



Member Packet

Introduction to the HIP Coalition

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ABOUT US



The Hubbard in Prevention (HIP) Coalition was founded in 2011 in partnership with CHI St. Joseph's Health.

Our Mission: Through prevention strategies, HIP strives to reduce the use of alcohol, tobacco and other drugs by youth in Hubbard County.

Our Vision: A united community where children prosper and grow into healthy adults.

Some of our accomplishments include:

- Introduction of the Positive Community Norms Campaign in 2011. This campaign addresses health and safety concerns that are present in our community such as youth alcohol and drug use.
- Forming or working with student organization within the three schools in Hubbard County; Park Rapids, Nevis, and Laporte who encourages making good choices regarding alcohol and drug use.
- Implementation of Evidence Based Curriculum into the schools in Hubbard County.
- Involvement in community events that include Night to Unite with local law enforcement, local health fairs, and open houses and parent/teacher conferences at the schools.
- Provide workshops and trainings on substance abuse prevention for parents, professionals and residents in the community.

GOALS



The HIP Coalition has established and are working on 2 main goals:

- Build community collaboration around youth chemical health
- Reduce underage drinking, marijuana use, and prescription drug misuse

COALITION STRUCTURE AND COMMUNICATION



Coalition Meetings

All HIP Coalition members are encouraged to attend monthly meetings. Any community members interested in learning more about the coalition are welcome to attend these meetings. Coalition meetings are the 4th Wednesday of every month from 12pm-1pm.

*Frank White Education Center- Board Room
301 Huntsinger Ave Park Rapids, MN 56470*

Current HIP Coalition Committees

Executive Committee:

- Serves as the steering committee that plans for long term strategy and sustainability of the coalition through community building efforts. It is comprised of the Coalition Chair, Co- Chair, Secretary, Treasurer, Membership, and Coalition Representatives.
- The Executive Committee meets the third Wednesday of every month at 12pm in the Hubbard in Prevention Office at Frank White Education Center in Park Rapids, Minnesota.

Sub-Committees:

- Serves as a specific steering committee for each action plan that is in progress. There may be multiple sub-committees at one time depending on how many strategies are being implemented.

Online Presence

Website: www.hubbardinprevention.org

Facebook: www.facebook.com/HubbardinPrevention



WHAT IS PREVENTION?



What is prevention?

Substance abuse prevention is an ever-evolving public-health issue. In short, it is about preventing children and adolescents from ever trying or using alcohol, tobacco or other drugs. By keeping youth Drug-Free through their teenage years, research shows that their risk for developing chemical dependency as adults is significantly reduced.

Alcohol, tobacco and other drug prevention is an ongoing process with each new generation of parents, children, educators and community leaders learning and doing more than the generation before. Effective prevention helps reduce violence, teen pregnancy, high school dropout rates, HIV/AIDS infection and many other related issues.

By maintaining public awareness of the truth and dangers of drugs, prevention has a positive effect on children, teens, families, schools, businesses and communities. HIP strives to carry out substance abuse prevention efforts in Hubbard County and to encourage community members to recognize the value in constant and continued prevention.

OUR APPROACH TO PREVENTION



Strategic Prevention Framework (SPF)

Strategic Prevention Framework is SAMHSA's (Substance Abuse and Mental Health Services Administration) approach to prevention. SPF provides a process that anti-drug coalitions use to determine environmental strategies and create community level change. SPF has 5 steps or elements to its' process:

1. Assessment

Community assessments include a description of the community, assessment of community needs and resources, community history and identification of substance abuse problems. The process of doing an assessment involves collecting data to define problems as well as resources within the community. Data helps the HIP Coalition identify community needs and identify and bridge gaps in our services in Hubbard County.

2. Capacity

Building and maintaining the coalitions' capacity is all about building and maintaining the coalition's membership. It means making sure we have all the necessary people at the table. In addition, the HIP Coalition's success depends on members being knowledgeable about the work we're doing and being capable of carrying it out.



Trainings, resource materials and member recognition are involved in maintaining membership and building the expertise of the HIP Coalition members.

3. Planning

During the planning phase, the HIP Coalition members review all the information learned about during the assessment and ask the following 3 questions:

- What is the problem?
- Why is it a problem?
- Why is it a problem in Hubbard County?

Once those questions have been answered, members review different environmental strategies that can be used to address the problem in Hubbard County. The HIP Coalition emphasizes environmental strategies for 2 reasons:

- They are evidence-based (which means research has shown that they work).
- They are intended to create community-level change, which is the purpose of our coalition.

Next we can build a **Logic Model**. A logic model is a visual tool that shows the logic, or rationale, behind a program or process. Like a roadmap, it tells you where you are, where you are going, and how you will get there. A Logic Model can show connections between:

- Problems identified by communities
- Specific risk and protective factors in a community that are influencing or contributing to those problems
- Planned interventions
- The anticipated short- and long-term changes

4. Implementation

During implementation, the HIP Coalition will develop and carry out a clear action plan. This action plan will lay out exactly how the coalition will implement the selected program, policy, or strategy. It describes what HIP expects to accomplish, the specific steps it will take to get there, and who will be responsible for doing what. Any issues that come up during implementation can be discussed at meetings and continuing issues or obstacles can result in modifications to the plan.

5. Evaluation

This phase involves measuring the impact of the environmental strategies we have chosen to implement in Hubbard County. There are many different ways we can evaluate our impact, such as reviewing annual data from schools, asking program

participants to complete a satisfaction survey, or reviewing law enforcement data. We do evaluation for a number of reasons:

- To find out what's working, what's not working and think about how we could improve our work.
- To ensure accountability of members and community sectors we are asking to share in the responsibility of implementation.
- To support the sustainability of our efforts in the community.
- To celebrate our successes!

SPF Sustainability

Sustainability is the ultimate goal of the HIP Coalition! When sustainability has been achieved the strategies we have implemented created a change that became a regular part of life in Hubbard County and the community has the people and the finances to support the change with further assistance from the coalition.

FREQUENTLY ASKED QUESTIONS



Who can join the HIP Coalition?

Membership is open to any Hubbard County residents who support the coalition's mission. If interested, contact Angela Graham: (218) 255-3692, AngelaGraham@catholichealth.net

How much of a time commitment is required?

The coalition is flexible with how people can contribute. We ask that members attend 75% of the committee's monthly meetings and be actively involved in no less than one committee and participate in no less than one youth event. We request that all members keep track of volunteer/in-kind hours spent on coalition projects and submit them for grant reporting purposes.

What is the purpose of the monthly meeting?

This meeting is open to all those who embrace the coalition's mission and are interested in getting involved. The purpose of the monthly meeting is to report on each committee's progress, discuss coalition-wide business, address pressing community prevention issues, and participate in coalition trainings.

Where does the coalition get the data?

HIP has worked hard over the years to develop trusting relationships with community partners who share sensitive data with us such as survey results, police data, hospital data, etc. Many community members and professionals share their perspective and opinions through 1 on 1 and Focus Group interviews and the coalition also receives useful data through surveys that are implemented within the schools and community.



TERMS AND DEFINITIONS



Coalition

A group formed of different organizations or people who agree to act together, usually temporarily, to achieve a common goal.

Community Anti-Drug Coalitions of America (CADCA)

CADCA trains local grassroots groups known as community anti-drug coalitions, in effective community problem-solving strategies, teaching them how to assess their local substance abuse-related problems and develop a comprehensive plan to address them.

Community Level Change

Community level change is achieved when a change occurs within the target population (youth, parents, etc.) in the community. It typically requires a multi-strategy approach that focuses on multiple groups in the community in order for the change to be a sufficient scale and scope.

Community Sector

A sector is a portion of a community that represents an important community organization or institution. Examples would be law enforcement, government and parents.

Compliance Checks

Compliance checks are police-enforced checks that take place at local businesses who sell tobacco and alcohol products. The purpose of these checks is to make sure business employees properly check ID's and do not sell or serve to those who are underage.

Cultural Competency

A set of behaviors, attitudes and policies that come together in a system, agency, program or among individuals which enables them to function effectively in diverse cultural interactions and similarities within, among and between groups.

Drug Free Communities Support Program (DFC)

Originally funded by Congress in 1997 with the understanding that local problems need local solutions, the Drug Free Communities program now supports over 700 Drug-Free community coalitions across the United States. DFC provides the funding necessary for communities to identify and respond to local substance use problems.

Environmental Prevention Strategies

Environmental strategies are the type of strategies intended to impact the whole environment of the community. Using an environmental strategy allows a coalition to reach the entire community to create change.

Strategic Prevention Framework (SPF)

An approach to prevention that provides a process that anti-drug coalitions use to determine environmental strategies and create community level change.

ONLINE RESOURCES



Resources for Parents

www.peerservices.org

www.samhsa.gov/underage-drinking/start-the-talk

www.theantidrug.com

www.timetotalk.org

www.underagedrinking.samhsa.gov

Resources for Teens

www.addnothing.org

www.drugabuse.gov

www.preventteendruguse.org

www.drugfree.org

www.tobaccofreekids.org

www.responsibility.org

www.toosmarttostart.org

Coalition Resources

www.cadca.org

www.ctb.ku.edu

General Prevention Resources

www.prevention.org

www.ctb.ku.edu

Hubbard in Prevention Website

www.HubbardInPrevention.org