

Community Action Plan

to Address CTC's Priority Areas for Eagle Butte Youth

Prepared by the CTC Community Board



Developed in partnership with Missouri Breaks Industries Research Inc., The Keya Foundation and the University of Washington Center for Communities That Care.

Communities That Care Coalition
Eagle Butte, South Dakota
January 2023



MISSOURI BREAKS



The Keya Foundation

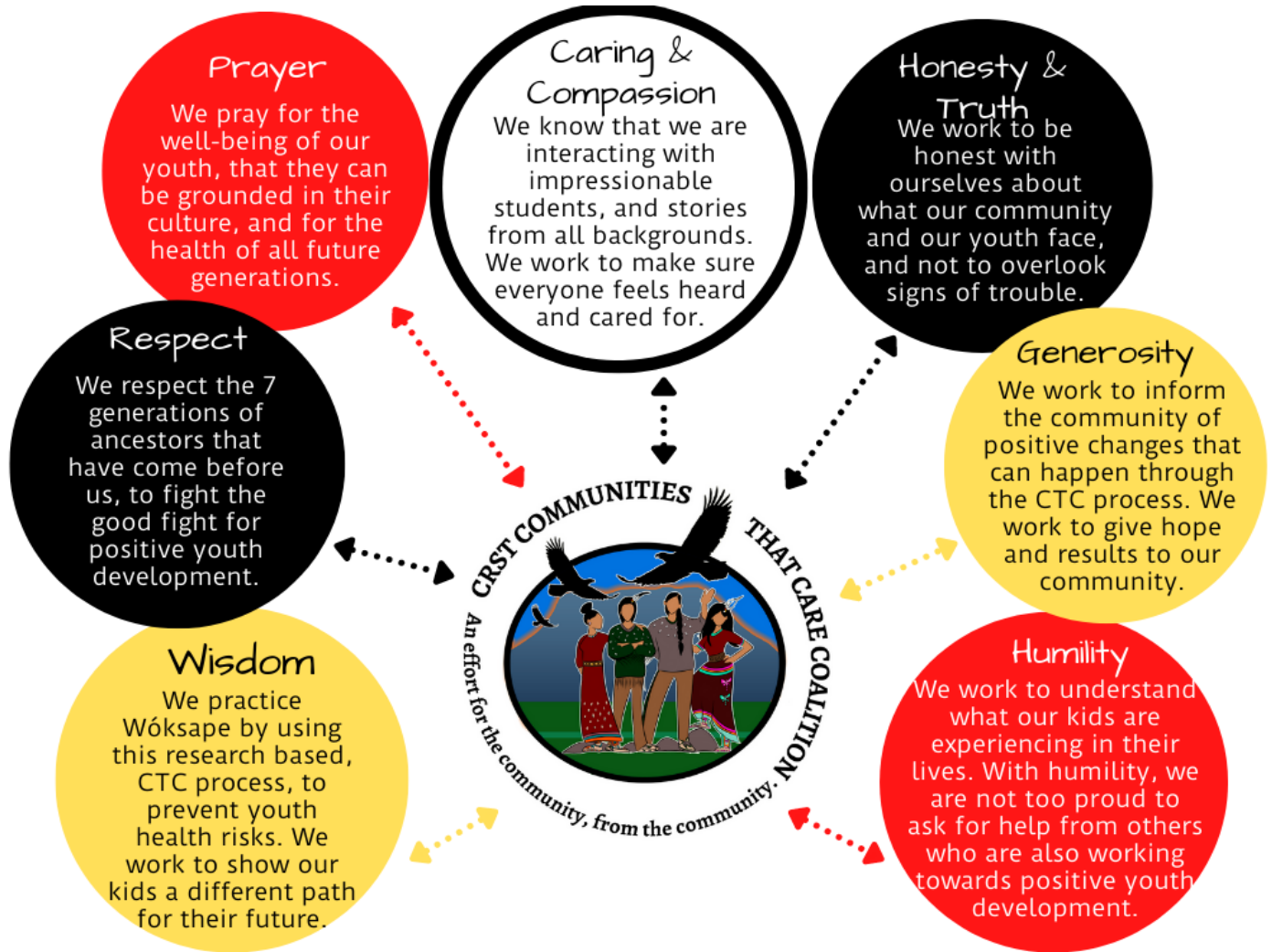


communities
that care

About

Our vision is that all young people on Cheyenne River grow up supported and nurtured by their families, schools, and community so they become healthy adults who contribute to society.

How CTC uses Lakota Values in their work.



2022 CRST Communities That Care (CTC) Participants

The CTC Coalition has a variety of community leaders that serve on the Community Board, as Key Leaders, and as Stakeholders. From the education system, youth serving entities, health services, private institutions, and parents, working together to promote the well being of our youth on Cheyenne River. Those represented include:

Ahanni Knight
 Alberta Miner
 Amethyst Netzer
 Andrew Corley
 Brad Keckler
 Cadyn Dupris
 Carleyn Petersen
 Cayla Johns
 Cora Petersen
 Dew Badwarrior-Ganje
 Jacine Carter
 James Traversie
 Jennifer Bowman

Joan Upell
 JoEllen Berndt
 Joette Lee
 Julie Barkhoff
 Julie Thorstenson
 Kathie Bowker
 Kara Four Bear
 Kelsie Haskell
 K'Lona Lofton
 Kyle Ward
 Larry Keller
 Leah Spiel
 Lola Blue Earth

Marie Gross
 Medina Matonis
 Monica Lawrence
 Monica Stambach
 Rae O'Leary
 Rya LeBeau
 Sydney Schad
 Tammy Granados
 Toni Handboy
 Tyra Lends His Horse
 Wayne Ducheneaux II

CTC has partnered, worked with, or been supported by organizations including the Cheyenne-Eagle Butte (C-EB) schools, Windswept Academy School, Sacred Heart Adolescents, Title 1, The Keya Foundation, Missouri Breaks Industries Research Inc, Dakota Club Library, the Čanlı Coalition of CRST, Warrior Women Project, Wakpa Waste Behavioral Health Services, Our Circle Connections, the Cultural Center, and The City of Eagle Butte.

Our Risk Factor Goals

The Communities That Care model focuses on promoting positive youth development and preventing problem behaviors by assessing predictors of problem behaviors and positive youth outcomes. We have identified the following risk factors as our priorities for immediate action (Figure 1)

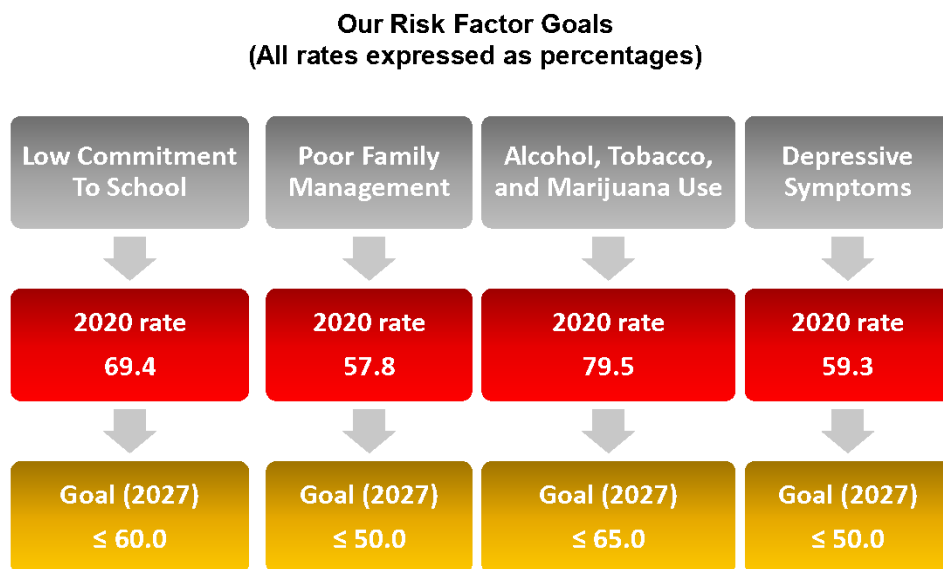


Figure 1

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Executive Summary

This plan describes the ways we plan to address the priority risk factors identified in Eagle Butte's Communities That Care effort. The Communities That Care system is a way for members of a community to work together to promote positive youth development. The system was developed by the Social Development Research Group at the University of Washington. Their research has identified risk factors that predict youth behaviors and protective factors that buffer children from risk and help them succeed in life.

Steps that Preceded this Report:

1. May 2020 - Began the CTC Process by recruiting and orienting members
2. June 2020 - CTC Prevention Needs Survey with Eagle Butte schools grades 6-12
3. January 2022 - CTC recommended priority areas based on survey results and community leaders approved priority areas (Figure 2)
4. May 2022 - Assess youth-development and prevention resources that target priority areas in Eagle Butte
5. June 2022 - CTC recommended programs to address gaps in priority area services and community leaders approved programs (Figures 3 & 4)



Figure 2

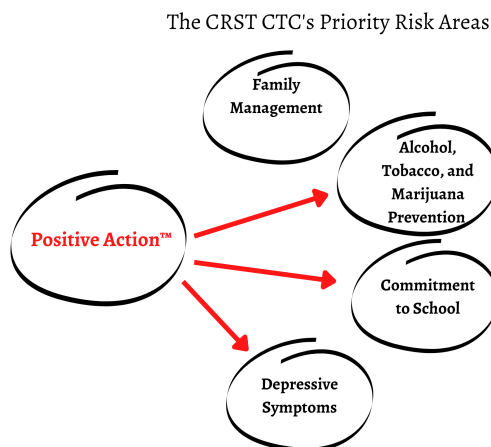


Figure 3

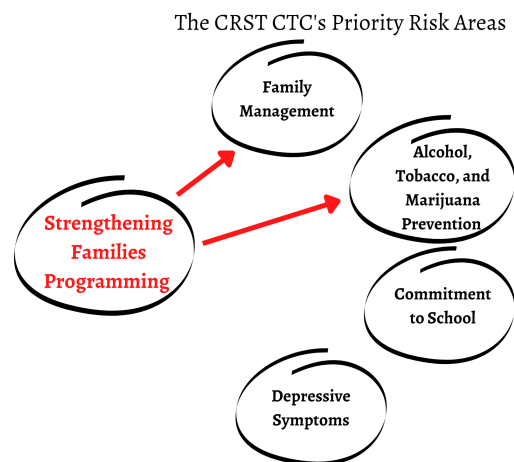


Figure 4

The drafting of this document, the CTC Community Action Plan, was the next step in the Communities That Care process. In July 2022, members of the Community Board attended the Community Planning Workshops. They drafted community-level outcomes to help define the desired changes for the Eagle Butte community and measure the progress toward those outcomes. Community-level outcomes include behavior and risk-factor outcomes. Program-level outcomes were also finalized at these meetings. These consist of implementation goals (which will measure the way in which the programs will effect change), and participant outcomes (which will measure the extent of the desired change).

Introduction

Purpose and use of the plan

Cheyenne River Sioux Tribe (CRST) Communities That Care (CTC) Coalition presents its 2022- 2025 Community Action Plan. This plan describes the results of the work completed thus far in Eagle Butte's Communities That Care effort. It will describe the changes we want for our community, the programs, and practices that will be implemented to address the community's identified priority areas, and the outcomes that will measure progress toward our community's vision.

Prevention science overview

The CTC framework is a research-based prevention planning system that gives community members tools to work together to help youth develop healthy and positive behaviors. It is used across the country and facilitated through The Center for Communities That Care at the University of Washington. The **CTC framework is based on data that identifies risk factors and protective factors that can predict and prevent health and behavior outcomes.**

How the information was collected and drafted

CTC developed its outcome-focused plan after the Risk and Protective Factor Assessment workgroup identified four risk factors as priorities for addressing in the community planning (Figure 2) These priorities were identified as part of the 2020 CTC Prevention Needs Survey administered to Eagle Butte schools grades 6-12. Priorities were approved by community leaders in January 2022.

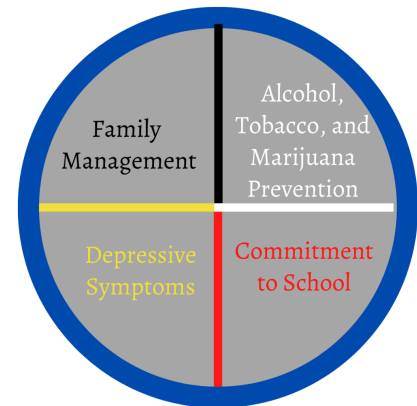


Figure 2

Existing resources

The Resources Assessment and Evaluation workgroup then completed an assessment of Eagle Butte youth-development and prevention resources that target these risk factors in May 2022. At this point of having an inventory of over 40 current community resources, the Resources Assessment and Evaluation workgroup selected programs to address our risk factor priorities, which were approved by community leaders in June 2022.

Recommendations

Based on the results of the community assessment, the workgroup recommended and received approval of the following recommendations. (Recommendations are not in a specific order)

1. Explore the option of implementing the Community and Family piece of Positive Action™ (Figure 6) in the Eagle Butte Community.
2. Invite the Windswept Academy School to participate, along with the Cheyenne-Eagle Butte (C-EB) School in the Community and Family piece of Positive Action™ events, and training.
3. Support the continuance of Positive Action™, or other efforts, being done in 2nd-6th grades for the C-EB School.
4. Explore the barriers to implementing Positive Action™ in 7th-12th grades for C-EB school, and provide support as means are identified and capacity allows.
5. Explore the option of implementing the Strengthening Families Program (SFP) in the Eagle Butte community. By starting this program in the community it would address the current

service delivery gap of the “Family Management” priority area. SFP can be implemented in a community or school setting and has been successfully delivered to Native American families. **SFP is a group parenting and youth skills program that aims to promote good parenting skills and bonding to create positive family relationships.** Figure 8 shows the increase and decrease of behaviors once SFP is implemented. Figure 4 shows the 2 CTC priority risk areas that SFP addresses.

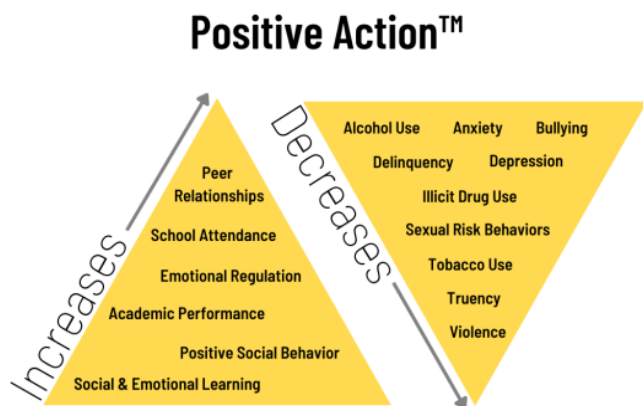


Figure 6

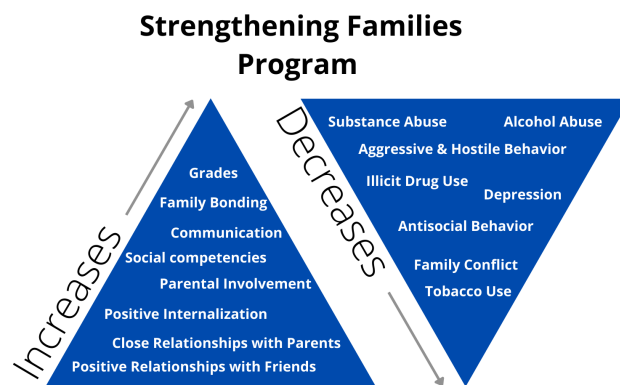


Figure 7

The drafting of this document, the CTC community Action Plan, was the next step in the Communities That Care process. In July 2022 members of the Community Board attended the Community Planning Workshops. They drafted community-level outcomes to help define the desired changes for the Eagle Butte community and measure the progress toward those outcomes. Community-level outcomes include behavior and risk-factor outcomes. Program-level outcomes were also finalized at these meetings. These consist of implementation goals (which will measure the way in which the programs will effect change, and participant outcomes (which will measure the extent of the desired change). Various members of the Community Board began drafting the plan in November 2022, and presented their finished plan in January 2023.

The Community Action Plan


How to use the plan

The Community Action Plan is intended to help develop implementation, evaluation and budgeting plans for the selected programs. CTC Board members developing these plans should use this plan to develop:

- funding strategies by tying funding plans to outcomes and reevaluating funding priorities as outcomes are monitored
- evaluation plans for programs by first monitoring the short-term program-level outcomes and then longer-term community-level outcomes.

Community-level outcomes

CTC developed outcome goals for the following priority risk factors in Eagle Butte:



Decrease the risk of Poor Family Management in grades 6-12 from 57.8% as measured in the 2021 Communities That Care Prevention Needs Survey to 50% or less by the year 2027.
Decrease the risk of Alcohol, Tobacco, and Marijuana Use in grades 6-12 from 79.5% as measured in the 2021 Communities That Care Prevention Needs Survey to 65% by the year 2027.
Decrease the risk of Lack of Commitment to School in grades 6-12 from 69.4% as measured in the 2021 Communities That Care Prevention Needs Survey to 60% or less by the year 2027.
Decrease the behavior outcome of Depressive Symptoms in grades 6-12 from 59.3% as measured in the 2021 Communities That Care Prevention Needs Survey to 50% or less by the year 2027.

Selected Programs, and Practices

Strengthening Families Program (SFP)

To address the service delivery gap of the family management priority area, as well as addressing the risk factor of Alcohol, Tobacco, and Marijuana prevention we selected SFP. These factors made this selection sensible:

- Risk factors addressed by the program
- Cost
- Successfully delivered in Native American communities

SFP is a group parenting and youth skills program that aims to promote good parenting skills and positive family relationships; reduce aggressive, hostile behavior, and substance abuse in adolescence; and improve family relationships through weekly parent effectiveness training and child skills-building, followed by a family session. Three facilitators are required to implement the program with 7-10 families. These facilitators are required to go through a 3-day in-person training. The program runs 2 hour sessions weekly for 7 weeks.

Positive Action™












Positive Action™ is a school-based social, emotional learning program for students in elementary, middle schools, and high school ages. It works to increase positive behavior, reduce negative behavior, and improve social and emotional learning and school climate. This program is universal prevention, meaning anyone can receive it, and it is tailorable to a teacher, or administrators schedule. Positive Action™ has both school, community and family components to increase community wide climate change.

Through Positive Action™ we are able to address the risk factors of: depressive symptoms, alcohol, tobacco, and marijuana prevention, and commitment to school. Lessons are provided at least once a week. There are approximately 140 15-minute lessons for grades K-6, 82 15-20 minute lessons for grades 7 and 8, and 132 15-20 minute lessons for grades 9-12. Lessons for each grade level are scripted and age-appropriate. All materials necessary to teach the lesson are provided including posters, puppets, music, games, and other hands-on materials integrated into the lessons.

Program-level outcomes

Strengthening Families

The following participant outcomes were drafted for SFP:





	Significantly increase the knowledge about harmful effects of Alcohol, Tobacco and Marijuana use and the importance of Family Management among families with children between ages of 10-13 years old based on the Strengthening Families curriculum measured by post session evaluations.
	
	
	Significantly improve the attitude around Alcohol, Tobacco and Marijuana prevention, and the importance of family management among families with children between ages of 10-13 years old based on the Strengthening Families curriculum measured by post session evaluations.
	
	
	Significantly increase the skills related to refusal of Alcohol, Tobacco and Marijuana, and the ability to practice positive family management among families with children between ages of 10-13 years old based on the Strengthening Families curriculum measured by post session evaluations.
	
	
	Significantly increase positive behaviors related to Alcohol, Tobacco and Marijuana, and the practice of positive Family Management with families who have children between ages of 10-13 years old based on the Strengthening Families curriculum measured by post session evaluations.
	

The following implementation outcome was drafted for SFP:

- Contracted parent and youth leaders will work with 30 families who have children ages 10-13 over the course of three seven-week sessions, from March 2023 to December 2023. Family members of all ages will be encouraged to attend. SFP will be delivered through various community buildings by a contracted program coordinator who will utilize purchased and licensed SFP material.
- Through a partnership with C-EB, CTC will also incorporate SFP principles into C-EB events for ages 14-17

Positive Action™

The following participant outcomes were drafted for Positive Action™:

	Significantly increase the knowledge about harmful effects of Alcohol, Tobacco and Marijuana use, the importance of having a commitment to school and understanding about depressive symptoms for 2-6th grade based on the Positive Action curriculum from before participation in the program to after the program is complete.
	Significantly improve the attitude around Alcohol, Tobacco and Marijuana prevention, commitment to school and destigmatized feelings about depressive symptoms for 2-6th grade based on the Positive Action curriculum from before participation in the program to after the program is complete.
	Significantly increase the skills related to refusal for Alcohol, Tobacco and Marijuana, commitment to school and coping with depressive symptoms in 2-6th grade based on the Positive Action curriculum from before participation in the program to after the program is complete.
	Significantly increase positive behaviors related to Alcohol, Tobacco and Marijuana, commitment to school and coping with depressive symptoms in 2-6th grade based on the Positive Action curriculum from before participation in the program to after the program is complete.

The following implementation outcome was drafted for Positive Action™:

- Cheyenne Eagle Butte (C-EB) teachers, grades 2-6, and a part-time Positive Action™ Community/Family Coordinator will administer Positive Action™. Approximately 1000 students will have access to this program through the 2022-2023 school year through C-EB school's implementation and CTC's community events. At C-EB school, weekly 15-20 min lessons will continue to be provided for students in their classroom by teachers using provided Positive Action™ materials. Monthly community events will also highlight one to two 15-20 min lessons led by the Positive Action Program Coordinator.

Preliminary evaluation plans

Strengthening Families

Evaluation of the SFP will be used to report the program's achievements to the CTC Board, Eagle Butte community, and surrounding communities. Implementation goals will be measured by the SFP Program Coordinator who will monitor and record necessary information such as attendance, activities, and hours. The Program Coordinator will also be responsible for collecting data to measure implementation goals of SFP to include; data focused registration, implementation checklists from facilitators after each session, as well as pre and post program evaluations. Collected data will then be given to the CTC Evaluation Workgroup to monitor trends and participant/program success. Participant outcomes will be evaluated using pre and post program evaluations that will each contain the same questions to evaluate the participants program outcome benefits. Data analysis and reporting will be conducted by the CTC Evaluation workgroup and supporting program staff.

Positive Action™

Evaluation of Positive Action™ will be used to report the program's achievements to the CTC Board, Eagle Butte community, and surrounding communities. Implementation goals will be measured by C-EB teachers and Positive Action™ Program Coordinator who will record attendance, lessons, and hours. The Program Coordinator will also be responsible for working with the C-EB school to schedule community and family events, assist in training staff, and track fidelity of the program. Participant outcomes will be evaluated using pre and post program surveys. The pre survey will be administered before the first lesson of the year with the post survey administered at the end of the last lesson for the school year. Data analysis and reporting will be conducted by the CTC Evaluation workgroup and supporting program staff.

Preliminary implementation plans and budgets

Strengthening Families

CTC hopes to implement SFP by March 2023 in the Eagle Butte community. Estimated implementation costs total \$71,000 for one year, which includes salary of Program Coordinator, all training for facilitators, curriculum for the first year, space rental, food, and incentives.

Positive Action™

We hope to continue support of Positive Action™ in grades 2-6. Estimated support costs total \$50,000 for one year, which includes salary of Program Coordinator, assistance with training, event costs, and incentives.

Goals for Community Board Development

We plan to increase the number of persons actively engaged with CTC (both on the Community Board and specific workgroups) from the Eagle Butte community. Currently, we have 32 community leaders involved in the CTC Coalition. Another goal is to increase the number of Community Board members who are still in junior high and high school or under the age of 18. Other priorities for recruitment include individuals with grant writing and fundraising experience, marketing expertise, and connections to both state, tribal, and city government.

We plan to increase the number of professional development and issues-based training offered to all Coalition members. Plans are underway for opportunities to increase expertise in topics, like, Youth Mental Health First Aid.

Goals for Promoting the Social Development Strategy (SDS)

A key element of our CTC effort is to build community-wide protection by promoting the Social Development Strategy. To achieve this, we will plan three activities:

1. Community Board Members will undergo a Social Development Strategy workshop in February 2023. This will result in members being able to host training sessions that include personnel from the school, service clubs, social work, and law enforcement to receive training on how to use the Social Development Strategy in their fields.
2. CTC Champion Effort. We will work with our Eagle Butte Schools to continue a youth recognition program where students can be nominated by school staff as the CTC Champion. This effort will recognize students who exemplify qualities aligned with CTC's mission. We will announce on facebook, on the intercom at school, and at school recognition ceremonies, like awards day, or graduation.
3. In all CTC partnered events in the schools and community, activities will have the foundation of the Social Development Strategy.

We also will explicitly apply the Social Development Strategy to our own Board functioning, ensuring that Board members have opportunities to use their skills, and are recognized for their contributions.

Conclusions & Recommendations

Summary of key findings

The following are previous key findings that have importance to the CRST CTC Community Action Plan:

- We have identified the following priority risk factors for the community: Family Management, Alcohol, Tobacco, and Marijuana Prevention, Depressive Symptoms, and Commitment to School.

The following are the key findings of the CRST CTC Community Action Plan:

- To address the risk factors around Family Management and Alcohol, Tobacco, and Marijuana Prevention, CRST CTC selected the Strengthening Families Program.
- To address the risk factor low Commitment to School, Depressive Symptoms, and Alcohol, Tobacco, and Marijuana Prevention, CRST CTC selected Positive Action™.

Recommendations for next steps

The following are recommendations for next steps that need to be taken by those responsible for implementing, budgeting and evaluating programs in Phase Five of the Communities That Care effort:

- Finalize detailed implementation plans to deliver each program with fidelity.
- Develop specific evaluation plans to monitor program delivery and participant outcomes.
- Recruit, hire, and train a Program Coordinator and Program Facilitators for Strengthening Families Program.
- Recruit, hire, and train a Program Coordinator for Positive Action™.
- Identify future sources of funding, including local, state and federal funding streams and local, state and federal grants.

Appendices

References

Communities That Care University of
Washington Center's Website
<https://communitiesthatcare.net>

Positive Action™
<https://www.positiveaction.net/>

CRST Communities That Care Website
www.Cheyenneriverctc.com

Strengthening Families
<https://www.extension.iastate.edu/sfp10-14/>

Acknowledgments

We want to thank our fiscal agents Missouri Breaks and The Keya Foundation for their support throughout this process. Thank you to the C-EB and Windswept Academy Schools for their approval and coordination of the survey administration and the continued support in our coalition's efforts. Thank you to our CTC coalition members, Julie Barkhoff, Rae O'Leary, and Wayne Ducheneaux who have created this report. **Last, but not least, we want to thank our youth for being the reason for our cause as we look to empower current and future generations.**

