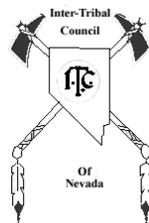




**Inter-Tribal Council of Nevada, Inc.
Statewide Native American Coalition**



***Comprehensive Community
Prevention Plan 2010***

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From the Executive Director:



The Statewide Native American Coalition formed in January 2006 with the purpose of providing a framework to collaborate on the coordination of programs, policies, and practices for Native populations in Nevada. Tribal entities recognized the importance of coalitions, understanding that an effective coalition provides for a coordinated process to address community problems. Coalition funding is provided by the Nevada State Health Division, Substance Abuse Prevention and Treatment Agency.

The Statewide Native American Coalition used the *Strategic Prevention Framework (SPF)* to create this Community Prevention Plan. The SPF was created by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is built on science-theory, evidence-based practices, and the knowledge that effective prevention programs must engage individuals, families, and entire communities. The SPF's five-step process assists coalitions in developing the infrastructure needed for community-based, public health approaches leading to effective and sustainable reductions in alcohol, tobacco, and other drug use and abuse. The five steps are:

- Step 1: Assessment – Collect data to define problems, resources, and readiness within a geographic area to address needs and gaps.
- Step 2: Capacity – Mobilize and/or build capacity within a geographic area to address needs.
- Step 3: Planning – Develop a comprehensive strategic plan that includes policies, programs, and practices creating a logical, date-driven plan to address problems identified in Step 1.
- Step 4: Implementation – Implement evidence-based prevention programs, policies, and practices.
- Step 5: Evaluation – Measure the impact of the SPF and the implemented programs, policies, and practices.



The *Strategic Prevention Framework* will continue to offer new directions with statewide and community-focused activities for addressing prevention. It will provide an effective and comprehensive system of prevention services that are sustained, monitored, and evaluated.

The Statewide Native American Coalition over the past five years has continued to provide prevention resources to the twenty-seven (27) tribal communities statewide. It has created continued new capacity with the State of Nevada, State Partners and tribal community key leaders with training in the SPF model. The Statewide Native American Coalition is recognized as a viable American Indian prevention & resource program serving the State of Nevada American Indian populations.

The Statewide Native American Coalition's accomplishments have been being accessible to its constituency throughout Nevada. It has been able to mobilize more resources to its service communities. It has implemented strategies and created new cultural programs for young men and women.

Monty Williams, Executive Director

ASSESSMENT:

This section involves the collection of data to define problems, resources and readiness within a geographic area to address needs and gaps. Assessment also involves mobilizing key stakeholders to collect the data and foster the **Strategic Prevention Framework** process.

Each regional strategic planning session followed the same process in prioritizing the risk and protective factors, selecting target populations and identifying resources. Many of the same concerns surfaced in all three regions, with some differences due to geographic location of the tribal representatives. The statewide strategic planning session reviewed the information from the three regions and prioritized the following risk and protective factors for the Native populations in Nevada.

Domain	Risk Factor	Protective Factor
Community	Availability of Drugs: Alcohol/Drugs are easily available in the community or youth believe they are easy to get.	There are opportunities for people to be active members of the community.
	Low Neighborhood Attachment: People do not feel connected to the community or feel they cannot make a difference. People feel disconnected from their cultural identify.	There are support systems and social networks in place in the community.
Family	Family History: Families have a history of problems with substance use/abuse.	
	Family Management and Conflict: Families have a hard time managing their lives; including monitoring their children and setting clear expectations. Families experience a lot of conflict.	
School	Academic Failure (leading to lack of commitment to school and early antisocial behaviors): Youth are experiencing early academic failure leading to youth not being committed to school, not valuing education, and exhibiting antisocial behaviors such as aggression at a young age.	There are opportunities for youth to experience positive social involvement.
Individual/ Peer	Early Initiation (resulting from feeling disconnected): Youth are using substances and acting out at an early age. Youth feel disconnected and are rebelling. They do not feel part of the community.	Youth have opportunities to associate with other youth through school, recreations, religious, cultural, or service activities.
		There are opportunities for youth to experience positive social involvement.

Nevada population statewide consists of 1.5% Native American/Alaskan Natives, representing just fewer than 40,000 Native Americans.¹ The most common populations include the Shoshone Indians in the eastern half of the state, the Paiute Indians in the Western and Southern areas of the state, and the Washoe Indians in northwestern part of the state. In total, there are 18 federally recognized tribes, bands, and colonies in Nevada.

Data provides evidence of the challenges facing Native American youth in Nevada. Indian youth demonstrated substantially greater rates of substance use, earlier age of onset, a lower perception of risk, and a lower level of parental disapproval for all three-core measure substances – alcohol, tobacco, and marijuana. Indian youth are on average more likely to use substances than the total population. Additionally, the age of onset for ATOD is approximately one year earlier than the total population. Only about half of Nevada’s Native American youth think that binge drinking and smoking marijuana can harm you. Additionally, the Youth Risk Behavior Survey² indicates that 18.7% of Indian high school students have used methamphetamines. Almost one-third of Native American youth report that their parents “only sometimes” or “rarely or never” know where they are when they are away from home and over half report that “some, most, or all” of their friends use tobacco almost daily and drink alcohol regularly.

Native American youth dropout rates have decreased from 7.4% in the 2003-04 school year to 4.6% in the 2006-07 school year, however, participants in the strategic planning sessions indicated that youth are experiencing failure academically in the elementary and middle schools, leading to eventual dropping out by high school students. Additionally, adult substance abuse admission rates have consistently increased since 2002, contributing to the lack of family management and the youth feeling disconnected.

In 2007, suicide was the 11th leading cause of death among all ages and demographics in the United States. Among Native Americans and Alaska Natives between the ages of 15 and 34, suicide was the second leading cause of death. "In many of our tribal communities, suicide is not just an individual clinical condition, but also a community condition," said the Surgeon General Richard Carmona in front of the Indian Affairs Committee in the US Senate in 2005.

Among Native American males, aged between 15 and 19, the numbers are even more grim. In a span of five years, 202 young men took their own lives, a rate of 34.6 per 100,000.

In comparison, the rate for males in the same age group was 13.7 for whites, 9.7 for Hispanics and 7.2 for African-Americans. Overall, socioeconomic characteristics, substance abuse, academic failures, barriers to mental health services and acculturation play a role in the occurrence of suicide in American Indian communities.³

¹ 2010 US Census

² <http://www.doe.nv.gov/YRBS.htm>

³ BBC World News America, Fort Yates, North Dakota

Nevada Youth Risk Behavior Survey – Middle and High School

These charts demonstrate core measures of alcohol, tobacco, and other drug (ATOD) use rates, attitudes, and perceptions for Nevada's Native American high school students in 4 school districts (Washoe, Douglas, Elko, and Churchill) that best describe the population statewide:

How old were you when you had your first drink of alcohol other than a few sips?	Statewide Frequency	American Indian/ Alaskan Native	+/-%	Total
I have never had a drink of alcohol other than a few sips.	2160	25		2185
8 years old or younger	601	14		615
	8.39%	11.02%	+2.63%	8.43%
9 or 10 years old	406	15		421
	5.66%	11.81%	+6.15%	5.77%
11 or 12 years old	852	21		873
	11.89%	16.54%	+4.65%	11.97%
13 or 14 years old	1758	32		1790
	24.53%	25.2%	+6.7%	24.54%
15 or 16 years old	1204	16		1220
	16.8%	12.6%	-6%	16.73%
17 years old or older	186	4		190
	2.6%	3.15%	+5.5%	2.6%
Total Respondents	7167	127		7294
1.77% of Respondents were Native American				
During your life, how many times have you used methamphetamines?	Statewide Frequency	American Indian/ Alaskan Native	+/-	Total
0 times	3320	115		3435
	92.5%	85.82%	-3.32%	
1 or 2 times	99	7		106
	2.76%	5.22%	+2.46%	
3 to 9 times	67	5		72
	1.87%	3.73%	+1.86%	
10- 39 times	44	3		47
	1.23%	2.24%	+1.01%	
40 or more times	59	4		63
	1.64%	2.99%	+1.35%	
Total Respondents	3589	134		3723
3.73% of Respondents were Native American				

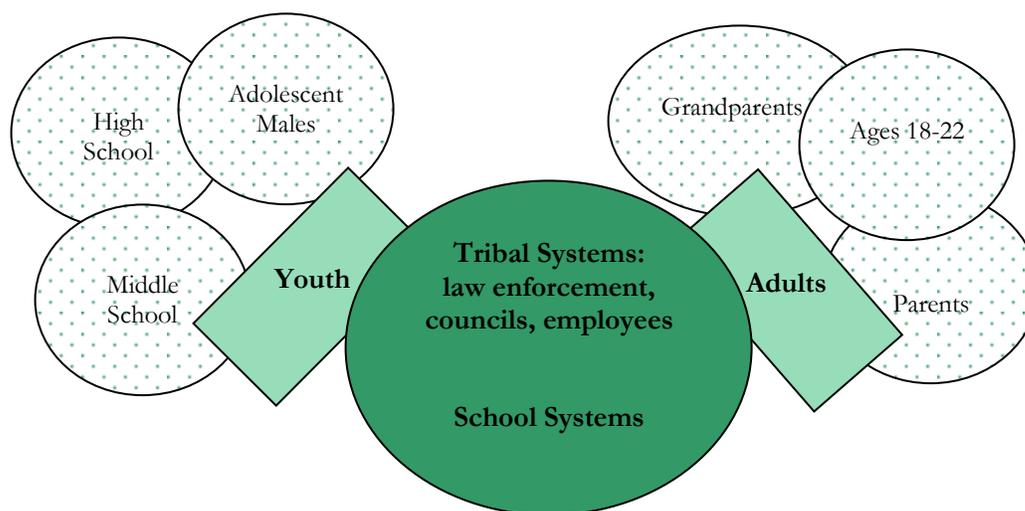
These charts demonstrate suicidal thoughts and attempts for Nevada’s Native American high school students in 4 school districts (Washoe, Carson, Elko, and Churchill) that best describe the population statewide:

During the past 12 months, did you ever seriously consider attempting suicide?	Statewide Frequency	American Indian/ Alaskan Native	Total
Yes	539	33	572
	15.32%	20.5%	
Total Respondents	3518	161	3679
18.05% of Respondents were Native American			
During the past 12 months, did you make a plan about how you would attempt suicide?	Statewide Frequency	American Indian/ Alaskan Native	Total
Yes	469	31	500
	13.51%	19.02%	
Total Respondents	3472	163	3635
4.69% of Respondents were Native American			

These charts demonstrate suicidal thoughts and attempts for Nevada’s middle school students in 3 school districts (Washoe, Elko, and Churchill) that best describe the population statewide:

During the past 12 months, did you ever seriously consider attempting suicide?	Statewide Frequency	American Indian/ Alaskan Native	Total
Yes	838	71	909
	27.02%	10.44%	
Total Respondents	3101	680	3781
Have you ever tried to kill yourself?	Statewide Frequency	American Indian/ Alaskan Native	Total
Yes	323	24	347
	10.41%	9.30%	
Total Respondents	3102	258	3360
Have you ever made a plan about how you would kill yourself?	Statewide Frequency	American Indian/ Alaskan Native	Total
Yes	1052	23	1075
	33.89%	5.10%	
Total Respondents	3104	451	4630

Target Populations to Address



Youth, adults and specific systems were prioritized as target populations to address related to the risk and protective factors. Youth in middle school are primarily at risk due to the early usage of substances and academic failure occurring among late elementary and early middle school youth. However, high school youth should not be forgotten, as many of these issues lead to life long adult negative behaviors. Among middle and high school youth, adolescent males are a sub population to be addressed. Most of the aggressive and violent behaviors reported in juvenile data are committed by males.

Three sub populations of adults were prioritized as being target populations: parents, grandparents, and young adults ages 18-22. Many grandparents are taking on the role of parent to children that are being left by both parents, when traditionally the mother would remain with the child. Many more Native American children are also being placed in foster care. The participants stated that reaching the younger adults could potentially change this pattern of behavior.

School systems and tribal systems were also identified as target populations. Many of the issues relating to the youth and adult populations cannot be solved without involvement from these entities. Tribal systems include law enforcement, councils, employees, and the elders. School systems include teachers, administrators, and parents.



CAPACITY:

This section involves the mobilization of resources within a geographic area. A key aspect is convening key stakeholders, service providers, and citizens to plan and implement sustainable prevention efforts. This includes the creation of partnerships, ensuring readiness, and building leadership through education and training.

The Statewide Native American Coalition formed after several years of discussion and the completion of a feasibility study. Even though tribes may be members of other community coalitions, it was determined that there are unique needs pertinent only to tribal nations that need to be addressed independently. The Inter-Tribal Council of Nevada took the lead in becoming the umbrella entity for this newly formed coalition.

The three regional planning sessions and one statewide planning session brought together key leaders from multiple Nevada tribes, service providers, and parents to complete the *Strategic Prevention Framework* process. They were educated as to the power of working as a coalition and will be the leadership behind implementing this community prevention plan. Even though many sectors were represented at these planning sessions, they were asked to identify what “community” they represented. The “community” could represent a tribe, a specific tribal entity, a geographic area, an agency, a colony, or a reservation.

The following “communities” from across the state participated in the planning sessions and made a personal commitment to work together to incorporate the recommendations developed by the planning session workgroups.

Lovelock Paiute Tribe
 Pyramid Lake Paiute Tribe
 Yerington Paiute Tribe
 Reno Sparks Indian Colony
 Walker River Paiute Tribe
 Moapa Paiute Band
 Las Vegas Paiute Tribe
 Ruby Valley Shoshone Tribe
 Elko Tribal Court
 Goshute Reservation
 Bureau of Indian Affairs
 Fallon Paiute-Shoshone Tribe
 Elko Colony
 Las Vegas Indian Center

PLANNING:

Planning involves the development of a strategic plan that outlines policies, programs, and practices that create a logical, data-driven plan to address the prioritized risk factors. The Statewide Native American Coalition planning process produced objectives, strategies, and evaluation data specific to these three areas, addressing the risk factors through the creation of broad goals.

The partners recognize that the strategic plan provides a unique opportunity to advance prevention and coordinate prevention funds and resources. Long-term change will be realized by pursuit of a shared vision and common goals and objectives that improve the well-being of the state's Native citizens. The expertise and knowledge from multiple agencies, organizations, and key leaders set the foundation to work toward a more cohesive and collaborative system that coordinates and maximizes resources to fill gaps in services and address unmet needs.

Strategic planning session participants also compiled a list of anecdotal data that they feel contribute to the risk factors prioritized. Some of these are:

- Need for cultural identity
- A distrust of authority
- Loss of cultural/traditional ways
- Increase in special education rates
- Experiencing discrimination
- Increased methamphetamine usage
- Unclear laws and inconsistent enforcement
- Lack of positive role models
- Poor community support
- Community denial of problems
- Poor parenting skills
- Non-reported domestic violence
- Both parents are absent
- Lack of activities in rural areas
- Non-enforcement of "dry" reservations

Strategic Plan

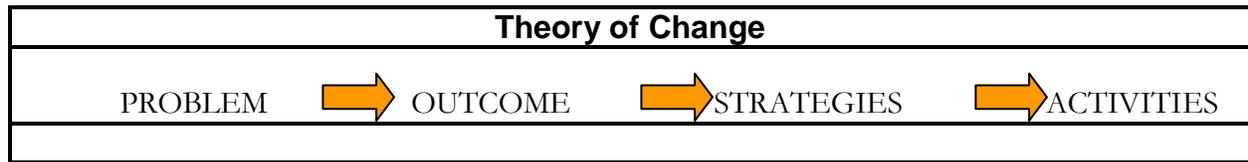
Goal #1: Target substance abuse prevention in Native American communities among youth and in association with suicide.				
Objective		Strategy		Evaluation
1.1	Lower instances of drug and alcohol use/abuse related suicides	1.1.1	Develop creative programs and events for youth to increase opportunities for prosocial involvement	<ul style="list-style-type: none"> ▪ Number of programs/events created and pre/post data from programs ▪ Number of projects created between youth and elders and pre/post data ▪ Created common message and number of opportunities to spread the message ▪ Number of incidences of suicide attempts and completion
		1.1.2	Develop opportunities for youth that encourage bonding with, and engaging in, activities that include family, school, and community	
		1.1.3	Develop opportunities for bonding to family with healthy beliefs and standards in regards to risks related to youth access to ATOD	
1.2	Increase youth exposure to positive Native American role models	1.2.1	Educate and utilize elders to send the message that each person is of value	
		1.2.2	Engage motivational Native American speakers to speak at special events to the value of staying substance free	
		1.2.3	Create joint projects between youth and elders to promote healthy lifestyles, cultural connectedness and a sense of community	
		1.2.4	Involve community leaders in honoring youth and family events	
1.3	Create a common message for youth related to the sacredness of human life.	1.3.1	Create a message demonstrating coping skills when in stressful or seemingly desperate situations	
		1.3.2	Support youth using Native American educational opportunities to promote common culturally accurate messages regarding substances and its association to suicide.	

Goal #2: Prevent the onset of childhood and underage drinking and drug use, reduce the progression of substance abuse, and prevent the relapse of substance abuse of those in recovery.				
Objective		Strategy		Evaluation
2.1	Develop a broad-based alcohol and drug use/abuse statement to be used across all tribal entities to prevent drinking and drug use among children and young adults.	2.1.1	Engage individual tribes to review current policies and codes	<ul style="list-style-type: none"> ▪ Youth availability of alcohol ▪ Adult and youth treatment/relapse admissions ▪ Standards document ▪ Specialized programs for youth involved in the juvenile justice system
		2.1.2	Develop a set of standards based on healthy behaviors, values and current policies	
		2.1.3	Enhance or develop community social norms on ATOD that de-glamorize its use and raise awareness about the life altering problems caused by underage use/abuse and the number of youth affected.	
Goal #3: Reduce substance abuse related problems in communities				
Objective		Strategy		Evaluation
2.1	Build community connectedness through shared community goals and standards, activities and opportunities.	2.1.1	Create a shared community identity and common goals; create attachment and organization within subgroups.	<ul style="list-style-type: none"> ▪ Standards document ▪ Specialized programs for youth involved in the juvenile justice system ▪ Availability of community oriented activities and programs ▪ Community Mission and Vision statements
		2.1.2	Educate community to foster relationships with new or returning community members	
		2.1.3	Enhance or develop community social norms on ATOD that de-glamorize its use and raise awareness about the life altering problems caused by underage use/abuse and the number of youth affected.	

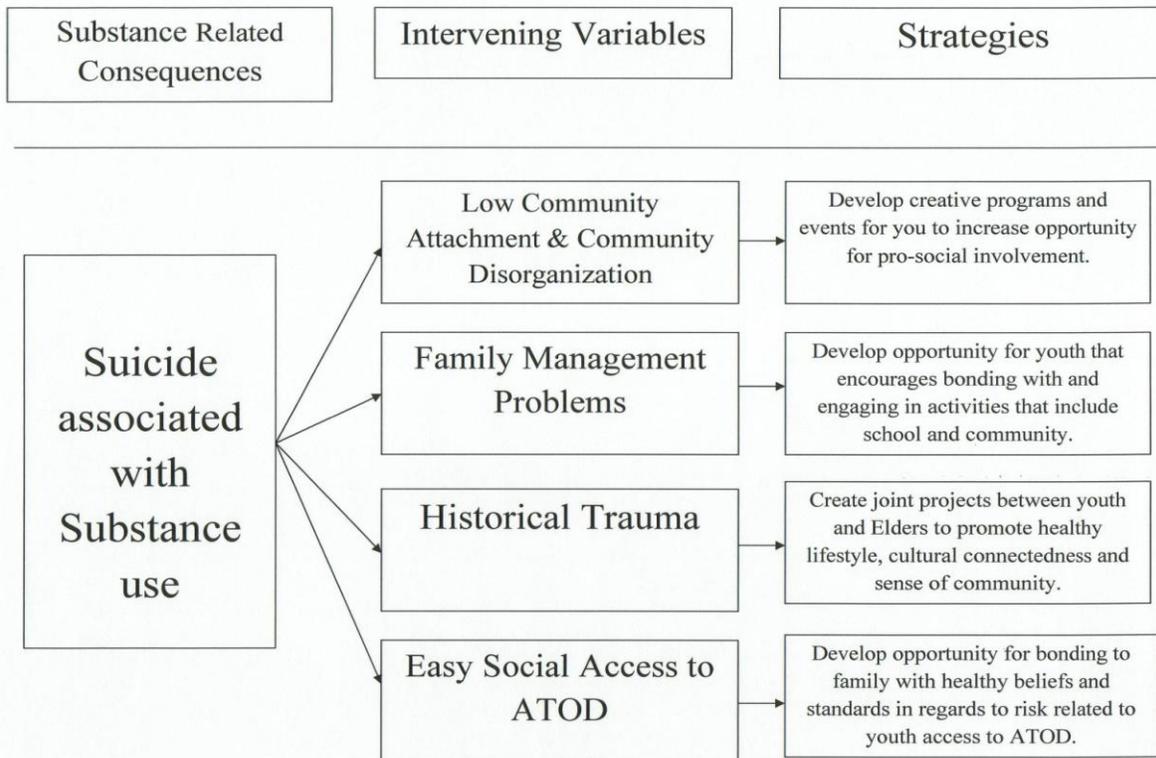
Logic Model

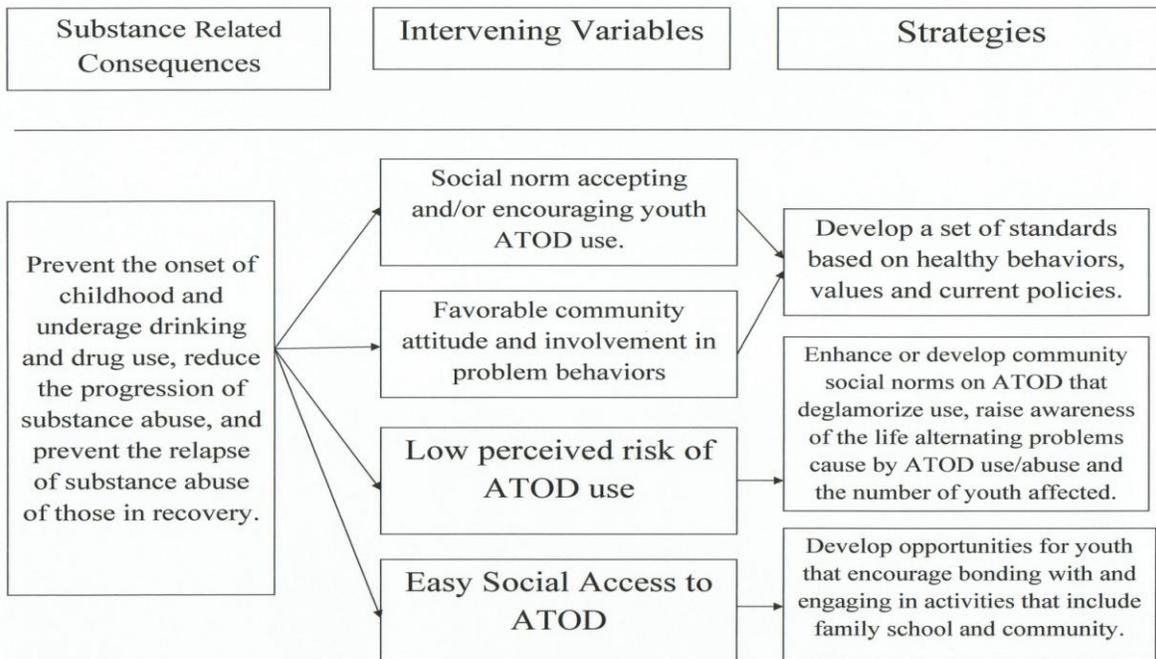
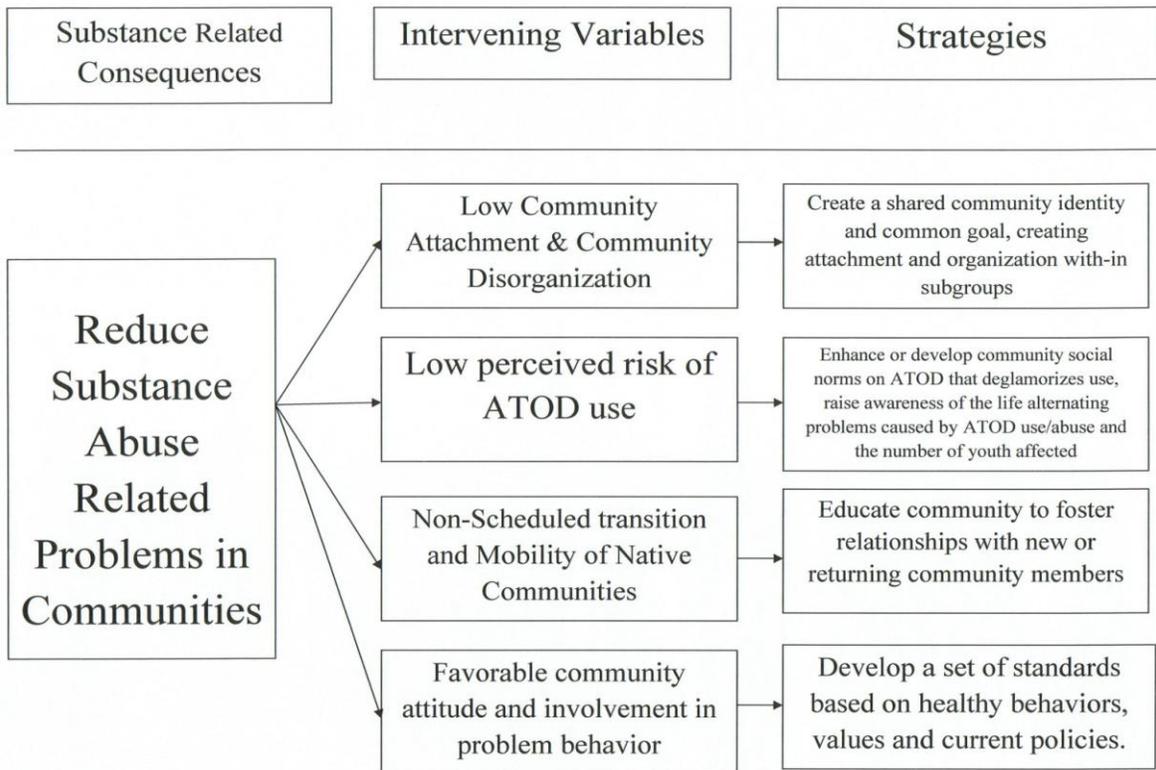
A graphic depiction of the components of a theory, program, initiative, or activity that shows the program's components and plausible linkages between the program components.

- A logic model develops understanding. It helps build understanding, of not consensus, about what the program is, what it is expected to do, and what measures of success will be used.
- A logic model helps to monitor progress. It provides a plan against which you can keep track of changes so that successes can be replicated and mistakes avoided.
- A logic model serves as an evaluation framework. It enables you to identify appropriate evaluation questions and relevant data.
- A logic model promotes communication. It creates a simple communication piece for portraying and marketing a program



SNAC 2011-14 Logic Models (in no particular order)





IMPLEMENTATION:

SNAC intends to fund one or more evidence based* programs to implement prevention services through funding tribal communities to address the three priorities identified;

- Target substance abuse prevention in Native American communities among youth and in association with suicide.
- Prevent the onset of childhood and underage drinking and drug use, reduce the progression of substance abuse, and prevent the relapse of substance abuse of those in recovery.
- Reduce substance abuse related problems in communities.

SNAC feels that tribal communities are ready to implement prevention strategies.

SNAC will continue to train and present culturally competent prevention activities in the tribal communities statewide. SNAC will present best practices in prevention services for communities. In the last 5 years SNAC has mentored communities on how to use funding for the identified uses, strategic planning framework and spf process. SNAC will recruit and train American Indian youth in peer to peer prevention strategies to be implemented in their communities.

*Evidence Based: This is defined as conceptually sound and internally consistent and reasonably well implemented and evaluated. CSAP Definition:

- Recognized on any federally approved best practice/ model program list
- Peer reviewed programs/or interventions with journal articles or other publications that have been found to be effective
- Programs/ interventions which have been found effective by experts in the field or community and for which results have been documented and substantiated

EVALUATION:**Functions of Evaluation**

Improvement: keeping track of what is or is not working and making necessary changes along the way.

Coordination: spending valuable coalition meeting time on brainstorming and problem solving rather than just "show and tell."

Accountability: reporting the results of the coalition's efforts to stakeholders, the community, and funders, including what worked, what didn't work, and lessons learned.

Celebration: taking time to observe and celebrate hard-won successes.

Sustainability: deciding what strategies to let go of, being creative about options for sustaining the work and the coalition, and identifying what must be sustained, what resources are required, and what strategy is the best match. In short, nurturing the life of the group.

This section involves measuring the impact of the *Strategic Prevention Framework* and the implemented programs, practices, and policies. The evaluation process is meant to be a tool that provides useful information to help coalitions in their work. Evaluation basically involves collecting, analyzing, and interpreting information about how a coalition implements its strategies and activities and what changes occur as a result.

Plans for ongoing monitoring and evaluation of programs, policies, and practices, including both process and outcome evaluation to determine whether desired outcomes will be met are outlined below and assess effectiveness of the coalition and its initiatives.

Process evaluation will address:

- How closely did the coalition and its members execute the plan
- What types of deviations from the plan occurred
- What impacts did the deviations have on the objectives of the coalition

Outcome evaluation will address:

- What was the impact on the identified evaluation measures
- What programs were associated with outcomes
- What policies were associated with outcomes
- What practices were associated with outcomes

Performance measures will include four core measures:

- Age of onset of any drug use
- Frequency of use in the past 30-days
- Perception of risk or harm
- Perception of disapproval of use by peers and by adults

Data collection tools that may be used:

- Surveys/Questionnaires
- Key informant interviews
- Focus groups
- Participant observation
- Archival/Secondary data
- Document review
- Anecdotal data

Acknowledgements

The Statewide Native American Coalition sincerely wishes to thank the following individuals, agencies and communities for their hard work and commitment to the completion of this document.

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Walker River Paiute Tribe
Moapa Paiute Band
Las Vegas Paiute Tribe
Ruby Valley Shoshone Tribe
Elko Tribal Court
Goshute Reservation
Bureau of Indian Affairs
Fallon Paiute-Shoshone Tribe
Elko Colony
Las Vegas Indian Center
Inter-Tribal Council of Nevada, Inc.
Native American Community Services
Ft. McDermitt Paiute-Shoshone Tribe
Juvenile Probation – Lincoln, White Pine, Eureka, Elko
Nevada Urban Indians – Washoe County and Carson City
Nevada Urban Indians – Lyon, Washoe, Douglas, Storey Counties
Te-moak Tribe of Western Shoshone Indians – Battle Mountain, Wells, Elko, South Fork Bands

It is the promise of the Statewide Native American Coalition that the goals of this Community Prevention Plan will be:

- Implemented with evidence-based model programs, promising approaches, and environmental strategies
- Focused on shared short- and long-range prevention outcomes
- Endorsed and maintained by key stakeholders
- Driven by data for the state and communities
- Sensitive to cultural diversity
- Accessible to all Native residents

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