

FREE TO GROW PROGRAM DESIGN TOOL

WHAT?	WHO IS TARGETED?	WHO DOES THE WORK?	WHEN?	WHERE?	WHY?	HOW?
<p>What are the specific family and community strengthening strategies that are the components of your program approach? Please choose these strategies from those listed in the FTG program definition or approved enhancements chart.</p>	<p>Indicate whether the strategy will target HS or HS and non-HS families, other community residents. Note members to be targeted. If only a portion of your HS population will be targeted, indicate which part.</p>	<p>List all staff and partners responsible for carrying out the work related to this strategy. What mechanisms will be used to coordinate roles and tasks?</p>	<p>Will this be an on-going activity or time-specific? How often will the activities related to this strategy be carried out?</p>	<p>Where will the activities related to this strategy be carried out? Within the walls of your HS program? In another community location? In the homes of parents? Be specific.</p>	<p>What impact do you expect this strategy to have? Please indicate both the short-term impact (within a year) and intermediate impact (by the end of the grant period) that you hope to see on families, and on the community.</p>	<p>How is the strategy related to the other strategies that you have chosen? How will it be operationally integrated with them?</p>
<p>Revised UMCHS recruitment and family assessment tool.</p>	<ul style="list-style-type: none"> ◆ All families who apply for HS (approx. 1,000 per service year). ◆ All families enrolled in HS, (approx. 550 families per service year). 	<ul style="list-style-type: none"> ◆ Family Resource Specialists and Family Advocates ◆ Family Advocates, Child and Family Advocates 	<p>Initial assessment at time of recruitment Ongoing assessment within first 90 days of enrollment, with periodic review during program year.</p>	<p>Family homes, and/or Head Start Center at the request of the parent.</p>	<p>Short-term: A system for early identification of family risk and protective factors, will be operation. Family advocates will be knowledgeable about high risk behaviors, (such as AOD abuse, DV, child abuse and neglect, etc.) and be skilled to facilitate timely, in-depth response. Increase number of families will be knowledgeable about and accessing community resources. Families with leadership potential and interest will be identified and trained</p>	<p>Early assessment allows for accurate identification of family needs, better coordination of services, greater availability for the worker to connect the family with leadership, community action groups, or activities geared toward decreasing risk factors, such as parent management groups and assistance in accessing AOD abuse and addiction treatment services</p>

*Head Start (HS) throughout the plan is used to refer to both Head Start and Early Head Start families.

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					for community leadership. Intermediate: skill level of Social Services Staff in identification of family and community risk and protective factors and appropriate referral and use of com. sources.	
Redesigned Case Management: The level of involvement with HS families will be linked to the Formal UMCHS Family Assessment.	All HS families in service area, and families who meet qualifications but are not admitted to the program	<p>Family Advocates. The "Parenting Support Team" and Substance Abuse Prevention Specialist will provide technical assistance to the home visitors in identifying services based on the risk and protective factors identified.</p> <p>HS Family Advocates will assist families involved with multiple agencies in the coordination of services "community Partnerships"</p> <p>The family, with assistance from HS and partner agencies will determine which agency will take primary responsibility for assisting the family in achieving their goals.</p>	<p>Ongoing activity, contact frequency dependent upon assessed need and family's desire.</p> <p>Case reviewed with the family throughout the year and adjusted as family needs change.</p>	Family home and/or at another community location (partner agency) if multiple agencies are involved in the development of a plan for the family.	<p>Short and Long Term: Increased number of families engaged in services to reduce the level of family-risk.</p> <p>Reduced number of child protective services' reports in both Head Start and WIC.</p> <p>Increased number of families engaged in AOD abuse will be actively involved with substance abuse treatment to reduce/eliminate AOD abuse</p> <p>Increased coordination of service provision for young children in high-risk families</p> <p>Decreased high risk and increased protective factors will decrease the number of high risk children transitioning to</p>	<p>Families participating with head start case management will be encouraged to participate in parent management groups and assisted in accessing substance abuse treatment services if needed.</p> <p>HS staff will work with Families regarding knowledge of ongoing community efforts regarding prevention of AOD abuse and community risk and protective factors.</p> <p>Families residing in West Umatilla County who are identified as having a high level of protective factors will be recruited into the leadership training and involvement in making positive neighborhood changes..</p>

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					<p>public school.</p> <p>Long Term: Decrease numbers of families involved in AOD abuse in neighborhoods and changed community norms around substance use.</p> <p>Increased community knowledge of community risk and protective factors</p>	
<p>Parent Education The Incredible Years Curriculum. Basic Parent Training Program</p> <ul style="list-style-type: none"> ◆ Early Childhood – Ages 2-7 School Age – Ages 5-12 <p>Advanced Parent Training Program</p> <ul style="list-style-type: none"> • Supporting your Child’s Education ◆ Ages 5-12 ◆ Ages 4-10 	<p>HS* and non-HS families with young children (ages 2 through 7) through out the entire service area.</p> <p>Training offered to 474 HS families and 200 community families.</p>	<p>HS “Parenting Training Support Team,” HS Family Advocates, local school counselors, Public Health, Mental Health</p> <p>The Governance Committee, partner agencies, and HS staff will recruit community families</p> <p>Family Advocates and “Parenting Support Team” will recruit HS families.</p>	<p>Ongoing activity for the duration of the grant.</p> <p>Curriculum will be cross-scheduled (different times and days in adjoining communities) throughout the region</p> <p>English and/or Spanish curriculum will be offered where appropriate.</p>	<p>Head Start facilities, partner agency facilities, or other locations within the community, that meet community and agency needs</p> <p>Partner agents will provide space in partner agencies (i.e., schools, Public Health, Umatilla Public Housing, etc.)</p>	<p>Short-term: strengthen parenting skills and competencies, reduce family conflict, increase family communication, develop a more supportive family environment, increase bonding between parent and child.</p> <p>Intermediate: decrease risk of child abuse and neglect and a decrease in the number of child abuse and neglect reports made by UMCHS, and partner agency staff</p> <p>Increased involvement of parents in their child’s education</p> <p>Decrease in challenging behaviors in HS classrooms related to</p>	<p>Increased parenting skills and knowledge of risk and protective factors will increase HS families participation in setting family goals that focus on decreasing risk factors and increasing protective factors and provide positive impacts on children’s development (Case Management).</p> <p>Parenting curriculum will be utilized to introduce community risk and protective factors, importance of community and school involvement, and leadership training,</p>

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					parent management	
Develop English/Spanish AOD prevention focused media campaign	Residents in West Umatilla County	Community Development Manager, AOD Prevention Specialist, Governance team, and Community Partners	On-going activity: <ul style="list-style-type: none"> ◆ recognition and recruitment of key players ◆ Linkages with key groups ◆ Intensified Prevention campaigns in targeted catchment areas ◆ AOD abuse and addiction prevention education 	Radio stations and local newspapers, Local neighborhoods, schools, churches, stores, Public Housing, community meetings and events, businesses in West Umatilla County, and specifically in targeted catchment areas.	Short-term: Increase knowledge & understanding of AOD abuse and addiction in West Umatilla Co. Intermediate term: Increased involvement of community members in AOD abuse prevention efforts. Community will develop norms that discourage underage AOD use and abuse.	Media campaign will increase community understanding of AOD use and abuse, and thus: <ul style="list-style-type: none"> ◆ strengthen awareness of the need for and availability of AOD abuse, intervention services, and preventive parenting courses. ◆ broaden participation in leadership training, community based organizations and in policy change efforts related to AOD abuse and addiction. ◆ Facilitate change in community norms around AOD ◆ Increase community support for families engaged in intervention services.
Increase utilization of AOD treatment services	HS and WIC families in West Umatilla County.---numbers?	AOD Specialist, the Community Development Manager, Mental Health Services Director, and members of the Governance Team.	ongoing	West Umatilla County.	Short-term: Easier access for HS and WIC families presenting AOD abuse and addiction Intermediate Increased access to	Families accessing AOD abuse and addiction services will be able to work on reducing other family risk factors, and will be encouraged to participate in parenting, family

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					services for all high-risk families in West Umatilla	strengthening, developing support and community activities.
Community Leadership Development	<p>HS and non-HS residents in West Umatilla County.</p> <p>Twenty members will be recruited per training.</p>	Community Development Manager working with the AOD Prevention Specialist and Mental Health Services Director	<p>Ongoing:</p> <p>After community outreach, training will be offered at least twice yearly, and additional training with help from community action teams.</p>	In a central location, within identified community catchment areas.	<p>Short-term & intermediate-term:</p> <p>Increase in the number of community residents knowledgeable about community risk and protective factors.</p> <p>Increased leadership skills of residents who commit to working with neighborhood action groups.</p> <p>Increased resident understanding of AOD abuse and addiction, and its influence on children in the neighborhood.</p> <p>Intermediate-term:</p> <p>Increased resident participation in local school, and civic policy efforts.</p>	<p>Community action groups will build neighborhood support. Neighborhood leaders, knowledgeable about family and community risk and protective factors will be able to assist to neighbors to find services.</p> <p>Community members active in policy change activities, will influence civic and school leadership to be more responsive to community needs.</p> <p>Schools and Civic organizations will be encourage to connect with family strengthening efforts present in the community.</p> <p>Community leaders can help educate neighbors regarding community risk and protection factors and influence families presenting AOD abuse and addiction to seek services.</p>

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<p>Develop and support Community/Neighborhood Action Groups/coalitions to Support Community Change</p>	<p>Community residents in West Umatilla County</p>	<p>Community Development Manager and AOD Prevention Specialist, and the M.H. Services Director.</p> <p>Governance Team and key community partners, depending upon opportunity and need.</p>	<p>On-going: Community action will be determined by neighborhood action groups.</p>	<p>Each community catchment area.</p> <p>Over duration of the grant in the cities of Stanfield, Umatilla, and Hermiston and West Umatilla County</p>	<p>Short-term: Increased the number of residents who participate in their community in West Umatilla County. Move from agency collaboration approach to inclusion of community members as equal partners. Intermediate Active community groups developing neighborhood actions that positively impact the community Increased local family support networks. Community members will recognize negative neighborhood norms and begin actions geared toward developing protective norms. Increased participation by community residents working with other institutions, particularly law enforcement and schools, to bring about positive community</p>	<p>The initial actions group will be developed out of the leadership training activity participants. As the persons active in the neighborhood coalitions become knowledgeable about risk and protective factors they will be a resource for assisting neighborhood families seek services to reduce family risk factors.</p>

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					change Increased Participation of HS parents participating in existing community coalitions	
Multi-Cultural Community Outreach	Community residents in West Umatilla County particularly Latino population.	Community Development Manager, Key community groups (Latino Cultural club, Latino Chamber of Commerce, Spanish Language Radio) and Governance Committee members.	Ongoing	Head Start Centers, schools, clubs & organizations, neighborhoods and communities where the action groups are in operation.	Short-term and Intermediate-term: Increased diversity of community action groups. Increased number of Latino residents who participate in social change efforts. Increase in culturally appropriate facilitation and action. Increased Latino Participation with schools and in civic policy actions Raise visibility of Latino and bi-cultural issues Decrease barriers between Spanish speaking and English speaking neighbors.	Increased multi-cultural participation will broaden the knowledge base in the community.