

SAPCA Action Plan: September 30, 2017 – September 29, 2018

DFC Goal 1: Increase community collaboration

Objective 1: Create a broader, more racially diverse membership within 5 years

Change Strategy	Potential Interventions	Progress
Provide Information	1. Meet with and present to ethnically and racially diverse communities, business groups, parent groups and youth groups	
	2. Meet individually with faith leaders in Alexandria to discuss and promote collaboration opportunities	
	3. Enhance collaboration with Alexandria City Public Schools (ACPS) leaders and staff	Great progress Working with Fredy on Health/PE curriculum regarding substance use and prevention in ACPS schools
	4. Continue to educate Alexandria's Children, Youth and Families Collaborative Commission (CYFCC) on SAPCA's work	In goal group meetings and met with CYMP coordinator
	5. Reach out to individual prospective volunteers; have current volunteers share their experiences	Progress. Have recruited and worked with interested volunteers.
	6. Support Children & Youth Master Plan in areas relating to substance abuse prevention	SAPCA will serve as CYMP Initiative owner and work closely with CYMP Coordinator
	7. Continue to educate School Health Advisory Board on SAPCA's work	

Objective 2: Inform coalition members about key and current issues regarding alcohol, tobacco, and marijuana use in Alexandria and nationally

Change Strategy	Potential Interventions	Progress
Provide Information	1. Send monthly e-newsletter to Coalition members.	Newsletters produced monthly

2. Ensure SAPCA website unites all sectors through current, engaging and relevant content through a continuous process of updating and maintaining the site	More Action Required for Progress: Need to establish a Communications Committee and have that Committee develop a Communications Plan.
3. Engage members through various forms of social media (fb, twitter) to increase our impact in the community	Some progress. SAPCA is looking for/recruiting a social media intern.
4. Disseminate YRBS and Developmental Assets survey data and results from the 2013 community assessment through presentations, newspaper stories, SAPCA's e-newsletter and website	In progress
5. Advocate that community organizations disseminate survey data and results from the community assessment internally throughout their organization	In progress DA Design Team promoting DA data and its use.

Objective 3: Ensure SAPCA leaders have a stronger awareness of SAPCA's direction and progress for the year and are actively involved in adjusting strategies as needed as measured by the annual member survey.

Change Strategy	Potential Interventions	Progress
Provide Information	1. Continue to hold an annual board retreat, including committee chairs and other SAPCA members, to discuss progress towards achieving goals and assessment of strategies	Board retreat should be held April/May timeframe
	2. Use survey data from SAPCA-sponsored presentations (e.g Preventing Risky Behaviors, wreckED and events) to assess progress against goals and their impact	In progress Pre-and post-surveys have been developed. wreckED evaluations have been conducted
	3. Review evaluator's report on SAPCA's work and refine priorities accordingly	In progress Working to refine report structure
	4. Use data from board dashboard tool and board assessment to strengthen board functioning	In progress. Not used during the last two years

Build Skills	5. Conduct training on social norms, marketing and fundraising, to ensure we are making population change and program changes	Check with Board on training needs
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Objective 4: Ensure future sustainability of SAPCA and successful transition from grant funding to City funding.

Change Strategy	Potential Interventions	Progress
Provide Information	Send SAPCA 2017 Annual Report to Mayor, City Council, City Manager, School Board and ACPS Superintendent	
Provide Support	Participate in Youth Development Team Restructuring Process	
Build Skills		
Reduce Barriers and Enhance Access		
Change the Consequences		
Change Physical Design		
Change Policy	Seek funding from the City for funding for SAPCA functions.	

DFC Goal 2: Reduce youth substance use

Local Condition 1: 7th, 8th and 9th grades tend to have wrong information and share it with one another; arrive in Middle School with limited formal education about substances.

Change Strategy	Potential Interventions	Progress
Provide Information	Disseminate information to 7 th , 8 th and 9 th graders	In progress
	Assess the viability of partnering with Alexandria Police Department and the Recreation Centers to conduct substance abuse prevention/risky behavior workshops for middle school youth during the summer	In progress
	Share usage rates, through wreckED, with 7 th and 8 th graders so they know the majority of their peers are not using	In progress
	Create a social norms campaign	Incomplete
Provide Support	Maintain and grow the high school Above the Influence Club.	In progress
	Hold Titan Takeover quarterly – nights where teens can celebrate without alcohol and other drugs (in partnership with ACAP)	Successful
	Hold Above the Influence activities for middle schoolers from the Partnership at Drug Free’s toolkit	Incomplete
	Conduct Life Skills and Too Good for Drugs workshops at high risk elementary schools – Patrick Henry, Samuel Tucker, and William Ramsay	Incomplete
Build Skills	Present wreckED to all middle schoolers via health classes	In progress
	Enhance the skills of Above the Influence Club members through training	In progress
Reduce Barriers and Enhance Access	Promote free DASH transportation	In progress
	Hold ATI activities at locations convenient to middle schoolers such as Recreation Centers and libraries.	Incomplete
	Translate material into Spanish, Amharic and Arabic	Complete
Change the Consequences	The SAPCA Board should reward teens who share correct information with their peers through public recognition (Volunteer Alexandria Awards), celebrations (dinners/parties), featuring in SAPCA newsletter, and by letting teens vote on what they’d like as prizes	In Progress

Change Physical Design		
Change Policy	Advocate for and support evidence-based substance abuse curriculum in the middle school health classes through the School Health Advisory Board and by working with the ACPS Substance Abuse Prevention & Intervention Services Coordinator	In progress. Need School Board approval on SHAB proposals. SAPCA is working with Fredy Martinez to implement substance abuse prevention and education in health and PE classes

Local Condition 2: Beginning in the 9th grade, youth are more likely to have friends that drink alcohol than they were in middle school

Change Strategy	Potential Interventions	Progress
Provide Information	Disseminate information to 9 th graders about the harms of alcohol use through beginning of the year orientations and during lunch time activities	Complete
	Educate youth on the actual numbers so they know most of their friends are not drinking alcohol (social norm)	In progress
	Put posters with actual data throughout the school emphasizing that most 9 th graders don't drink	In progress
Provide Support	Support 9 th graders to join the ATI Club so they become involved in TC while attending Minnie Howard	In progress
Build Skills	Conduct wreckED workshop with 9 th grade PE classes at Minnie Howard and Bishop Ireton	In progress
	Present wreckED to all Minnie Howard students via PE classes	In progress
	Present alcohol workshop to Episcopal students (Captain Ladislav of APD)	Complete
	Advocate with ACPR for SAPCA to provide professional development to PE teachers so they are equipped to present wreckED to their classes	In progress
Reduce Barriers and Enhance Access	Provide transportation to youth to the CADCA forum	N/A
	Hold ATI meetings at least once a month at the Minnie Howard Campus so 9 th graders can more easily attend	TBD

	Provide free food at club meetings	Complete
Change the Consequences	Provide leadership opportunities to youth through their attendance at the CADCA National Youth Leadership Initiative	N/A
Change Physical Design		
Change Policy		

Local Condition 3: Parents believe the earliest education on substance abuse should occur is 7th or 8th grade

Change Strategy	Potential Interventions	Progress
Provide Information	<p>Provide information to parents about the numbers/rates of youth engaging in alcohol use through presentations, reports and meetings.</p> <p>Make information readily available via the website, newsletter and through social media</p> <p>Develop and distribute material through brochures, social media channels, a Twitter Town Hall and at Risky Behavior presentations, with clear messaging for parents regarding the risks of alcohol use, information on how to recognize and how to prevent use and how to talk with children about substance use</p>	In progress (Think about FaceBook Live)
Provide Support		
Build Skills	<p>Hold Healthy Conversations Dinners at the middle schools starting in the 6th grade</p> <p>Conduct Risky Behavior workshops in collaboration with the Families and Communities Engagement Centers, at PTAs and other parent groups and/or community organizations</p>	<p>In progress</p> <p>Need to revise format to Healthy Conversations</p>
Reduce Barriers and Enhance	Provide interpretation and baby-sitting at Healthy Conversations dinners	TBD

Access	Hold four Prescription Drug Take Back Days per year	In progress
Change the Consequences	Recognize parents who support initiatives through volunteer awards and featuring in SAPCA newsletter	
Change Physical Design		
Change Policy		

Local Condition 4: Youth are getting alcohol from older friends

Change Strategy	Potential Interventions	Progress
Provide Information	Disseminate information on the consequences of providing alcohol to a minor to businesses during Project Sticker Shock	Complete
	Develop social norms campaign on social host law	Incomplete
Provide Support		
Build Skills	Train youth to visit merchants to conduct Project Sticker Shock	Complete
Reduce Barriers and Enhance Access	Conduct Project Sticker Shock at least once a year	Complete
	Support law enforcement's retail alcohol compliance checks	Complete
Change the Consequences	Recognize retail outlets that participate in Project Sticker Shock	Complete
	Send congratulatory letters to vendors that pass compliance checks	Complete
	Work with law enforcement to ensure enforcement of Social Host Law	In progress (Follow up with APD)
Change Physical Design		
Change Policy	Advocate with the Alexandria Police Department to do retail alcohol compliance checks on a quarterly basis.	Complete

Local Condition 5: By 7th and 8th grade, youth are no longer supervised or monitored

Change Strategy	Potential Interventions	Progress
Provide Information	Continue to follow the Children, Youth and Families Collaborative Commission’s work to identify out of school programs in the City. Once the work is completed in 2017, provide information to 7 th and 8 th graders about the current after out of school programs offered by the school system, Recreation and the Department of Community and Human Services	In progress
Provide Support	Support non-alcoholic youth events such as Titan Takeover Nights and late night basketball games at the recreation centers Send an annual letter to Civic Associations to encourage neighbors to agree to “watch” out for each other’s children	Ongoing
Build Skills	Work with Volunteer Alexandria to find volunteer opportunities for 7 th , 8 th , and 9 th graders Co-sponsor a volunteer fair with Volunteer Alexandria and Volunteers in Public Service (City Volunteer Program)	Complete (City program)
Reduce Barriers and Enhance Access		
Change the Consequences	Provide free or drastically reduced price recreation center memberships for middle school youth [This intervention needs to be delayed until after 2018 when SAPCA’s capacity increases.]	
Change Physical Design	Ensure places where youth hang out (skate parks, pools) are safe and drug free Conduct a community scan of public parks and outdoor spaces in Alexandria for safety and perceived use of drugs on those sites	In progress
Change Policy		

Local Condition 6: Between middle and high school there's a significant decline in youth who say it's against their values to drink alcohol

Change Strategy	Potential Interventions	Progress
Provide Information	Partner with the Court Services Unit to reach court involved youth for prevention activities that emphasize the harms of alcohol on the teen brain Work with Recreation coaches who work with middle schoolers to educate youth on consequences of alcohol use Provide information on harms of alcohol in beginning of the year enrollment packets	
Provide Support		
Build Skills		
Reduce Barriers and Enhance Access	Provide food at events	
Change the Consequences		
Change Physical Design		
Change Policy	Coordinate/Prepare ATI and other students to speak with City Council Members about important issues that affect youth such as underage drinking among their peers	

Local Condition 7: Youth lack knowledge about the harms of marijuana

Change Strategy	Potential Interventions	Progress
Provide Information	Disseminate material espousing the addictiveness and negative consequences of marijuana use Update social media sites with new info and research on harms of marijuana.	In progress In progress

Provide Support		
Build Skills	Host workshops such as wreckED on harms of marijuana.	
Reduce Barriers and Enhance Access		
Change the Consequences	Recognize youth who participate in marijuana prevention campaigns.	
Change Physical Design		
Change Policy		

Local Condition 8: There is a lack of participation in after school programming

Change Strategy	Potential Interventions	Progress
Provide Information	Publicize the out of school programs currently available Gather youth input on OSTP (Out of School Time Programs)	In progress
Provide Support		
Build Skills	Hold forums for middle school students after school at the middle schools explaining the dangers of marijuana use and emphasizing the social harms.	
Reduce Barriers and Enhance Access		
Change the Consequences	Reward youth who stay after school to participate in programs/clubs such as ATI Club, Key Club, etc.	

Change Physical Design		
Change Policy		

Local Condition 9: There is a lack of volunteer opportunities for 9th grade youth

Change Strategy	Potential Interventions	Progress
Provide Information	Disseminate information from Volunteer Alexandria and Volunteer in Public Service about volunteer opportunities for youth via newsletters	In progress
Provide Support	Create volunteer opportunities for youth such as Project Sticker Shock, service on a board or commission and encourage their active participation.	Complete
Build Skills	Provide and support volunteer opportunities where youth can learn marketable job skills. Hold a Youth Leadership Conference in collaboration with other organizations, and recruit heavily for rising ninth graders (August 13-15, 2018)	In progress Ongoing
Reduce Barriers and Enhance Access		
Change the Consequences	SAPCA Board nominates to Volunteer Alexandria and other community service organizations youth who participate in meaningful volunteer opportunities	
Change Physical Design		
Change Policy		

Local Condition 10: Stores sell tobacco to minors

Change Strategy	Potential Interventions	Progress
Provide Information		
Provide Support	Conduct merchant education where youth educate merchants about the need to properly ID minors and record the amount of alcohol and tobacco advertising at local retailers.	Ongoing
Build Skills	Train youth to conduct merchant education.	Ongoing
Reduce Barriers and Enhance Access	Provide transportation to Kick Butts Day events	Ongoing
Change the Consequences	Recognize retailers that have minimal alcohol and tobacco advertising	Ongoing
Change Physical Design		
Change Policy	Advocate to increase to age 21 the purchase of tobacco products	Ongoing

Local Condition 11: There is a lack of knowledge about harms of opioid and prescription drug use among Alexandria youth

Change Strategy	Potential Interventions	Progress
Provide Information	Create and disseminate posters advertising the harms of opioid and prescription drug use	In progress
	Develop a website for easy access to information, FAQs, data, etc.	In progress

Provide Support	Participate as a member of the Alexandria Opioid Workgroup	Complete
	Encourage participation in ATI club (see local conditions 1,2 and 4)	In progress
Build Skills	Highlight opioid and prescription drug use in wreckED workshops at middle and high schools	In progress
	Present Rx/opioid workshop to Episcopal students (Captain Ladislav of APD)	Complete
Reduce Barriers and Enhance Access		
Change the Consequences		
Change Physical Design		
Change Policy		

Local Condition 12: Too many adults and parents in Alexandria do not properly use, monitor or dispose of prescription drugs, particularly opioids.

Change Strategy	Potential Interventions	Progress
Provide Information	Parent and prescriber prescription drug education campaign	In progress
	Promote prescription drug take back days	
Provide Support	Participate as a member of the Alexandria Opioid Workgroup	Ongoing
	Conduct listening sessions (focus groups) and surveys to complete prescription drug and opioid focused needs assessment	Complete

	Hold Town Hall/Community Conversations to discuss opioids and prescription drugs in Alexandria (February 28, 2018)	Complete
Build Skills	Incorporating prescription drug, OTC information into Healthy Conversations	In progress
Reduce Barriers and Enhance Access	Hold four Prescription Drug Take Back Days per year Provide medication disposal system kits at prescription drug take back day and other related events	In progress
Change the Consequences	Give away locked medicine cabinets as prizes	Complete
Change Physical Design	Advocate for and purchase a permanent prescription drug drop off box for the Del Ray Pharmacy	Complete
Change Policy		