



Department of  
Community and Human  
Services

Mental Health, Chemical  
Abuse and Dependency  
Services Division

**Alcohol and Other Drug  
Prevention Program**

**Highlights:**

- Saved \$2.8 million from King County’s investment in four evidence-based prevention programs.
- Served a total of 4,326 unduplicated individuals through 11 evidence-based parenting and child/youth development programs.
- Reached more than 38,000 individuals through eight community-based prevention programs.

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# Prevention Services: 2007-2009 Biennial Report

Services Provided 7/1/2007 - 6/30/2009

December 2009 Report

## Prevention promotes positive development of children and youth

The King County Department of Community and Human Services is dedicated to helping our region’s neediest residents achieve and maintain healthier and more independent lives and to strengthening our communities.

Toward that end, the Mental Health and Chemical Abuse Dependency Services Division’s Alcohol and Other Drug Prevention Program (AODPP) is part of the continuum of care focused on substance abuse prevention, intervention, treatment and recovery services.

The AODPP receives federal prevention block grant funds through the State of Washington Department of Social and Health Services’ Division of Behavioral Health and Recovery (DBHR). The



AODPP has Prevention Specialists who deliver and coordinate quality, community-based prevention services in King County.

The AODPP promotes positive development of children and youth through its efforts with families, schools and communities. The goals are to prevent and delay use of alcohol and other drugs, as well as to minimize the potential future harm from use.

The focus is on reducing priority risk factors and enhancing protective factors related to substance abuse:

- Reduce policies and social practices favorable toward alcohol, tobacco and other drug use among youth
- Increase use of family management skills by parents/caregivers.
- Improve attitudes about family management skills involving families.
- Prevent or delay early first use of drugs by increasing communication, refusal and resistance skills among youth.
- Increase media literacy among youth.
- Increase opportunities, skills and recognition for prosocial involvement with youth.

## Prevention reaps benefits

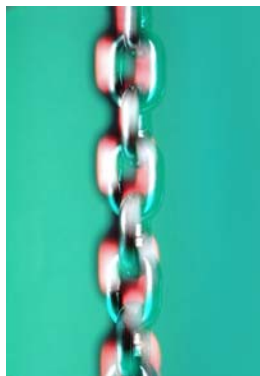
**For every \$1 invested in prevention, \$10 is returned.<sup>1</sup>**

Prevention reaps short- and long-term benefits, potentially leading to longer, healthier lives among program participants. Other documented prevention benefits also include:

- Lower health care costs
- Reduced justice system costs
- Decreased welfare, victim, fire costs
- Increased productivity, tax revenues

Evidence shows that prevention more than pays for itself.

<sup>1</sup> Richard Spoth and Max Gyll, Partnerships in Prevention Science Institute and Department of Psychology, Iowa State University, December 2008 presentation on Prevention’s Cost Effectiveness — Illustrative Economic Benefits of General Population Interventions



Prevention Specialists help link parts of the prevention system including schools, youth, parents, business, law enforcement, faith-based communities and others.

**“When we strengthen the family, we strengthen the child — and the future of our Nation.”**

**John J. Wilson**

Former Deputy  
Administrator, Office of  
Juvenile Justice and  
Delinquency Prevention

Drug use among King County youth has declined over recent years. Eighth graders reported their current drug use as follows:

↓ 4% decrease for alcohol (15% in 2004 to 11% in 2008)

↓ 2% decrease for alcohol (7% in 2004 to 5% in 2008)

## King County Prevention Specialists link services and people

Prevention Specialists were involved in local and state-wide efforts related to substance abuse prevention, including community needs assessments, coalition-building and policy change efforts.

The following examples show the key roles played by the AODPP staff:

- Worked on the Seattle Public Schools Drug and Alcohol Advisory Committee (DAAC). The DAAC updated district-wide policies and procedures related to student use, possession and distribution of alcohol and other drugs. In August 2008, the Seattle School Board approved the policies and procedures. The Seattle School District implemented these for the 2008-09 school year.
- Supported 10 Town Hall Meetings on Underage Drinking in 2008. Partners included the King County Community Organizing Program, local agencies and prevention groups.
- Participated in two state workgroups to provide input into the Washington State Substance Abuse Prevention Plan for 2008-2013.
- Served on the King County Traffic Safety Coalition, established by Public Health - Seattle & King County. The Coalition is an important way to network and exchange information related to traffic safety issues, including reducing alcohol-related traffic injuries and deaths.

## Prevention leverages funds and expands reach

The AODPP continually seeks ways to enhance prevention programming, such as applying for grants and exploring new revenue streams from public and private sources.

Prevention Specialists took leadership roles to develop prevention/ intervention strategies as part of the 0.01% sales/use tax approved in 2007 by the Metropolitan King County Council for mental health and drug dependency services.

The AODPP is integrally involved in the development of four Mental Illness and Drug Dependency (MIDD) Action Plan strategies (see box on the right), of which 4c. and 4d. are being implemented.

Four MIDD prevention/ intervention strategies:

- 4a. Comprehensive drug dependency outpatient services to parents in recovery, \$500,000 annually
- 4b. Prevention services to children of substance abusers, \$400,000 annually
- 4c. School based mental health and substance abuse services, \$1,000,000 annually
- 4d. School based suicide prevention, \$200,000 annually

## AODPP uses data strategically

Prevention Specialists analyze and utilize data for planning and evaluating services. One of the primary data sources is the Washington State Healthy Youth Survey (HYS).

Prevention Specialists helped recruit local schools to participate in the HYS and also disseminated county-level reports. AODPP staff incorporated HYS data and other prevention data in the completion of a King County strategic plan related to substance abuse Prevention-Intervention-Treatment-Aftercare Services.

Prevention Specialists and their local partners also successfully advocated for changes to the DBHR Performance Based Prevention System to include sexual orientation categories for participants. These changes led to more inclusiveness for those individuals who are gay, lesbian, bisexual, transgender, genderqueer or questioning (GLBTQ).

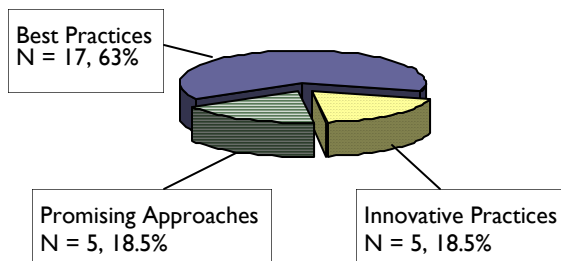
## Efforts focus on contracting for quality services

Prevention Specialists developed requests for proposals for prevention services, wrote contracts, monitored programs for fidelity, and assisted and supported the contracted prevention agencies with planning, implementing and evaluating their programs.

During this biennium, the AODPP contracted with 18 different community-based organizations to deliver 27 different programs.

All of the prevention programs were science-based with the majority deemed as Best Practices (see chart on the right).

Types of Prevention Practices Implemented  
(By Number of Practices and By Percentages)



## Evidence-based prevention programs lead to a \$2.8 million cost savings

Program	Net Cost Benefit per	Participants	Total Cost Benefit
	Participant	Served	
All Stars	\$120	85	\$10,200
Guiding Good Choices	\$6,918	212	\$1,466,616
Life Skills Training	\$717	1,773	\$1,271,241
Project Alert	\$54	1,571	\$84,834
<b>TOTAL</b>			<b>\$2,832,891</b>

Source: S. Aos, R. Lieb, J. Mayfield, M. Miller, A. Pennucci.  
(2004) Benefits and Costs of Prevention and Early Intervention Programs for Youth.

Olympia: Washington State Institute for Public Policy  
Available at <<http://www.wsipp.wa.gov/rptfiles/04-07-3901.pdf>>

## Many individuals and diverse communities served

Through its work with 18 different community-based organizations, King County provided the following:

- A total of 4,326 unduplicated individuals through 11 evidence-based parenting programs and child/ youth development programs which are ongoing and curriculum-based. These included Best Practices and Promising Approaches delivered in schools and community settings.
- More than 38,000 individuals through eight community-based prevention programs which implemented coalition-building, community education, youth leadership and recreational activities, media literacy efforts and home visiting to new parents.

Programs also delivered culturally-specific services for these communities: Asian Americans and Pacific Islanders, Hispanics/ Latinos, Native Americans/ Indians, GLBTQ, East Africans, and Russians/ Ukrainians.

### Training expands capacity

Prevention Specialists managed prevention training funds to increase the capacity and ability of the community to implement Best and Promising Practices.

King County expanded its capacity to deliver quality services by supporting 92 individuals' attendance at 16 training events. These included nine evidence-based practices training events, the Substance Abuse Prevention Specialist Training, and the Washington State Prevention Summit.



DEPARTMENT OF  
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MENTAL HEALTH, CHEMICAL ABUSE  
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ALCOHOL AND OTHER DRUG  
PREVENTION PROGRAM

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Linda Brown

Joan Clement, Chair

Pat Godfrey, Vice Chair

State Rep. Roger Goodman

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## Summary of Prevention Services: 2007-2009 Biennium

### Best Practices and Promising Approaches

The following table shows the number of unduplicated individuals served in evidence-based parenting and child/youth-development programs that are ongoing and curriculum-based:

Program Names	Organization Names	# of Participants Served
All Stars	• Greater Maple Valley Community Center	85
Creating Lasting Family Connections	• SafeFutures Youth Center	106
Guiding Good Choices	• Friends of Youth • Vashon Youth and Family Services	212
Incredible Years	• Vashon Youth and Family Services	89
Life Skills Training Program	• Center for Human Services • Friends of Youth • Girl Scouts of Western Washington • Neighborhood House	1,773
Make Parenting a Pleasure	• Encompass	116
Nurturing Program	• Northshore Youth and Family Services	12
Parenting Skills	• Encompass	86
Project Alert	• Auburn Youth Resources • WAPIFASA	1,571
Staying Connected with Your Teen	• Friends of Youth	38
Strengthening Multi-Ethnic Families & Communities	• Center for Human Services • Renton Area Youth and Family Services • Valley Cities Counseling and Consultation	238
<b>TOTAL</b>		<b>4,326</b>

### Other Science-Based Prevention Services

The following table shows the number of people served in community-based prevention programs that implemented coalition-building, community education, youth leadership and recreational activities, media literacy efforts and home visiting to new parents:

Program Names	Organization Names	# of Participants Served
Communities That Care	• City of Mercer Island	194
Home Visiting	• Vashon Youth and Family Services	34
Media and Drug Prevention	• Reel Grrls	16
Mentoring Big Brothers/ Big Sisters	• Center for Career Alternatives	91
MPowerment	• Lifelong AIDS Alliance	9,405
Partners In Prevention	• Center for Human Services	28,169
Project Handle	• Neighborhood House	143
Youth Resiliency Camp	• Boys and Girls Clubs of King County/ Iwasil Boys and Girls Club	125
<b>TOTAL</b>		<b>38,177</b>