



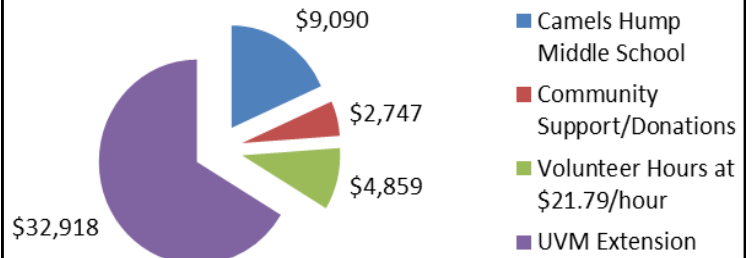
Situation:

Governor Shumlin, in his 2014 State of the State Address, calls “the rising tide of drug addiction and drug-related crime spreading across Vermont” a crisis. Youth substance use and associated behavioral problems are a significant public health problem resulting in substantial financial costs and loss of human capital for communities in Vermont.

While Chittenden East Supervisory Union fares well in many risk factors according to the 2013 Youth Risk Behavior Survey for Middle School Youth, the results do not fare as well when comparing the CESU to Chittenden County as a whole. This data, coupled with the fact there is no current Community Health Coalition or prevention-focused grant funding, shows that there is a gap in services and a need to be met.

Vermont	Chittenden County/Supervisory Union
Physical fight (20%)	16%/19%
Bullied (past 30 days) (17%)	14%/14%
Drank Alcohol (59%)	53%/55%
Attempted Suicide (5%)	4%/6%

**Resources Received
August 2013- Current**



Does not reflect Vermont Children's Trust Fund and MVP support for FY15

Response:

In an effort to provide community dialogue and resources, University of Vermont Extension has partnered with the Camels Hump School Community to implement PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience), a model that disseminates and sustains high-quality evidence-based interventions (EBI's) for the prevention of youth substance use and problem behavior. Since the Fall of 2013, PROSPER Teams, composed of community stakeholders, cooperate to deliver evidence-based programs to a critical mass of families and youth in a targeted age group to bring about positive community-wide change. The Camels Hump Middle School serves as a community gathering spot, where the school community can access resources and programming.



Outcomes:

Economic Benefits – There is an estimated 57-69% reduction in cost of implementing the family program using the PROSPER model as compared to the cost of stand-alone family programs using traditional approaches. Researchers concluded that there is a \$9.60 saving/return on each dollar invested.



Family Program – Strengthening Families Program Ages 10-14

- 10% of 6th grade CHMS families participated in the first offering of the Strengthening Families Program (10-14) and 100% of those families successfully completed the program.
- Using a reflective pre/post survey, 87% of parents say that they are now more likely to handle problems after they've cooled down and 83% of parents are now more clear with consequences for breaking rules and for following through with those consequences. 76% of youth participants indicate that they now know one step to take towards reaching their goals.

What Participants are Saying –

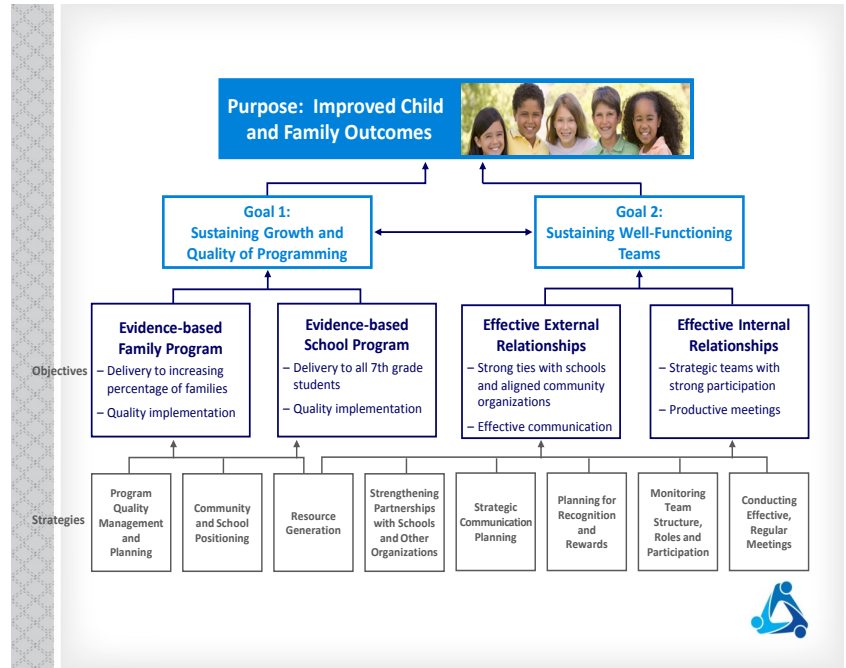
"It gave my daughter and I a new way of connecting, and something to look forward to each week," (CHMS parent).

"I learned how to avoid "struggling" situations. And that my parents/caregivers try as hard as they can to help us reach our goals and help us," (CHMS youth participant).



Program Model and Budget:

PROSPER at Camels Hump has three distinct but related components. Component 1 is the Family program, consisting of a 7-week “family” education program called Strengthening Families Program Ages 10-14 (SFP), where 6th grade students and their parents/guardians attend a two and a half hour program focusing on pro-active communication, problem-solving and self-advocacy skills. Component 2 is an in-school program called Lionsquest: Skills for Adolescence, delivered to all 7th graders through Camels Hump’s health program, which integrates social and emotional learning, character development, drug and bullying prevention, and service-learning for positive youth development. Component 3 of the PROSPER model is focused on building and sustaining a well-functioning community team that supports components 1 and 2.



Expense Budget for Component 1— Family Program

Cost of SFP, Offered Twice Annually

(3 facilitators @ \$20/hour x 4 hrs/wk x 7 wks) x 2	\$3,360
(fringe for 3 facilitators @ 9.2%) x 2	\$310
Family Meals x 2 sessions	\$4,800
*Supplies/Materials	\$1,000
*Childcare	\$1,600
*Incentives/Graduation Gifts	<u>\$1,000</u>
	\$12,070 Total

* = some or all of expense provided by in-kind donation

Expense Budget for Component 3– Team Operations

Annual Community Team Operations

**SFP Training	\$1,750
**Lionsquest Training	\$2,800
*Meeting Space	\$480
Team Leader Salary	\$13,095
*Team Co-Leader Salary	\$1,400
*Volunteer Support	\$4,859
*PROSPER Network Fee/Technical Support	<u>\$12,000</u>
	\$36,384 Total

* = some or all of expense provided by in-kind donation
 ** = one time expense unless attrition dictates new trainers



Expense Budget for Component 2– School Program

Annual Cost of Lionsquest, Skills for Adolescence

Books \$5.95 x 126 + shipping	\$800
Program Supplies	<u>\$400</u>
	\$1,200 Total