

Laramie County SPF-SIG Application 2009-2010

Application Face Page

SPF SIG Grant FY 2009-2010

Date Application Submitted to State July 24, 2009	Person Submitting Application Arlene Lyons	No. Pages 75	County Laramie
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Program Manager Information Name: Arlene Lyons Title: Program Director Address: 910 Central Ave. Cheyenne, WY 82007 Work Phone: 307-514-3925 Cell Phone: N/A Email: lyonsarlene@gmail.com			
Coalition Information Formal Name of Community Coalition: Laramie County Community Partnership Prevention Action Team Date/Time/Location of Regular Meetings: Monthly 3 rd Tuesday at 10:45 AM at Boys and Girls Club or Library			

EXECUTIVE SUMMARY: (Please provide a brief narrative of your Coalition, its successes in achieving program goals of reducing underage drinking and binge drinking, and its planned prevention efforts. You may include information about your county that you feel is particularly relevant, or about specific barriers you have encountered and how you plan to overcome them. Your summary should be suitable for publication to third parties, including our federal partner, CSAP. Your summary should be at least one page and may be two pages or more, provided it contains sufficient substantive content that an outsider reading it would get a good sense of prevention efforts within your county).

The Laramie County Community Partnership Inc. consists of more than 60 human service organizations, local and state government representatives, private sector individuals, and faith based groups that serve vulnerable residents in all corners of the county. Its mission is “to maximize resources and influence change to improve the conditions of wellbeing for people in Laramie County”. The Partnership recognizes that improving any system as large as Laramie County’s human service system is a dynamic and evolving process. In Phase I, The Partnership examined the data reported in the 2005 Laramie County Needs Assessment and determined where the areas of greatest need existed for vulnerable populations. Based on

these findings, the Partnership identified target areas for intervention (poverty, housing, health access, substance abuse and childcare access/quality). In Phase II of the plan, teams focused on researching and implementing strategies to improve respective target areas resulting in grants focused on issues of poverty, healthcare access, youth alcohol prevention, and educational enrichment. In 2007-2008 with the support of United Way and a Wyoming Department of Health grant, LCCP commissioned a countywide Gaps Analysis. The Partnership believed that the 2005 Needs Assessment while pointing in the right direction was weakened by the absence of a “gap analysis”; a measure of the resources that currently exist compared to what is needed. In 2008 following an internal assessment of progress and the issuance of the 2008 Laramie County Gap Analysis the following Talk to Action teams evolved: Self-sufficiency; Healthy People; Alcohol, Tobacco, and Other Drugs (ATOD) including Tutoring and Mentoring, and Affordable Housing. This Gap Analysis (2008) has been used along with the Community Needs Assessment (2005), the Prevention Needs Assessment (2007), WYSAC Data (2007-2008) and the Youth Risk Behavior Survey (2006) to demonstrate the need for services. A research and data review of these documents has determined that Laramie County Youth will benefit greatly from increased and focused opportunities for pro-social involvement, activities and programs that aim to reduce risk factors and increase the protective factors that are lacking. Therefore LCCP will continue to emphasize prevention efforts that target the Social availability and Individual risk causal areas concentrating efforts on comprehensive policy changes.

LCCP, Inc. has sought funding and collaborative partnerships to achieve an enhanced quality of life and increased opportunities for the County’s youth. The Strategic Prevention Framework State Incentive Grant received by the partnership focused prevention efforts on social availability and individual risk issues. The SPF/SIG funded the implementation of Family Matters, a Best Practice prevention program designed to combat adolescent alcohol and tobacco use through family intervention, education and counseling. It is directed by the Cheyenne Regional Medical Center Behavioral Health Division. In the area of Social Availability, environmental policy changes in 2008-2009 have focused on an Ordinance Review providing data and focused awareness information to defeat a City Council measure that would have allowed access to serving areas by employees under twenty one and a measure that would have permitted liquor and beer billboards to be lighted at night. Directed by that Ordinance Review, the coalition will return to a strategy developed last year and work to implement higher fees for special events that allow liquor or beer sales. The proceeds from those higher fees would be returned to law enforcement for greater emphasis and funding of underage drinking enforcement.

The 2008-2009 Prevention Block Grant provided a youth coordinator for all youth directed organizations within the county increasing collaboration and capacity building. The 2009-2010 Prevention Block Grant will continue to fund a youth coordinator, prevention directed recreation and arts programming, and provides some administrative funding for a comprehensive afterschool prevention initiative. The 2009-2012 Community Initiatives grant will provide funding for Connections Corner, a program focusing on families impacted by multi-generational poverty. 21st Century Community Learning Centers grants provide educational enrichment, prevention, tutoring and recreational services to limited numbers of elementary age at risk children through the YMCA Kids and Bus Program (Cohort 3) while CASASTART (Best Practice Program) in collaboration with Youth Alternatives (Cohort 4) serves a focused group of high risk middle school adolescents. The Cohort 4 program had initially hoped to extend services to all of the middle schools but its scope will be reduced to reflect the tremendous need at Johnson Junior High (Title I). CasaStart objectives include reducing disruptive behavior, improved academic performance and school attendance,

reducing use of alcohol and other drugs, and reduced incidence of delinquent behavior. LCCP appreciates the demonstrated success and demand for CasaStart at Johnson Junior High and understands the need to further expand afterschool programming opportunities to the entire middle school aged population. Cohort 5 funding supported the Best Practice Citizen Schools program offering an opportunity to further expand middle school afterschool prevention programming to Carey Junior High.

LCCP’s Prevention Team is ready to support Best Practice community initiatives that increase sustainable environmental changes to institutionalize youth prevention and afterschool programs impacting the greatest number of students in Laramie County. The LCCP Prevention Team has therefore established as its strategic priority for 2009-2012, a comprehensive afterschool neighborhood based prevention program modeled on Best Practice efforts that will offer safe and enriched programming to over 10,000 LCSD#1 Students and serve as a platform to create awareness and prevention education for the families of Laramie County. Additionally our priorities include the continued introduction of outstanding outcomes based programming within the community emphasizing early prevention and education for youth and parents. The First Tee national golf prevention model offers the community a successful elementary and middle school program emphasizing individual risks and featuring collaboration between the school district and a primary youth service organization with the program operating throughout the calendar year. The Boys and Girls Club Torch club with the Smart Moves prevention model will work to emphasize youth empowerment and environmental change through youth participation. All programming is aimed at the development of comprehensive services and systemic change.

Worksheet 1. Targeted Causal Areas and Identified Strategies

Potential Causal Areas	Is Your Community Currently Targeting this Causal Area? (Yes or No)	What Evidence-Based and/or Environmental Strategies Have You Implemented This Year to Address this Causal Area? (Please be Specific)
Retail Availability	No. Lowest level of all 23 counties (2007 PNA)	
Criminal Justice	No	
Social Availability	Yes. Restricting Access to Alcohol Sixty percent of 6 th grade students reported they obtained their last drink from parents. 56.6 % of	Policy Review. According to the 2008 SPF/SIG timeline the Laramie County/Cheyenne Wyoming Review of Local Alcohol related Ordinances was completed by Ann A. Reyes EdD. and Benjamin Winters BA. Summer 2008.

Potential Causal Areas	Is Your Community Currently Targeting this Causal Area? (Yes or No)	What Evidence-Based and/or Environmental Strategies Have You Implemented This Year to Address this Causal Area? (Please be Specific)
	<p>parents said access to alcohol in their homes was either somewhat or very easy(2007 PNA) Percent of students who attended a gathering with large amounts of alcohol (2007 PNA #14)All Risk factors except for sensation seeking higher for 8th graders than state average, protective factors lower for 8th graders than rest of Wyoming as a whole and the rest of the nation(2007 PNA #15; 2006 Wyoming Prevention Needs Assessment)</p>	<p>The draft of the report was presented to LCCP ATOD August 2008. ATOD worked to successfully table a City council motion to allow underage employees access to serving areas and worked to educate the City council regarding lighting of liquor billboards which resulted in the quashing of the ordinance. Following receipt of the State of Wyoming statute report in late 2008, ATOD followed the timeline for review of local and state ordinances, community education and awareness and decisions on further environmental changes as laid out in the original SPF/SIG. The Ordinance Review and the 2008 Gaps Analysis lead to the determination that the leading environmental change for primary at risk groups elementary through 8th grade would be the implementation of community wide afterschool programming in each neighborhood school offering a primary platform for comprehensive prevention programming</p> <p>Family Matters: A “Best Practices” program designed to prevent alcohol use through family intervention, education and counseling. This program will be supplemented to include the development of a 5th mailing creating awareness of Laramie County youth alcohol consumption issues, ordinances (keg registration, social host liability, and restricting access) and state statutes. This focused and individualized approach to families will work to reduce consumption by youth, targeting the primary source of access (parents) in Laramie County.</p> <p>2009 addition to strategic plan:</p>

Potential Causal Areas	Is Your Community Currently Targeting this Causal Area? (Yes or No)	What Evidence-Based and/or Environmental Strategies Have You Implemented This Year to Address this Causal Area? (Please be Specific)
		<p>Environmental strategies: (1). Evidenced based, to further study and develop recommendations on the permitting process for special events. LCCP will examine permitting rules throughout the nation, particularly focusing on fee structures impacting liability issues, enforcement costs and public risk with alcohol. LCCP will continue the education of residents and community leaders, working with appropriate individuals and groups as indicated to craft a series of community appropriate recommendations on special event permits and fee structures for Laramie County (Cohen et al, 2002 found that 97 cities across the United States that banned or had greater restrictions at events had fewer alcohol related fatalities, vandalism, fighting and other public disturbances)</p>
Promotion	Not a causal area. Alcohol advertising in Laramie County is reportedly smaller than across the state (2007 PNA #49)	Worked to educate the City council regarding lighting of liquor billboards which resulted in the quashing of the ordinance.
Community Norms	No Data sources indicate that community norms were not primary contributors to the misuse of alcohol (2007 PNA #58) 90.3% of Laramie County respondents said drinking and driving is a serious/somewhat serious problem and were more decisive on the issue than other state respondents. (PNA 2007 #54) Laramie County Youth attend events slightly more than Wyoming average where alcohol is served or adults were drinking. (2007 PNA	

Potential Causal Areas	Is Your Community Currently Targeting this Causal Area? (Yes or No)	What Evidence-Based and/or Environmental Strategies Have You Implemented This Year to Address this Causal Area? (Please be Specific)
	<p>#51) Attitude toward selling alcohol at community events is similar to state with a split in the population that responded (2007 PNA #54) Rate of special even and malt liquor licenses is significantly lower than the rest of the state</p>	
Individual Factors	Yes	<p>Family Matters: Best practice model developed by University of North Carolina and being implemented in Cheyenne by Cheyenne Regional Medical Center Behavioral Institute(SPF/SIG funding)</p> <p>CASASTART (21CCLC funding) Best practice model developed by Columbia University and being implemented in Cheyenne by City of Cheyenne Youth Alternatives for middle school students.</p> <p>After school Programming for At Risk Kids (21CCLC)</p> <p>YMCA Afterschool Bus Program for elementary at risk students and CITY program for at risk middle school students, Best Practice Model Citizen Schools (21CCLC) Evidenced Based. Reducing risks and increasing protections(Lehr et al, 2003; Murray and Belenko 2005)</p> <p>Connections Corner (United Way, City of Cheyenne, Laramie County, Dept of Health)</p> <p>Free Pharmacy</p> <p>Tobacco Cessation Program (American Cancer Society/Department of Health)</p> <p>Methamphetamine Awareness Campaign(PBG grant 2009) Meth education and awareness program utilizing the school environment and advertising</p>

Potential Causal Areas	Is Your Community Currently Targeting this Causal Area? (Yes or No)	What Evidence-Based and/or Environmental Strategies Have You Implemented This Year to Address this Causal Area? (Please be Specific)
		Child Care Coordination Project (Department of Health) NAEYC 2007 New 24 hour childcare facility ages birth –three years age. Afterschool comprehensive strategy K-8 th grade.

Worksheet 2: Causal Area & Evidence-Based Strategy Assessment

Question 1.

Have your targeted causal areas changed? If yes, what data supports this change?

NO.

Targeted areas remain Social Availability (Family Matters and Special Events permitting and Comprehensive afterschool programming both environmental changes) and Individual Factors (Family Matters)(Comprehensive afterschool prevention programming). All data gathered indicates that continued efforts in these two areas will have the greatest impact on Laramie County’s desired prevention outcome that youth will make good decisions and be alcohol, tobacco and other drug free. Comprehensive, integrated and collaborative efforts toward this outcome can best be achieved through environmental change that establishes a continuum of care for youth and families.

Current studies have found that drug use among school-age youth is influenced less by lack of relevant knowledge or skills than by general shortcomings in young people’s (a) involvement in a web of relationships with peers and adults at school and elsewhere b) experience of enjoyment and success in constructive family, school, and community-based pursuits, and (c) basic commitments to positive social and interpersonal norms and values that arise from such relationships and experiences. Pervasive changes in processes, organization, and atmosphere are required to address these shortcomings—changes that are broad based and comprehensive, that recognize the crucial influence of the social environment of the school and community, that offer the protections of increased quality time , and that work to change that environment to be more supportive and to more clearly emphasize and demonstrate the expression of positive personal and interpersonal values.(Journal of Primary Prevention, Schaps and Solomon, 2003) The Prevention Action Team of Laramie County Community Partnership is chaired by Dr. Jiri Danczik, a psychiatrist specializing in substance abuse, co-chaired by James Demshar, a member of the Governor’s advisory board on Substance Abuse and the participating membership is made up of representatives of primary youth agencies, prevention organizations, healthcare and mental health facilities, the school district, Warren Air Force Base and community representatives. Data driven strategies are derived primarily from a 2008 Comprehensive Gaps Analysis, a 2008 Review of Alcohol Related Ordinances, WYSAC evaluations and data, and the 2007 Prevention Needs Assessment. Programmatic funding prioritizes Best Practice models.

Question 2.

Have your chosen evidence-based strategies changed from the original? If yes, what are the changes and why did you make them?

As data from the Laramie County Gaps Analysis, YRBS, WYSAC and other sources has been evaluated, goals and strategies have been expanded to reflect a comprehensive and transformative environmental change in policies particularly those affecting risk and protections for elementary and middle school youth.

Desired Outcome: Youth in Laramie County make good decisions and are alcohol, tobacco and other drug free.

Significance: Underage use of alcohol, tobacco and other drugs (ATOD) by youth is a causal factor in issues ranging from higher rates of school failure to preventable injury and death, high- risk sex, unintended pregnancies, alcohol poisoning and violent crime. Overall, Laramie County youth report and display fewer protective factors and more risk factors than other Wyoming youth. Protective factors include opportunities for positive involvement at home, in sporting activities, at school and in the community (PNA 2007). Prevention Needs Assessment Risk factors examined include lack of social skills and sensation-seeking behaviors greater than the rest of the state. The high prevalence of risk factors and low prevalence of protective factors are detrimental to youth academic achievement, economic well-being and development of positive social skills.

- 28.8 percent of Wyoming youth had their first drink of alcohol before age 13 (YRBS, 2007); best predictor of future behavior Youth Risk Behavioral Survey 2007
- 60.6% of sixth grade students in Laramie County reported that they received their last drink of alcohol from their parents (PNA 2007)
- 29.4 percent of Wyoming students report riding in a car driven by someone who had been drinking alcohol in the last 30 days (YRBS, 2007)
- 40 percent of all juvenile custodial arrests in Wyoming involve alcohol (Wyoming Association of Sheriffs and Chiefs of Police, 2007)
- 26 percent of students entering ninth grade in Laramie County School District #1 do not graduate. (Wyoming Department of Education Summary 2007)
- 56.6% of parents in Laramie County said access to alcohol in their homes was easy or somewhat easy
- Most alcohol related crime indices for juveniles in Laramie County are trending lower than the rest of the state (Data from WYSAC Report March 2007-June 2008)

Wyoming Juveniles

Laramie County Juveniles

<ul style="list-style-type: none"> • DUI • 136.82 	<ul style="list-style-type: none"> • DUI • 74.87
<ul style="list-style-type: none"> • Drunkenness • 66.57 	<ul style="list-style-type: none"> • Drunkenness • 10.45
<ul style="list-style-type: none"> • Alcohol related vehicle crashes • 9.77 	<ul style="list-style-type: none"> • Alcohol related vehicle crashes • 5.33
<ul style="list-style-type: none"> • Alcohol related fatalities • 10.66 	<ul style="list-style-type: none"> • Alcohol related fatalities • 5.63
<ul style="list-style-type: none"> • Alcohol related injuries • 91.36 	<ul style="list-style-type: none"> • Alcohol related injuries • 77.01

Underage Drinking *	Wyoming	Laramie County
8 th grade	27.1%	30.9%
10 th grade	39.9%	41.1%
12 th grade	48.2%	42.0%

Youth Binge Drinking *	Wyoming	Laramie County
8 th grade	16.2%	17.6%
10 th grade	25.2%	23.7%
12 th grade	32.3%	23.3%

*Data indicated “Past 30 day alcohol use” and “Youth binge drinking” for 8th graders are primary areas trending higher

Youth Mentoring and Tutoring: Gaps Analysis Laramie County 2008

Laramie county 6th, 8th and 10th graders all reported rates of academic failure higher than the Wyoming average. (39.7%, 49.8% and 49.9 respectively)

Only minimal tutoring and mentoring services are available in Laramie County and those that exist have only minimal budgets.

The Wyoming Department of Education rates all three LCSD#1 middle schools as “In Need of Improvement”.

Actions Steps: ATOD’s dedication to best and promising practices, collaborative approaches and a commitment to planning across agency boundaries works to ensure full use of existing programs with a goal to increase graduation rates and create a system of alcohol and other drug prevention services that is family-centered, empowering and strength-based for parents and youth. The ATOD Team used funding sources specifically identified below toward its action steps:

21st Century Community Learning Centers (21 CCLC) – Offered through the Wyoming Department of Education, these grants support the creation of community learning centers to provide academic enrichment opportunities for children, particularly students who attend high-poverty and low-performing schools. The grants are designed to help students meet state and local student standards in core academic subjects, such as reading and math; offer students an array of enrichment activities to complement their regular academic programs; and encourage family literacy and other educational services to the families of participating students.

YMCA Kids Bus program – Targeted at elementary students in schools with high levels of free or reduced-cost lunch participation, this program incorporates academic enrichment activities for after-school programs through one-on-one tutoring and mentoring of at-risk youth. All participants in this program participate in recreational activities, get healthy snacks, and participate in enrichment activities to help build self-confidence. The result is positive life choice and academic success. More than 1,500 Cheyenne children participated in the program during 2007 and 2008.

CasaStart – Funded in collaboration with the City of Cheyenne’s Youth Alternatives, this is a best practice program building on existing Youth Alternatives efforts. At-risk students and families are referred by teachers, counselors and the juvenile justice system and provided intensive services. CASASTart objectives include a reduction in disruptive behaviors at school, improved academic performance and school attendance, reduced drug and alcohol use and reduced incidents of delinquent behavior. The program began in spring 2008 and is serving 42 families at Johnson Junior

High School.

C.I.T.Y.(Curriculum and Integrity for Teenaged Youth) – Modeled on the Best Practice Citizen Schools, funding for this middle school program begins officially in 2009 under the sponsorship of Cheyenne Family YMCA. The program pilot was launched in the summer of 2008, housed at Carey Junior High School and open to all Cheyenne students. C.I.T.Y. offers tutoring and mentoring, filmmaking and theater arts, computer technology, recreation, health and wellness, and citizen service learning.

Strategic Prevention Framework State Incentive Grant (SPF SIG) – ATOD earned a grant from the Wyoming Department of Health’s Mental Health and Substance Abuse Division to focus on underage drinking and appropriate policy changes in Laramie County.

Underage Drinking: Partnering with the Cheyenne Regional Medical Center’s Behavioral Health facility, ATOD adopted Family Matters, another best practice program, designed to prevent adolescent alcohol and tobacco use through the enhancement of family awareness and parental communication skills.

Policy Changes: ATOD funded a review of alcohol-related local ordinances, participated in a review of state statutes and continues to educate local lawmakers and community members about these findings and their impact on the community. The 2008 State Prevention Framework Grant funded by the Wyoming Department of Health

Prevention Block Grant, 2008-09 – Funding for a Laramie County Youth Coordinator, a Meth and Other Drugs Media Campaign, and a nationally recognized youth leadership development event (FACE, Take It Back) was made possible with this funding.

A Dose of Prevention: Stopping Cough Medicine Abuse Before it Starts Town Hall Meeting – Communities all over America started to talk about cough medicine abuse when studies reported about one in 10 teens reported their purposeful abuse of cough medicine. As part of a partnership with the Wyoming Department of Health, ATOD won a grant from the Community Anti-Drug Coalitions of America (CADCA) to help offset the cost for this town hall meeting to raise awareness about teen medicine abuse. The remainder of these funds will be used by ATOD’s promotion of the A Dose of Prevention campaign.

Short-term funding: A summer arts program for at-risk elementary students was directed by the Cheyenne YMCA. Youth Alternatives and the Cheyenne Family YMCA partnered to offer a middle school recreation and computer technology summer program. This was funded with carry-over funds for the summer of 2008 only.

A National Recovery Month grant funded a September 2008 essay contest, “I Drew the Line/How Life Got Better,” for middle school and high school students.

Strategic Planning guidelines 2009-2012

- Focus available resources on comprehensive Afterschool Development creating neighborhood based and affordable enrichment, sports and arts programs offering peer and mentoring support to parents and youth along with incentivized opportunities to learn and grow in atmospheres fostering health and well-being, while reducing the use of alcohol and other drugs, encouraging mutual respect, responsibility and hope.
- Continue to combat adolescent alcohol and tobacco use through family intervention, education and counseling.
- Provide funding for a Youth Coordinator to increase awareness, collaboration and capacity-building among all youth directed organizations within Laramie County.
- Continue working with the Department of Family Services, law enforcement and the courts to create alternative pre- and post-adjudication alternatives.
- Direct funding to best-practice prevention partnerships like CASASTART at Johnson Junior High School, the YMCA’s Bus (Elementary) and C.I.T.Y. Middle School Programs(Citizen

School Model), and Youth Alternatives to provide educational enrichment, tutoring and recreational services to elementary school children and high-risk middle school adolescents in an effort to reduce disruptive behavior, improve academic performance and school attendance..

- Focus and direct mentoring, tutoring and recreational services toward families from multi-generational poverty backgrounds.
- Establish resources to increase mental health access for low-income youth and families and increase capacity in tutoring services, i.e. federal Supplemental Education Services.
- Continue research and proactive response to policy changes within the city and county serving to reduce substance abuse and underage access to alcohol.

Worksheet 3. Current CAC Membership Roster & Planning Meeting Attendance

Member Name	Organization	Address	Email	Phone	Attend Meeting? (Y/N)
Jiri Danczik MD.	Cheyenne Regional Medical Center(CRMC)	CRMC Division of Behavioral Health	<u>Jiri.danczik@crmcwy.org</u>		Y
Phyllis Sherard PhD	(CRMC)	214 E 23 St	<u>phyllis.sherard@crmcwy.org</u>	633-6656	Y
James Demshar	Governors Advisory Board on Substance Abuse CRMC	214 E 23 St	<u>James.demshar@crmcwy.org</u>		Y
Kathleen Gillgannon	Cheyenne YMCA	1426 E. Lincolnway Cheyenne, Wy. 82001	<u>kgillgannon@qwest.net</u>	634-9622	Y
Mary Miller	YMCA	1426 E. Lincolnway Cheyenne, Wy. 82001	<u>mmiller@chevennymca.org</u>	634-9622	Y
Antron Ansley	YMCA	1426 E. Lincolnway Cheyenne, Wy. 82001	<u>aanslev@chevennymca.org</u>	634-9622	Y
Kristi Leavitt	Peak Wellness		<u>klevitt@peakwellnesscenter.</u>	635-2753	Y

			org		
Brent Howard	Family Matters	214 E 23 St	brent.howard@crmcwy.org		Y
Tammy Howard	Attention Homes	714 E Fox Farm Rd	thoward@state.wy.us		Y
Katherine VanDell	Community Member	912 Cherry St	"Katherine Van Dell" katherinevandell@bresnan.net		Y
Jenn McKee	Boys and Girls Club	1700 Snyder Ave	jmckee@bgcchey.org	778-6674	Y
Douglas Mercado	Youth Development Director (LCCP)	910 Central Ave.	Doug Mercado" doug_mercado@me.com	635-5100	Y
Jay Sullivan	Youth Alternatives (Drug court) City of Cheyenne	1328 Talbot Ct	jsullivan@cheyennecity.org	637-6480	N
Mary Brown	F.E. Warren Air Force Base	7601 Randall Ave	mary.brown@warren.af.mil	733-5943	Y
Lisa Scholz	Cheyenne/Laramie County Meth Project; Cheyenne Police Department	Cheyenne police dept. 2020 Capitol Ave.	"Lisa Scholz" ascholz@cheyennepd.org		Y
Mike Klopfenstein	LCSD#1	2810 House Ave.	Klopfenstein, Michael :klopfensteinm@laramie1.k12.wy.us]	771-2100	Y
Sally Meeker	Youth Alternatives	1328 Talbot Ct	smeeker@cheyennecity.org	637-6480	Y
Alfrieda Gonzales	Laramie county Community Partnership	910 Central Avenue	amgresults@yahoo.com	635-5100	Y
Arlene Lyons	Laramie County Community Partnership	910 Central Avenue	lyonsarlene@gmail.com	514-3925	Y

Worksheet 4. Meeting Report

Date of Initial CAC Planning Meeting 6/12/2009; 6/10/2009	Place of Meeting Albany Restaurant	Length of Meeting 2 hours	No. CAC Members Attending 6
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STRATEGIES IDENTIFIED FOR PRIMARY PLAN

Name of Strategy	Why Did You Select This Strategy?	What Are You Going to Accomplish?	Potential Barriers
<p>1. Comprehensive environmental change: Focus available resources on comprehensive Afterschool Development creating in school neighborhood based and affordable enrichment, prevention, sports and arts programs offering peer and mentoring support to parents and youth along with incentivized opportunities to learn and grow in atmospheres fostering health and well-being, while reducing the use of alcohol and other drugs, encouraging mutual respect, responsibility and hope.</p>	<p>Eighty percent of children’s waking hours are spent outside of school. But for too many the end of the school day signals long hours of boredom and risk rather than opportunities to participate in enriching learning activities that impact substance abuse risks. Comprehensive school-based programs with potential for influencing the level and onset of drug use among adolescents and children, include those that have created environments that influenced some of the individual risk or protective factors—social bonding, school attachment, personal efficacy, and commitment to positive values</p>	<p>Our current goal is to help Cheyenne develop and test ways to plan and implement sustainable systems that increase overall participation in high-quality best practice OST programs increasing prevention protections and reducing risks, creating neighborhood based programs so that more children and youth attend often enough to gain developmental benefits. We will partner with the Laramie County School District #1, the Cheyenne Family YMCA, Boys and Girls Club, the City of Cheyenne, Laramie County and other related not for profits, parent groups, and all related arts and business organizations to maximize collaboration and sustainability with the goal of developing fully operational afterschool programs in every elementary and middle school by Fall of 2012. <u>Six “action elements” for achieving a coordinated approach to improving OST:</u></p> <ul style="list-style-type: none"> ▪ Committed leadership – including top political, school, community and OST leaders, to secure funding and other resources and shape policies; ▪ A public or private coordinating entity – to 	<p>All stakeholders are currently committed. Maintenance and growth of that commitment over the planning and implementation period will be the primary challenge.</p>

		<p>manage the development of plans, link disparate OST players, build citywide attention and support for OST, and ensure that plans and performance stay on track;</p> <ul style="list-style-type: none"> ▪ Multi-year planning – to set goals and priorities, develop ways to hold key players accountable for results and identify necessary resources; ▪ Reliable information – to document the needs and wishes of parents and children, track participation and identify underserved neighborhoods and families; ▪ Expanding participation – to reach more children and ensure that they attend often enough to benefit; and <p>A commitment to quality – because quality programs are likeliest to benefit children and therefore scarce OST funding should be directed to delivering high-quality programming</p>	
<p>2. Family Matters Continue to combat adolescent alcohol and tobacco use through family intervention, education and counseling</p>	<p>Laramie County Youth reported obtaining alcohol from their own parents or parents of a friend more often than do youth in the state as a whole. In addition in light of the Laramie County Gaps analysis, a major substance abuse treatment gap exists and will not soon be resolved indicating that family prevention and intervention is the preferred methodology.</p>	<p>Continue to offer the opportunity to parents to increase positive internal family communication around alcohol prevention in a non-invasive way. Offer referrals for greater in-depth counseling when necessary.</p>	<p>Challenges include provision of services to non-English speaking families. Funding will provide bilingual staffing.</p>
<p>3. Permitting process for special events. LCCP will</p>	<p>Laramie county youths grades 6th, 8th and 10th attended events slightly more than the Wyoming average where</p>	<p>This was a strategy for the last calendar grant but the AOD was in the process of reorganizing and orienting new leadership.</p>	<p>Public resistance to any increase in</p>

<p>examine permitting rules throughout the nation, particularly focusing on fee structures impacting liability issues, enforcement costs and public risk with alcohol. LCCP will continue the education of residents and community leaders, working with appropriate individuals and groups as indicated to craft a series of community appropriate recommendations on special event permits and fee structures for Laramie County (Cohen et al, 2002 found that 97 cities across the United States that banned or had greater restrictions at events had fewer alcohol related fatalities, vandalism, fighting and other public disturbances)</p>	<p>alcohol was sold or adults were drunk</p>	<p>The AOD Action Team is committed to taking on this project for 2009/2010. AOD hopes to increase special permit fees to include the costs of enforcement associated with serving of alcohol at special events.</p>	<p>fee structures.</p>
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SPECIAL PROJECTS SELECTED			
Name of Project	Why Did You Select This Project?	What Are You Going to Accomplish?	Potential Barriers
1.Youth Empowerment	The positive youth development (PYD) approach is a way of thinking, living, and acting as individuals and as a community. As adults we should expect more from young people and provide them with opportunities to give more and become more. It is important to remember that even though youth involvement promotes positive youth development, involving youth is not only a way to help them to develop positively, but also to utilize their expertise in enhancing systems transformation. The youth empowerment movement was created to emphasize the positive outcomes that youth can create, rather than the negative outcomes that society hopes to prevent.	To create, enhance and encourage the development of a small group leadership vehicle using the Boys and Girls Club Torch club model for young adolescents focusing on drug and alcohol resistance, positive interactions with other teens, development of interpersonal and social skills, and community volunteerism	Sustained involvement of diverse representative youth will be a focus and a challenge.
2.Highly Effective Prevention Program: First Tee	This is a Best Practice prevention program whose evaluations indicate highly successful impact in the area of substance abuse prevention	Continuation of First Tee program in LCSD#1 funded through the PBG with a ten week summer program directed by the Boys and Girls club of Cheyenne encouraging a comprehensive community approach to prevention education	None as relationships have been built with school administration, golf facilities and afterschool providers
3.Comprehensive Prevention Strategy	To plan and implement sustainable systems that increase overall participation in high-quality best practice OST programs increasing prevention protections and reducing risks, creating neighborhood based programs so that more children and youth attend often enough to gain developmental benefits.	Comprehensive afterschool prevention programming in all LCSD#1 elementary and middle schools limiting risks and improving protections	Motivating middle school students to freely participate will be a challenge as it is in all parts of the United States

4.Training	To participate in regional CAC meetings and to bring the Best Practice Citizen Schools to Cheyenne to train participating leadership and potential staff	Well resourced and trained community members to better create long term comprehensive programming	None if funding is made available
<p>Did you request any type of technical assistance from WyPTAC or the Division for this meeting? If no, why not? If yes, what type did you request?</p> <p>No, As we had been undergoing a strategic planning process lead by uniquely qualified team chairs and staff who had been trained in strategic planning accountability processes in Fall 2008 by Mark Friedman.</p>		<p>Did you request WyPTAC or the Division provide direct assistance in facilitating this meeting? If no, why not?</p> <p>No as we had trained facilitators on the team.</p>	<p>Did you receive the TA requested?</p> <p>N/A</p>

Worksheet 5. Local Community Prevention Efforts

Local Prevention Initiatives other than the PF	Major Strategies	Critical Dates and Events	Local Contact	Potential Collaboration Y/N
Federal Prevention Block Grant	<ul style="list-style-type: none"> • Strengthening the role of a Youth Development Director to increase collaboration amongst all community institutions serving youth with the goal of focusing resources, avoiding duplication and refining skills. • Increasing the capacity of previously implemented best practice program's staff to reduce risk taking behavior through model enrichment programs and ongoing directional training by mental health professionals. These programs will be guided by certified and credentialed mental health staff who will offer ongoing training in conflict resolution, adolescent counseling and social and cultural issues. • Development of strategic 	<p>By 2010, create a youth prevention coalition that will provide the resources for direction and coordination for all youth prevention programs in Laramie County</p> <p>By January 2010 enrich the capacity of ongoing prevention programs to offer therapeutically directed recreational, arts, theater and film components for at risk youth</p>	Arlene Lyons lyonsarlene@gmail.com	Y

	planning process to provide afterschool programming K-8th grades in all LCSD#1 schools using the best practice program models of Citizen Schools and CASASTART as appropriate models.	By September 2010 create a comprehensive afterschool program in all elementary and middle schools		
Most of Us social norming campaign	Utilized as approach in youth prevention within Family Matters, CasaStart, and YMCA programming	continuous	Arlene Lyons lyonsarlene@gmail.com	Y
The Line social marketing campaign	Social Norms strategy area used in youth prevention programming	ongoing	Arlene Lyons lyonsarlene@gmail.com	Y
Wyoming's First Lady's Initiative	N/A			
Community Initiative to integrate prevention	Decrease Barriers to community support and enhance access to resources through the staffing of a 211 System coalition directed toward the creation of an effective and integrated information and referral system for Laramie County. (2) Improve access to and understanding of the critical family need for quality childcare through the staffing of a coalition of providers, families and diversified community interests. (3) Reduce intergenerational poverty through implementation of the Circles Model utilizing Connections Corner Program	ongoing	Stephanie Pyle sapyle@msn.com	Y
Youth Initiatives (post-FACE activities)	Continue work with attending groups, Boys and Girls Club, YMCA, Attention Homes and Youth Leadership Council and monitor mini-grant progress	Ongoing	Douglas Mercado 635-5100	Y
Anti-Drug Programs	Laramie County Meth Initiative Messaging Campaign for Youth	Ongoing	Alicia Scholz , telephone #632-3449	Y
School Prevention Programs	21 st CCLC programs, YMCA bus program, YMCA CITY Program, CasaStart, First Tee Program CAN, ATOD education	Ongoing	YMCA Kathleen Gillgannon, 634-9622;	Y

	<p>programs, <u>Prevention Programs—School Based</u></p> <ul style="list-style-type: none"> • Project Alert • Aggressors Victims and Bystanders Prevention • Project Toward No Drug Abuse • Aggression Replacement Training • Building Developmental Assets • Bully proofing Your School • Parent Project • This Way Out-Freedom from Tobacco • Young Women’s Lives • Young Men’s Work • Careful Caring • Prevention Kits. • Second Step Violence Prevention • Steps to Respect • Alternate Groups • Change Attitudes Now (CAN) Program 		<p>Youth Alternatives Ronn Jeffrey 637-6480 John Contos Health and Prevention Programs (telephone # 307-771-2139 Laramie County School District#1</p>	
Law Enforcement Prevention Programs	DARE School Resource Officers	School year 2009-2010 Ongoing	Robert Fecht-Chief of Police Cheyenne –(307)637-6500 Danny Glick Laramie County Sheriff (307)634-1700	No but law enforcement is represented on the LCCP coalition
Suicide Prevention Programs	Laramie County School District #1 See School Prevention Programs, Peak Wellness	School year 2009-2010 Ongoing	John Cantos (307)771-2139 Kristi Leavitt, Peak Wellness	No but will work to build relationship on this issue

Wyoming Tobacco Prevention and Control Program	To promote tobacco cessation programs in Laramie County and prevention programs as listed in school based prevention info	School year 2009-2010 Updates on special events available at monthly LCCP meetings	Patty Stevens 635-5100	No working with Health Issues Action Team
Public Health Programs and Initiatives	Healthy People Tobacco cessation, obesity prevention, etc.	Ongoing Monthly Meetings LCCP	Phyllis Sherard phyllis.sherard@crm cwy.org	Y
Juvenile Justice	Youth Alternatives ACCISS Programming	Ongoing	Ronn Jeffrey rjeffrey@cheyenneci ty.org	Y

Worksheet 6 – Potential Local Partnerships and Collaborations

<p>AGENCY NAME/CONTACT:</p> <p>Laramie County Community Partnership (Arlene Lyons) locally administers the Prevention Block Grant, Social Norms Campaign, the Line, the Community Initiative Grant, Post-FACE efforts, Youth Initiatives, Community Health Initiatives and funds within LCSD#1 afterschool model programs and the First Tee Prevention program. We are working with all partners on a regular weekly or monthly basis to further communication, increase resources and promote sustainability.</p>
<p>IDEAS FOR COLLABORATION:</p> <p>We will continue to work through our coalition which includes over 60 human service, business, faith-based, and government agencies to further collaboration on all of the above programs through internal action groups and external messaging.</p>
<p>AGENCY NAME/CONTACT:</p> <p>Laramie County Meth Initiative Alicia Scholz telephone #632-3449</p>
<p>IDEAS FOR COLLABORATION:</p> <p>Member of the LCCP AOD working monthly on collaborative efforts to reinforce positive messaging in the schools</p>
<p>AGENCY NAME/CONTACT: All our members of the LCCP coalition</p> <p>YMCA(Kathleen Gillgannon), Youth Alternatives(Ronn Jeffrey), Cheyenne Police Department(Bob Fecht), Boys and Girls Club and the Laramie County School District #1 (Mike Klopfenstein)</p>
<p>IDEAS FOR COLLABORATION: All will be working on the strategic plan for a comprehensive afterschool program that will transform childcare and prevention issues for elementary and middle school youth in Laramie County</p>

Worksheet 7. Steps to Accomplish PF Strategies

Strategy: Comprehensive environmental change Restricting Access to Alcohol by limiting at risk, unsupervised hours for youth: Focus available resources on comprehensive Afterschool Development		
Action Steps	Day/Month/Year of Completion	Responsible Party
Committed leadership recruited including political, school, community and OST leaders, to secure funding, resources and shape policies	31/10/2009	Arlene Lyons LCCP, Inc. Kathleen Gillgannon YMCA Mike Klopfenstein LCSD#1
A public or private coordinating entity – to manage the development of plans, link disparate OST players, build citywide attention and support for OST, and ensure that plans and performance stay on track;	31/10/2009	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
The Entity will meet monthly for planning and training purposes	31/8/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Reliable information and data – to document the needs and wishes of parents and children, faculty, track potential participation and identify underserved neighborhoods and families;	30/12/2009	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
A commitment to quality – Determination of best practice curriculum, core values and training standards because quality programs are likeliest to benefit children and therefore scarce OST funding should be directed to delivering high-quality programming	3/1/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Hiring of primary staff	30/4/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Training of Staff	Ongoing	LCCC
Startup of services	1/9/2010	Arlene Lyons Kathleen Gillgannon

		Mike Klopfenstein
Evaluation Process Developed	1/9/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Ongoing evaluation and changes as needed through development of permanent advisory board	31/10/2012	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein

Worksheet 7. Steps to Accomplish PF Strategies

Strategy: Restricting Access to Alcohol: Family Matters		
Action Steps	Day/Month/Year of Completion	Responsible Party
Health Educator ongoing training	10/31/2012	Brent Howard CRM CBI Cheyenne Regional Medical Center Behavioral Institute
Outreach and media campaign Bilingual	Ongoing until end of programming	CRM CBI
Identification of Families Eligible for Programming	Ongoing until end of programming	CRM CBI
Obtain Parental Consent	Ongoing until end of programming	CRM CBI
Development and mailing of City/State statutes and parental and student responsibilities Bilingual	1/3/2010 and then ongoing for each client	CRM CBI
Coordination with comprehensive afterschool programming to extend services through the program to families	Ongoing after 31/12/2010 through end of programming	CRM CBI
Evaluation of programming	Ongoing through end of funding for programming	LCCP Project Coordinator
Ongoing changes in programming as a result of evaluation process	Ongoing through end of funding for programming	CRM CBI

Worksheet 7. Steps to Accomplish PF Strategies

Strategy: Restricting Alcohol Sales at Community Events: Research and Development of Special Events Permitting Requirements for Laramie County/City of Cheyenne		
Action Steps	Day/Month/Year of Completion	Responsible Party
Research on fee structures completed by Youth Director	31/10/ 2009	Doug Mercado- LCCP,Inc Youth Development Director
Research on use of added fees targeted to a specific area of law enforcement concern such as youth enforcement in permitting of special events. Will the collected fees be utilized for intended use?	31/10/2009	Doug Mercado
Research of permitting requirements for special events in cities of similar demographics	31/10/2009	Doug Mercado
Development of written recommendations for local special events (ie. Potential areas include: keg dispensing area disclosure and required server training, fee structures and identifying wrist bands)	31/10/2009	Doug Mercado
Approval by AOD Prevention Action Team	31/12/2009	Prevention Chair
Approval by LCCP coalition	31/1/2010	Prevention Chair
Plan to build collaborative community support for ordinance changes as needed	31/1/2010	Doug Mercado Prevention Chair
Plan to educate and build collaborative political and leadership support for recommendations as determined	31/1/2010	Prevention chair Prevention Team Doug Mercado
Implement community support, leadership support and media awareness campaign	15/2/2010	Prevention chair Doug Mercado
Support passage as needed	Ongoing through the procedural process	Prevention chair Doug Mercado
Process Evaluation	30/9/2010	Prevention Chair, Prevention Action Team, Doug Mercado
Determination of additional policy change issues and implementation	30/9/2012	Prevention chair, staff and Team

Work sheet 8. Meeting Report – Workplan and Calendar Meeting

<p>Date of CAC Work Plan Meeting</p> <p>June 16</p>	<p>Place of Meeting</p> <p>Laramie County Public Library</p>	<p>Length of Meeting</p> <p>3 hours</p>	<p>No. CAC Members Attending</p> <p>19</p>
<p>Names of CAC Members Attending: Dr. Jiri Danczik, Cheyenne Regional Medical Center; Arlene Lyons, LCCP;, Antron Ansley, Mary Miller, Kathleen Gillgannon, Cheyenne Family YMCA; Greg Taylor, Attention Homes; Mary Brown, USAF, Warren Family Support Center; Kristi Leavitt, Peak Wellness Center; Doug Mercado; Brad Howard, Family Matters; Tammy Howard, Attention Homes; Jen McKee, Brian Vankley, Christopher Love, Whitney Jefferson, Jasmine Glover, Sara Bush, Boys and Girls Club; Katherine Van Dell, LCCP Board; Alfrieda Gonzales, LCCP</p>			
<p>What Challenges and/or Problems Did Coalition Members Experience in Completing the Work plan?</p> <p>Members had spent time over the course of the Spring developing a strategic plan and this meeting allowed for confirmation of that three month effort.</p>			
<p>How Did the Coalition Members Decide to Address Those Challenges?</p> <p>Challenges had been addressed over the winter and spring months and there was complete agreement on the primary strategies</p>			
<p>Did Any of the Strategies Decided at the First Meeting Change During the Workplan Process? (If Yes, How Did They Change and Why?)</p> <p>There was no change as all discussions had occurred during the winter and spring months and all were in agreement on the directions to be taken as stipulated in the Action Plan on Question #2.</p>			
<p>Please provide any final comments regarding the strategic planning process with your CAC:</p> <p>The strategic planning process began in January 2009 and went through the Spring culminating in the development of a report to the community on progress and challenges. The report will be released when the process is completed by all LCCP Action teams. The process involved discussion of populations involved, data collected, indicators, options, stakeholders, strategies, resources, conditions of well being, measurement of conditions.</p>			
<p>Did you request any type of technical assistance from WyPTAC or the Division for this meeting? If no, why not? If yes, what type did you request?</p> <p>No this has been a multi-month process lead by facilitator trained in accountability processes by Mark Friedman.</p>	<p>Did you request WyPTAC or the Division provide direct assistance in facilitating this meeting? If no, why not?</p> <p>No as there is a great deal of expertise on the CAC both in substance abuse and strategic planning skills.</p>	<p>Did you receive the TA requested?</p> <p>N/A</p>	

Worksheet 9. Prevention Framework Budget for October 2009 thru September 2010

COST DESCRIPTION	STRATEGY 1 (Name) Comprehensive afterschool strategic plan	STRATEGY 2 (Name) Family Matters	STRATEGY 3 (Name) Environmental Change social availability	TOTAL BUDGET
PERSONNEL SERVICES				
Salaries & Wages	24,300.00			24,300.00
Employer Paid Benefits	306.00			306.00
SUPPORTING SERVICES				
Communications: Postage	500.00			500.00
Internet				
Telephone	1200.00			1200.00
Vehicle Expenses				
TRAVEL/TRAINING/MEETINGS				
Travel In-State			1000.00	1000.00
Travel Out-of-State				
Training Costs				
Miscellaneous Meeting Exp.	1000.00			1000.00
SUPPLIES				
Consumable Supplies			1000.00	1000.00
Commercial Printing			3000.00	3000.00
Publications Purchased				
ADVERTISING/MEDIA COSTS				
EQUIPMENT RENTAL		.		
CONTRACTUAL SERVICES (please describe)				
1. Family Matters contract with Cheyenne Regional Medical Center Behavioral Institute		60,334		60,334.00
2. WYPTAC @ 10% of total=\$12,000				12,000.00
3. WYSAC@ 5% of total=\$6,000				6,000.00
OTHER COSTS (specify)				
A. Incentives				
B. Indirect costs @8% of total	9,360.00			9,360.00
C.				
D.				
TOTAL	36,666.00	60,334.00	5000.00	\$120,000.00

Budget Narrative

Personnel Services:

Salaries and Wages: \$24,300

Benefits: \$306

Role	Name	Ann. Salary	Ann. Fringe Benefits	Level of Effort	Annual Cost
Fiscal Agent/Executive Director	Alfrieda Gonzales	\$18,300		As needed for reporting and administration	\$18,300
Project Coordinator	Arlene Lyons	\$30,000	306	20% of Time	\$6,000

Justification: Alfrieda Gonzales acts as fiscal agent for Laramie County Community Partnership and in that capacity supervises the preparation of all financial reports, contracts and staff. Arlene Lyons serves as staff to the Prevention Team, manages and evaluates programs, executes all grant writing and serves as a resource to the coalition members on prevention issues.

Supporting Services:

Postage: \$500

Telephone: \$1,200

Vehicle Expenses:

Type	Rate	Cost
Postage	\$41.66 per month	\$500
Telephone	\$100 per month	\$1200
Vehicle Expenses		

Justification: Mailings to coalition members and shared cost of phone system for Laramie County Community Partnership Inc. for conducting business

Travel:

Travel In-State: \$1000

Training costs:

Miscellaneous Meeting Expenses: \$1,000

Purpose of Travel	Location	Item	Rate	Cost
			Prevailing Federal	
Mandatory PF meetings throughout the fiscal year for Prevention Framework coordinator	To be determined for In-State meetings	Mileage, M&IE, lodging	Prevailing Federal	\$1,000
Miscellaneous Meeting expenses for Prevention coalition and Afterschool comprehensive task force	Cheyenne, Wy.	M&IE as required by task force or coalition	\$80+ per month for 12 monthly meetings of CAC and 9 meetings of Comprehensive Task force	\$1,000

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Justification: Travel and expenses for Prevention Framework Coordinator to mandatory meetings and miscellaneous meeting expenses for task force to include snacks or meals as needed

Supplies:

Consumable: \$1,000

Commercial printing: \$1,000

Item	Rate	Cost
Copying and office supply costs	\$83. Per month	\$1,000
Commercial printing		\$3,000

Justification: Consumable office supplies, copies are needed for general operation and allocated on a monthly basis per grant volume. The commercial printing budget will be used to develop materials to be distributed to raise community awareness of the environmental change proposed increasing rates for special events serving alcohol.

Contractual Services:

WYPTAC: As required by Wyoming Dept. of Health \$12,000

WYSAC: As required by Wyoming Dept of Health \$6,000

Name	Service	Rate	Period	Cost
Cheyenne Regional Medical Center	Implementation of Family Matters		FY 2009-10	\$60,334
			TOTAL	\$78,334

Justification: Budget as submitted by Cheyenne Regional Medical Center which serves as the contractor for Family Matters:

1. Personnel: \$45,600/00 76% of total Budget

Program Manager: \$34,200.00 75% of personnel Budget

Health Educators: \$11,400.00 25% of personnel Budget

2. Materials for mailings and telephone calls: \$4,800.00 8% of total Budget

Booklets: \$2,976.00 Materials to be purchased from University of North Carolina

Family Matters originators.

Incentives: \$960.00 20% of Materials Budget

Address Labels, envelopes and paper: \$480.00 10% of Materials Budget

Health Educator Protocols and Health Educator Guides: \$778.00

Materials to be purchased from University of North Carolina, Family Matters originators.

3. Telephone Long Distance Calls: \$600.00 1% of Total Budget

a. Program Manager: \$600.00 100% of Long Distance Tolls

4. Postage: \$3600.00 6% of Total Budget

a. Booklets: \$3,240.00 90% of Postage Budget

b. Administrative \$360.00 10% of Postage Budget

5. Office Supplies: \$2,400.00 4% of Total Budget

6. Equipment: \$3,000 5% of Total Budget: computers, software

Other Costs:

Indirect costs: \$9,360

Item	Rate	Cost
Indirect costs	8% of Total grant amount	\$9,360
	TOTAL	\$9,360
Justification: This is the amount determined by the Board of Directors of LCCP Inc. to manage and act as fiscal agent for all grants.		

SPECIAL PROJECT II

Youth Group Empowerment Funding Limit: \$20,000

The mission of the Boys & Girls Club of Cheyenne is to enable all young people, especially those most vulnerable, to reach their full potential as productive, caring and responsible citizens.

The Boys & Girls Club of Cheyenne opened its doors in November 1997 when a group of concerned citizens saw the need for a place to mentor youth. Since then, the Club has been in the forefront of youth development, working with young people from disadvantaged economic, social, and family circumstances. The Club has actively sought to enrich the lives of girls and boys whom other youth agencies failed to reach.

Today, the Boys & Girls Club of Cheyenne has 409 members and serves close to 2,000 boys and girls annually. Programs are offered at 1700 Snyder Avenue. Approximately 100 boys and girls

are transported daily after school from nine elementary schools and three junior highs to the Snyder Avenue site.

This Empowerment grant will allow the Boys & Girls Club of Cheyenne to extend programming and hours of operation for teen members. For forty weeks of the year, teens will have special programming and extended hours of operation at the Club. The youth advisory council (i.e. Torch Club) will plan and implement the programming with the support of adult staff coordinators. Torch Clubs are chartered small-group leadership and service clubs for boys and girls. The program is a powerful vehicle through which Club staff can help meet the special needs of younger adolescents at a critical stage in their development. Torch Club members learn to work together to plan and implement activities in four areas: service to Club and community, education, health and fitness, and social recreation.

The Torch Clubs incorporate youth leadership skills into the curriculum of the program. Programming will be focused on drug and alcohol resistance, positive interactions with other teens, development of interpersonal and social skills, and community volunteerism while in a safe and drug free place for teens to be with their friends. The Boys and Girls Club use the Best Practice Smart Moves Prevention Model. Smart Moves is dynamic, nationally acclaimed evidence based primary prevention program to assist young people in resisting alcohol, tobacco and other drug use, as well as premature sexual activity. An exciting, unique approach to prevention, Smart Moves incorporates a prevention team consisting of staff members, community health professionals, parents and peer leaders to guide the program implementation. The program employs effective prevention strategies with a proven record of success. Smart Moves addresses, in one comprehensive program, the root causes of alcohol, tobacco and other drug use and premature sexual activity. It facilitates sessions where young people serve as peer leaders, learning the skills to identify and resist the many pressures leading to high-risk behaviors. Following are the results expected from SMART MOVES. Those involved will learn facts about drugs, alcohol, tobacco and sexuality, including implications and consequences. Healthier communication will be encouraged among parents, participants and school personnel about adolescent sexual involvement, alcohol, tobacco, and other drug use. Peer leaders will learn to facilitate sessions, and participants learn skills to identify and resist peer and media pressures to use alcohol, tobacco and other drugs and understand the physical and social changes taking place in their lives. Participants will acquire the added know-how to develop and improve their decision-making skills, resist social and peer pressures and cope with the stress of “growing up”.

Boys & Girls Club of Cheyenne has access to this and other research driven programs designed to help youth make wise life choices. Motivations for Club members to attend the Club include positive rewards and appropriate consequences. Members have the choice to become invested in their Club.

The Club is supported by community stakeholders and volunteers who have helped support the Club for 12 years. As the Club looks toward the development of a new facility, we have additional “teen only” space will be incorporated into the conceptual design.

7. Steps to Accomplish PF Strategies

Strategy: Special Project: Youth Empowerment Program		
Action Steps	Day/Month/Year of Completion	Responsible Party
Hiring and Training of Boys and Girls Club Staff for Torch Club prevention and empowerment program	30/11/2009	Boys and Girls Club director
Participation of Club staff in recruitment ongoing during school (LCSD#1)year	31/5/2010	Same as above
Opening of club for additional hours	30/11/2009	Same as above
Obtain Parental Consent	ongoing	Same as above
Youth planning meetings monthly and youth group adopts and adheres to the nine factors for youth group success as identified below by WYSAC;	Begins 11/2009 and ongoing through programming	Same as above
Youth prevention plan developed	31/3/2010	Same as above
Implementation of youth environmental change strategy	Begin implementation 31/3/2010	Same as above PF Manager CAC
Evaluation of program	Ongoing through end of funding for programming	LCCP evaluator
Ongoing changes in programming as a result of evaluation process	31/5/2010	Evaluator and Club staff
Sustainability Planning	Ongoing through programming	Evaluator and Club staff

Budget Narrative

Personnel Services:

Salaries and Wages:

Benefits:

Role	Name	Ann. Salary	Ann. Fringe Benefits	Level of Effort	Annual Cost
Youth Empowerment Director	Boys and Girls club hire	\$12,220		50% time	\$12,220

Justification: Boys and Girls Club will hire this position to direct and implement the Torch Club teen program using the SMART MOVES model to create a teen prevention and leadership program 40 weeks of the year with extended hours available for meeting

Supporting Services:

Postage:
 Telephone:
 Vehicle Expenses:

Type	Rate	Cost
Postage		
Telephone		
Vehicle Expenses		

Travel:

Travel In-State:
 Training costs:
 Miscellaneous Meeting Expenses: \$500

Purpose of Travel	Location	Item	Rate	Cost
Miscellaneous Meeting expenses	Boys and Girls Club Cheyenne	Recreational and special meeting activities		\$500

Justification: To provide special meeting venues as incentives for participation

Supplies:

Consumable:\$2,000

Commercial printing:

Item	Rate	Cost
Consumable Supplies		
Meals, copying, paper, poster board and miscellaneous supplies		\$2000

Justification: Provide meals, snacks, drinks and materials to carry out the SMART MOVES and leadership training and activities of the Torch Youth Group

Advertising and Media costs;

Item	Rate	Cost
Youth recruitment campaign		\$480

Justification: To be designed by members for recruitment of additional youth

Contractual Services:

WYPTAC:
 WYSAC:

Name	Service	Rate	Period	Cost
			FY 2009-10	
			FY 2009-10	

			TOTAL	
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Other Costs:

Indirect costs:

Administrative costs: \$600

Utilities: \$1200

Item	Rate	Cost
Administrative costs boys and girls club		\$600
Utilities boys and girls club	\$30. Per week for 40 weeks for extended teen hours at the facility	\$1,200
	TOTAL	\$1,800

Justification: Supervisory time of Boys and Girls Club Executive Director with Teen Director and cost of additional utilities for extending teen hours for 40 weeks of the year.

SPECIAL PROJECT III

Funding Limit: \$20,000

Integration of Community Prevention

Special Project III Integration of Community Prevention: Development of strategic planning processes to provide afterschool programming K-8th grades in all LCSD#1 schools using the best practice program models of Citizen Schools and CASASTART as appropriate models. This model will then be offered to LCSD#2 for their implementation.

Project Description:

Eighty percent of children’s waking hours are spent outside of school. But for too many the end of the school day signals long hours of boredom and risk rather than opportunities to participate in enriching learning activities such as sports, arts or homework help. Building on its long legacy of support for out-of-school time (OST), the Laramie County Community Partnership Inc is seeking to change that picture. A Laramie County Gaps Analysis done just last year in 2008 guides LCCP’s decision making practice. That document indicated significant gaps in tutoring and mentoring programs in the county with at risk youth making up approximately 49.8 % of the youth population based on failure rates in 8th grade with Cheyenne students indicating greater risks and fewer protections than other Wyoming youth. LCCP’s commitment is to help Cheyenne develop and test ways to plan and implement sustainable systems that increase overall participation in high-quality OST programs increasing prevention protections and reducing risks, creating neighborhood based programs so that more children and youth attend often enough to gain developmental benefits. We will partner with the Laramie County School District #1, the Cheyenne Family YMCA, Boys and Girls Club, the City of Cheyenne, Laramie County and other related not for profits, parent groups, and all related arts and business organizations to

maximize collaboration and sustainability with the goal of developing fully operational afterschool programs in every elementary and middle school by Fall of 2012.

Six “action elements” for achieving a coordinated approach to improving OST:

- Committed leadership – including top political, school, community and OST leaders, to secure funding and other resources and shape policies;
- A public or private coordinating entity – to manage the development of plans, link disparate OST players, build citywide attention and support for OST, and ensure that plans and performance stay on track;
- Multi-year planning – to set goals and priorities, develop ways to hold key players accountable for results and identify necessary resources;
- Reliable information – to document the needs and wishes of parents and children, track participation and identify underserved neighborhoods and families;
- Expanding participation – to reach more children and ensure that they attend often enough to benefit; and
- A commitment to quality – because quality programs are likeliest to benefit children and therefore scarce OST funding should be directed to delivering high-quality programming

The Strategic plan will focus on the implementation and inclusion of ten core Best Practice afterschool components to be made available to all LCSD #1 pupils:

- **Academic Support:** Academic support through homework assistance and skill building opportunities help increase student achievement. Students also engage in reading and literacy practices to heighten fluency and accuracy. College prep programming
- **Prevention Education:** Substance abuse awareness information, student empowerment skills, criminal justice education and awareness of citizenship responsibilities
- **Enrichment/Disguised Learning:** Enrichment/disguised learning activities are implemented through learning centers that complement regular school day instruction. Enrichment activities include core areas in the arts, music, mathematics, science, reading, technology, sports and others. Students in 6th – 8th grade may participate in enrichment activities through student designed efforts that assist in skill mastery in the arts, technology, environment, recreation,
- **Arts:** Music, Drama, Poetry, literature, Visual and performing arts
- **Technology and science:** Utilization of a full range of technological skills including research, graphic design, site development, photography, etc, designed to increase interest in academic skill development. Increased exposure to science and engineering skills and careers.

- **Health/Wellness and Recreation:** Lifelong recreational skills, nutrition and wellness issues including diabetes and obesity in partnership with the Cheyenne/Laramie County Health Department. Pro-social skills/recreation offers positive interaction and promotes social skills through structured team-building and recreation activities.
- **Economic and financial literacy:** Development of fiscally capable citizens through understanding of credit, college loans, and predatory lending practices.
- **Citizenship and Service learning:** Civic responsibility, the democratic process, and community
- **Pro-Social Skills/Recreation:** Pro-social skills/recreation offers positive interaction and promotes social skills through structured team-building and recreation activities. Students increase self-esteem and awareness through character education, service learning and other community-based activities.
- **Parent Support and Empowerment:** Parent support and empowerment is facilitated through on-going communication and relationship building between program staff, parents and students. This program will encourage parents to participate in any volunteer opportunities that help support the program and student success.

When youth participate in high quality school or community-based out-of-school time OST programs, they are likely to benefit in a myriad of ways: They receive personal attention from caring adults, explore new interests, receive academic support, develop a sense of belonging to a group, develop new friendships with their peers, take on challenging leadership roles, and build a sense of self-esteem independent of their academic talent. Youth's constructive use of their out-of-school time is a protective factor that has been associated with: (1) academic achievement (higher grades and grade point average), recovery from low academic performance, and an interest in furthering their education; (2) a stronger self-image; (3) positive social development; (4) reductions in risk-taking behavior; and (5) better school behavior and fewer absences. (Harvard Family Research Council, Issues Brief 2004)

Comprehensive coordination needs to exist both in the administration and in the delivery of such services. Policy decisions must reflect the fact that social, economic, scientific, educational and environmental factors enhance or limit the developing potential of each individual. This requires policy planning that is holistic, multidisciplinary, multidimensional, and based on cooperative decision-making.

Efforts to improve prevention opportunities for youth and to strengthen the family as a basic unit of our society must be planned and implemented on a systematic basis. A coordinated, comprehensive program of afterschool services for children and families should be:

- Responsive to needs of distinct communities and the diversity of local values and resources
- Preventative and supportive in orientation
- Provided on a continuing basis
- Available to all members of the community
- Free of discrimination and supportive of diversity at all levels
- Collecting data and identifying needs
- Involving the concerned public
- Disseminating information
- Providing on-going evaluation of services.

Responsibility for the broad spectrum of services involved in a comprehensive approach to services for young children and families is vested at the community level in many different agencies. Government policy decisions at the state and local levels create agency responsibilities through legislation. Funding sources are determined by legislation and create flow-through monies for particular agencies to administer. Individual organizations are however impeded in their responsiveness to coordination efforts. No single agency in any community provides all of the needed services under one administrative structure.

While cooperation is difficult, the lack of a coordinating mechanism creates its own problems duplication of services, fragmentation of services and inequality of services throughout the community. In addition, because of rising costs, human service programs increasingly find they must cut back on established programs. It becomes essential for effective programming efforts focused on environmental change to have in place a representative coalition with effective coordinating personnel representing the most universal of services offering leadership service and resources not available at the individual organizational level. The 2008 Cheyenne/Laramie County Gaps Analysis will provide guidance and serve as a data base to direct decision making.

SPF/SIG funds would provide funding to support the administrative coordination of this strategic planning effort funding a prevention, health and safety consultant to the strategic planning leadership group and a part time volunteer coordinator to begin the process of recruiting, screening and training citizen volunteers modeling the Laramie County approach after the Best Practice Citizen Schools.

Comprehensive environmental change Restricting Access to Alcohol by limiting at risk, unsupervised hours for youth: Focus available resources on comprehensive Afterschool Development		
Action Steps	Day/Month/Year of Completion	Responsible Party
Committed leadership and contracted staff recruited including political, school, community and OST leaders, to secure funding, resources and shape policies	31/10/2009	Arlene Lyons LCCP, Inc. Kathleen Gillgannon YMCA Mike Klopfenstein LCSD#1
A public or private coordinating entity – to manage the development of plans, link disparate OST players, build citywide attention and support for OST, and ensure that plans and performance stay on track;	31/10/2009	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
The Entity will meet monthly for planning and training purposes	31/8/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Reliable information and data – to document the needs and wishes of parents and children, faculty, track	30/12/2009	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein

potential participation and identify underserved neighborhoods and families;		
A commitment to quality – Determination of best practice curriculum, core values and training standards because quality programs are likeliest to benefit children and therefore scarce OST funding should be directed to delivering high-quality programming	3/1/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Hiring of primary staff	30/4/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Training of Staff	Ongoing	LCCC
Startup of services	1/9/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Evaluation Process Developed	1/9/2010	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Ongoing evaluation and changes as needed through development of permanent advisory board	31/10/2012	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein

Worksheet 9. Prevention Framework Budget for October 2009 thru September 2010

COST DESCRIPTION	Special project III Comprehensive afterschool strategic plan	STRATEGY 2 (Name)	STRATEGY 3 (Name)	TOTAL BUDGET
PERSONNEL SERVICES Salaries & Wages Employer Paid Benefits				
SUPPORTING SERVICES Communications: Postage Internet Telephone Vehicle Expenses				
TRAVEL/TRAINING/MEETINGS Travel In-State Travel Out-of-State Training Costs Miscellaneous Meeting Exp.				
SUPPLIES Consumable Supplies Commercial Printing Publications Purchased				
ADVERTISING/MEDIA COSTS				
EQUIPMENT RENTAL				
CONTRACTUAL SERVICES (please describe)				
1.Consultant for prevention, health and safety policies, procedures and curriculum	8,000.00			
2.Volunteer Coordinator	9,000.00			
3.WYPTAC @ 10%	2,000.00			
4. WYSAC @5%	1,000.00			
5.				
OTHER COSTS (specify) A B. C. D.				
TOTAL	\$ 20,000.00			

Budget Narrative Special Project III:

Total: **\$20,000**

Contracted Services:

Prevention, health and safety consultant: **\$ 8,000.00** Nine month contract to implement health and safety standards, implement that training for personnel and recommend age appropriate prevention curriculum to the strategic planning body.

Volunteer Coordinator: **\$9,000.** \$15.00 per hour x 15 hours per week for 40 weeks to develop, screen and train citizen volunteers (As per the Best Practice Citizen Schools program) to teach enrichment classes, activate a prevention curriculum

Budget Narrative

Personnel Services: None

Salaries and Wages:

Benefits:

Role	Name	Ann. Salary	Ann. Fringe Benefits	Level of Effort	Annual Cost

Supporting Services: None

Postage:

Telephone:

Vehicle Expenses:

Type	Rate	Cost
Postage		
Telephone		
Vehicle Expenses		

Travel: None

Travel In-State:

Training costs:

Miscellaneous Meeting Expenses:

Purpose of Travel	Location	Item	Rate	Cost
			Prevailing Federal	
		Mileage, M&IE, lodging	Prevailing Federal	
			Prevailing Federal for Mileage and M&IE; actual out-of-pocket costs for lodging and airfare	

Supplies: None

Consumable:

Commercial printing:

Item	Rate	Cost

Contractual Services:

WYPTAC: \$2,000 as required WY Dept of Health

WYSAC: \$1,000 as required WY Dept. of Health

Name	Service	Rate	Period	Cost
Rick Clifton-GEMS	Consultant for prevention, health and safety policies to Strategic Planning Group	\$45.00 per hour	FY 2009-10	\$8,000
Volunteer coordinator for Strategic planning comprehensive afterschool program	Coordination, recruitment and training of citizen volunteers	\$15 per hour	FY 2009-10 \$15. Per hour x 15 hours per week for 40 weeks	\$9,000
WYPTAC and WYSAC				\$3,000
			TOTAL	\$20,000

Justification: Prevention, health and safety consultant: **\$ 8,000.00** Nine month contract to implement health and safety standards, implement that training for personnel and recommend age appropriate prevention curriculum to the strategic planning body.

Volunteer Coordinator: **\$9,000.** \$15.00 per hour x 15 hours per week for 40 weeks to develop, screen and train citizen volunteers (As per the Best Practice Citizen Schools program) to teach enrichment classes, activate a prevention curriculum. Supervision for these positions will be contracted to Cheyenne Family YMCA one of the primary strategic partners in the program.

SPECIAL PROJECT IV

Funding Limit: \$25,000

Highly Effective Individual Programs

The Alcohol, Drug Abuse, and Mental Health Administration's Office for Substance Abuse Prevention (OSAP) was established to initiate programs to provide prevention and early intervention services for young people, especially high-risk youth. OSAP's starting point was the theories and models that provide the background body of knowledge. Among the psychosocial models, research in social learning theory is the theoretical basis for prevention efforts using the team approach among individuals, small groups, families, and communities. A prevention technique based on cognitive dissonance theory proposes verbal inoculations to establish or strengthen beliefs and attitudes, helping a young person to resist drinking, which may be in conflict with another, more desirable goal. In the developmental concept adolescence is a period of role confusion out of which the

person's identity should emerge. Prevention efforts built on this view seek to help adolescents to form positive identities by achievement as students, athletes, and in community roles. Behavioral intention theory provides a framework for understanding the role of perceived social norms in directing behaviors. In the social development model, prevention programs should create positive peer groups and ensure that the social environment does not give mixed messages. Health behavior theory is the basis for prevention strategies directed toward a person's entire behavior instead of one aspect. Utilizing volunteer mental health professionals to direct recreational skill based programs, arts, environmental and other enrichment programs whether team or individually based with their awareness of techniques to negotiate issues of cooperation, nonviolent behavior, positive learning attitudes, self-esteem and respect for self and others will enhance the possibilities of the program's success.

The First Tee Program is a national initiative begun in 1997 to create affordable and accessible golf for youth 8-18. Its mission is "to impact the lives of young people by providing learning facilities and educational programs that promote character development and life enhancing values through the game of golf". The program stresses knowledge and understanding of the following life skills: communication, confidence, responsibility, school grades, social skills. Evaluations of the program noted in the Encyclopedia of Primary Prevention and Health it is noted that evaluations of the program have resulted in a 47% improvement in knowledge and understanding of the above listed skills and a 90% transfer of those life skills to home and school. The program is recommended by the Office of Juvenile Justice and Delinquency Prevention as a best practice program. Sports have been traditional vehicles for teaching life lessons, but today sport at its highest levels, is played in an atmosphere where we have a preponderance of athletes who deny they have responsibility to be role models, let alone idols of the young.

There is, however, a sport that not only continues to teach positive life lessons, but also depends on an adherence to them for its very existence. That sport, of course, is golf.

It is a game in which there are no officials to call a breach of the rules. It is a game where only the individual participants know if the score he or she handed in is the score that was actually shot. It is a game with a rich history and timeless traditions that invites respect for the old and wonderment of the new. Most of all, golf is fun. The game is never solved, perfection is never achieved; there is always the opportunity for improvement and success. It is also a game where the raw beginner can play a competitive match with the most seasoned expert. It is a game where youngsters can delight in playing with each other and it is a game suited to the young and old playing together - if they have a place to learn and play the game at all.

The First Tee, an initiative of the World Golf Foundation, has as its mission *To impact the lives of young people by providing learning facilities and educational programs that promote character-development and life-enhancing values through the game of golf.*

The First Tee Life Skills Experience was formulated with the help of academic, coaching and golf experts. Although there are many sports that teach valuable lessons, The First Tee is unique in that it proactively teaches these lessons for life as part of the basic instruction program. A child cannot participate in The First Tee and opt out of the life skills instruction and learning because these lessons are seamlessly integrated into the

physical instruction. The First Tee has established Nine Core Values that represent some of the many inherently positive values connected with the game of golf. These Nine Core Values have been incorporated into The First Tee Experience and have been used to name golf holes at several of The First Tee facilities.

1. Honesty-the quality or state of being truthful; not deceptive
Golf is unique from other sports in that players regularly call penalties on themselves and report their own score.
2. Integrity - strict adherence to a standard of value or conduct; personal honesty and independence
Golf is a game of etiquette and composure. Players are responsible for their actions and personal conduct on the golf course even at times when others may not be looking.
3. Sportsmanship - observing the rules of play and winning or losing with grace
Players must know and abide by the rules of golf and be able to conduct themselves in a kind and respectful manner towards others even in a competitive game.
4. Respect - to feel or show deferential regard for; esteem
In golf it is important to show respect for oneself, playing partners, fellow competitors, the golf course, and for the honor and traditions of the game.
5. Confidence - reliance or trust. A feeling of self-assurance
Confidence plays a key role in the level of play that one achieves. Players can increase confidence in their abilities by being positive and focusing on something they are doing well regardless of the outcome.
6. Responsibility - accounting for one's actions; dependable
Players are responsible for their actions on the golf course. It is up to them to keep score, repair divots, rake bunkers, repair ball marks on the green, and keep up with the pace of play.
7. Perseverance - to persist in an idea, purpose or task despite obstacles
To succeed in golf, players must continue through bad breaks and their own mistakes, while learning from past experiences.
8. Courtesy - considerate behavior toward others; a polite remark or gesture
A round of golf should begin and end with a handshake between fellow competitors. Players also should be still and quiet while others are preparing and performing a shot.
9. Judgment - the ability to make a decision or form an opinion; a decision reached after consideration
Using good judgment is very important in golf. It comes into play when deciding on strategy, club selection, when to play safe and when to take a chance, the type of shot players consider executing, as well as making healthy choices on and off the golf course.

The Laramie County Community Partnership will fund the Boys and Girls Club to carry out the summer sessions of the First Tee Program and to work with LCSD#1 to support and offer staff to work with LCCP's funding of the in school First Tee program at all Title I elementary schools.

The mission of the Boys and Girls Club is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible and caring citizens.

History: Since 1997, the Boys & Girls Club of Cheyenne has provided youth in our community a safe place to learn and grow. Through mentoring relationships with caring adult professionals, youth participate in life-enhancing programs and character development experiences that help

guide and prepare them to lead successful and productive lives. Currently under the direction of Rolinda Sample, the Club has experienced tremendous growth in attendance -- during the first half of 2009, daily attendance has increased 39% compared to the first half of 2008.

Need: There has never been a greater need for positive role models and programs to help youth avoid risky behaviors and make good decisions that will positively impact their lives. Kids need a safe place while parents work and an enriching environment to help them develop into responsible members of society.

Goal: The Boys & Girls Club of Cheyenne helps youth reach their full potential. The overarching goal of the Club is to help youth secure:

- academic success,
- live healthy lifestyles and
- distinguish themselves as young leaders

Program: While at the Club, members are encouraged to try new activities in a supportive, non-competitive environment. The program offers a wide variety of structured activities in five core areas of youth development: Education & Career Development, Health & Life Skills Development, Character & Leadership Development, Sports, Fitness & Recreation, and the Arts.

These activities range from art and drama classes to homework assistance to cooking classes and small group service projects. The program is structured so that members have a choice in what activities they participate. They are encouraged by staff and volunteers to be open to new experiences and to develop their skills and interests.

The Club is open year-round, five hours daily Monday – Friday. (During the summer, hours are extended from 7:30 a.m. – 6:00 p.m.)

Population Served: The Boys & Girls Club of Cheyenne is open to all youth in Laramie County ages 6 to 18 regardless of character and family income. To join the Club, a child and his guardian must complete a membership application and pay the \$10 annual fee. The Club has received more than 400 applications for membership annually the past three years and no youth has been turned away based on ability to pay the \$10 annual membership fee. (This fee is waived if the child is unable to pay.)

The Club does not require proof of good character to be a member. In fact, the Club helps guide girls and boys who may be in danger of acquiring, or who already have acquired, unacceptable habits and attitudes, as well as those of good character.

While the Club is open to all youth in the community, efforts are focused on those who need its services most. This is why the Club offers after-school transportation at 13 schools in Cheyenne, of which half are Title I schools. (LCSD #1 defines a Title I schools as having more than 50% of its students receiving free or reduced lunches.)

Demographics of the 2008 Club membership:

- 72% Caucasian
- 18% Hispanic

- 7% African American
- 1% Asian
- 2% Multi-Racial
- over 50% live in single-parent households
- over 50% from low-income households

The Boys & Girls Club summer program is a 10 week day camp program open to any 6 through 18 year old child.

The 10 week program would allow us to provide the Transition piece to the First Tee National Schools Program participants during their summer break. The Boys & Girls Club currently serves members from all of the Title I schools in Cheyenne. By implementing the First Tee Transition program in summer programming Cheyenne can increase protections and minimize risks through experiences on the golf course through teaching of the Life Skills Experience Model developed by First Tee.

The 10 week summer program would also include:

- Skills Competitions
- Gaining Support from Local Golf Organizations
- Supporting Local Golf Events
- Negotiating special rates at local courses for First Tee/Boys & Girls Club members
- Providing information and association to local junior golf associations
- Boys & Girls Club staff will be trained in the National Schools Curriculum allowing them to assist at the schools with the program, while having a meaningful outreach to our current and prospective members.

Worksheet 7. Steps to Accomplish PF Strategies

Strategy: Special Project: Highly Effective Programs: First Tee		
Action Steps	Day/Month/Year of Completion	Responsible Party
Training of Boys and Girls Club Staff by First Tee provider Josey Stender UWYO Women's Golf Coach	30/11/2009	Boys and Girls Club director
Participation of Club staff in school program ongoing during school (LCSD#1)year	31/5/2010	Same as above
Identification of Title I 6 th and 8 th graders targeted for summer program	31/5/2010	Same as above
Obtain Parental Consent	31/5/2010	Same as above
Summer Program planning	31/5/2010	Same as above
Coordination with comprehensive afterschool programming to extend	31/5/2010	Same as above

services through the program to families		
Ten weeks of summer First Tee programming	Ongoing through end of funding for programming	Same as above
Evaluation of program	Ongoing through end of funding for programming	LCCP evaluator
Ongoing changes in programming as a result of evaluation process	31/5/2012	Evaluator and Club staff

Budget Narrative

Personnel Services:

Salaries and Wages: \$14,250

Benefits:

Role	Name	Ann. Salary	Ann. Fringe Benefits	Level of Effort	Annual Cost
Professional Youth Development Director	Boys and Girl's Club position	\$11,000 for four month program and planning period		100% time for 4 months	\$11,000 for 4 month period of planning and implementation
Youth development aides	Boys and Girl's Club position	2aides at \$2,125 for 10 week program		100% of time for 10 weeks	\$4,250 for 10 week period

Justification: The Youth Development Director would administer the First Tee Summer Program training with in school program during school year, becoming credentialed as a First Tee instructor and implementing program in the community during the ten week summer period. Aides would work during the ten week program full time to monitor, teach and facilitate a safe experience for participating youth

Supporting Services:

Postage:

Telephone:

Vehicle Expenses: \$275

Type	Rate	Cost
Postage		
Telephone		
Vehicle Expenses Transporting of equipment and staff during summer First Tee program	Prevailing Federal	\$275

Justification: Need to transport staff and equipment to golf sites daily during ten week summer program

Travel:

Travel In-State:
 Training costs: \$1400
 Miscellaneous Meeting Expenses:

Purpose of Travel	Location	Item	Rate	Cost
			Prevailing Federal	
Travel by Youth Development personnel to Denver and Laramie for training in First Tee Methodology, Prevention program	Denver and Laramie	Mileage, M&IE, lodging	Prevailing Federal	\$1400
			Prevailing Federal for Mileage and M&IE; actual out-of-pocket costs for lodging and airfare	

First Tee requires participation in national training program to direct the First Tee Program. Two separate weekend trainings will be required. One will be held in Denver and the other hosted by the UWYO Women’s golf program in Laramie, Wy

Supplies:

Consumable: \$1000
 Commercial printing:

Item	Rate	Cost
Snacks, copying of First Tee materials for 10 week program	Juice and crackers or other nutritional snack for participants for 10 week summer program @ \$75. Per week or \$15.00 per day and minimal copying costs for materials @\$250. For ten week period	\$1,000

Justification: Juice and crackers or other nutritional snack for participants for 10 week summer program @ \$75. Per week or \$15.00 per day and minimal copying costs for materials @\$250. For ten week period

Contractual Services:

WYPTAC: \$2500 as required
 WYSAC: \$1250 as required

Name	Service	Rate	Period	Cost
			TOTAL	

Other Costs:

Indirect costs:
 Administrative costs
 Utilities
 First Tee Equipment \$1500
 First Tee Green Fees \$1325
 First Tee Prizes \$ 500

Item	Rate	Cost
Purchasing of special clubs, balls and teaching equipment from First Tee		\$1,500 cost established by First Tee for summer program equipment
Cost of green fees by City of Cheyenne for 10 week 5days per week program	@26.50 per day	\$1325. Cost by City of Cheyenne Parks and Recreation for use of greens for 10 weeks
Incentives and Prizes for participating youth		\$500. For ten week program
		Total: \$3325

Justification: First Tee requires the purchase of specially designed equipment from the national office and special green fees are set by the City of Cheyenne for maintenance only for Boys and Girls Club.

SPECIAL PROJECT V

Funding Limit: \$5,500

Regional Networking & Community Training

This Special Project recognizes the value of supporting regional networking and increasing capacity through community-level training. Communities may earmark up to \$500 for participating in and supporting regional meetings and conferences for SPF SIG-related activities. These funds may be expended only as part of a collaboration among CACs within a designated region of the State. No more than 20% (\$100.00) may be used from these funds to reimburse members for travel expenses. In addition, communities may request up to \$5,000 to conduct local training events for CAC members and others directly supporting local SPF SIG prevention efforts. These funds may be used to pay fees and travel costs associated with arranging for outside speakers and trainers

Citizen Schools was founded in 1995 to bring new solutions to the challenge of youth education:

- more time
- more relevance
- more caring adults.

Now a growing national network of after-school education program these programs complement classroom learning by engaging students in hands-on learning projects led by adult volunteers after school and supported by a staff of professional educators. Through the demonstration of the powerful impact and partnerships with out-of-school advocates, Citizen Schools is at the forefront of a movement to transform the learning day and improve the educational trajectories of young people

Each week at Citizen Schools, young people extend their learning day in fun, engaging ways that connect them to real-world skills and more caring adults from around the community.

Twice a week, they participate in apprenticeships—hands-on learning projects led by volunteer Citizen Teachers. Each semester culminates in what is called WOW!s--public presentations of the projects these young people have created with their Citizen Teachers.

Apprenticeships are supported by a unique set of curricula encompassing school success, prevention programming, oral communication, team-building and community explorations. Staffs of professional educators work with small teams of students to set goals, focus on academics, and become leaders. They also supervise AIM (Aspire, Invest, Make the Grade), 60 to 90 minutes of daily homework and study time. Weekly lessons target the educational needs of students and build the skills to help them navigate middle school and prepare for high school.

The Citizen Schools model creates much more than a fun, safe space for young people after school. Tying together these structured, tested learning activities is a culture of achievement and youth empowerment. From Opening Circles to Value Stars, each Citizen Schools campus is suffused with messages and activities proven to build a community of achievers who know that hard work pays off, substance abuse is a barrier to achievement and learning is cool. From their trained staff to path-breaking Citizen Teachers, to pioneering school partners, the program helps communities pool their resources and transform the futures of young people.

It is the intention of Laramie County Community Partnership to bring Citizen Schools trainers to Cheyenne to aid in the development of a comprehensive afterschool program. Trainers will work with the Strategic planning group to educate and aid in the implementation of a comprehensive strategic plan.

Five hundred dollars will be utilized for participating in and supporting regional meetings and conferences for SPF SIG-related activities.

Worksheet 7. Steps to Accomplish PF Strategies

Strategy: Special Project: Regional Networking and Community Training		
Action Steps	Day/Month/Year of Completion	Responsible Party
Citizen School trainers present to Comprehensive Afterschool Strategic Planning group and Staff	30/11/2009	Arlene Lyons Kathleen Gillgannon Mike Klopfenstein
Evaluation of Training	10/12/2009	Same as above Strategic Planning Group
Regional Meeting to share resources with area CACs	31/5/2010	Same as above

Worksheet 9. Prevention Framework Budget for October 2009 thru September 2010

COST DESCRIPTION	Special project V Regional Networking and Community Training	STRATEGY 2 (Name)	STRATEGY 3 (Name)	TOTAL BUDGET
PERSONNEL SERVICES				
Salaries & Wages				
Employer Paid Benefits				
SUPPORTING SERVICES				
Communications:				
Postage				
Internet				
Telephone				
Vehicle Expenses				
TRAVEL/TRAINING/MEETINGS				
Travel In-State	\$ 500.00			
Travel Out-of-State				
Training Costs	\$4,175.00			
Miscellaneous Meeting Exp.				
SUPPLIES				
Consumable Supplies				
Commercial Printing				
Publications Purchased				
ADVERTISING/MEDIA COSTS				
EQUIPMENT RENTAL				
CONTRACTUAL SERVICES (please describe)				
1. WYPTAC @10%	\$ 550.00			
2. WYSAC @5%	\$ 275.00			
3.				
4.				
5.				
OTHER COSTS (specify)				
A				
B.				
C.				
D.				
TOTAL	\$ 5,500.00			

Budget Narrative

Personnel Services: None

Salaries and Wages:

Benefits:

Role	Name	Ann. Salary	Ann. Fringe Benefits	Level of Effort	Annual Cost

Supporting Services: None

Postage:

Telephone:

Vehicle Expenses:

Type	Rate	Cost
Postage		
Telephone		
Vehicle Expenses		

Travel:

Travel In-State: \$500.00

Training costs: \$4175.00

Miscellaneous Meeting Expenses:

Purpose of Travel	Location	Item	Rate	Cost
			Prevailing Federal	
Regional Meetings for sharing between CACs	Southeast Region WY.	Mileage, M&IE, lodging	Prevailing Federal	\$500
Training Costs associated with strategy to institute Best Practice Comprehensive Afterschool Prevention program to LCSD#1 Expert from Citizen Schools to train Planning Team and associated staff	Trip from Boston to Cheyenne	Mileage, M&IE, lodging, airline tickets and training costs	Prevailing Federal for Mileage and M&IE; actual out-of-pocket costs for lodging and airfare	\$4,175

Justification for Travel: Regional Travel: To share results and challenges of LCCP's prevention work with other coalitions. Training; Training by the Best Practice Citizen School staff would

offer an opportunity to the Comprehensive Afterschool Strategic Planning group and staff to understand the model and anticipate the challenges to be addressed in undertaking a comprehensive community wide prevention effort.

Supplies: None

Consumable:

Commercial printing:

Item	Rate	Cost

Contractual Services:

WYPTAC: \$550.00 as required

WYSAC: \$275.00 as required

Name	Service	Rate	Period	Cost

Justification: As required by Wyoming Department of Health

Other Costs: None

Indirect costs:

Administrative costs

Utilities

First Tee Equipment

First Tee Green Fees

First Tee Prizes

Item	Rate	Cost
	TOTAL	

Total Prevention Framework Budget for October 2009 through September 2010

Worksheet 9. Prevention Framework Budget for October 2009 thru September 2010

COST DESCRIPTION	Primary Plan \$120,000	Special Project 2 Youth Empowerment \$20,000	Special Project 3 Integration Of Community Prevention \$20,000	Special Project 4 Highly effective Programs \$25,000	Special Project 5 Regional and community training \$5,500	TOTAL BUDGET \$190,500
PERSONNEL SERVICES						
Salaries & Wages	24,300	12,220		15,250		51,770
Employer Paid Benefits	306					306
SUPPORTING SERVICES						
Communications:						
Postage	500.					500
Internet						
Telephone	1,200					1,200
Vehicle Expenses				275		275
TRAVEL/TRAINING/MEETINGS	1,000				500	1,500
Travel In-State						
Travel Out-of-State				1,400	4175	5,575
Training Costs						
Miscellaneous Meeting Exp.	1,000	500				1,500
SUPPLIES						
Consumable Supplies	1,000	2,000		1,000		4,000
Commercial Printing	3,000					3,000
Publications Purchased						
ADVERTISING/MEDIA COSTS		480				480
EQUIPMENT RENTAL						
CONTRACTUAL SERVICES (please describe)						
1. Family Matters Contract CRMC	60,334					60,334
2. WYPTAC	12,000	2,000	2,000	2,500	550	19,050
3. WYSAC	6,000	1,000	1,000	1,250	275	9,525
4. Consultant for prevention, health and safety policies, procedures and curriculum			8,000			8,000
5. Volunteer coordinator			9,000			9,000
OTHER COSTS (specify)						
A. Indirect Costs:	9,360					9,360
B. Utilities		1,200				1,200
C. Administrative Costs		600				600
D. First Tee Expenses (equipment, green fees and prizes)				3,325		3,325
TOTAL	120,000	20,000	20,000	25,000	5,500	190,500



Cheyenne Regional Medical Center

214 East 23rd Street
Cheyenne, WY 82001
307-634-2273
www.crmcwy.org

July 9, 2009

Arlene Lyons
Laramie County Community Partnership, Inc.
910 Central Ave.
Cheyenne, WY 82007

Dear Arlene:

Pursuant to your request for information regarding the Family Matters Program and in defense of requesting continued funding for this program, we submit the following:

Family Matters Program began in October 2008, and since that time we have provided Alcohol and Tobacco prevention services to 45 families in Cheyenne and the outlying areas of Laramie County. We have entered into cooperative agreements with The Office of Youth Alternatives to provide prevention and continued care services to youth who have been ordered to probation for alcohol and tobacco related offenses in the Cheyenne Municipal Court.

Family Matters has received referrals from Laramie County School District #1, we have provided services to families who have made direct referrals to the program through word of mouth contacts. Other referrals have come from Cheyenne Regional Medical Center, and through our participation in activities sponsored by local youth service providing agencies.

At this time we are soliciting referrals from the local school districts, Attention Homes, Inc., YMCA, Boys and Girls Clubs, Cheyenne Parks and Recreation Department, Department of Family Services, and local Mental Health Care Service Providers.

With our recent hiring of a new Program Manager who comes to the program with a great deal of experience in working with adolescent and at risk youth we are anticipating a growth in the program to approximately 100 or more families by December 31, 2009.

To date we have a retention rate of approximately 82% of the families who have begun the program. We have received testimonials from families who have completed and who are still in the program. These testimonials are extremely positive and the families have been thankful for the opportunity to learn how to communicate with and empower their children to take an active roll in the development of rules and boundaries around tobacco and alcohol use. Almost 100% of the families have answered "yes" to a survey question that asks whether they are more confident discussing alcohol and tobacco issues with their children after completing the Family Matters Program.

We are confident that this program is providing an effective service to Cheyenne and Laramie County and funding of this program is an excellent way to put taxpayer dollars to good use.

Thank you for your support and efforts to make LCCP a vital resource for Family Matters and other programs dealing with this issue.

Sincerely:

James W. Demshar, Therapist
Cheyenne Regional Medical Center

Brad Howard, Program Manager
Family Matters Program