

Washington County Planning Model for Substance Abuse

The Washington County Coalition for Healthy Tomorrows

June 2007

Planning Model

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Washington County, Maine

Included are examples of logic models employed by some partners on the planning team.

Problem	Root Cause	Local Conditions	Strategy	Activity	Short-term outcomes	Mid-term outcomes	Long-term outcomes
Alcohol abuse by county youth contributes to poor academic, social, and health outcomes	Limited decision making skills	Too few programs to develop skills	Implement curriculum to enhance critical thinking skills	Implement Project Northland, Class Action	Youth use knowledge of drinking consequences in decision-making; post-test surveys show improved decision-making skills	Follow up surveys reveal retained decision making skills and resulting risky choices and levels of consumption (binge drinking)	One year later, binge drinking, perception of harm, and alcohol availability reduced in MYDAUS survey
	Peer pressure combined with low self esteem and limited opportunities for self expression	Peers overplay social value of drinking and minimize its risks	Implement curriculum which facilitates positive group thinking and weighing of consequences of choices	Implement Project Northland, Class Action	Post-program surveys reveal youth gain awareness of harm from poor choices and support in resisting peer pressure	Follow-up surveys reveal developed skills lead to behavior-changing decisions and reduced consumption	Youth alcohol related arrests and traffic accidents decline
	Family and community norms contribute to ready accessibility	Youth get adults to purchase or get from home supply, combined with inadequate supervision and sanctions	Reduce accessibility from these sources through public education on consequences of underage drinking	Media PSA's stories, presentations, and local Community Trials Intervention activities such as Fatal Vision	Usable information is available for family and personal consideration, as assessed from sample queries or surveys of participants	Perception of availability reduced in follow-up student surveys	

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Youth have preventable problems: Academic Social Health	Excessive alcohol consumption	Family standards	Educate family, youth	Media PSA's and programs, parenting programs, health class	Usable information is available for family and personal consideration	The information is used to change behavior	Behavioral change results in reduction of preventable problems
		Inadequate personal knowledge					
		Peer Pressure	Critical thinking, character Training	Project Northland, Class Action	Youth practice decision-making skills; MYDAUS shows change in decision-making	Developed skills lead to behavior-changing decisions; MYDAUS shows reduced use	
Inadequate moral training							
		Accessibility	Reduce accessibility	Increase law enforcement effort and education on consequences of illegal alcohol availability	Alcohol is less easy to get; MYDAUS shows change in perception of availability	Lower consumption; MYDAUS shows reduction in use	

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**Coalition for Healthy Tomorrows Partners and Programs
Agencies and Coalitions**

Geographic Area	Prevention	Treatment
USA	Center for Substance Abuse Prevention (Substance Abuse and Mental Health Services Authority)	Center for Substance Abuse Treatment (SAMHSA)
Maine	Office of Substance Abuse	OSA
	Margaret Chase Smith Policy Center	
Washington County	Medical Centers	Continuum of Care
	Washington County Asthma Council	Medical Centers
	Washington County Council of Governments	
	Washington County Drug Action Team	WCDAT
Calais	Neighbors Against Drug Abuse	Calais Regional Hospital
	St. Croix Valley Healthy Communities	
	Weed & Seed	
Jonesport	Moosabec Area Drug Awareness Group	
Lubec	Lubec Cares	
Machias	Residents Against Drugs	Community Caring Collaborative
		Down East Community Hospital
Sipayik	Sipayik Substance Abuse ad hoc Committee	

Programs

Geographic Area	Sponsor	Program
Maine	Maine Coast Training Center	Project Adventure
		Kids on the Block
		Life Skills Training
		Second Step
Washington County	Schools	Project Northland
	Schools / Department of Education	Class Action/ Alcohol Abuse Reduction
	Drug-free Communities	Community Trials Intervention Resource Information Centers
Bold Coast	Downeast Healthy Maine Partnership	Sticker Shock
		Red Ribbon Week
		Great American Smokeout
Lubec	School	21 st Century Community Learning Centers
	Town	Lubec Area Prevention Policy Advisory Board
Machias	University of Maine at Machias	CCC/Counseling/Orientation
Calais	NADA / Weed & Seed	Communities That Care
		Essential Prevention Services

Coalition for Healthy Tomorrows
Washington County, Maine

Points of Contact:

Calais Weed & Seed: Gail Wahl at 479 Main St. in Calais (454-2535).

Continuum of Care: Carrie Perkins at the Discovery House in Calais (454-1300).

Community Caring Collaborative: Alex Patel at UMM (255-1233).

Downeast Healthy Maine Partnership and Asthma Council: Eleody Libby at HealthWays in: Lubec (733-1090 ext 3118).

Drug-Free Communities Support and Mentoring Programs: Rick Tanney at HealthWays in Lubec (733-1090 ext 3215).

Lubec Cares: Bill Daye at the Town Office in Lubec (733-2342).

Maine Coast Training Center: Terri Woodruff at HealthWays in Lubec (733-1090 ext 3176).

Moosabec Area Drug Awareness Group: Buzz Carver in Jonesport (497-2144).

Neighbors Against Drug Abuse: Mandi Adams at 479 Main St. in Calais (454-3200).

Residents Against Drugs: June Ashmore in Machias (460-1202).

Sipayik Substance Abuse ad hoc Committee: Brian Altvater at the Housing Authority in Sipayik (853-6021).

St. Croix Valley Healthy Communities: Billie Jo Hamm at Calais Regional Hospital (454-0761).

Washington County Council of Governments: Judy East at the City Building in Calais (454-0465).

Washington County Drug Action Team: Barbara Drisko in Columbia Falls (483-2072).