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MOTION NO. 5845

A MOTION approving the King County Alcohol and Substance Abuse Prevention Plan and authorizing the County Executive to transmit the plan to the State of Washington, Department of Social and Health Services.

WHEREAS, the State of Washington's Department of Social and Health Services has announced the availability of funds for counties to conduct alcohol and drug abuse prevention programs for youth, and

WHEREAS, the State of Washington's Department of Social and Health Services is authorized to approve local plans for the conduct of such prevention programs, and

WHEREAS, the King County Alcoholism and Substance Abuse Administrative Board has recommended to the County Council a plan for county-wide alcohol and drug abuse prevention programs directed toward youth, and

WHEREAS, approval of the King County Alcohol and Substance Abuse Prevention Plan by the Department of Social and Health Services is necessary and in the best interests of King County.

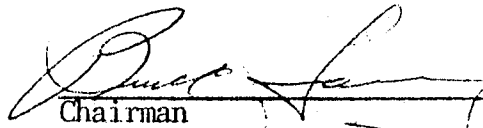
NOW THEREFORE, BE IT MOVED by the Council of King County:

A. The King County Alcohol and Substance Abuse Prevention Plan is hereby approved by the King County Council.

B. The County Executive is hereby authorized to transmit the Plan to the State of Washington, Department of Social and Health Services, for consideration and approval.

PASSED this 19th day of September, 1983.

KING COUNTY COUNCIL  
KING COUNTY, WASHINGTON

  
Chairman

ATTEST:

  
Clerk of the Council

MOTION NO  
5845

KING COUNTY ALCOHOLISM AND SUBSTANCE ABUSE  
PREVENTION PLAN

1983 - 84

Prepared by:

King County Division of Alcoholism and Substance  
Abuse Services

## KING COUNTY PREVENTION PLAN

### Introduction:

The following is presented as an initial description of a major effort to improve the level of substance abuse prevention and early intervention programming available to King County youth. Over the past two (2) years, there has been a notable increase in the activity and visibility of community groups advocating effective efforts to address the problem of youthful alcohol and drug abuse. This increase in public concern comes at a time when both national and local survey data indicate a significant level of abuse of both alcohol and other drugs among the adolescent population. In a recent survey published by the Seattle School District over half of the secondary students surveyed indicated that they could easily obtain drugs at school. Similiar patterns of availability have been reported in other areas of King County. This information combined with other sources can be used to document a clear need for additional efforts to intervene in the problems of youthful substance abuse. The recognition of this need has led the King County Alcoholism and Substance Abuse Administrative Board (KCASAAB) to place increasing emphasis on youth in recent program development.

These program development efforts have taken two distinct forms over the past two years. The first has been a significant increase in the capacity of the outpatient treatment system for King County youth with alcohol and/or drug related problems. This effort has included the development of a regionalized network of outpatient treatment services for

youth. Development of distinct prevention and early intervention activities for the youth of King County has been another emphasis of the board. While both of these efforts have been implemented through single contracts with a network of youth serving agencies, the treatment and prevention efforts are viewed as two distinct forms of service.

The use of primary prevention programming has long been an important weapon in attacking public health problems. The concept of avoiding problems before they develop rather than expending resources in costly rehabilitation has also gained prominence in the field of substance abuse.

Recent advances in prevention program development and evaluation offer guidance in designing effective prevention and early intervention strategies. While there are no unqualified success stories, several prevention strategies have shown clear gains. Among these successful strategies, efforts which incorporate a multi-faceted approach to prevention and involve well coordinated grass roots initiatives appear to offer the most promise.

Perhaps the best documented and certainly one of the most successful examples of this approach to prevention in the alcohol and drug field is the Summer Tobacco and Alcohol Risk Reduction (STARR) Project. This project uses the "Here's Looking At You, Two" curriculum for classroom alcohol and drug education in combination with a parent education program and the Natural Helpers early intervention program. These elements are augmented by a variety of community-based prevention approaches which involve a broad

range of local individuals, agencies and institutions in alcohol and drug education efforts. Similiar programs have been instituted in other areas of Western Washington and are beginning to show some positive effects in their communities. The Edmonds School District has implemented a community-based effort using the "Impact" teacher training program in conjunction with intervention, consultation and clinical back-up from local treatment agencies. The Evergreen School District in Clark County has implemented a similiar program utilizing school district staff development and training in conjunction with local substance abuse and youth serving agencies. All of these examples represent efforts that have been centered in smaller more geographically circumscribed and socially homogeneous communities than the diverse King County area. They offer a comprehensive model that has been shown effective on a smaller scale.

The key concepts in these approaches are:

- 1) The use of wide range of community education and informational activities to address areas of risk for substance abuse, e.g., lack of information for youth, low self-esteem, curiosity, lack of clear standards and values for parents, etc.
- 2) Specific school based activities designed to provide alternatives to youthful alcohol and drug use, early intervention and educational programs for youth.
- 3) Meaningful involvement of youth in the design and implementation of the prevention efforts.
- 4) A unified and coordinated effort to deliver a clear and consistent message from a variety of sources (i.e., parents, teachers, media,

law enforcement, etc.) regarding the risks of abuse with alcohol and drugs to the members of the community.

These vital themes would be difficult to manage in a single massive program on the scale required to blanket a heterogeneous community such as King County. However, one of the major assets of this approach is the flexibility it offers to "mix and match" program elements to fit local area needs and to utilize outside activities to support and strengthen local efforts. This design, then, coupled with a well coordinated regionalized system of prevention services offers a high potential for significant impact on substance abuse in King County.

In light of these considerations, the KCASAAB has implemented a prevention project consisting of three program elements during 1982. These elements were provided by a group of six Youth Service Bureau (YSB) programs which geographically cover the County. The three elements of this project were:

- 1) Community education and consultation services on alcohol and drug problems of youth,
- 2) Educational programs on alcohol and drug abuse for youth,
- 3) Assistance to schools in developing intervention programs for students identified as having alcohol and drug related problems.

This latter program has been called the Educational Assistance Program (EAP). (See Appendix 1). Although successful in its first year of operation, it has suffered a loss of funding due to the County's need to expand outpatient adult drug treatment capacity at the request of the State. During 1982, well over 8,800 people participated in community educational presentations offered by these agencies.

Although the number of presentations is not available, over 2,400 hours of agency staff time were required to prepare and deliver these presentations in the community. The YSB's also provided 4,500 hours of client service to 1,700 youth in alcohol and drug information school presentations during 1982. Finally 700 youth received 2,300 hours of direct service, either assessment or educational classes, under the Educational Assistance Program in this same period.

In addition to these programs, the YSB network is also responsible for the provision of diversion services to all juvenile offenders who have been arrested for alcohol or drug offenses in King County. During the 1982 year, over 2,000 youth were referred through this program. While it is clear that the YSB network is still in a building and development phase, the diversity of interacting programs available through this system offers many opportunities to King County parents and youth.

Based upon this review of present concepts in prevention and the existing prevention service system, KCASAAB proposes to implement the following initiative in prevention programming for adolescents.

Overview of the Prevention Plan Development Process:

Late in May, 1983, the state Bureau of Alcohol and Substance Abuse announced the availability of funds to stimulate the development of county-based alcohol and drug abuse prevention programs. The KCASAAB has supported actively local prevention programs and has always sought community input in the development of local plans. The goal of designing a prevention plan which would incorporate broad-based community acceptance with a high degree of directional concensus among professionals active in the prevention field was accomplished by convening an ad hoc advisory panel. This advisory panel is composed of community leaders who are well-respected for their experience in youth services and/or alcohol and substance abuse prevention. Members of the advisory group are:

- Gary Ness, Seattle School District
- Jim Farrow, M.D., UW Adolescent Clinic
- Clay Roberts, Roberts & Associates
- Bob Groeschell, Center for Human Services
- Bob Brunswick, King County Division of Youth Services
- Sherry Heckt, Washington State PTA

The advisory group reviewed copies of BASA's 'Guidelines for County Use of Prevention and Early Intervention Funds' early in July, 1983. The first meeting was convened July 19, 1983. The group examined potential prevention programs and established priorities for the community. In subsequent meetings, the scope of each of the prevention plan's components was defined and appropriate funding levels were recommended.

Following these meetings, a rough draft of the present plan was prepared and presented to the members of the KCASAAB for their review and comment. On August 3, 1983, copies of this draft were also mailed to a group of twenty-eight (28) professionals working with youth in the King County



area along with a written request for review and comment. At the August 18, 1983 meeting of the KCASAAB, public comments on the draft were heard and the plan was approved for submission to the King County Council for review and submission to the state Bureau of Alcohol and Substance Abuse (BASA). Some revisions of the draft plan were recommended at this meeting and these changes are reflected in the present document.

As a result of these consultations, we are confident that this plan is representative of community sentiment regarding prevention activities and meets the intent of BASA's guidelines.

## Overview of the King County Prevention Project

The specific program elements to be implemented through this project are:

- The Educational Assistance Program (EAP)
- Support for teams trained through the Washington Teenage Institute
- A program of parent education
- Support for teachers and schools implementing the "Here's Looking At You, Two" curriculum
- Support for schools implementing a peer counseling program
- Development of a network of community resources and school personnel  
Focused on prevention of adolescent alcohol and drug abuse.

These elements and the interaction of the various organizations involved are graphically displayed in Appendix 2. A brief description of each of these elements follows.

### Educational Assistance Program:

The Educational Assistance Program is modeled after successful adult early intervention programs presently operating in industrial settings. These Employee assistance programs have shown marked success at intervening, early, with employees who are developing alcohol or drug abuse problems. Although this program was implemented in a number of school districts in 1983 through the efforts of the KCASAAB, recent budgetary constraints have forced the defunding of this program. Due to the consistently positive response to this program, the KCASAAB is recommending that it be re-instituted utilizing funding from this project. A school district adopting this program begins by establishing a diagnostic referral step in the normal disciplinary process. This procedure would be used by the stu-

dents who are given long-term suspensions; are involved in the use of alcohol or drugs on school district property; or are subject to short-term suspension but who are adjudged by the building administration to be persons who might benefit from the referral. The person notifying the student of the disciplinary action will also indicate that if a referral is accepted for a diagnostic evaluation at a Youth Service Bureau (YSB), the disciplinary action will be deferred. The building administration will make an immediate appointment for the student at the YSB -- the student's family may be included. The district administration would withhold disciplinary action pending notification by the YSB that the student has or has not cooperated with the agency's recommendation. --This program involves a close interaction between the participating YSB's and the schools.. One additional component that has developed in some districts out of this type of programming has been the use of the resources of the local YSB staff in upgrading and training school district staff and faculty on substance abuse related issues.

#### Parent Education:

A special program of parent education would also be developed through the YSB network. Working in conjunction with local parents groups, such as the PTA, the YSB's will implement a series of presentations to parents and community groups in their area. These presentations will take either of two forms. The first, educational presentations, will focus upon issues of adolescent development, parenting and substance abuse prevention/intervention. The second involves the delivery of consultative and technical assistance in the development of parent support groups. One

important strategy in this program is to transport these offerings to locations where these groups ordinarily meet rather than asking the parents to come to the agencies. An additional component of this parent education effort will be the development and presentation of a one-day conference on the issues of adolescent substance abuse and local resources available to assist parents in managing problems with this issue. This activity will be developed with the assistance of the local PTA councils.

#### Washington Teenage Institute Support:

The third program element is the development of support mechanisms for student teams which have been created through the Washington Teenage Institute (WTI). This program, sponsored by the Washington State Council on Alcoholism, is based on a model used in a number of mid-western states. The approach is designed to train a team of social leaders from area high schools in the issues of alcohol and drug abuse as a means of developing a vocal peer pressure against the use of alcohol and drugs. Over the 1983-84 school year, there will be ten (10) such teams operating in King County high schools. This proposal would allocate a small amount of funding to be made available to local WTI teams for support of specific prevention oriented projects in their schools. In addition, each YSB would be responsible for making contact with the WTI teams in their area and providing program development and consultation assistance to those groups.

#### K-12 Curriculum Training:

"Here's Looking At You, Two" is a combined drug and alcohol curriculum designed for use in grades Kindergarten through 12th grade. The basic

philosophy of "Here's Looking At You, Two" is the belief that the incidence of alcohol and drug abuse problems among young people will decrease if youths have a greater degree of self-esteem; are better able to cope with life's problems; have current facts about alcohol and drugs' and are more skilled at handling interpersonal relationships. This premise is reflected in the content, goals and objectives of curriculum which was chosen by NIAAA as meeting high standards for effective alcohol and drug education programs. "Here's Looking At You, Two" has currently been implemented in a sporadic fashion throughout King County. Reports from several sources indicate a demand for additional assistance in its implementation in area school districts. To meet this demand, a provider will be selected through a RFP process and specific contract objectives regarding the number and type of implementation training sessions will be determined. These training sessions will include both "awareness" training designed to increase community interest and support for the curriculum and specific teacher training activities.

Teacher Support :

There is a need to support the curriculum through follow-up training of teachers currently using the program. Responsibility for the first follow-up training will rest with the contractor. Additional support will be offered to trained teachers through regular meetings at area YSB's. The Youth Service Bureaus will interface with the contractor in that part of the curriculum which unites community resource people and teacher training sessions by involving their prevention staff in the sessions. The schools have a major responsibility in determining the success of this component however, since they must approve the implementation of the curriculum

package in their district and commit staff and financial resources to the program.

Peer Counseling:

Peer counseling is another important component that is included in the county-wide prevention effort. The Peer Counseling concept utilizes the informal "helping networks" which exist in schools. Its purpose is to identify those students who are influential in the "helping network" and train them in skills needed to effectively help their peers. The Natural Helpers program, referenced in the BASA guidelines, is an effective peer counseling program that is attractive to both schools and students.

The availability of such a program in the King County area offers particular benefits to this project by including the target population, i.e., youth. The Peer Counseling program, along with the Washington Teenage Institute is a positive way for King County to include its youth in the delivery of preventive services.

The success of these latter two program elements depends upon the participation and interest of area schools. Selection of districts to be trained will be undertaken on a priority basis. The guiding principle in this selection process will be the willingness of the district to participate and commit its resources for the use of the program involved. Although contractors for both projects will be required to deliver a series of "awareness" presentations to educate community representatives on the

programs and stimulate interest in uninvolved districts, first priority for further training will go to those districts already involved and utilizing the models. Those districts that do not currently offer these programs but are interested and willing to commit resources to cover teacher release pay and material costs will be given second priority. Finally, those districts who are interested in the program but unable to provide resources to the project will be considered. In addition to these considerations, efforts will be made to distribute both of the training programs geographically throughout the five health districts represented by the YSB network.

Networking Conference:

The final program effort described here will actually be one of the first undertaken. That effort is the presentation of a two-day conference outlining the concepts behind the strategies involved in this project. This conference will involve Youth Service Bureau staff, selected representatives from area schools, selected community business representatives and selected members of local parent organizations.

The size will be limited to sixty people. The goals of this conference are three:

1. To create a viable network of community resources and school personnel focused on the prevention of adolescent alcohol and drug abuse.
2. To share information on successful prevention strategies and local prevention resources.

3. To clearly outline the roles and expectations of those agencies and organizations involved in the King County Prevention project.

The conference will be developed and designed by the staff of the King County Division of Alcoholism and Substance Abuse Services (KCDASAS) working in conjunction with local service providers. The format and content of the conference will be established through a series of planning meetings focused on each of the project elements and involving those persons responsible for that element's implementation.

The Youth Service Bureau Network:

The proposed program model rests heavily upon a network of five (5) Youth Service Bureau (YSB) programs which currently offer alcohol and drug related prevention and intervention services. These agencies are an excellent resource for youth, school personnel, parent groups, juvenile court and other community agencies who serve young people.

The Youth Service Bureau network is comprised of five (5) primary agencies geographically distributed to serve each of the five (5) public health districts within King County. The five agencies involved are listed below with a general description of the service area assigned to each agency:

- The Center for Human Services located in the north Seattle area covers Queen Anne Hill, Magnolia and the area north of the ship canal up to the King County boundary.
- The Mount Baker/Central Area Youth Service Bureau is responsible for providing services to the central Seattle area from the ship canal south to the city limits and west to the Duwamish waterway.



- The Highline Youth Service Bureau serves West Seattle and the communities in southwest King County from Interstate 5 to Puget Sound including Vashon Island.
- The Kent Valley Youth Service Bureau provides services to residents living east of Interstate 5 and south of Interstate 90 in the southwest section of the county.
- The Youth Eastside Services program addresses the needs of individuals living in the east county area including Mercer Island, Bellevue, Issaquah and those communities in the county located north of Interstate 90 and east of Lake Washington.

Due to the size of the service areas assigned to each agency, a primary goal in developing this network has been to provide each area with a resource agency which can make available consultation and informational services to other youth service bureaus or community groups serving youth in that area. It is hoped that with the leadership of these programs, a coordinated system of services utilizing additional program resources can be developed in each area of the county. In addition to the five agencies previously mentioned, the County also maintains a contract with the Renton Area Youth Service Bureau to provide similar services to residents of Renton and South Seattle. Although this agency does not participate in the full range of services offered at the five primary agencies, it does provide a strong local resource in the area of consultation and information regarding adolescent alcohol and drug abuse and will continue to offer these prevention and treatment services although not directly funded from this project.

The prevention program calls for the implementation of a variety of program efforts which would draw upon the expertise and training available through this YSB network and would operate in conjunction with local schools. While the health problems of youth are primarily the responsibility of home; community and schools share in that responsibility because chemical problems often interfere with behavior, learning and the fullest possible development of each student. Common sense, as well as recent research findings, argue for the implementation of procedures to unify all those involved in a consistent and predictable process designed to assess and intervene with youth at the earliest stages of problem development. Fragmented, sporadic efforts at intervention serve only to confuse community and school officials as well as the family and youth involved in a developing problem. In concert with these important concepts, the present prevention program model couples the substance abuse and prevention expertise of the YSB network with the youth population centered in the public school system to provide a coordinated multi-faceted program of services.

To assure the availability and coordination of these community resources, one and one-third (1 1/3) professional staff positions will be fully funded in each of the five YSB programs to focus solely on the area of alcohol and drug abuse prevention.

These six and two-thirds (6 2/3) positions will be charged with the responsibility of completing nine specific activities over the project period. While each contracted agency must be given the flexibility to manage internal structure and work assignments in its own manner, the overall contracting will include the following tasks:

- 1) Operate and expand the Educational Assistance Program with interested local schools.
- 2) Provide consultation and resource support for Washington Teenage Institute teams in each area.
- 3) Provide consultation and backup clinical support to peer counseling teams developed through this project.
- 4) Provide ongoing regular support meetings for teachers trained in the use of the "Here's Looking At You, Two" curriculum. This activity is seen as separate and distinct from the "booster" follow-up training to be offered by the training contractor.
- 5) Work in conjunction with local PTA and parent groups to provide informational presentations to parents on alcohol and drug prevention.
- 6) Work in conjunction with local PTA and parent groups to stimulate and assist the development of ongoing parent support and community action groups.
- 7) Participation as trainees in training of trainer courses offered through the "Here's Looking At You, Two" and peer counseling training elements.
- 8) Participate in regular meetings and provide material for a newsletter to facilitate network cohesion.
- 9) Assist in the design and presentation of the two-day conference described previously, on page 13.

These activities have been designed to complement and strengthen the ongoing prevention effort already in place in these five agencies.

The specific objectives related to these positions are outlined more clearly in the proposed Statment of Work (Appendix IV).

The YSB staff who will conduct these prevention programs are expected to have a broad range of training and experience to offer their local communities. The current employees of these agencies are all trained in the human service field at the college level. Most have advanced degrees in education, community organization or clinical areas. The majority have worked in the public school system and, in addition, have years of experience working with young people in a variety of other settings. These people are well aware of the complex issues involved in the problems of substance abuse and the strategies available to prevent such problems from developing.

This foundation of agency staff expertise will be augmented in the provision of specific training and technical assistance projects through contracts with local providers in two particular program areas. The first of these will be in the area of teacher training and implementation in local schools of the "Here's Looking At You, Two" curriculum package. The second area to be covered through this mechanism is a project to stimulate the development of peer counseling activities in local schools. Present planning calls for the selection of these providers through a Request for Proposal (RFP) open bid process with a target starting date of January 1, 1984.

The program elements thus far described will be coordinated and supported through the addition of a professional staff member to the King County Division of Alcoholism and Substance Abuse Services. The responsibilities of this position will be:

- 1) Assist in the planning and development of project elements.
- 2) Conduct regular monthly meetings of contract agency directors.
- 3) Conduct at least quarterly meetings of agency service delivery staff.
- 4) Assist in the development and execution of contract documents.
- 5) Assist YSB contractors and other division staff in the planning and implementation of the two-day networking conference.
- 6) Develop and coordinate the review process for applications by Washington Teen Institute teams to the King County Alcoholism and Substance Abuse Administrative Board.
- 7) Provide support and coordination for the one-day parent's conference.
- 8) Assist in the development and completion of the Request for Proposal (RFP) process.
- 9) Assist in the development and implementation of an appropriate contract monitoring and evaluation strategy for this project.
- 10) Prepare required contract reports for the State
- 11) Prepare a bi-monthly newsletter to maintain the system network.

The individual filling this position will be supervised and assisted by existing division staff. Funding for this function in the present budget also includes a \$2,000.00 materials and printing allocation to help cover the costs of producing a regular newsletter, printing a brochure for publicity on the project and the purchase of literature for training and distribution to the general public through the YSB network.

In response to BASA guidelines requiring a 10 percent match in support of this project, it can be seen from the discussion to this point a number

of organizations and agencies will be expected to provide resources and support to this project over and above the direct funded programs. The YSB programs will be contributing additional resources in the form of staff time, generated fee revenue and meeting facilities supported through other funding but directed to prevention activities.

Participating school systems will need to provide a variety of in kind support, such as meeting space and staff liaison time for planning and managing programs such as the Educational Assistance Program, as well as direct financial support for curriculum and peer counselor training. Parent groups will be asked to provide volunteer time in planning and presenting parent education workshops and the one-day conference. Local media will be utilized to publicize the project and scheduled programming will augment specific efforts. The activities of such groups as the Youth Polydrug Abuse Network and the Chemical People Project must be coordinated with planning for this project. It is hoped that through this broad-based effort a strong coordinated network of individuals and organizations can be put in place to promote an integrated system of prevention programs throughout King County.

APPENDIX I

Utilization of Educational Assistance Program

1982 and First - Half 1983

School Participation in the Educational Assistance Program

by Public Health District,<sup>1</sup> 1982 and First - Half 1983.

Central Seattle

(Mt. Baker/Central Seattle Y.S.B.)

Garfield H.S.	Jane Adams M.S.
Cleveland H.S.	Mercer M.S.
Nathan H.S.	Meaney M.S.
Roosevelt H.S.	Denny M.S.
W. Seattle H.S.	Summit M.S.
Rainier Bch. H.S.	Washington M.S.
Am. Ind. Heritage Program	

East

(Youth Eastside Services)

Sammamish H.S.	Tyee J.H.
Newport H.S.	Tillicum J.H.
Issaquah H.S.	Odel J.H.
Liberty H.S.	Pine Lake J.H.
Redmond H.S.	Leota J.H.
Tolt H.S.	Meeker J.H.

Southwest

(Highline Y.S.B.)

Evergreen H.S.	Cascade J.H.
Highline H.S.	Chinook J.H.
Mt. Rainier H.S.	Pacific J.H.
Tyee H.S.	Sylvester J.H.

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<sup>1</sup>Some schools are served by more than one Y.S.B. because of bussing arrangements. Students are usually referred to the Y.S.B. nearest their home rather than the Y.S.B. nearest the school.



North(Center for Human Services)

Ballard H.S.	Eckstein M.S.
Ingraham H.S.	Whittman M.S.
Nathan Hale H.S.	Hamilton M.S.
Roosevelt H.S.	McClure M.S.
Garfield H.S.	Einstein M.S.
Shorewood H.S.	Kellogg M.S.
Shorecrest H.S.	Northshore M.S.
Shoreline H.S.	Kenmore J.H.
Bothell H.S.	Canyon Park J.H.
Inglemore H.S.	

Southeast(Kent Valley Y.S.B.)

Kent Meridian H.S.	Kent J.H.
Kent Ridge H.S.	Mattson J.H.
Kentwood H.S.	Meridian J.H.
	Meeker J.H.
	Sequoia J.H.

In order to initiate and maintain an E.A.P. in each of the schools listed above, it has been necessary for a staff person from the Youth Services Bureau to first make contact with each school district at the administrative level in order to establish program parameters, and then follow through with individual contacts at each of the schools in order to customize the program to those schools' needs. For example, a model that has been found effective for the Seattle School District is a combination of one hour of assessment with six (6) hours of educational intervention services. Given the number of schools served and the level of staff effort necessary to establish the programs in those schools, it is logical that the number of direct client service hours provided in 1982 would be lower in the first year of operation than in subsequent years. In calendar year 1982 the E.A.P. served 710 persons and provided 2,312 hours<sup>2</sup> of direct client

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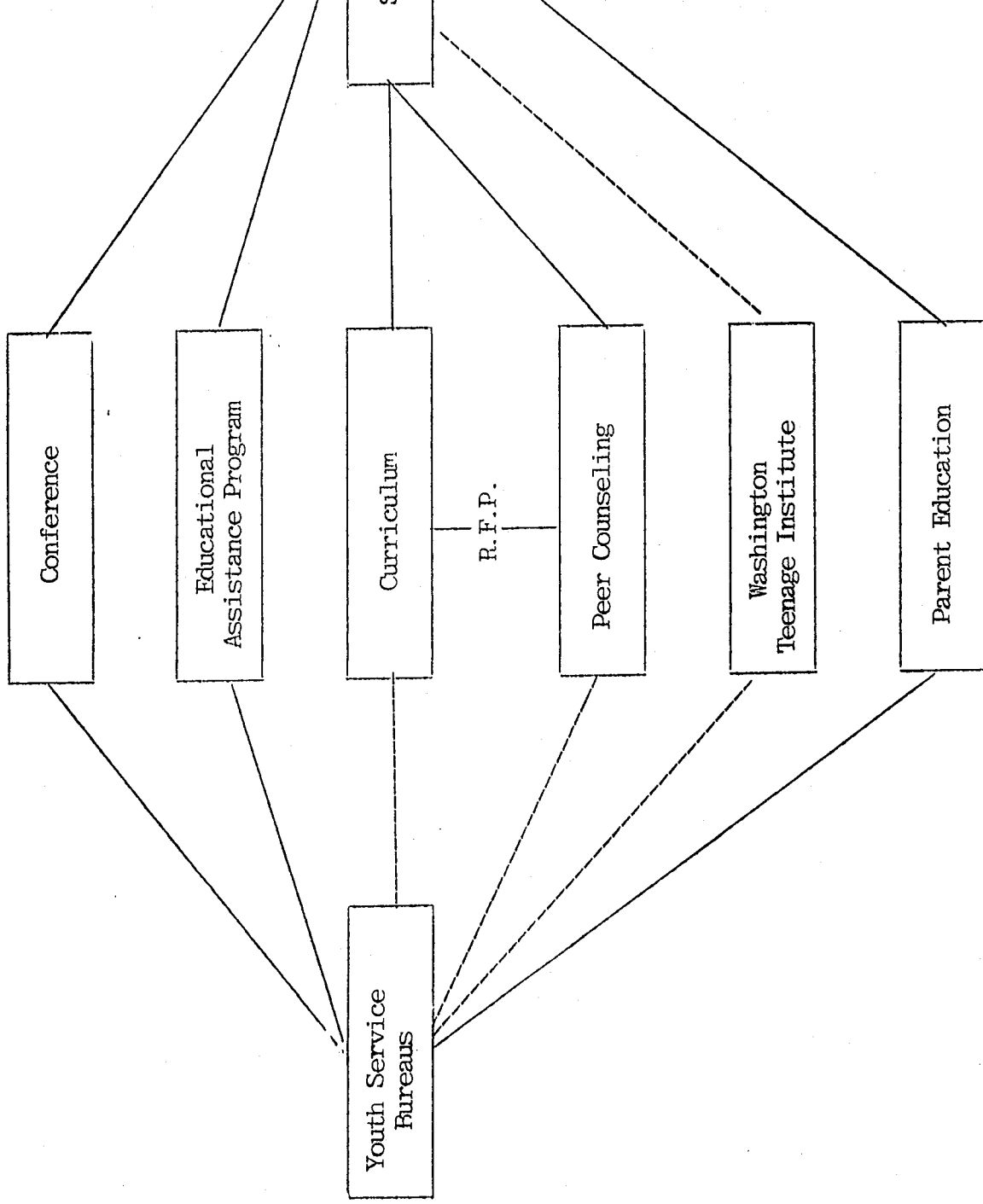
<sup>2</sup>Figures based on King County Monthly Report data.

service hours. The first 6 months of 1983 witnessed expanded use of the program to levels above that seen in the previous 12-month period. As of June 30, 1983 the E.A.P. was the largest single prevention activity undertaken by Y.S.B.'s, providing 2,337 hours of service to 699 clients. Equal distribution of these 1983 performance figures among the 5 agencies involved demonstrates that, on the average, 78 hours of direct client service in the E.A.P. is provided each month in each agency. Seventy eight (78) hours approximates a 50% utilization of one full-time position in the provision of direct services. In this type of program, it is undesirable to expect one full-time staff person to spend more than 50% of their time providing direct service to clients. Therefore, it is reasonable to assert, based on the most recent performance reports available, that current levels of utilization necessitate five (5) full-time equivalent positions just to maintain the E.A.P. at first-half 1983 levels, without allowing for additional expansion. Since the E.A.P. is a model program as specified by BASA guidelines and it has a substantial and verifiable impact in King County, the prevention advisory panel agreed unanimously to allocate funds sufficient for its maintenance. Although there is a recognized demand for additional capacity in the E.A.P., such expansion must rely upon the availability of other funds.

APPENDIX II

Overview of King County Prevention Project

OVERVIEW OF KING COUNTY PREVENTION PROJECT



— Indicates active, direct involvement with the project.  
- - Indicates supportive, indirect involvement with the project.

APPENDIX III

Budget Summary

APPENDIX III

Budget Summary

I Youth Service Bureau Network - \$110,000.00

Activities: Fund approximately one full time professional staff position at each of five agencies.  
\* Implement and expand Educational Assistance Program with interested school districts.  
\* Provide consultation and resource support for Washington Teenage Institute teams.  
\* Provide consultation and backup support for peer counseling teams developed through this project.  
\* Provide long range follow-up support for teachers, trained in using the "Here's Looking At You, Two" curriculum.

Provider Organizations:

\* Center for Human Services.  
\* Highline Youth Service Bureau.  
\* Kent Valley Youth Services.  
\* Mt. Baker/Central Area Youth Service Bureau.  
\* Youth Eastside Services.

II Parent Education Program \$ 32,780.00

Activities: Fund one part-time (1/3 F.T.E.) position at each of the five agencies.  
\* Combined effort between Y.S.B. network and local P.T.A. councils to provide informational presentations on Substance Abuse prevention.  
\* Combined effort between Y.S.B. network and local P.T.A. to stimulate and assist the development of parent support groups.  
\* Planning and implementation of a one-day conference for parents on substance abuse prevention.

Provider Organizations:

\* Center for Human Services.  
\* Highline Youth Service Bureau.  
\* Kent Valley Youth Services.  
\* Mt. Baker/Central Area Youth Service Bureau.  
\* Youth Eastside Services.  
\* King County P.T.A. Councils.

III Washington Teenage Institute (W.T.I.) Support \$ 5,000.00

Activities: Provide direct financial assistance to each of ten W.T.I. teams operating in King County for specific prevention projects.

Provider Organizations:

\* King County Alcoholism and Substance Abuse Administrative Board.

IV Curriculum Support for "Here's Looking At You, Two" curriculum \$ 37,000.00

- Activities:
- Provide one full-time salary for a trainer
  - Carry-out training in curriculum for King County School Districts.
  - Purchase training materials for above training.
  - Upgrade outdated curriculum materials for curriculum package and make available to participating school districts.
  - Provide clerical and administrative support for above training project.

Provider Organization:  
· To be selected.

V Peer Counseling Project \$ 20,000.00

- Activities:
- Provide one full-time salary for a trainer. to work with schools in developing Natural Helpers type peer counseling program.
  - Provide training programs to interested King County schools on Natural Helpers type program.

Provider Organization:  
· To be selected.

VI Project Coordination and Support \$ 23,000.00

- Activities:
- Produce bi-monthly newsletter and project brochure.
  - Project planning and development.
  - Conduct regular monthly meetings of contract agency directors.
  - Conduct quarterly meetings of service delivery staff.
  - Develop and execute contract documents.
  - Design and execute project monitoring program.
  - Develop and complete necessary request for proposal bid process.
  - Manage monthly contract billing and reimbursement process.

Provider Organization:  
· King County Division of Alcoholism and Substance Abuse Services.

VII Project Conference \$ 5,000.00

- Activities:
- Design and execute a two-day conference for agency staff and community representatives.
  - Build a viable network of area service providers to act as resources in the field of substance abuse prevention.

Provider Organizations:

- Center for Human Services.
- Highline Youth Service Bureau.
- Kent Valley Youth Services.
- Mt. Baker/Central Area Youth Service Bureau.

\*Youth Eastside Services  
\*King County Div. of Alcoholism and Substance Abuse  
Services.

Total:

\$232,780.00



APPENDIX IV

Statement of Work

Curriculum

1. Conduct five teacher training sessions.
2. Conduct one training of trainers for YSB staff.
3. Conduct twenty-five awareness education sessions.
4. Conduct five booster/follow-up training sessions.
5. Upgrade five "Here's Looking at You, One" kits to "Here's Looking at You, Two" kits at Education Service District 121.
6. Responsibility - RFP Contractor.
7. Completion date - 6/30/84.

Youth Service Bureau (YSB) Network

1. Provide 3200 staff hours of direct service in four areas:
  - a) Educational Assistance Program.
  - b) Consultation for Washington Teen Institute (WTI) Team.
  - c) Consultation for Peer Counseling Program.
  - d) Followup support for teachers utilizing "Here's Looking at You, Two"

Note: It is not possible to specifically designate the exact distribution of these service hours. However, the expectation is that over 50% would be in support of the EAP and approximately 25% would involve teacher support with the remainder split between the support of W.I.T. teams and peer counseling activities.

2. Responsibility - Youth Service Bureaus.
3. Completion date - 6/30/84.

Job Description, KCDASAS Prevention Staff Position

1. Plan, implement, and coordinate with Youth Service Bureaus the two-day networking conference.
2. Develop and coordinate the review process for applications by Washington Teen Institute teams to the King County Alcoholism and Substance Abuse Administrative Board.
3. Provide development and coordination support for the PTA one-day conference.

Job Description, KCDASAS Prevention Staff Position (Cont'd)

4. Develop and coordinate the Request for Proposal (RFP) process.
5. Develop and coordinate appropriate contract monitoring and evaluation strategy.
6. Carry out contract monitoring and evaluation.
7. Coordinate activities of Youth Service Bureau network through monthly agency directors' meetings and quarterly line staff meetings.
8. Manage the monthly reimbursement billing process to subcontract agencies.
9. Prepare required contract reports for the State.
10. Prepare bi-monthly newsletter to maintain system network.