Fulton County, PA

*Communities That Care*

## Fulton County Partnership vision statement is *a high quality of life with a bright and healthy future for all Fulton County Residents*

**Community Resource Assessment Report**

**Fulton County, PA**

# Resource Assessment and Evaluation Work Group

#### June ~ 2013

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# Executive Summary

This report describes the results of the resources assessment completed as part of Fulton County’s *Communities That Care* (CTC) effort. The *CTC* system is a way for members of a community to work together to promote positive youth development. The system was developed by Dr. David Hawkins and Dr. Richard Catalano. It is based on their research, which has identified risk factors that predict youth problem behaviors and protective factors that buffer children from risk and help them succeed in life.

A key goal of the CTC effort is to identify which risk factors, protective factors and problem behaviors are prevalent in a community, and implement tested and effective programs to address the community’s unique profile. To that end, the Risk- and Protective-Factor Assessment work group collected and analyzed data on Fulton County, and with input from the community board, they identified the following as priorities for community planning:

Risk factors

* *Parental Attitudes Favorable toward Antisocial Behavior (Family)*
* *Favorable Attitudes toward Antisocial Behavior (Individual & Peer Risk)*
* *Laws and Norms Favorable to Drug Use (Community)*

Protective factor:

* *Family Rewards for Prosocial Involvement.*

Problem Behaviors

###### *Smokeless tobacco – Past 30 day use*

###### *Bullying at School (Individual and Peer Domain)*

###### *Inhalants – Past 30 day use – 6th graders*

The resources assessment was the next step in the *CTC* process. In February 2013, members of the Resources Assessment and Evaluation Work Group began working on the Community Resources Assessment Report. Using the resource data base developed by the work group and information from the Fulton County Human Resource Directory, the members identified youth development and prevention resources that address the specific priority risk factors listed above. The resource assessment PowerPoint was completed in April 2013.

Based on the information collected from the surveys, the Resources Assessment and Evaluation Work Group reports:

* There are several resources, programs, clubs and organizations in Fulton County that address our priority risk & protective factors. Staff and supporters of these resources are doing all they can with limited money, time, and help.
* Most of the resources in Fulton County have not been evaluated for effectiveness. Of those that have received evaluations, very few have met the rigorous criteria for “tested and effective”.

(See Appendix A)

We have many programs in Fulton County that do not meet criteria for being tested and effective in reducing risk. However, understand this report is not indicating that these programs have not been effective in addressing our priority risk factors. Nor is it insinuating that our program providers or school staff are not doing a good job with our youth. To the contrary, Fulton County has many programs addressing our youth that we believe are making a difference and many caring staff members that have the best interests of our youth at heart.

However, for the purpose of this study, and the purpose of reducing adolescent problem behaviors, the task is to identify programs **that have demonstrated their effectiveness in reducing risks or enhancing protection, *and* in reducing problem behaviors in youth**, and implement such programs in Fulton County where we recognize gaps.

Please also note that CTC does not advocate eliminating current programs and replacing them with new ones; rather we want to fill gaps in our current services and add new programs that will help address needs that are not currently being met, so that our youth have the best chance of realizing reductions in problem behaviors.

**Introduction**

***Fulton County’s*** ***Communities That Care®* effort**

In the spring of 2010, Fulton County began implementing *Communities That Care (CTC)* prevention-planning system. This system, developed by Dr. David Hawkins and Dr. Richard Catalano of the Social Development Research Group in Seattle, Washington, helps community members work together to efficiently and effectively promote positive youth development, and prevent youth problem behaviors such as substance use, delinquency, teen pregnancy, dropping out of school and violence, by addressing risk factors that increase the likelihood of youth problem behaviors and protective factors that buffer children from risk and help them succeed in life.

Fulton County is implementing the CTC process to achieve the community’s desire that all young people in Fulton County grow up supported and nurtured by their families, schools and community, and become healthy adults who contribute positively to society.

**Key accomplishments to date:**

* In 2009/2010 school year, the *CTC Youth Su*rvey was administered to 6th, 8th, 10th, and 12th graders in two of Fulton County’s School Districts. Risk and protective factors were evaluated and tabulated for diagnostic purposes.
* In January 2010, the Fulton County Partnership hosted a Communities that Care kick-off event
* In March 2010, community leaders attended a Key Leader Orientation and committed to the *CTC* effort.
* In March of 2010, the Key Leaders hired a Community Mobilizer
* In May of 2010, a Community Board was formed. Members attended a two-day Community Board Orientation and established a structure for the Fulton County CTC effort. This included forming work groups to achieve the various steps in implementing the CTCsystem.
* In October of 2010, the Risk and Protective-Factor Assessment work group attended the Community Assessment Training and developed a plan for completing the community risk- and protective-factor assessment. This report is the result of that assessment.
* In April of 2011, CTC was awarded the PA Commission on Crime and Delinquency to implement the Olweus Bullying Prevention Program in two schools districts and enhance the already implementing third school district in Fulton County.
* By December of 2011, children in grades 6, 8, 10, and 12 in all three school districts were asked to participate in the 2011 PA Youth Survey.
* As of January of 2012, all three school districts are currently implementing the Olweus Bullying Prevention Program in Fulton County.
* In February 2013, the Risk and Protective-Factor Assessment work group completed the Community Assessment Report. This report was presented to the Fulton County Partnership on February 18, 2013.
* In April 2013, the Community Resource Assessment work group presented their finding to the Fulton County Partnership on April 16, 2013.

### The Community Resources Assessment

The key goal of the *Communities That Care* system is for the community to develop a profile of the risk factors, protective factors, and problem behaviors in their community, and to develop a plan for addressing the risk factors that are most elevated while enhancing protective factors.

This report supports the second step in that process. The Resources Assessment and Evaluation Work Group has used survey information and input from the community to collect information about the resources that address Fulton County’s priority risk and protective factors. The work group has identified Fulton County’s tested effective resources as well as the gaps in those resources. Coupled with the Community Assessment Report the information contained in this report will serve as the foundation for Fulton County’s Community Action Plan.

**How the information was collected**

Work-group members created an inventory of resources (programs) related to Fulton County’s priority risk and protective factors. Next, work-group members collected relevant information from each program listed in the inventory. The group determined whether each resource addresses one or more of Fulton County’s priority risk or protective factors. Additionally, the work-group members identified each resource’s goals and strategies, target population, history and method of evaluation, evidence of effectiveness, and any gaps in, issues with, or barriers to service.

The work-group members were able to identify resources that fit the criteria of tested and effective program and prevention strategies, and the results were compiled into a report format. CTC Community Board members were given the chance to review the report via PowerPoint presentation to help fine–tune it to its current form at the April 16, 2013 Fulton County Partnership meeting.

## Assessment details

Members of the Resources Assessment and Evaluation Work Group analyzed the resource information to identify Fulton County’s tested and effective youth-development and prevention resources, as well as resource gaps and areas for improvement. The following criteria were used to identify effective resources:

* An effective resource should address research-based priority risk factors.
* An effective resource should enhance research-based priority protective factors.
* An effective resource should intervene at a developmentally appropriate age.
* An effective resource should have demonstrated effectiveness in a high-quality evaluation.

Gaps, issues, or barriers were identified in several ways. Survey items were used to identify resources-specific gaps, such as failure to serve a geographic area of the community, or difficulties with staffing or funding. Broader gaps, such as a lack of tested effective resources that address a particular risk or protective factor were identified by analyzing specific survey items.

**How to use this report**

The Resources Assessment Report is intended to help in developing Fulton County’s Community Action Plan. Participants developing the Community Action Plan should use this report to:

* select tested and effective programs, policies and practices to fill Fulton County’s identified gaps
* formulate systems-change strategies to expand or enhance existing tested and effective resources
* reduce overlap and duplication in Fulton County’s existing tested and effective resources

Additionally, we encourage community members to review Appendix A, an inventory of Fulton County’s youth serving resources. The inventory lists all of the resources investigated during the assessment, pointing out which risk or protective factor(s) they address, which domain it operates out of (Community, Family, School or Peer and Individual), makes a distinction between the programs that are prevention as opposed to intervention, and identifies which programs have an outcome evaluation process even though it may not meet the tested and effective criteria for this study. Appendix A can help increase community members’ awareness of what currently exists in our community that addresses our priority risk factors.

**Report overview**

The next sections of the report provide detailed information about the community’s resources and gaps, organized by priority risk factor. While some programs may address multiple risk factors to varying degrees, for this report the program will only be included under the risk factor(s) in which there has been a formal evaluation conducted and has demonstrated effectiveness in reducing that particular risk. The conclusion presents a summary of the resources and gaps, along with recommendations for future action.

**Priority Risk Factor: *Parental Attitudes Favorable to Antisocial Behavior (Family)***

**Definition:** Students’ perceptions of their parents’ opinions about antisocial behavior are also an important risk factor. Parental attitudes and behavior regarding crime and violence influence the attitudes and behavior of children. If parents approve of or excuse their children for breaking the law, then the children are more likely to develop problems with juvenile delinquency.

**Current Resources:**

|  |  |  |
| --- | --- | --- |
| **Evidenced-Based Programming** | **Promising Practices** | **Good Work** |
| Incredible Years | Community Outreach Prevention Education |  |
| PATHS | Student Assistance Program |  |
| Children in Between | Head Start |  |
| Parents As Teachers/Early Head Start |  |  |

**Priority Risk Factor: Favorable Attitudes toward Antisocial Behavior (Individual/Peer)**

**Definition:** During the elementary school years, children usually express anticrime and prosocial attitudes and have difficulty imagining why people commit crimes or drop out of school. However, in middle school, as others they know participate in such activities, their attitudes often shift toward greater acceptance of these behaviors. This acceptance places them at higher risk for these antisocial behaviors.

**Current Resources:**

|  |  |  |
| --- | --- | --- |
| **Evidenced-Based Programming** | **Promising Practices** | **Good Work** |
| Too Good for Drugs | Teens Against Tobacco Use Independent Living |  |
| PATHS | Community Outreach Prevention Education |  |
| DINO (Incredible Years) | Students Assistance Program |  |
|  | Independent Living |  |

**Priority Risk Factor: *Laws and Norms Favorable to Drug Use (Community)***

**Definition:** *The attitudes and policies a community holds in relation to drug use, firearms and crime are communicated in a variety of ways: through laws and written policies, through informal social practices and through the expectations parents and other members of the community have of young people. When laws, tax rates and community standards are favorable toward alcohol and other drug use, firearms or crime-or even when they are just unclear young people are at higher risk of substance abuse, delinquency or violence.*

## Current resources:

|  |  |  |
| --- | --- | --- |
| **Evidence-Based Programming** | **Promising Practices** | **Good Work** |
| Too Good For Drugs | Parents That Host | Learn to be Healthy |
| Promoting Alternative THinking Strategies (PATHS) | Teens Against Tobacco Use |  |
| DINO/Incredible Years |  |  |
| Children in Between |  |  |

**Priority Protective Factor: *Family Rewards for Prosocial Involvement***

**Definition:** *Research has shown that when parents, siblings and other family members praise, encourage and recognize things done well by their child, children are more likely to develop strong bonds to the family.*

## Current resources:

|  |  |  |
| --- | --- | --- |
| **Evidenced-Based Programming** | **Promising Practices** | **Good Work** |
| Too Good for Drugs | Teens Against Tobacco Use Independent Living |  |
| PATHS | Community Outreach Prevention Education |  |
| DINO (Incredible Years) | Students Assistance Program |  |
|  | Independent Living |  |

###### Priority Problem Behavior: *Inhalants*

Inhalant use is more prevalent with younger students, perhaps because inhalants are often the easiest drugs for them to obtain. The health consequences of inhalant use can be substantial, including brain damage and heart failure. Inhalant use was measured by the survey question “On how many occasions (if any) have you used inhalants (whippets, butane, paint thinner, or glue to sniff, etc.)?

**Current Resources:**

**Priority Problem Behavior: *Smokeless Tobacco***

Smokeless tobacco describes a variety of tobacco products that are not smoked by the consumer. These products, which include snuff, dip and chewing tobacco, are less harmful than smoking, but are still extremely hazardous to your health.

**Current Resources:**

**Priority Problem Behavior: *Bullying at school***

While bullying is not a new phenomenon, the growing awareness that bullying has serious consequences for both schools and students is new. Bullying behavior contributes to lower attendance rates, lower student achievement, low self-esteem and depression, as well as higher rates of both juvenile and adult crime (Banks, 1997).

## Current Resources:

|  |  |  |
| --- | --- | --- |
| **Evidenced-Based Programming** | **Promising Practices** | **Good Work** |
| Olweus Bullying Prevention Program |  |  |
| PATHS |  |  |
|  |  |  |

# Conclusion and Recommendations

The Resources Assessment and Evaluation Work Group reports:

* There are many programs & resources in our community that directly or indirectly focus on our priority risk and protective factors. (as outlined in Appendix A) These programs are run by caring, dedicated, and hard working staff and often times face gaps, issues and barriers such as:
  + long-term funding
  + transportation
  + volunteer or parental support
* Need to focus more on community programs
* Need more funding to implement programs universally across geographic and developmental domains
* Need more opportunities to reach and engage the public
* Need to expand parenting education to reach more families
* Need to improve outcome evaluation processes

##### Next Steps

The next step in the *Communities That Care* process is to create a Community Action Plan. This report offers the following recommendations for Fulton County’s Community Action Plan:

* Enhance the collaboration and communication between existing programs, especially those that target our priority risk & protective factors.
* Where possible, assist existing programs in finding opportunities to evaluate their effectiveness.
* Once a program has been evaluated, review ways to address gaps, barriers, and issues that limit the number of youth who benefit from those programs.
* Select new tested and effective programs, policies, or practices to address the risk factor *Laws and Norms Favorable to Drug Use (Community)* as measured by the construct “Adult Attitudes Favorable toward ATOD Use “to supplement the current resources that are untested.
* Select new tested and effective programs, policies, or practices to enhance the protective factor *Family Rewards for Prosocial Involvement to* supplement the current resources that are untested.
* Expand existing and/or select new tested and effective programs, policies, or practices to enhance the current programs that address problem behavior *Early and Persistent Antisocial Behavior*, while supplementing the current resources that are untested.
* Expand the existing program and/or select new tested and effective programs, policies or practices to complement the current community program that addresses the problem behavior *Early and Persistent Antisocial Behavior (Individual and Peer Domain)* as measured by the construct of Percentage of Youth reporting Bullying or Sexual Harassment on the Internet the past year*,* while supplementing the current resources that are untested.

**APPENDIX A**

**Prevention Programs**

**Evidenced-Based Programs in Fulton County**

**Too Good for Drugs** (TGFD) is a school-based prevention program for kindergarten through 12th grade that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(K-12th grade)** | **Year** | **Outcomes** |
| Southern Fulton | 5 grade | 2013 | Data to HCP |
| Central Fulton | 5 grade | 2013  2012 | Data to HCP |
| Forbes Road | 1st, 4th, and 8th grades | 2012 | Data to HCP |

**Promoting Alternative THinking Strategies** (PATHS) is a school-based preventive intervention for children in elementary school or preschool. The interventions are designed to enhance areas of social-emotional development such as self-control, self-esteem, emotional awareness, social skills, friendships, and interpersonal problem-solving skills while reducing aggression and other behavior problems.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(0-12 year olds)** | **Year** | **Outcomes** |
| Southern Fulton | Pre-K | Fall 2011  2010-2011 | None collected |
| Central Fulton | Pre-K | 2010-2011 | None collected |
| Forbes Road | Pre-K | 2012-2013  2011-2012  2010-2011 | None  collected |
| FCCF Preschool Child Care |  | 2013  2012 | None collected |

**Incredible Years** is a set of comprehensive, multifaceted, and developmentally based curricula targeting 2 to 12 year-old children and their parents and teachers. The parent, child, and teacher training interventions that compose Incredible Years are guided by developmental theory on the role of multiple interacting risk and protective factors in the development of conduct problems.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(3-12 year olds)** | **Year** | **Outcomes** |
| Forbes Road | 7 participants  4 participants | 2013  2012 | Unified Family Support Systems, Bedford Co. |
| Southern Fulton Elementary School | Kindergarten | 2012  2013 |  |

**Children in Between** (CIB) is an educational intervention for divorcing families that aims to reduce the parental conflict, loyalty pressures, and communication problems that can place significant stress on children.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(under 18 years)** | **Year** | **Outcomes** |
| Fulton County | Parent focused  Birth to 18 years | 2013  2012 | Not being collected |

**Parents as Teachers** (PAT) is an early childhood family support and parent education home-visiting model. Families may enroll in Parents as Teachers beginning with pregnancy and may remain in the program until the child enters kindergarten.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(Prenatal to 5)** | **Year** | **Outcomes** |
| Forbes Road | Prenatal to 5 | Since 1992 | Life Skills Progression since January 2012 |
| Central Fulton | Prenatal to 5 | Since 1992 |  |
| Southern Fulton | Prenatal to 5 | Since 1992 |  |

**Parenting Wisely** is a set of interactive, computer-based training programs for parents of children ages 3-18 years. Based on social learning, cognitive behavioral, and family systems theories, the programs aim to increase parental communication and disciplinary skills.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(3-18 years old)** | **Year** | **Outcomes** |
| County wide | 3 to 18 years | Since 2011 | Not being collected |

**Olweus Bullying Prevention Program** is a multi-level, multi-component program designed to reduce and

prevent school bullying.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geographic** | **Developmental Age**  **(3-18 years old)** | **Year** | **Outcomes** |
| Southern Fulton | K thru 12th grade | Since 2011 | OBPP surveys |
| Central Fulton | K thru 12th grade | Since 2010 |  |
| Forbes Road | K thru 12th grade | Since 2011 |  |

**Promising Practices**

**Parents That Host** is a public awareness program educating communities and parents about the health and safety risks of serving alcohol at teen parties.

**Teens Against Tobacco Use** provides healthy alternatives for teen students to stay tobacco free and to mentor elementary school students on the dangers of tobacco use and prevention skills.

**COPE - Community Outreach Prevention Education**: To support and preserve the family unit as a foundation for the success of healthy children.

**Student Assistance Program** provides leadership for developing a safe and drug-free environment and mental health wellness in schools and communities.

**Head Start** a comprehensive program available to low income families and children with disabilities 2 years before they are eligible for school.

**Independent Living: “Transitioning Youth to Self-Sufficiency”.** Services include individual needs assessment and educational topics designed to help youth prepare for the challenges of adulthood.

**Family Development Credentialing:** Participants learn and practice strength-based family support while enhancing their skills in helping families develop goals of self-reliance.

**Family Group Decision Making:** A strengths-based family practice that utilizes family, friends, social services and government agencies to create and implement a family plan to help families overcome obstacles they are experiencing.

**24/7 Dad Curriculum** focuses on fathering characteristics – like masculinity, discipline, and work-family balance - and helps men evaluate their parenting skills.

**Good Work**

**Learn to be Healthy** is a Susan Byrnes website program targets K-8th grade to prevent the use of tobacco and inhalants and to encourage healthy lifestyles.

**Kids Fest:** Annual event open to all Fulton County families and community members to foster relationships with local resources & providers.

**Health Fairs:** School and community events.

**Fatherhood Events**: Monthly alternative activities offered to fathers and their families to help engage and support them in bonding in educational experiences with their children.