

A GUIDE TO PREVENTION



IN JEFFERSON COUNTY

*A handbook for policy makers, program planners and other
frontline staff working to keep our community safe and healthy.
March 2005*

The Guide to Prevention is available at www.jeffersoncountypublichealth.org

Sponsored by: Jefferson County Public Health, OJJDP/SAMHSA Drug Free Communities Support Program,
Jefferson County Community Network, and JOIN/Regional Development Unit

Announcing the Guide to Prevention in Jefferson County

We are pleased to announce the Guide to Prevention in Jefferson County. Prevention, simply stated, keeps bad things such as substance abuse, child abuse and family violence from happening. Prevention is pro-active—it means identifying our priorities and working together to keep our community safe and healthy.

The goal of the Guide is to bring everyone to the same page about prevention in our community and to provide us with a common language.

For every \$1 spent on prevention, an estimated savings of \$2 to \$20 occurs (Cost Benefit Report, 2002—Center for Substance Abuse Prevention). Evidenced-based prevention programs lead to lasting results for individuals, families and communities. Prevention is a long-range objective, not a quick fix result. Prevention planning means committing to prevention priorities over time.

Locally, we must ask ourselves: Are our efforts anchored by research? Do our funding decisions reflect our prevention priorities? Are we funding popular vs. effective programs?

For every \$1 we spend on prevention, we save \$2 to \$20.

Prevention in Jefferson County has a long history. Most recently, the “Healthy Jefferson” community partnership began. Led by the Jefferson County Board of Health, Healthy Jefferson partners compiled county-specific health data and presented it to the community in May 2003. From that data, the partners identified three priorities: improve support to families with children, reduce substance abuse and increase economic opportunity. In early 2004, three public forums were held to bring the community together to address these priorities. The Guide to Prevention in Jefferson County is the next step in the community process.

The Guide was developed through the collaborative efforts of Jefferson County Public Health, Jefferson County Community Network, Olympic Educational Service District 114, and many others.

We hope you will use this as an invitation to put prevention into practice. We are here to help in any way we can. Please view us as a resource.

Jefferson County Community Network
Jefferson County Public Health

On behalf of all the agencies and individuals who contributed to this document

Internet Resources

The Internet serves as a gateway to a variety of resources in the field of prevention. A few valuable sites are listed below.

Blue Prints (Office of Juvenile Justice and Delinquency Prevention)	www.colorado.edu/cspv/blueprints
Center for Substance Abuse Prevention	http://casat.unr.edu/westcapt
Center for the Study and Prevention of Violence	http://www.colorado.edu/cspv
Centers for Disease Control	www.cdc.gov
Drug Policy Alliance	http://www.lindesmith.org/library
National Center on Elder Abuse	www.elderabusecenter.org
National Committee for the Prevention of Elder Abuse	www.preventelderabuse.org
Promising Practices Network	www.promisingpractices.net
SAMHSA (Substance Abuse and Mental Health Services Administration)	http://www.samhsa.gov/
Search Institute-Developmental Assets	www.search-institute.org
Washington State Department of Health	www.doh.wa.gov
Washington State Institute for Public Policy	http://www.wsipp.wa.gov
Youth Violence: A report of the Surgeon General	www.surgeongeneral.gov/library/youthviolence
Zero to Three	www.zerotothree.org



Prevention Principles

What a healthy community looks like

Thriving individuals, families and communities are the heart of Jefferson County's Prevention Principles.

Safety

People are safe.

- People are free from the threat of physical and emotional violence.
- Individuals and families have access to Emergency Services.
- Households and agencies have appropriate safety measures in place.
- Schools and communities foster climates of respect.

Health

People are physically and mentally healthy and have basic health care.

- People have access to appropriate preventative and critical health care.
- People engage in behaviors that promote positive health outcomes.
- People have access to mental health and/or alcohol and drug treatment.

Sense of Belonging

People have a network of support and opportunities to help others.

- Individuals are recognized and valued for their contribution.
- Families spend quality time together and have access to support networks.
- Businesses are friendly to all members of the community.
- Individuals have supportive relationships outside their immediate family.
- The community provides multiple opportunities for individual and family involvement.
- Individuals experience a sense of attachment to the community.

Learning & Skill Building

People develop to their fullest physical, mental, emotional, spiritual, and intellectual capacity.

- Early childhood development is endorsed by individuals, families and agencies.
- The community supports 'Life-long Learners'.
- The community supports all types of individual learning styles, learning experiences and learning venues.
- Individuals are offered the opportunities for developing appropriate life-skills.

Economic Opportunity and Stability

People consistently meet their own basic needs and can maintain a basic standard of living.

- Individuals have enough resources to cover food, clothing, shelter, childcare and transportation.
- Employers provide living wage jobs.
- Individuals can access entrepreneurial and workforce development opportunities.
- The community fosters support for diverse businesses.

Community Norms

The community supports behaviors that promote health.

- Formal and informal policies and laws reflect prevention knowledge, behaviors, attitudes, and beliefs.
- Prevention is a priority in planning community events.
- Diversity is honored and respected.

Vision

The community supports individual, family and group aspirations.

- People experience a positive sense of the future.
- The community supports forums that honor hopes, wishes and dreams.

Prevention keeps our community safe and healthy.

Prevention Checklist

Thoughts, ideas, and concepts to consider when planning, reviewing, or funding a project.

Prioritization

- Is there a documented need based on local/current/relevant data?
- What is the cost benefit to the population?
- What rationale/justification is provided for funding the program?

Research-based

- Is the project based on sound research?
- Is the project effective?
- Are research sources cited?

Locally we must ask ourselves: “Are our efforts anchored by research? Do our funding decisions reflect our prevention priorities?”

Proposal Format

- Is the proposal clear? Easy to read?
- Is the target audience identified?
- Is the number to be served identified?
- Are other costs spelled out?
- Are actual hours/units of service detailed?
- Are project goals, objectives and outcomes clearly defined? Achievable?

Service Delivery

- Is another organization providing a similar service?
- Are distinct/unique barriers being addressed (cultural/sociodemographic/geography)?
- How does the service support development of individual assets?

Organizational Capacity

- Does the organization have the capacity to deliver the program? Maintain program integrity?
- What start-up is required? Is start-up cost included in the budget?
- What sort of history of service does the organization have locally, regionally, nationally?

Goals, Objectives, and Outcomes

- Are project goals SMART?
 - S**pecific: identifies a specific event or action that will take place
 - M**easurable: quantifies the amount of change to be achieved
 - A**chievable (yet ambitious): realistic given available resources yet challenging enough to accelerate program efforts
 - R**elevant: is logical and relates to the program’s goals
 - T**ime-bound: specifies a time by which the objective will be achieved
- Are project outcomes spelled out?
- Does evaluation plan reflect identified outcomes?

Budget

- Will the proposed budget cover project expenses?
- What kind of cash or in-kind contributions are listed?
- Does the organization have a long-term plan to sustain the program?



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Endorsements

The Guide has been endorsed by the following:

Jefferson Board of County Commissioners
Port Townsend City Council
Big Brothers Big Sisters of Jefferson County
Boiler Room
Chimacum School Board
Domestic Violence/Sexual Assault Program
East Jefferson Rotary
First Presbyterian Church of Port Townsend
Girl Scouts—Totem Council
Healthy Youth Coalition
Jefferson AIDS Services
Jefferson Associated Counsel
Jefferson County Board of Health
Jefferson County Community Network
Jefferson County Developmental Disabilities Board
Jefferson County Family YMCA
Jefferson County Library
Jefferson County Parks and Recreation Advisory Board
Jefferson County Public Health
Jefferson County Sheriff's Office
Jefferson County Substance Abuse Advisory Board
Jefferson Healthcare
Jefferson Mental Health Services
JOIN/Regional Program Development Unit
Juvenile and Family Court Services
Law and Justice Committee
Northwest Service Council
Office of the Prosecuting Attorney Jefferson County
Olympic Community Action Programs (OlyCAP)
Olympic Educational Service District

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Effective prevention is the same message delivered by multiple messengers—schools, parents, peers, and the community.

Peninsula College
PFLAG/Port Townsend/North Olympic Peninsula
Port Hadlock/Tri-Area Chamber of Commerce
Port Townsend Kiwanis Club Youth Services Committee
Port Townsend Noon Rotary Club
Port Townsend Police Department
Port Townsend School Board
Quilcene School Board
Quilcene/Brinnon Chamber of Commerce, Board of Directors
Quimper Unitarian Universalist - A Welcoming Congregation
Safe Harbor Recovery Center/Beacon of Hope
San Juan Baptist Church
Soroptimist International of Port Townsend/East Jefferson County
Sunrise Rotary
Tri-Area Teen Resource Center
Trinity United Methodist Church
Turning Point Recovery
Violence Intervention and Prevention Support Team (VIPST)
WSU Jefferson County/4H Youth Program

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Prevention Timeline

Prevention in Jefferson County & Washington State

- 2005 A Guide to Prevention in Jefferson County is developed
- 2004 Healthy Jefferson Open Houses
- 2003 Policy Makers identify community priorities
“From Data to Action” Community Mobilization Summit at Port Townsend Elks Club
- 2001 Raising A Healthy Community grant funds services for youth in East Jefferson County
Title V Grant funds services to first time mothers in Jefferson County
1st administration of Jefferson County BRFSS (Behavioral Risk Factor Surveillance Survey)
- 2000 Jefferson County Prevention Council formed (aka: Healthy Youth Coalition)
- 1999 State Incentive Grant funds services to youth in Jefferson County
Safe Schools Healthy Students Grant funds services to youth in Jefferson County
Nurse Family Partnership (aka: Best Beginnings) is implemented
- 1997 First Edition of East Jefferson County Youth Yellow Pages is published
- 1996 Moving Toward Solutions Community Mobilization Summit at Fort Worden
- 1994 Community Public Health and Safety Networks are established
- 1991 Jefferson County hires full time Substance Abuse Prevention Specialist
- 1988 Student Assistance Programs are implemented in public schools throughout Washington State
- 1987 Community Mobilization Against Substance Abuse is enacted by the Legislature

How to Use the Prevention Guide

The **Prevention Principles** Section addresses prevention principles at the individual, family and community levels. The **Prevention Checklist** can be used as an inventory tool when considering funding or implementing a program. The **Internet Resources** Section lists nationally recognized Internet sources.

The Guide can be used in different ways by a variety of audiences. These audiences include county and city policy makers and planners, school administrators and parent volunteers, and program staff at the many community-based organizations throughout Jefferson County.

A few ways the Guide can be used:

- As a teaching and discussion tool for staff and volunteers
- As a quality assurance guide
- As a bridge between current programs and prevention
- As a link from theory to practice
- As a connector from policy to program development
- As a checks and balance mechanism for prioritization of services
- As a framework to build a prevention plan for your own organization