

E-Cigarette, Marijuana, & Other Drug Prevention Grant Application



Applicant Information:	
Timeline	<ul style="list-style-type: none"> • <u>Application Due Date:</u> Monday, October 1, by 11:59 • <u>Funding Status Notification:</u> On or after Monday, October 21, 2024 • <u>Project period:</u> Through the remainder of the fiscal year (10/01/2024 to 06/30/2025)
Organization Name:	Albert R. Lyman Middle School
Organization Address:	<p><u>535 N. 100 E.</u> <u>Blanding</u> <u>84511</u></p> <p><i>Address</i> <i>City</i> <i>Zip</i></p>
Contact Information:	<p><u>seldredge@sjsd.org</u> <u>435-678-1103</u></p> <p><i>Email</i> <i>Phone</i></p> <p><u>Shelby Eldredge</u> <u>School Counselor</u></p> <p><i>Organizational Representative</i> <i>Title</i></p>
Organizational Type:	<ul style="list-style-type: none"> ○ <u>Coalition:</u> a coalition of community organizations that is focused on substance abuse and prevention. ○ <u>Local Government Agency:</u> a local government agency, including a law enforcement agency, for a program that is focused on substance abuse and prevention. X <u>Education:</u> a local education agency as defined in Section 53J-1-301 ○ <u>Other:</u> other organizations focused or able to provide evidence-based program(s) that are focused on substance abuse prevention.
Organizational Description:	<p><i>Provide a brief description of the agency applying for funding. Include any experience or expertise the agency has with the population they intend to serve.</i></p> <p>Albert R. Lyman School is the only Middle School in San Juan County. The student body is composed of Sixth through Eighth Graders. We currently have 330 students; 159 American Indian students, 173 White and Multiple Race students. As a staff, we are dedicated to education and making connections to help protect our students and our local communities from addiction and recreational drug use. ARL Middle School has worked alongside the San Juan County Health Department and San Juan County Prevention Action Collaboration (SJCPAC). The mission statement for our county coalition is to collaborate with community partners and agencies to strengthen local youth and their families against substance misuse and suicide in San Juan County.</p>

Our proposal will include an anti-tobacco/nicotine prevention program by educating our students of the chemicals and dangers they place on their bodies from even the slightest use of e-cigarettes, cigarettes, vapes, marijuana, and other drugs. We would also like to invite guest/motivational speakers to join in educating our students. The other component of our proposal is to have Connection activities for our entire student body. This past year we had Kyle Quilausing, a nationally ranked speaker, who had a powerful message about how one decision can change your life when it comes to drug usage. We invited San Juan High school, this made it possible for 748 students heard his message. We also gave all students and staff members at ARL Mustang Shirts. They have LIVE DRUG FREE SUCCEED on the sleeve. Because of the funds that we received last year from this Prevention Grant, we were able to bring in this speaker and buy the shirts. THANK YOU SO MUCH!. We would like to be able to do this again next year and also add a sock assembly and other Uniting/Bonding activities to help ALL students feel a positive connection to our school and Community. CONNECTION is one of the most important Prevention – factors students can have to keep them off drugs and away from suicide ideations. When talking to a friend that had struggled with Addictions, when making his one-year sobriety mark, he stated. “The opposite of Addiction is not Sobriety, it is Connection!” To help with this connection piece, we have started a Student Success Club. This club consists of the 21% of the student body that had 15 absences or more by the beginning of November and/or a GPA below 2.0. We meet weekly and discuss ways that we can have Success in School. Most importantly, Be Here! We want to give an iPad or Beats to the top 3 students that made the most progress and has the fewest percentage of absences and raise their GPA the most since we started the club. One amazing statistic that we have seen so far is that a student last year had 5 absences by November 14, she only had four more absences the whole rest of the year. Also, her GPA was 1.19 in the first term and the next term it was 2.047. Another boy in our group went from .096 first term to 1.00 third term! Being able to give students these incentives have really made a difference in their school success! We would like to add to our proposal an incentive trip so we can reward all students at ARL who show great gains in Academics, Attendance, and Behavior. Last year 174 students were awarded to go to Bananas Fun Park for a day. This opportunity lets them connect with other students and enjoy some fun that they may never get to experience. It was a huge success and the students are working hard already to get that chance again.

We did purchase Reality Town, which is a fun hands-on curriculum for eighth graders. They learn how to take on a career, salary, spouse, and children with all the financial obligations. We would like to add a twist to this by adding medical bills and the cost of tobacco, if a habit is formed. Our eighth graders loved this. All of the volunteers thought it was so helpful and we would like to include all the 8th graders in the district to take part in it this year. If awarded funding, we would like to attend a top notch anti-drug conference and implement curriculums like Steered Straight into our school. There are two conferences that I am aware of that I think would be very useful if one or two of our staff could attend. The first is CADCA, which is a Prevention conference in July each year and NCTOH in August.

Statement of the Problem: ARL Middle School was not able to participate in the SHARPS survey that was given in 2021, so we are going off the 2019 Survey Results. According to the Substance Abuse and Mental Health Services Administration, (SAMHSA) in 2019 more than 5 million (28 percent) of high school students reported nicotine vaping in the past 30 days. This number is a significant increase from 2018 which was 21 percent and more than doubles the rate in 2017 which was 12 percent. Nicotine vaping is not a fad, but has become an unhealthy epidemic in all parts of the nation. The rise of vaping has become the “cool” thing to use in nicotine products. Unfortunately, the youth of San Juan County are not exempted from this national trend. According to San Juan County portion of the SHARP survey, in 2011 only 2.7% of the sixth graders had reported using E-cigarettes. In 2017, that number has jumped to 18.0%. This pattern is worse for the 12th graders. In 2011, 0% of 12th graders had used E-cigarettes, but by 2019 that number rose to 23.3% According to the 2019 SHARP survey, 35.9% of all of Utah’s student’s first experience with tobacco was with vaping products and not with cigarettes. Looking at the statistics, vaping is here to stay and we will need to get creative in helping to educate its dangers with the next generation.

Community Description: For this grant, we will be focusing on ARL Middle School in Blanding, Utah. We do have students bussed from throughout San Juan County to attend ARL including Bluff, Monticello, White Mesa, Red Mesa, Aneth, Mexican Water, and Montezuma Creek. We feel that it is crucial to educate middle school aged students. According to the SHARP survey, vaping use in San Juan County begins to drastically climb right after 7th grade. This is a very impressionable time for teenagers and the negative habits they learn at this age will follow them into high school and adulthood. If we can help prevent drug usage while in middle school, we have a greater chance of decreasing the rate of tobacco, nicotine, marijuana, and other drug use among future adults. We have also learned from the SHARP survey, given in 2019, that our community has a Low Perceived Risk of Drug Use. This means that many of our students do not feel that drug use is bad for them. We would like to educate our students about the dangers of drug use, especially vaping and other gateway drugs. Along with a low perceived risk of drug use, the SHARP survey also showed a Low Commitment to School and Academic Failure. This is what is driving us to focus on the students who are truant and ALL students feel a true connection to school. We know that when students feel connected to school and attend regularly, they will be happier and more successful. This too can help them stay away from drugs and other harmful substances.

Selected Interventions(s): We are currently looking at the Program titled, “Courage to Speak Drug Prevention Education Program for Middle School”. This Program is researched-based and helps students make good decisions and resist the pressure to use drugs. The students take part in specific social emotional skill development and asset-building activities through:

- Internet Research
- Creative Writing
- Art

● Group Discussion

● Scientific Demonstration

The Program consists of 16 highly interactive classroom lessons taught by teachers. The lessons enable students to:

- Have a clear plan to refuse alcohol and other drugs when offered, including vaping, marijuana, tobacco, prescription drugs and opioids.*
- Develop clear decision-making strategies.*
- Identify 3-5 adults who will support them when needed.*
- Communicate with their parents about risk behaviors and the dangers of drugs.*

Yale University School of Medicine evaluation reported statistically significant increases in youth's communication with their parents about substance use and an increase in the number of times students talked to their parent(s) about: family rules and expectations about drug use; things they could do to avoid drugs; drug use in movies; and people they know who have been in trouble because of drug use.

This study further demonstrates the effectiveness of the Courage to Speak Foundation Drug Prevention Education Model that engages home, school and community to keep our children safe from drugs.

The Courage to Speak Foundation also offers a Courage to Speak-Courageous Parenting 101 course for parents which compliments the Middle School Curriculum and cultivates mutual understanding between students and Parents about drug prevention.

We will also work alongside SJC-PAC and our ARL Digital Literacy/Journalism Class to provide a Community Outreach and a Social Media Campaign.

Throughout the year we will also have Top Presenters come and speak to our students and also many Unity, Bonding, and Connection activities with the whole student body. We would like to present each student with a Shirt that represents Hope and Caring for each other. We are in this together.

As Educators, we know that when students are here at school and feel a connection to each other, they are a lot more successful and are more apt to stay away from Risky Behaviors. After the first term, October, we will choose the students to be in the Student Success Club. This is a Club to help the students make good choices and stay in School.

We are also implementing Reality Town for our 8th Graders. We will invite other 8th grade students throughout the County to join us. This program is a real life simulation experience for students to learn financing and budgeting. We will be adding medical and product costs to the budget. We hope that it will give a better understanding of how much an addiction would cost.

We have also given money to our Athletic Department. Football has 55 boys participating this year. We have purchased helmets and will be purchasing decals to go onto the helmets that say, "Be Kind to Your Mind" Live Drug and Tobacco Free. We feel that if these boys look at this decal each day, hopefully they will remember the importance of keeping our mind and body healthy and able to participate in sports.

	<p><i>Our CTSO spent many hours last spring and summer planting a garden and raising chickens. These students are learning lifelong skills that will help them learn the importance of healthy food consumption and self reliance.</i></p>
<p>Amount Requested No more than \$80,000</p>	<p><i>\$Amount Requested No more than \$80,000</i></p> <p><i>Socks/Reality town Booklets – \$1,000 Steered Straight Program – \$6,500 Conferences/Trainings – \$10,000 Incentive Trip – \$6,500 Catch My Breath Complete Program - \$2500 Connection Shirts/Activities -\$5,000 Athletic Department Equipment, Decals and Greenhouse Materials - \$5,000</i></p> <p><i>\$ 36,500 Total</i></p>

2024 Action and Evaluation Plan

Risk Factors to be addressed:

- 1. Favorable attitudes toward the problem.**
- 2. Positive media portrayal of vaping and Drug Use.**
- 3. Friends who engage in the harmful behaviors**
- 4. Low Commitment to School and Academic Failure.**

Protective factors addressed:

- 1. High Levels of perception of parental disapproval**
- 2. Perceived Availability to Drugs**
- 3. Low Gang involvement**
- 4. Early Initiation of Drug Use**

Goals:

Educate the students at ARL Middle School about the dangers and risks of Vaping tobacco/nicotine by inviting TOP STUDENT PRESENTERS and implementing them to our school. These Presentations are Nationally ranked. We will also use other creative ways to help educate our students during Red Ribbon Month. We will teach life-skills through the “Courage to Speak Drug Prevention Education Program” and/or “Steered Straight Program” that will help the students to feel empowered to say NO, use positive peer pressure with friends, and discuss questions and concerns with parents or other adults they trust so they can avoid the risk of tobacco and nicotine use. We will strive to make positive connections with each student and ARL by involving all students in Unity and Motivating Activities, Sports, and Clubs. We will give constant effort and encouragement to students that are truant and at risk for Academic Failure.

Each of these activities will be done by Shelby Eldredge and during the school year of 2024-25. If we feel there is a more beneficial activity for the students then the funds will be reallocated to it.

Introduction

Thank you for considering the Electronic Cigarette, Marijuana, and Other Drug Prevention Grant Program. The San Juan County Public Health Department is accepting application for Fiscal Year 2024-2025. The purpose of this grant is to “address root causes and factors associated with the use of electronic cigarettes, marijuana, and other drugs.”

Please send your completed application to Zoe John at zjohn.org call the front office 435-587-3838 for any questions. We will be accepting applications until October 1st at midnight.

Applicants are expected to complete all information requested in this application.

INFORMATION TO INCLUDE IN APPLICATION

Define the community you will serve:

Please define the communities you propose to serve. Recipients may use various geographic boundaries including neighborhoods, census tracts, zip codes, and school districts, as well as townships, and counties to define their community. Applicants should be realistic about the size and population of the area in which you have the ability to create change. For example, choosing a community that is too large may be problematic due to inclusion of neighborhoods that have significantly different problems to be addressed.

Statement of the problem:

Please describe the following:

- What are the current youth substance use problems in your community that you plan to address? Include local data from the [Student Health and Risk Prevention \(SHARP\)](#) survey to justify your choice.
- What are the risk/protective factors you plan to address that contribute to this problem? Include local data from the [Student Health and Risk Prevention \(SHARP\)](#) survey on the risk/protective factors you plan to address.

Your plan

Recipients need to develop and implement a comprehensive 12-Month Action Plan. A comprehensive 12-Month Action Plan will include an appropriate mixture of all [Seven Strategies for Community Level Change](#) listed below.

Provide a detailed 12-Month Action Plan using the table below. The Action Plan should foster community level change by including a combination of goals, objectives, strategies and activities. Include measurable goals and outline activities using this form. See Appendix A for more information on how to develop this action plan.

Intervention, Evidence Based, or a Promising Practice

Statute requires your intervention to be evidence based or promising practice as defined by the CDC. Visit: https://www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm for guidance. Please describe how the activities listed in your action plan are evidenced based or a promising practice.

Risk and Protective Factors: List Risk and Protective Factor(s) that will be addressed.

Goal: Describe the strategy you plan to use that will impact the identified risk and protective factor.

Objective: Provide measurable objective to achieve the identified goal.

Strategies, Activities, or Aims: Indicate the specific strategies, activities, or aims you will use to accomplish the objective.

- Disseminate information/education.
- Enhance individual life skills.
- Provide activities that reduce risk factors or enhance protective factors.
- Enhance community/participant access or reduction barriers to programs and strategies.
- Changing consequences by addressing incentives or disincentives.
- Implement environmental strategies to reduce risk factors and increase protective factors.
- Support modification to policies or the implementation of new policies.

Strategy/Activity	Who is responsible?	By When?	What outcome will result from your activity?	
			Process Objective:	(Example: Happy Middle School will implement Botvins Life Skills to all 7 th and 8 th Grade students in school year 2024-25)
			Short-Term Objective:	(Example -Favorable attitudes towards drug use will decrease by 2% from 2022-2023)
			Long-Term Objective:	(Example – 30 day alcohol use among students in grades 8-12 will decrease by 2%)

*If additional space is needed, feel free to attach as many pages as needed to your application.

Your Budget

In this section, applicants must provide an 8-month Budget Narrative to include budget details and justification for grant expenditures.

The Budget Narrative is used to determine reasonableness and allowability of costs. All of the proposed costs listed must be reasonable, and necessary to accomplish project objectives, allowable in accordance with applicable Federal Cost Principals, auditable, and incurred during the project period.

Proposed budgets must not exceed \$80,000 in total costs in any year of the proposed project. Annual continuation awards will depend on the availability of funds, recipient progress in meeting project goals and objectives, timely submission of the required data and reports, and compliance with all grant awards Terms and Conditions. Failure to comply with the Terms and Conditions of the awards may result in suspension or termination of the award.

Budget Form

Please complete the following budget form.

Category of Funding	Justification	Funding Amount
Personnel Salary		\$
Fringe Benefits		\$
Travel (in/out of state)		\$
Supplies		\$
Equipment		\$
Subcontractors		\$
Media Outreach		\$
Other		\$
Total Amount Requested		\$

*If additional space is needed, feel free to attach as many pages as needed to your application

Reporting Project Progress

Grant recipients will report to the local health department four times over the year of funding. Reports are due on the 15th of each month (October, January, April, July). The grant recipient shall report the following:

1. List quarterly activities accomplished.
2. Provide accounting for the expenditure of grant funds.
3. Describe measurable outcomes as a result of the expenditures.
4. Describe the impact and effectiveness of programs and activities funded through the grant.
5. Indicate the amount of grant funds remaining on the date that the report is submitted.

After a grant recipient expends all funds awarded to the recipient under the grant program, the grant recipient shall submit a final report to the local health department.

On or before September 1 of each year, each local health department shall submit the reports to the Associations of Local Health Departments, who in collaboration with the Department of health, submit a report to the Health and Utah State Legislature Human Services Interim Committee.

Appendix A – Developing Measurable Objectives

To be able to effectively evaluate your project, it is critical that you develop measurable objectives. This appendix provides information on developing objectives. It also provides examples of well-written measurable objectives.

OBJECTIVES

Definition – Objectives describe the result to be achieved and the manner in which they will be achieved. Multiple objectives are generally needed to address a single goal. Well-written objectives help set programs priorities and targets for progress and accountability. It is recommended that you avoid verbs that may have vague meanings to describe the intended outcomes, like “understand” or “know” because it may prove difficult to measure them. Instead, use verbs that document action, such as: “By the end of 2025, 75 percent of program participants will be placed in permanent housing.” In order to be effective, objectives should be clear and leave no room for interpretation. SMART is a helpful acronym for developing objectives that are specific, measurable, achievable, realistic, and timebound.

Specific – Includes the “who” and “what” of program activities. Use only one action verb to avoid issues with measuring success. For example, “Outreach workers will administer the HIV risk assessment tool to at least 100 injection drug users in the population of focus.”

Measurable – How much change is expected. It must be possible to count or otherwise quantify or its results. It also means that the source of and mechanism for collecting measurements data can be identified and that collection of the data is feasible for your program. A baseline measurement is required to document change (e.g., to measure the percentage of increase or decrease.) If you plan to use a specific measurement instrument, it is recommended that you incorporate its use into the objective. Example: By 9/18 increase by 10 percent the number of 8th, 9th, and 10th-grade students who disapprove of marijuana use as measured by the annual school youth survey.

Achievable – Objectives should be attainable within a given time frame and with available program resources. For example, “The new part-time nutritionist will meet with seven teenage mothers each week to design a complete dietary plan” is a more achievable objective than “Teenage mothers will learn about proper nutrition.”

Realistic – Objectives should be within the scope of the project and propose reasonable programmatic steps that can be implemented within a specific time frame. For example, “Two ex-gang members will make one school presentation each week for two months to raise community awareness about the presence of gangs” is a more realistic objective than “Gang-related violence in the community will be eliminated.”

Time-bound – Provide a time frame indicating when the objective will be measured or time by when the objective will be met. For example, “Five new peer educators will be recruited by the second quarter of the first funding year” is a better objective than “New peer educators will be hired.”

*This form is not saved anywhere on this website. Please copy or print your completed application and then attach it to your email or mail submission to zjohn@sanjuancounty.org 735 S. 200 W. STE 2, Blanding, Utah 84511.