| Strategy 1: Year-long media messaging campaign and community-wide education event held in each community yearly to focus on increasing awareness around importance of Goal #1 objectives. |           |                          |         |  |                                   |  |
|---|-----------|--------------------------|---------|--|-----------------------------------|--|
| Activities  | Timeframe | Responsible<br>Person(s) | Outputs | Short Term<br>Outcome(s)<br>Year 1 and 2 | Long Term<br>Outcome(s)<br>Year 3 |  |

| Prevention materials supporting "Take Back Day" October 2019 and April 2020.  | 2020 SFY  | SMPC, DFC<br>coordinator<br>, COC | 2 PSAs,<br>Informative<br>videos,<br>Promoting<br>Take back   | To increase the perception among high school aged youth in the  | To increase the perception among high school aged youth in the  |
|---|---|-----------------------------------|---|---|---|
| Prevention materials reaching 500+ individuals at local and regional prevention events. Community cards, SAMSHA drug prevention material, resource guides, "Street Drugs" books, rack cards, summary resource guide, related prevention material. | 2020 SFY  |                                   | day or change of plans.  400 community cards, 800 SAMSHA prevention pamphlets, 100 resource guides, 150 "Street Drugs" books, 500 rack cards. | North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 34% by 2021 | North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 36% by 2022 |
| Attend and provide support for all local coalitions: (1) Stand Up Androscoggin Valley-Berlin, (2) Lancaster/Groveton Coalition. (3) Haverhill   | (1) 1st Wednesday of every month, 8:00AM Berlin Senior HS. Berlin/ Gorham Middle and High School, (2) 1st Wednesday of every month, 6PM, Lancaster Town Hall, (3) 3rd Thursday of every month, 8AM, Cottage Hospital, |                                   | 70<br>Members   |   |   |

| Area Substance Misuse Prevention Coalition, (4) Littleton ATOD-Alcohol, Tabaco and Other Drugs, (5) North Woods Action Committee/Community Management Team - | Woodsville, (4) 3 <sup>rd</sup> Thursday of every month, 12PM, NCHC Conference Room, Littleton, (5) 2 <sup>nd</sup> Thursday of every month 12PM, Colebrook School, Colebrook. |                |  |
|--|--|----------------|--|
| Colebrook.  *Virtual as needed   | Colebiook.   | 100<br>members |  |
| Conduct Bi- Annual Coalition Learning Collaborative.   | October 2020<br>April 2021   |                |  |

| Strategy 2: Present YRBS report to all school boards within region after the release of 2019 and 2021 YRBS data to raise awareness of |                    |              |          |                       |                           |  |
|---|--------------------|--------------|----------|-----------------------|---------------------------|--|
| prevalence and demonstrat   | te usefulness of Y | RBS reports. |          |                       |                           |  |
| Activities  | Timeframe          | Responsible  | Outputs  | Short Term Outcome(s) | Long Term Outcome(s)      |  |
| Activities  | illiellallie       | Person(s)    |          | Year 1 and 2          | Year 3                    |  |
| Attend regional high  | Winter             | SMPC         | 9 School | To increase the       | To increase the           |  |
| school  | '2020              |              | Boards   | perception among high | perception among high     |  |
| superintendent  |                    |              |          | school aged youth in  | school aged youth in      |  |
| meetings to facilitate  |                    |              |          | the North Country     | the North Country         |  |
|   |                    |              |          | Region that people    | Region that people who    |  |
|   |                    |              |          | who drink 5 or more   | drink 5 or more drinks of |  |

| school board presentations.  Present YRBS data to regional school boards upon request SFY 202 | Y '2020-<br>21 | 9 School<br>Boards | drinks of alcohol every<br>weekend put<br>themselves at risk of<br>harm from 30% to 34%<br>by 2021 | alcohol every weekend<br>put themselves at risk of<br>harm from 30% to 36%<br>by 2022 |
|---|----------------|--------------------|--|---|
|---|----------------|--------------------|--|---|

| Strategy 3: Will convene or   | Strategy 3: Will convene one Summer Leadership Academy targeting grades 9-12 to train youth in Positive Youth Development (PYD). |                          |                     |  |  |  |  |
|---|--|--------------------------|---------------------|--|--|--|--|
| Activities  | Timeframe  | Responsible Person(s)    | Outputs             | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s)<br>Year 3   |  |  |
| Provide promotional and technical support for YLTA- "Summer Island" Leadership academy. | Summer<br>2021   | YLTA Leadership,<br>SMPC | 20 youth<br>leaders | To increase the perception among high school aged youth in the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 34% by 2021 | To increase the perception among high school aged youth in the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 36% by 2022 |  |  |

| Strategy 4: Provide North Country Student Assistance Professional supervision to allow for sharing of effective strategies and assure fidelity to Project SUCCESS Model |                          |                       |         |  |  |  |
|---|--------------------------|-----------------------|---------|--|--|--|
| Activities  | Timeframe                | Responsible Person(s) | Outputs | Short Term Outcome(s)<br>Year 1 and 2                      | Long Term Outcome(s)<br>Year 3                             |  |
| Provide support and<br>TA for the regional SAP<br>coordinator as well as  | 2020-2021<br>school year | SMPC and<br>COC       | 8 SAPs  | To increase the perception among high school aged youth in | To increase the perception among high school aged youth in |  |

| SAP events. Facilitating partnerships between student assistance professionals and other community resources. |                           |  | the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 34% | the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 36% by 2022 |
|---|---------------------------|--|---|---|
| Attend monthly SAP learning collaborative.  | Monthly, as<br>Scheduled. |  | by 2021   |   |

| Strategy 5: Provide guidar | Strategy 5: Provide guidance and support for annual youth-led PYD middle school (grades 6-8) and high school (grades 9-12) conferences |             |               |                            |                            |  |  |
|----------------------------|--|-------------|---------------|----------------------------|----------------------------|--|--|
| each year.                 |  |             |               |                            |                            |  |  |
| Activities                 | Timeframe  | Responsible | Outputs       | Short Term Outcome(s)      | Long Term Outcome(s)       |  |  |
| 71011711103                | ·····oir di i i o  | Person(s)   |               | Year 1 and 2               | Year 3                     |  |  |
| Youth Leadership           | Fall- 2020-  | YLTA        | 800 students  | To increase the            | To increase the            |  |  |
| Through Adventure          | Spring   | Leadership, | participating | perception among high      | perception among high      |  |  |
| (YLTA) Middle school       | 2021   | SMPC        | in annual     | school aged youth in the   | school aged youth in the   |  |  |
| conference, "UP" Fall      |  |             | conferences   | North Country Region       | North Country Region       |  |  |
| and Spring                 |  |             | and           | that people who drink 5    | that people who drink 5    |  |  |
| conferences, 10K           |  |             | prevention    | or more drinks of alcohol  | or more drinks of alcohol  |  |  |
| race, softball             |  |             | events in     | every weekend put          | every weekend put          |  |  |
| tournament, etc.           |  |             | person and    | themselves at risk of harm | themselves at risk of harm |  |  |
|                            |  |             | virtually     | from 30% to 34% by 2021    | from 30% to 36% by 2022    |  |  |

| Strategy 6: Coordinate and schedule one Kids In Prevention (grades 4-6) retreat each year. |           |                       |         |                                       |                             |  |
|--|-----------|-----------------------|---------|---------------------------------------|-----------------------------|--|
| Activities   | Timeframe | Responsible Person(s) | Outputs | Short Term Outcome(s)<br>Year 1 and 2 | Long Term Outcome(s) Year 3 |  |

| Haverhill     | November | Jim Kinder,  | 50       | To increase the perception      | To increase the perception      |
|---------------|----------|--------------|----------|---------------------------------|---------------------------------|
| Cooperative   | 2020     | DFC          | Students | among high school aged          | among high school aged          |
| Middle        |          | Coordinator, |          | youth in the North Country      | youth in the North Country      |
| School "Kids  |          | SMPC         |          | Region that people who drink    | Region that people who drink    |
| in            |          |              |          | 5 or more drinks of alcohol     | 5 or more drinks of alcohol     |
|               |          |              |          | every weekend put               | every weekend put               |
| Prevention"   |          |              |          | themselves at risk of harm from | themselves at risk of harm from |
| (KIP) retreat |          |              |          | 30% to 34% by 2021              | 30% to 36% by 2022              |
| at Mountain   |          |              |          |                                 |                                 |
| Lake Lodge.   |          |              |          |                                 |                                 |

| Strategy 7: Support two high school youth-led PYD groups to coordinate and implement School Climate Prevention Projects each year.   |   |                          |                                      |  |  |  |
|--|---|--------------------------|--------------------------------------|--|--|--|
| Activities   | Timeframe   | Responsible<br>Person(s) | Outputs                              | Short Term Outcome(s) Year 1 and 2   | Long Term<br>Outcome(s) Year 3   |  |
| Identify 2 middle or high schools that will support a school climate prevention project. Work with them to initiate, implement and complete the project by the end of the school year. | Identify in the fall<br>of 2020, Finish by<br>end of school<br>year 2021. | SMPC                     | 2 schools in<br>the North<br>Country | To increase the perception among high school aged youth in the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 34% by 2021 | To increase the perception among high school aged youth in the North Country Region that people who drink 5 or more drinks of alcohol every weekend put themselves at risk of harm from 30% to 36% by 2022 |  |

| Goal #4                          | Decrease past 30-day marijuana use among North Country Region high school aged youth by  |
|----------------------------------|--|
|                                  | from 21.7% to 17% by 2022.   |
| Objective #1                     | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |
| Objective #2                     | To increase the perception of peer disapproval among North Country Region high school aged youth for people their age to smoke marijuana from 37% to 45% by 2022.                      |
| Objective #3                     | To increase the perception among North Country Region high school aged youth that they matter to the people in their community from 48% to 57% by 2019.                                |
| Risk and/or<br>Protective Factor | Decrease ease of access, increase perception of risk. Increase participation in youth leadership development initiatives focused on marijuana and other drug misuse prevention.        |

## Strategy 1:

Year-long media messaging campaign and community-wide education event held in each community yearly to focus on increasing awareness around importance of Goal #1 objectives.

| Activities   | Timeframe            | Responsible Person(s)            | Outputs  | Short Term Outcome(s) Year 1 and 2  | Long Term<br>Outcome(s) Year<br>3   |
|--|----------------------|----------------------------------|--|---|---|
| Prevention materials supporting "Take Back Day" October 2019 and April 2020.  Prevention materials reaching 500+ individuals | 2021 SFY<br>2021 SFY | SMPC, DFC<br>coordinator,<br>COC | 2 PSAs,<br>Informative<br>videos,<br>Promoting<br>Take back<br>day or<br>change of<br>plans. | To increase the perception among North Country Region high school aged youth that people who use marijuana once | To increase the perception among North Country Region high school aged youth that people who use marijuana once |
| at local and regional prevention events. Community cards, SAMSHA drug prevention material, resource guides,                  |                      |                                  | 400<br>community<br>cards, 800<br>SAMSHA   | or twice a week<br>put themselves<br>at risk of harm  | or twice a week<br>put themselves<br>at risk of harm  |

| "Street Drugs" books,     |                                 | prevention                   | from 23% to 28% | from 23% to 28% |
|---------------------------|---------------------------------|------------------------------|-----------------|-----------------|
| rack cards, summary       |                                 | pamphlets,                   | by 2022         | by 2022         |
| resource guide, related   |                                 | 100 resource                 |                 |                 |
| prevention material.      |                                 | guides, 150                  |                 |                 |
|                           |                                 | "Street Drugs"<br>books, 500 |                 |                 |
|                           |                                 | rack cards.                  |                 |                 |
| Attend and provide        |                                 |                              |                 |                 |
| support for all local     |                                 |                              |                 |                 |
| coalitions: (1) Stand Up  | (1) 1st Wednesday of            |                              |                 |                 |
| Androscoggin Valley-      | every month, 8:00AM             | 70 Members                   |                 |                 |
| Berlin, (2)               | Berlin Senior HS. Berlin/       | total                        |                 |                 |
| Lancaster/Groveton        | Gorham Middle and               | 10101                        |                 |                 |
| Coalition. (3) Haverhill  | High School, (2) 1st            |                              |                 |                 |
| Area Substance Misuse     | Wednesday of every              |                              |                 |                 |
| Prevention Coalition, (4) | month, 6PM,                     |                              |                 |                 |
| Littleton ATOD-Alcohol,   | Lancaster Town Hall,            |                              |                 |                 |
| Tabaco and Other Drugs,   | (3) 3 <sup>rd</sup> Thursday of |                              |                 |                 |
| (5) North Woods Action    | every month, 8AM,               |                              |                 |                 |
| Committee/Community       | Cottage Hospital,               |                              |                 |                 |
| Management Team-          | Woodsville, (4) 3 <sup>rd</sup> |                              |                 |                 |
| Colebrook.                | Thursday of every               |                              |                 |                 |
|                           | month, 12PM, NCHC               |                              |                 |                 |
|                           | Conference Room,                |                              |                 |                 |
|                           | Littleton, (5) 2 <sup>nd</sup>  |                              |                 |                 |
|                           | Thursday of every               |                              |                 |                 |
|                           | month 12PM,                     |                              |                 |                 |
|                           | Colebrook School,               |                              |                 |                 |
|                           | Colebrook.                      |                              |                 |                 |
|                           |                                 |                              |                 |                 |
|                           |                                 |                              |                 |                 |

| Conduct Bi- Annual<br>Coalition Learning<br>Collaborative. | October 2020<br>April 2021 |  | 100<br>participating<br>community<br>members |  |  |
|--|----------------------------|--|--|--|--|
|--|----------------------------|--|--|--|--|

| Strategy 2: Present YRBS report to all school boards within region after the release of 2019 and 2021 YRBS data to raise awareness of                   |                             |                       |                                 |  |  |  |  |  |
|---|-----------------------------|-----------------------|---------------------------------|--|--|--|--|--|
| prevalence and demonstrate usefulness of YRBS reports.  |                             |                       |                                 |  |  |  |  |  |
| Activities  | Timeframe                   | Responsible Person(s) | Outputs                         | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s)<br>Year 3   |  |  |  |
| Attend regional high school superintendent meetings to facilitate school board presentations.  Present YRBS data to regional school boards upon request | Winter<br>'2020<br>SFY 2021 | SMPC                  | 9 School Boards 9 School Boards | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |  |  |  |

Strategy 3: Will convene one Summer Leadership Academy targeting grades 9-12 to train youth in Positive Youth Development (PYD).

| Activities  | Timeframe      | Responsible Person(s)       | Outputs                | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s) Year 3  |
|---|----------------|-----------------------------|------------------------|--|--|
| Provide promotional and technical support for YLTA- "Summer Island" Leadership academy. | Summer<br>2021 | YLTA<br>Leadership,<br>SMPC | 20<br>youth<br>leaders | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |

| <b>Strategy 4:</b> Provide North Country Student Assistance Professional supervision to allow for sharing of effective strategies and assure fidelity to Project SUCCESS Model   |   |                       |         |  |  |  |  |  |
|--|---|-----------------------|---------|--|--|--|--|--|
| Activities   | Timeframe   | Responsible Person(s) | Outputs | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s)<br>Year 3   |  |  |  |
| Provide support and TA for the regional SAP coordinator as well as SAP events. Facilitating partnerships between student assistance professionals and other community resources.  Attend monthly SAP learning collaborative. | 2020-2021<br>school year<br>Monthly, as<br>Scheduled. | SMPC and<br>COC       | 8 SAPs  | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |  |  |  |

| Activities  | Timeframe                  | Responsible<br>Person(s)    | Outputs   | Short Term Outcome(s) Year 1 and 2   | Long Term Outcome(s)<br>Year 3   |
|---|----------------------------|-----------------------------|---|--|--|
| Youth Leadership Through Adventure (YLTA) Middle school conference, "UP" Fall and Spring conferences, 10K race, softball tournament, etc. | Fall- 2020-<br>Spring 2021 | YLTA<br>Leadership,<br>SMPC | 800 students participating in annual conferences and prevention events in person and virtually. | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |

| Strategy 6: Coordinate and schedule one Kids In Prevention (grades 4-6) retreat each year.     |                  |  |             |  |  |  |  |
|--|------------------|--|-------------|--|--|--|--|
| Activities   | Timeframe        | Responsible Person(s)                      | Outputs     | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s)<br>Year 3   |  |  |
| Haverhill Cooperative Middle School "Kids in Prevention" (KIP) retreat at Mountain Lake Lodge. | November<br>2020 | Jim Kinder,<br>DFC<br>Coordinator,<br>SMPC | 50 Students | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |  |  |

| Strategy 7: Support two h  | Strategy 7: Support two high school youth-led PYD groups to coordinate and implement School Climate Prevention Projects each year. |                       |                                      |  |  |  |  |  |
|--|--|-----------------------|--------------------------------------|--|--|--|--|--|
| Activities   | Timeframe  | Responsible Person(s) | Outputs                              | Short Term Outcome(s)<br>Year 1 and 2  | Long Term Outcome(s)<br>Year 3   |  |  |  |
| Identify 2 middle or high schools that will support a school climate prevention project. Work with them to initiate, implement and complete the project by the end of the school year. | Identify in<br>the fall of<br>2020, Finish<br>by end of<br>school year<br>2021.  | SMPC                  | 2 schools in<br>the North<br>Country | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 | To increase the perception among North Country Region high school aged youth that people who use marijuana once or twice a week put themselves at risk of harm from 23% to 28% by 2022 |  |  |  |