

**COLORADO DEPARTMENT OF HUMAN SERVICES
DIVISION OF CHILD WELFARE**

*REQUEST FOR CORE SERVICES ADDITIONAL FUNDING FOR EXPANSION OF
SERVICES TO ADOLESCENTS PROPOSALS*

A. NEEDS ASSESSMENT:

A needs assessment is the first step in developing an integrated service network. Your assessment should be both comprehensive and reflective of the voice of eligible Core Service families. Discuss the needs of eligible Core Services adolescents and families in your county including:

I. TYPES OF CORE SERVICES YOUR COUNTY PROVIDES: Chaffee County Department of Health and Human Services (DHHS) currently provides Core Services in: Mental Health Treatment, Special Economic Assistance, Substance Abuse Treatment, Day Treatment, Intensive Family Therapy, Sexual Abuse Treatment for victims, Life Skills and Home Based Intervention. We are requesting continued funding to further develop Life Skills for Chaffee County Mentors, Youth @ Crossroads and Nurturing Parenting Program which serve youth who meet criteria of Program 4, 5 and 6 and who are at risk of out of home placement. Chaffee County Mentors, Youth @ Crossroads and Nurturing Parenting curriculum address community risk and protective factors based on assessments conducted by Salida and Buena Vista Build A Generation®. The Build A Generation process is an evidenced-based community risk and protective factor assessment process based on the Communities that Cares© model. BAG is made up of a 20-person board and a Community Coordinator. The purpose of BAG is to assess risk factors in the community, resources that mediate risks and gaps where youth and families fall through the cracks. BAG then develops a 3 – 5 year strategic prevention plan to reduce risks by increasing resources. Common to both areas are the following risk factors: Economic Deprivation, Availability of Drugs & Alcohol with emphasis on early initiation of use and parental attitudes towards the problem behavior, and Family Management Problems with emphasis on family violence. Children exposed to these are at higher risk of developing all of the juvenile behavior problems of substance abuse, delinquency, violence, teen pregnancy and school drop out (Communities That Care©).

II. ESTIMATED / CALCULATED NUMBER OF ADDITIONAL ADOLESCENTS THE EXPANDED SERVICES FUNDED COUNTY DESIGN PROGRAM WILL SERVE: Chaffee County Mentors will serve up to 10 referred youth who meet criteria for Program 4, 5 and 6; Youth @ Crossroads will serve up to 10 referred youth who meet criteria for Program 4, 5 and 6; Nurturing Parenting will also serve up to 10 referred families who meet criteria for Program 4, 5 and 6. Adolescents placed in foster care and/or who meet Core definitions will be referred to Chaffee County Mentors, Youth @ Crossroads and Nurturing Parenting Program to determine whether these resources are appropriate as a service support.

Chaffee County Mentors is modeled after the Big Brother Big Sister Programs, which is considered a Best Practice/Model Program on Center of Substance Abuse Prevention (CSAP) science based continuum. By matching at-risk youth with caring, responsible adults who engage them in healthy activities and offer continuing

encouragement for their positive behaviors and choices, youth are more likely to avoid high-risk behaviors and develop in pro-social ways (Social Development Strategy; *Hawkins & Catalano*).

Youth @ Crossroads serves youth in conflict through its core programs including “Reconnecting Youth” (RY) which is a semester-long SAMHSA model program developed for youth at-risk of school dropout due to substance abuse, violence and other high-risk behaviors; “Project Toward No Drug Abuse” (TND) which is a 12-week SAMHSA model drug and alcohol prevention program developed for youth involved in high risk behaviors; and, “Moral Reconnection Therapy (MRT)” an evidenced-based cognitive-behavioral curriculum developed for youth at risk of a juvenile justice or residential treatment placement due to continued behavioral offenses in the community.

Nurturing Parenting Program serves an “indicated” or high-risk population of families and children/ adolescents at risk of out of home placement. NPP is a 16-week family skills education program specifically designed to prevent and reduce child abuse and neglect among at risk and high risk populations. "NPP Programs are validated, family-centered programs designed to build nurturing skills as alternatives to abusive parenting and child rearing attitudes and practices. The ultimate outcomes are to stop the generational cycle of child abuse by building nurturing parenting skills; reduce the rate of recidivism; reduce the rate of juvenile delinquency and alcohol abuse; and lower the rate of multi-para teenage pregnancies" ("Research and Validation Report of the (NPP) Programs", Bavolek 2005). NPP Programs have been accepted for review by SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). NPP is rated as an "effective program" by the Office of Juvenile Justice and Delinquency Prevention (OJJDP).

III. SIMILAR RESOURCES/ SERVICES ALREADY AVAILABLE TO CORE SERVICE FAMILIES:

In March 2006 a “prevention” division was formed in Chaffee County Department of Health and Human Services called Family & Youth Initiatives (FYI). The mission of FYI is to “prevent risky behaviors and promote healthy behaviors in youth and families with complex needs in Chaffee County”. Programs within FYI include: Chaffee County Mentors, Youth @ Crossroads, and Nurturing Parenting Program. The Division works closely with Child Welfare, Child Support and Cash Assistance Services to promote the safety and self sufficiency of Chaffee County's most vulnerable youth and families. FYI also works with community agencies such as the Pregnancy Center and Faith Communities, Head Start and other entities as necessary to coordinate prevention and intervention work, and to avoid duplication of services for high risk youth and families.

Services available to Core Service families include: Nurturing Parenting Classes, Boys & Girls Club of Chaffee County including “Girls Circle/ Boys Council” life skills classes. Chaffee County Mentor staff collaborate with Boys & Girls Club staff, to refer appropriate youth to the program.

IV. GAPS IN RESOURCES AND SERVICES:

A gaps analysis that identified areas where services were lacking was conducted in 2004 by both Salida and Buena Vista Build a Generation® and the Community Prevention Policy Board. This involved collecting information on specific types of services, programs and activities that promote reduction

of risk in identified areas of ; Economic Deprivation, Family Management Issues and Early Initiation of the Problem Behaviors in Youth. These identified areas directly relate to Core Service youth and families makeup. Resource service gaps identified were: Alternative resources beyond Department of Health and Human Services (DHHS) and limited choices of activities and programs for families; high mobility rates, prevalence of seasonal and service industry employment, high cost of living, elevated incidence of alcohol use, community perceived high rates of substance abuse, lack of transportation services and a lack of after school programming for youth. Requesting funding for Chaffee County Mentors, Youth @ Crossroads and Nurturing Parenting Program fits into the DHHS philosophy of early intervention and assessment of children who may be at risk of abuse, neglect and out of home placement. The intent of funds in question is to ensure that all possible resources are being utilized so that placement out of the home becomes only one of several options for youth who are at high risk of abuse or delinquent behavior.

B. COUNTY DESIGN DESCRIPTION: Describe the Following:

I. YOUR COUNTY’S EXPERIENCE /ACHIEVEMENTS IN PROVIDING COUNTY DESIGNED SERVICES TO ELIGIBLE CORE SERVICE ADOLESCENTS WITH SPECIAL NEEDS AND THEIR FAMILIES: Chaffee County Health and Human Services has been a leader in identifying and spearheading initiatives to benefit Core Services Adolescents with special needs and their families. DHHS helped to spearhead the Build A Generation® Community Prevention Process which identified risk factors and gaps for high risk youth and families in the community. DHHS then helped to develop multiple programs for high risk youth and families as well as for impoverished families in the community, to promote healthy behavior among those most at risk. County-designed and/or promoted programs that have a proven track record of success among high risk and/or impoverished youth and families include: Chaffee County Mentors, Youth @ Crossroads, Nurturing Parenting Program, Boys & Girls Club of Chaffee County, the Salida Early Childhood Center, and Vandenberg high-fidelity WRAP Process which is being used for an integrated services initiative called Chaffee County #1451 Integrated Services Board.

II. THE INVOLVEMENT OF YOUR COMMUNITY IN PLANNING AND EVALUATING THIS COUNTY DESIGN PROGRAM: Chaffee County Mentors, Youth @ Crossroads and Nurturing Parenting Program were developed by Build A Generation® Community Prevention Process Board. The programs were developed through a comprehensive collective community-driven strategic plan designed to reduce identified risks among the most complex-needs youth and families through proven-effective programs. As such, Chaffee County Mentors, Youth @ Crossroads and Nurturing Parenting Program have enjoyed enormous community in-kind, volunteer and financial support.

BAG has also helped both programs develop rigorous evaluation tools. The **Chaffee County Mentors Survey** compiled by OMNI Institute of Denver, CO will utilize Pre and Post survey data which includes: *GPR 30-day Alcohol, Tobacco and Other Drugs (ATOD) use scale; Sense of Community Index; Likelihood to Use Local Resources; Control-Individual Protective Factors Index; Goal Setting Skills Scale; items /Decision Making Skills*. This survey is administered to youth at point of match and again on one-year anniversary. Analysis of data collected will show if there has been

significant change after the one-year mentor partnership and supportive services offered. These measures directly relate to our identified community risk factors. Chaffee County Mentors goals are to: minimize the likelihood of placement or placement disruption, prevent the use and early onset of ATOD use in program, youth and foster bonding /exposure to community resources, and opportunities for youth. In only its third year program results showed: 48% of program students increased core level class grades, 35% maintained good school attendance, 28% decrease in delinquency, and 15% decline of substance abuse.

Youth @ Crossroads uses the *GPR 30-day Alcohol, Tobacco and Other Drugs (ATOD) use scale, Safe Driving / Safe Riding Scale, and the Department of Criminal Justice Tool*. Results show youth decrease in high risk behaviors in driving/ riding and intake of ATOD and positive attitudes around ATOD as well as delinquency.

Nurturing Parenting Program uses the Adult-Adolescent Parenting Inventory (AAPI) which measures the five constructs that are the biggest predictors of child abuse and neglect. These include: appropriate parental expectations, parental empathy toward a child's needs, belief in and use of corporal punishment, appropriateness of parent-child role, and belief in a child's power and independence. Chaffee County Nurturing Parenting Program has seen statistically significant improvement on every one of these constructs for five consecutive years since its inception.

III. THE SERVICES AND ACTIVITIES YOU WILL PROVIDE WITH THE ADDITIONAL FUNDS TO ADDRESS STATED NEEDS: Chaffee County Mentors is working to provide one-to-one positive adult role models to local referred youth ages 7 to 15 years old who meet criteria for **Program 4/ Youth in Conflict, Program 5/Children in Need of Protection, Program 6/ Permanency**. Youth must all meet specific at-risk criteria to be eligible for referral to the mentor program. Senior Mentors are required to visit with their youth match an average of three hours weekly and participate in a monthly structured recreational group activity. Research shows that consistency and amount of time spent on positive pro-social activities increases positive behavior in youth (Hawkins & Catalano). Scheduled activities range from picnics, craft days, swimming, hiking, rafting and skiing. These activities are designed to provide youth with experiential and therapeutic opportunities to which many of them have never had access. Each match is also expected to complete three community service projects, either of their own design or by participating in an organized sponsored group event to foster bonding to community.

Youth @ Crossroads will engage youth 12 – 18 years old who meet criteria for **Program 4 / Youth In Conflict** and **Program 6 / Permanency** in life skills classes through Reconnecting Youth, Moral Reconciliation Therapy, Project Toward No Drug Abuse, and/ or Girls Circle/ Boys Council classes. The classes are 12 – 25 sessions depending on motivation and progress of the youth. They are designed to help youth take responsibility for behavior and to teach youth to identify and change attitudes that lead to high risk behavior in the community.

Nurturing Parenting Program will engage families and children/ youth 0 – 18 who meet criteria for **Program 4/ Youth In Conflict, Program 5/ Children in Need of Protection**, and, **Program 6/ Permanency** in its 12 – 16-week program for families and children/ youth.

IV. HOW WILL YOU COLLABORATE WITH YOUR COUNTY SOCIAL SERVICE DEPARTMENT, OTHER PUBLIC AGENCIES, COMMUNITY BASED ORGANIZATIONS, AND/OR ADVOCACY GROUPS TO CREATE THE NETWORK OF SERVICES FOR ADOLESCENTS:

Established collaborative youth service agencies/professionals are, but not limited to: Chaffee County Department of Health and Human Services, Chaffee County Public School system, West Central Mental Health Services, 11th Judicial District Probation Department, Chaffee County Sheriff's Office and The Alliance Against Domestic Abuse. Local youth service organizations include: Boys & Girls Club of Chaffee County, Chaffee Head Start and Salida & Buena Vista Recreation Departments. Juvenile diversion efforts include: SB #94, Diversion, and Chaffee County High School. Each of these groups has been given training in the referral process for recommending a youth to the programs.

V. HOW MUCH ADDITIONAL CORE SERVICE EXPANSION OF SERVICES FUNDING IS YOUR COUNTY REQUESTING? Chaffee County DHHS is requesting \$158,417 for Core Service Additional Funding for Expansion of Services to Children and Adolescents.

VI. HOW IS YOUR COUNTY ENSURING THIS EXPANSION IS COST EFFECTIVE?

Maintaining a child/ youth in their local community through comprehensive life skills classes or mentoring is a comprehensive, community based approach which is cost effective compared to out of county placements such as CPA's and group homes. Average annual support for prevention programs including a mentor/mentee match, Y@C, and NPP is \$3,000. The projected outcome of this Core Service will be to decrease the number of youth needing out of home placement as well as decreasing the length of stay for those youth being served already in placement. Since initial funding began in 2004; **13 youth** are identified as avoiding a higher restrictive level of care; **3 youth** maintained placement in adoption settings, **2 youth** were successfully placed in permanent adoption; **9 youth** are identified that mentoring services combined with DHHS have prevented out of home placements. This reflects a potential cost savings of upwards \$165,000. Moreover-Chaffee County Mentors has found to be able to leverage donated goods, services and volunteer time that are worth approximately \$1 for every \$1 in the current budget. Current statistics show Foster home/ Residential treatment costs can average \$12,000-36,000 per year, and incarceration fees can range to \$50,000.

C. PROJECTED OUTCOMES

YOUR CORE SERVICE PROGRAM COUNTY DESIGN MUST ACHIEVE THE FOLLOWING OUTCOME: The County Design will serve 30 children/ adolescents and will reduce the need for 6 residential services during the funding period. Up to twelve 12 families with up to 20 children will be served with Life Skills curriculum offerings.

Specify any other performance indicators you will measure and report on to the annual Colorado Department of Human Services Commissions Report.

- Evaluation as it relates to placement disruption in foster homes
- Sense of Community and Increase of protective factors in referred youth
- Family Involvement Opportunities for Pro Social Involvement
- Alcohol Tobacco and Other Drug use in referred youth
- Academic and Behavioral Competence in referred youth

- Full analysis of all data and cooperation with Colorado Department of Human Services of Child Welfare, County Departments and the State Foster Parent Association.

HISTORICAL OUTCOMES

In 2005 48% of program students increased core level class grades, 35% maintained good school attendance, 28% decrease in delinquency, and 18% show a decline of substance abuse. Over 400 hours of community service recorded in the last year by mentor program youth giving back to there communities.

Volunteer mentor interest orientations completed:	41
Current number of enrolled volunteer mentors:	41
Current number of referred at-risk local youth:	45
Number of youth who meet Core Level designation:	23
Active Core Matches in 2005:	14
Core Youth avoiding higher/restrictive level of care	13
Core Youth maintained adoption settings	2
Core Youth recently adopted to new homes	1
Core Youth who have maintained home settings	10
Completed recreational activities 2005:	18
Community Service project hours w/ matches:	400+
Completed Life Skills meetings for families:	15
Completed Pre- Post test surveys by Core youth:	22

The seven most frequently reported risk factors, as indicated in the Chaffee County Mentors Youth Profile measure: *(this is a staff administered survey to guardians)*

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| ○ At least one parent abuses/has abused alcohol or drugs | 93.33% |
| ○ Family is low income | 93.33% |
| ○ At least one other immediate family member abuses/has abused alcohol or drugs | 93.33% |
| ○ Youth experiences chronic school problems | 80.00% |
| ○ Youth is a victim of physical abuse/neglect | 70.00% |
| ○ Family lives at poverty level | 70.00% |
| ○ At least one parent has been incarcerated | 70.00% |
| ○ At least one parent is currently incarcerated | 33.00% |

Important Highlights

- Chaffee County Mentors celebrates 5th year program anniversary March 2008.
- Selected by the National Mentoring Office as one of the *Upstart Success Stories of the 2004 Year*.
- Chaffee County Commissioner’s proclaimed *January 2006 as Support Mentoring Local Youth Month*
- Maintained informational program website chaffeementors.org

- Chaffee County Mentors Program Director invited to speak at National Mentoring Conference in Portland OR., and National Teleconference on rural fundraising and volunteer recruitment.
- Family & Youth Initiatives netted over \$25,000 locally at the “for Kids Sake” and 2009 Community Silent Auction and Golf Tournament event.
- Youth @ Crossroads starts a daily semester-long class in spring 2009 for high-risk youth in Buena Vista and Salida high school called “Reconnecting Youth”.
- Youth @ Crossroads begins a collaboration with Chaffee County Alternative High School in spring 2009 to offer two quarters of “Project Toward No Drug Abuse” in conjunction with their health class as well as weekly alternative activities.
- Youth @ Crossroads begins collaboration with Salida middle school to offer “Girls Circle/ Boys Council” ATOD curriculum in conjunction with the health class to every 7th grade boy and girl.
