

Grantee Profile

Placer County

Back on Track: Building Youth and Family Strengths

The overall goal of the project is to decrease substance use among underserved youth who exhibit binge drinking and high risk drug use by using the Training Pro-Social Skills, Training Pro-Social Skills for Parents, and in-home behavioral coaching programs. We aim to increase youth resiliency, pro-social skills, and family dynamics and increase parenting/youth behavioral skills. The Diversion Program will address early prevention to lessen individual, family, and community impact of criminal behavior, dropping out of school, and possibly addiction and death. Impact will be measured through the Placer County Outcome Assessment Tool (life domains of Safe, Healthy, At Home, In School, and Out of Trouble), the SASSI (Alcohol and Drug Risk), Youth and Outcome Questionnaire (situations, behaviors).

PROGRAM COMPONENT 1. *To decrease substance use among underserved youth who exhibit binge drinking and high risk drug use by:*

- Increasing youth resiliency and pro-social skills (through after school diversion program)

Population(s) Served

- Children/Youth Exhibiting High Rate and Binge Drinking, ages 12-17
- 150 youth and families

PROGRAM COMPONENT 2. *To decrease substance use among underserved youth who exhibit binge drinking and high risk drug use by:*

- Improve parenting skills and family dynamics (through diversion program)

Population(s) Served

- Children/Youth Exhibiting High Rate and Binge Drinking, ages 12-17

PROGRAM COMPONENT 3. *To decrease substance use among underserved youth who exhibit binge drinking and high risk drug use by:*

- Improve family and youth behavioral skills (through in-home/school behavioral coaching)

Population(s) Served

- 250 youth and families will receive support

Science-Based Criteria

Training Pro-Social Skills (A California Institute of Mental Health Sponsored Program)

Program Settings

Community-based
Home-based

Program Strategies

- Identification through schools and community of bingeing/using youth
- Implement science-based model programs to ameliorate youth risk factors in individual and family domains
- Training Pro-Social Skills (TPS)
- Behavioral support for youth in connection with Crisis Resolution Center (CRC) transition program with in home/school coaching and skill building
- Diversion youth group We Are Teens Always Helping (WATAH) – rich in developmental supports to fill youth needs for belonging, challenging, meaning, etc. . . , and provide future community connections

Risk Characteristics of Target Population

- Youth bingeing/using tend to fall through the cracks-no clear community responsibility for who serves them – no one serves
- Community drug counseling services are for DSM–IV addiction – don't fit teen bingeing or substance use to prevent clinical addiction
- Identified youth lack pro-social skills and opportunities to gain them
- Parents lack appropriate parenting skills and no in-home behavioral support to assist parenting and pro-social skills development

Planning and Collaboration

Under the direction of the System Management Advocacy Resource Team (SMART) partner agencies work in an integrated, co-located design to keep children and families safe, healthy, in school, out of trouble and self-sufficient. Partners include: United Advocates for Children and Families, Crisis Resource Center, Lincoln Lighthouse Counseling Center, Family Resource Center, Parent Project, Sierra Family Services, Placer County Office of Education, Law Enforcement Agencies and Lincoln Rotary. Parent stakeholder involvement will be obtained through evaluation tools.

Evaluation

Impact will be measured through multiple measures including: pre/post test program assessment tools, the Placer Outcome Assessment, participant, parent, school and staff observations, and school and law enforcement data. The quarterly SDFSC progress report will Back on Track staff monitoring process data and making improvements as needed. Individual information will be shared with participants. There will be a reporting system for the county and state and parents will be informed through the UACF stakeholder meetings.

Sample Performance Indicators

- Participation and completion rates
- Improved scores with the SASSI screen and the Youth Outcome Questionnaire (YOQ)
- Training Pro-Social Skills Tools
- Citation, truancy and probation data

AOD Administrator

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