REGION V SYSTEMS Prevention Federal Block Grant FY July 2018-2019

Key Dates:

•	One electronic application due at Region V Sys	tems March 9, 2018
	Any postmarked applications must be received	by March 9, 2018
•	Review of applications completed	March 31, 2018
•	Approval from Region V Governing Board	April 2018
•	Award Notification	*Pending upon State approval
		and contracts signed
•	Anticipated start date of service provision	July 1, 2018

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*For those communities needing technical assistance with the application process contact Region V Prevention Coordination for assistance.

Purpose of Prevention Federal Block Grant

The purpose of the Substance Abuse Prevention Block Grant funds is to support and to help coordinate activities within the regional prevention system through individual and multiple funding streams while producing measurable, obtainable outcomes required by the Federal government. Effort will be made to fund those proposals that serve the most people while

respecting the needs of diverse populations. *Prevention strategies that duplicate the efforts of currently-funded programs within the same geographical area will not receive a grant award for that activity, unless data supports the need for duplicated efforts.* Proposals may be funded whole or in part at the Region's discretion. Proposed services or programs will need to be supported by documented research, or outcome data supporting them as best practice(s). Applicants need to demonstrate how services will be evaluated for effectiveness, accessibility, and satisfaction of persons served. Demonstrated efforts to coordinate activities within the Region, among other community prevention coalitions, and prevention providers will be a considered factor in the review of proposals.

Region V Prevention Coordination has made this a non- competitive application process. The goal is for all sixteen counties in southeast Nebraska to have an opportunity to receive substance abuse prevention and related risk factors funds. Prevention funding is based on data-driven strategic plans with measurable outcomes. Annual application by coalitions within all sixteen counties is intended to enhance, sustain and achieve measurable outcomes year to year.

The Institute of Medicine states "at this time theory, research, and practice have evolved to support an approach to prevention that aims not only to prevent disorders, but also to promote positive mental, emotional and behavioral health."

Eligibility

Applications may only be made by community/county prevention coalitions active within the counties of Butler, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Saline, Saunders, Seward, York, and Thayer in Nebraska that are utilizing the Strategic Prevention Framework as part of their coalition strategic plan and assessment process. Collaborative community partnerships are required to work under the leadership of the community-driven coalitions already developed throughout southeast Nebraska. Applying coalitions must utilize environmental strategies, or evidence-based programming. Varied coalition readiness is expected and will determine which step(s) of the Strategic Prevention Framework the coalition identifies as community priorities for fiscal year 2017-2018, Federal Block Grant funding. The successful applicant must agree that services provided under the contract will not be denied to residents of southeast Nebraska due to inability to pay program fees.

The five steps of the Strategic Prevention Framework include:

- Step 1: **Assessment.** Collect data to define problems, resources, and readiness within a geographic area to address needs and gaps.
- Step 2: Capacity. Mobilize resources within a geographic area to address needs.
- Step 3: **Planning.** Develop a comprehensive strategic plan that includes policies, programs, and practices creating a logical data-driven plan to address problems identified in Step 1.
- Step 4: **Implementation.** Implement evidence-based prevention programs, policies, and practices.
- Step 5: **Evaluation.** Measure the impact of the Strategic Prevention Framework and its implemented programs, policies, and practices.

Data and Performance Requirements

All coalitions receiving Federal Prevention Block Grant funding must demonstrate the potential to produce National Outcome Measures (NOMS), and function as part of the statewide and regionally coordinated prevention system. Ongoing technical assistance and support will be provided by regional prevention coordination regarding NOMS collection. (See NOMS attachment F, Prevention outcomes only, and last column in the document). Community coalitions will also be responsible for reporting on the Government Performance and Results Act (GPRA), of 1993, which requires all Federal agencies to set program performance baselines (Coalition providers are conducting program evaluations that can be utilized) and targets and report annually on the degree to which the annual targets were met. SICA, DFC, SPF/SIG, and Federal Prevention Block Grant dollars are required to provide data on the following measures for the coalition's entire target community and to demonstrate their ability to collect and report on these measures in their applications:

The following GPRA core measures can be collected through the Nebraska Risk and Protective Factor Survey, the Youth Risk Behavior Survey, and the Tobacco Survey (SHARP survey). If coalitions do not have local surveys supporting the four core measures, utilize regional/state data or demonstrate how you will collect data.

- Age of onset of any drug use (including alcohol, marijuana, and tobacco);
- Frequency of use in the past 30 days (including alcohol, marijuana, and tobacco);
- Perception of risk or harm (including alcohol, marijuana, and tobacco); and
- Perception of disapproval of use by parents (including alcohol, marijuana, and tobacco).

Evaluation Process for Applications

Applications will be reviewed by Region V Regional Prevention Coordination, presented to the Region V Behavioral Health Committee and Regional Governing Board. Award announcements will be in June 2017 (as soon as contracts are signed with the State).

RFP Contacts

<u>Issuing authority</u>
This RFP is issued by Region V Systems

Regional Administration
CJ Johnson, Administrator
Regional Prevention Coordination Contact
Sandy Morrissey, Prevention Director
Region V Systems
1645 N Street
Lincoln, NE 68508

Telephone: 402-441-4368 Fax: 402-441-4335

Application Guidelines

- 1. Due to various levels of coalition development in Region V, there will not be a page limit or requirement of the submitted applications. Use the amount of space needed to be able to give a clear picture of your coalition's strategic plans for 2018-2019.
- **2.** Applications must be coalition-driven, not agency-driven.
- **3.** Please use all forms provided. Do not create new forms.
- **4.** Cover sheet (attachment A), Table of Contents (attachment B), and each section must be completed including a 2018-2019 strategic plan (attachment E) and an **updated** BH-5 for 2018-2019 (attachment F) as well as fiscal forms provided (attachments G-M).
- **5.** The total amount of Personnel costs and Indirect Administration cannot exceed 25% of requested funding unless approved by Regional Prevention Coordination.
- **6.** Each coalition/county will have regional coalition data-driven, evidence-based strategies funds. Funds will support all counties within Region V.
- 7. Each coalition can apply for a maximum of \$6,500. Any funds available after initial application will be presented as funds available to all coalitions requesting additional funds. (Separate from the \$5,100 multi-county strategies through the regional coalition).
- **8.** All coalitions applying are required to have 30% of requested funding applied toward evidence-based programming (approximately \$2,000).
- **9.** All coalitions receiving funding are required to attend five regional coalition meetings held in September, November, January, March and May. If coalition lead is unable to attend a mandatory meeting, a member of the coalition can attend for the community. Additional summer training will be optional. Coalitions will determine training needs of communities.
- **10.** Fiscal agent must hold a 501C3 or be a governmental agency.
- 11. Mileage reimbursement is \$.54.5 cents per mile.
- 12. Funding with federal block grant dollars cannot be used for rent, utilities, building maintenance, or purchasing of technology equipment. No giveaways or food purchases are permitted with these funds.
- 13. An electronic copy of the application, including all attached forms, are due no later than 12 noon on Friday, March 9, 2018. Please make this a working document, do not send a PDF. If you prefer sending a hard copy it is still due on March 9, 2018. In fairness to all those applying March 9, 2018 is a hard deadline.

Required Contents of Application (Please use attached Table of Contents as your guide, attachment B).

- **I.** Additional Funding Needs form (attachment C) As coalitions are strategic planning, if there are strategies not covered by \$6500 funding being allocated by the Federal Block grant funds, please use this sheet to list those funding needs and include the amount of funding being requested. Any funds **not** utilized by other coalitions within Region V or through the Regional Coalition will be made available to those coalitions requesting more funding.
- **II.** NOMS (attachment D) Informational sheet only, this information informs community what is required by the Federal Government with primary prevention funds.
- **III.** *Strategic Plan (attachment E): Be specific and brief in describing your community/county plan for the fiscal year 2018-2019. Build upon or update your current plan, it is not necessary to develop a new plan. Does your coalition have a 1, 3, 5 year strategic plan?
- **IV.** <u>2018-2019 BH-5 (attachment F)</u>: Once your strategic plan is completed, cut and paste all strategies onto the BH-5 form and submit the completed form with your application. When quarterly reporting for 2018-2019 is being submitted, coalition member doing the reporting will simply have to update progress with each strategy listed on the BH-5.
- V. <u>Budget:</u> Utilize the budget forms provided, (see attachments G-M). If you need assistance filling out these forms please ask for assistance.
- *At the request of Coalition Leads wanting paperwork minimized the following two fiscal requests will be taken care of through the Regional Coalition and submitted to fiscal by Regional Prevention Coordination.
- 1. Coalitions do not need to include mileage to Regional meetings in their \$6,500 funding requests. Reimbursement forms will be completed at each regional meeting.
- 2. Those coalitions utilizing Region V Systems as their fiscal agent will not need to use any of the \$6,500 available to each coalition, as that to will be included in the Regional Coalition budget. However, those coalitions using another fiscal agent can only request up to 7% for fiscal management.

Attachment A

County: Saline

Cover Sheet

Cover Sheet for the 2018-2019 Region V Systems Prevention Federal Block Grant Funding

Applicant: Coalition Against Underage Risky Behaviors (CURB)
Saline County Drug Abuse Prevention Coalition

Fiscal Agent: Region V Systems	
Fiscal Agent FTIN (Federal Tax ID number):	
Amount Requested in the Application: \$11,600	
Main contact person*:	Fiscal Agent:
Name: Steve Hensel	Name: Scott Stemper, Region V Systems
Title: Crete's Chief of Police	Title: Prevention Specialist/Coordinator
Address: 1945 Forest Ave	Address: 1645 N Street
City, State, Zip: Crete, NE 68333	City, State, Zip: Lincoln, NE 68508
Phone: 402-826-6411 Fax: 402-826-2180	Phone: 402-441-4343 Fax: 402-441-4335
F-mail: steve hensel@crete ne gov	F-mail: sstemper@region5systems net

o Those requesting Region V Systems to be their fiscal agent please check the box. (Region V System fiscal management rate for coalitions is 7% of amount awarded).

^{*}All correspondence and communication will be directed to this person.

Attachment B

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Attachment C

Additional Funding Needs

Each coalition has an opportunity to provide information regarding funding needs should there be dollars not utilized within other coalitions. Prioritize identified funding needs of your coalition (those needs in addition to funding applied for in the grant).

1. Coalition Facilitation

\$1625

The Coalition will leverage support assets of Public Health Solutions to maintain and enhance operations.

2. Red Ribbon Week (RRW)

\$1200

The Coalition will work with local schools and area law enforcement agencies to promote and fund RRW in six (6) separate school districts (i.e., Crete, Dorchester, Friend, Meridian, Tri-County, and Wilber-Clatonia) delivering our prevention message using chosen speaker/speakers that will engage and educate students at our local schools during RRW.

3. Yearbook inspirations

\$750

Our message was well received by our schools' respective yearbook committees. Given the personal value attributed to yearbooks, students keep these throughout their lives. These students, their families and the staffs and faculties of all our schools will see our timeless prevention message whenever the books are opened. The Coalition will seek to place a half-page message in the yearbooks of each of these six school districts.

4. Second Step \$1000

The Coalition will advance the availability and affordability of the Second Step Program throughout Saline County.

5. Devereux Student Strength Assessment (DESSA)

\$438

The Coalition will directly support the assessment of students in schools who participate in Second Step. At a cost of \$3.50/student in Kindergarten, 3rd and 6th grades, we wish to ensure a large sample of students is assessed. The Wilber-Clatonia Schools have received prior funding to assess 71 students. The Coalition requests funding to ensure all students in these grades receive an assessment (120 additional students [125 to account for potential growth during the coming year]).

Attachment D

Substance Abuse and Mental Health Services Administration National Outcome Measures (NOMs)

		MEASURES				
DOMAIN	OUTCOME		Substance Abuse			
		Mental Health	Treatment	Prevention		
	Abstinence from Drug/Alcohol Use		Reduction in/no change	30-day substance use (non-use/reduction in use) ▶		
Reduced		NOT APPLICABLE	in frequency of use at date of last service compared to date of	Perceived risk/ harm of use ▶		
Morbidity			first service ▶	Age of first use Perception of		
				disapproval/attitude ▶		
	Decreased Mental Illness Symptomatology	Under Development	NOT APPLICABLE	NOT APPLICABLE		
Employment/ Education	Increased/Retained Employment or Return to/Stay in School	Profile of adult clients by employment status and of children by increased school attendance	Increase in/no change in number of employed or in school at date of last service compared to first service	Perception of workplace policy; ATOD-related suspensions and expulsions; attendance and enrollment		
Crime and Criminal Justice	Decreased Criminal Justice Involvement	Profile of client involvement in criminal and juvenile justice systems	Reduction in/no change in number of arrests in past 30 days from date of first service to date of last service ▶	Alcohol-related car crashes and injuries; alcohol and drug- related crime ▶		
Stability in Housing	Increased Stability in Housing	Profile of client's change in living situation (including homeless status)	Increase in/no change in number of clients in stable housing situation from date of first service to date of last service	NOT APPLICABLE		
Social Connectedness	Increased Social Supports/Social Connectedness ¹	Under Development	Under Development	Family communication around drug use ▶		
Access/Capacity	Increased Access to Services (Service Capacity)	Number of persons served by age, gender, race and ethnicity	Unduplicated count of persons served; penetration rate-numbers served compared to those in need	Number of persons served by age, gender, race and ethnicity		
Retention	Increased Retention in Treatment - Substance Abuse	NOT APPLICABLE	Length of stay from date of first service to date of last service Unduplicated count of persons served	Total number of evidence- based programs and strategies; percentage youth seeing, reading, watching, or listening to a prevention message ▶		
	Reduced Utilization of Psychiatric Inpatient Beds - Mental Health	Decreased rate of readmission to State psychiatric hospitals within 30 days and 180 days	NOT APPLICABLE	NOT APPLICABLE		
Perception of Care	Client Perception of Care ²	Clients reporting positively about outcomes	Under Development	NOT APPLICABLE		
Cost Effectiveness	Cost Effectiveness (Average Cost) ²	Number of persons receiving evidence-based services/number of evidence-based	Number of States providing substance abuse treatment services within approved cost per person bands by the type of treatment	Services provided within cost bands		
Use of Evidence-Based Practices	Use of Evidence-Based Practices ²	practices provided by the State	Under Development	Total number of evidence-based programs and strategies		

 $^{^1}$ For ATR, "Social Support of Recovery" is measured by client participation in voluntary recovery or self-help groups, as well as interaction with family and/or friends supportive of recovery. 2 Required by 2003 OMB PART Review.

^{**} Please focus on the "Prevention" column on the right side of this table.

Regional Strategies 2018-2019:

Second Step-\$1000

Assessment:

- Along with RPC and Amie Albrecht of Wilber-Clatonia Schools, bring the successes of Second Step to educators in other County schools
- Crete, with a school population larger than Wilber-Clatonia, is an obvious priority; however, both Friend and Dorchester have been receptive to RPC and County Coalition initiatives
- Fund and collect evaluation data from Wilber-Clatonia Schools

Capacity:

- In cooperation with RPC, increase the number of elementary schools using program throughout Saline County
- Continue to support the success of Wilber-Clatonia Schools

Planning:

 Identify funding needs/availability for those schools interested in participating

Implementation:

 Support participating schools to the maximum extent funding allows

Evaluation:

 DESSA: As funding permits, support participating schools by funding Devereux Student Strength Assessment (See additional funding needs)

Alcohol Inspections-\$1600

Assessment:

- Coordinate with RPC to gather Countywide law enforcement agency data to determine "hot spots"
- Along with RPC, assess data collected from previous inspections and share among the Coalition

Capacity:

- In cooperation with RPC, assure the planning and conduct of a set of annual alcohol inspections within the County
- Along with the RPG, assist the Nebraska State Patrol (NSP)
- Share inspection results with local media following inspections

Planning:

 Leverage the technical assistance of the RPC regarding strategy development following alcohol inspections

Implementation:

The RPC and NSP will develop an annual calendar for alcohol inspections

Evaluation:

- Using pre and post inspection data, evaluate effectiveness of inspections
- Enter data into NPIRS

CMCA -\$1000

Assessment:

- RPC assisting with further community training on next steps within CMCA, utilizing the collection of data
- Gather coalition input re: community strategy

Capacity:

- Assist each county with data -driven strategy
- Recruit community stakeholders to increase coalition capacity and community engagement with the strategy.

Planning:

- Address individual coalition/community challenges
- Deadlines set for activities/strategies to be completed
- Evaluation of the process

Implementation:

- Documentation of success/barriers of activities within each county
- RPC provide TA or assistance as requested within each county
- Evaluation:
- Compare community perception data to SHARP survey and other local data sources.

Regional Strategies 2018-2019:

Media Campaign-\$1000

Assessment:

 Working with other Coalition leads and RPC, prioritize campaign needs and objective(s)

Capacity:

- Media campaign
- Shared funding /strategies
- Determine interests in Saline County

Planning:

- Marketing expertise to assist with initiation of campaign
- Regional Coalition determines kick off for campaign based on readiness

Implementation:

- County media campaign
- Garner RPG technical assistance as needed

Evaluation:

- Three to five year campaign, identifying strategies most effective throughout the region
- Enter data into NPIRS

Talkaboutalcohol.org -\$500

Assessment:

 Assess utilization of county pages within the website

Capacity:

- Assist coalition leads within getting community investment of the site
- County needs and use of the site

Planning:

- Regional Coalition discussions re: use of site
- Marketing of sight within the region and throughout the state

Implementation:

- Assist with further dev of the site
- Identifying gaps, glitches

Evaluation:

Use of sight, collect data from marketing firm

Saline County Coalition Strategies 2018-2019:

Red Ribbon Week-\$1800

Assessment:

 Evaluate 2018 National RRW campaign objectives and means

Capacity:

- County-wide proclamations
- Promotion in all Saline County schools
- Promotion at sporting events

Planning:

- County, City & Village clerks on agendas in September
- Coordinate drug prevention appearances in middle & high schools
- Print handouts to be inserted into home sporting event programs/school RRW banner design by kids

Implementation:

- Coalition members visit governing bodies with proclamations to be signed
- Coalition members and others promoting drug prevention messages to with our schools
- Coalition members and law enforcement pitch messages at home games
- Coalition promoting art contest in support of the design and funding of school banners

Evaluation:

- Number of spectators/children reached
- Percent of participating communities and schools
- Family communication regarding drug use

Czech Yourself-\$500

Assessment:

 Determine youth involvement in "Czech Days" from event Planning Committee

Capacity:

- Youth dance (including soft drinks and snacks) with adult sup
- Coalition members to supervise
- Region V youth group for DJ and system

Planning:

- Coordination with the "Czech Days" Planning Committee (e.g., location, insurance, electrical power, etc)
- Prepare advertising posters for placement at Saline County pools weeks prior

Implementation:

- Repair damage to barriers (\$50)
- Digital banner rental (\$300)
- Music/Light equip rental (\$150)

Evaluation:

- Youth attendance comparison
- Adult volunteer participation
- Family communication regarding drug use

Circle of Security-\$2000

Assessment:

- Identify priority demographics for COS-P classes
- Assess local willingness to engage in parenting supports

Capacity:

- Work with existing partners to raise awareness about upcoming COS-P classes
- Secure class locations throughout county

Planning:

- Advertise classes on Nebraska COS-P website, in community spaces, and through schools
- Schedule classes in Friend and Crete

Implementation:

- Identify needed changes to ensure next class goes smoothly
- Trained facilitator to lead classes in each location

Evaluation:

 Implement parent surveys following the class to identify what information was most useful to families

Saline County Coalition Strategies 2018-2019:

Second Step-\$1000

Assessment:

- Identify additional interested schools/grades which will incorporate this program
- Evaluate schools in district how many classrooms could implement, how many contacts need to be made, etc.

Capacity:

- Four (4) schools, each with multiple grade levels
- Utilize existing partnerships to reach out to school personnel
- Gauge interest in each school

Planning:

- Based on interest, award curriculum to classrooms
- Purchase appropriate curriculum boxes, and if needed, additional poster sets

Implementation:

- Purchase materials and deliver
- Work with teachers and administration to integrate curriculum into daily activities

Evaluation:

 Follow up with school administration to evaluate changes in office referrals, truancy, and student behaviors

Media/Advertising-\$1200

Assessment:

- Identify priority topics for advertising based on county NRPFSS results
- Review previous media campaigns to guide us moving forward on new campaign strategy

Capacity:

- CURB Coalition website
- Fences and walls at school sporting events county-wide
- Crete News
- KUTT, KWBE & KGMT (Beatrice) & KFRX (Lincoln)

Planning:

- Design/purchase multiple fence banners
- Obtain calendar of school activities
- Coordinate with media

Implementation:

- Volunteers emplace banners in high-vis locations during sporting events
- Sticker Shock
- PSA spots for radio stations

Evaluation:

- Community awareness of CURB and mission
- Community awareness of the values of remaining drug-free

BH-5 Goals and Objectives for Development Plan

Department of Health and Human Services
Division of Behavioral Health Services

Service: Prevention

Provider: Saline County C/URB Coalition

Region: Region V Systems

Date Submitted: March 9, 2017

Grant Award Amount: \$ \$11,600

Time Period From: July 1, 2018 – June 30, 2019

GOAL: 1) Reduce Drug & Alcohol Use among Underage Youth in Saline.

2) Increase awareness and build capacity within the Coalition.

3) Provide education to parent(s) for improved skills to communicate with

their child.

	Capacity Development Plan Professional Partner (C/Y MH)
Х	Regional Prevention Coordination (RPC) Other:

STRATEGIES: (Check all that apply to your coalition)

X Reduce access/create barriers __ Enhance access to services

X Address policy X Provide education
X Change physical design X Enhance skills

X Provide support/increase capacity

OBJECTIVES	ACTIVITIES	WHO IS RESPONSIBLE	LE DEVELOPMENT TIMELINE		IDENTIFY OUTCOMES ACHIEVED, THE INDICATIORS
(two or more per goal)	(two or more per objective)		Start Date	End Date	USED TO MEASURE PERFORMANCE & THE DOLLAR AMOUNT SPENT ON THIS STRATEGY
 Build positive parental skills. Increase attachment between parent and youth. Provide a safe environment for youth. 	Circle of Security	Health Dept., Parents, and members	July 2018	On-going	
 Obtain perspectives on what are community norms? Identify risk and protection factors in Saline County Interview sectors to obtain this information 	Approach citizens in Saline County to interview Interview people selected for perception on social norms	Public Health Solutions, CURB and 14 sector members in Saline County	August 2018	September 2018	
Increase awareness through membership Provide members current and trending strategies implemented and proposed for communities.	Community Coalition Meetings	12 Sector Members	July 1, 2018	June 30, 2019	
 Provide alternative activity for youth during a time of high risk drinking during a community event. Youth networking to prevent underage drinking in the community and school 	Czech Yourself (Youth Dance)	Members, Youth, Parents, Business, YAB	August 2018	August 2018	

1. Continue the local CURB	Media/Messaging	Media, members,	July 1, 2018	On-going	
website management.		youth, Business			
2. Provide messaging in public					
venues using billboard, sticker					
shock, banners at sporting event					
and radio. To reach parents and					
adults					
1. Celebrate and advocate for	Red Ribbon Week (RRW)	Schools, Youth, CURB	October	October	
drug prevention during National		members,	2018	2018	
Campaign in local schools.		communities			
2. Build capacity, provide					
awareness and assist in					
establishing drug free groups in					
their schools.					
1. Provide education with Social	Second Step	Schools, Counselors,	August 2018	May 2019	
and Emotional concepts in PreK-		members, youth			
8th grade.					
2. Increase access with					
prevention through this					
curriculum/program.					