



## Community Resource Assessment Report

April 4, 2018

### Resource Assessment Workgroup Members

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### Introduction – Communities That Care and the Summit County Mental Wellness Alliance

By the beginning of 2017, the Summit County community was clearly ready for Communities That Care. The 2016 deaths of two Park City boys from synthetic opioid misuse led to a **heightened public awareness** and an emerging group of people **committed to reducing substance abuse**.

In addition, the Summit County Mental Health Needs Assessment identified areas of mental health need and opportunity and spurred the Summit County Council to direct the Summit County Health Department to create a strategic plan on mental health and substance abuse.





We have learned that our community lacks prevention and treatment programs. We are dedicated to filling this gap and giving our youth the support they need to grow up into happy, healthy adults.

### **Executive Summary**

**The Summit County Mental Wellness Alliance** was formed in 2017 with a mission to enhance the quality of life for all Summit County residents through improving community awareness of mental health/substance abuse issues and increasing access to effective treatment and prevention services within the County.

The Alliance represents a **deeply collaborative process**, with a steering committee of over 20 members representing government, schools, nonprofits, mental health and medical providers, faith groups, and others. Specific task committees involving over 150 people have formed to spearhead **Communities That Care**, as well as access to services and overall service capacity, criminal justice and first responders, equity for Latinos and other marginalized communities, and more.

**Communities that Care** is a national, evidence-based, prevention science framework that reduces levels of youth problems and helps young people to thrive. The process is being initiated in the greater Summit County area by the Summit County Mental Wellness Alliance, formed in early 2017.

In the fall of 2017, a Communities That Care workgroup reviewed Summit County **Student Health & Risk Prevention (SHARP)** survey data along with other public data to identify priority outcomes to focus on. The selection of these priorities are based on an in-depth assessment of the data by the workgroup, which includes community members, teachers, other school district personnel, prevention specialists, researchers, health department staff, and others, completed an in-depth assessment of the data to select the top priorities.

The **Communities That Care** process involves the whole community. Workgroups and community meetings focused on the prevention efforts they felt will be the most successful; how to ensure youth are actively involved in the solutions; community





outreach methods; data and evaluation methods; and funding sources. The core Communities That Care committee has met regularly since April 2017. The goals for the first year of this initiative are to:

- Involve the whole community in creating and acting on solutions.
- Select evidence-based interventions that are most applicable to youth prevention in our county.
- Begin to implement the most immediate initiatives to improve outcomes for young people.

Acting on the chosen interventions will continue for at least three to five years, with a goal of institutionalizing or completing all efforts that prove effective.

Through this initiative, **we aim to reach all young people in Summit County, Utah**, and specifically target middle and high school students. Because Utah administers a statewide survey on youth risk factors every other year, we will measure and evaluate the success of the interventions you fund over the long term, using 2017 as a baseline.

## Community Strengths

### Summit County boasts many community strengths.

- We love where we live and are proud to be community members.
- Our families care about their children, and seek to provide opportunities for their success.
- Young people feel supported, encouraged and loved by their parents.
- We have the capacity to address issues in our community due to the collaboration and coordination of the Mental Wellness Alliance.
- We have a strong spirit of philanthropy and public service within Summit County, as evidenced by the support of the Park City Community Foundation and its 100+ nonprofit partners.





- Summit County has a young, highly educated and affluent population, exceptional schools, a strong faith community, a diversified high-tech industry, myriad recreational opportunities, a growing tourism industry, and business-friendly conditions all contribute to both the strength and complexity of Summit County.

### **Key accomplishments to date include:**

#### **The Summit County Mental Wellness Alliance has:**

- Formed a committee structure involving over 150 community members.
- Hired a director, Aaron Newman, for the Alliance and a coordinator for Communities That Care.
- Created a countywide Mental Wellness Strategic Plan.
- Procured city and county funding for several key elements of the plan.
- Raised over \$375,000 in private funding.
- Expanded counseling services by local nonprofits, improved a directory of mental wellness services, and increased suicide prevention and post-traumatic stress programs.
- Convened a youth advisory council with young people representing all three Summit County school districts.

#### **Communities That Care has:**

- Held 2 community board orientations (Spring 2017, January 2018)
- Hired Mary Christa Smith as coordinator
- Developed and adopted the CTC mission and vision in concert with the Alliance
- Summarized both SHARP and public data, then selected priority risk factors which the CTC committee unanimously agreed upon. The workgroup solicited feedback and support on the recommended priorities from Key Leaders in Summit County.





- Completed a community resource assessment process for all prevention services and programs in Summit County.
- Created a strategic plan, in alignment with the Alliance and the CTC process.

### **Resource Assessment Process**

A key goal of the CTC process is for communities to develop a profile of the risk factors and problem behaviors in their community, and to develop a plan for addressing the risk factors that are most elevated while enhancing protective factors.

This report supports this goal by mapping the existing Summit County programs that address the priority risk factors and the problem behaviors. The Resource Assessment workgroup paid special attention to tested, effective programs (TEP's) from the Blueprints for Healthy Youth Development registry.

In addition to Blueprints, there are other registries that list evidence-based programs. These include the Coalition for Evidence-Based Policy; the National Registry of Evidence-Based Programs and Practices from the Substance Abuse and Mental Health Services Administration (SAMHSA); The Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide; The National Institute of Justice's CrimeSolutions.gov; Promising Practices Network; and the Institute of Education Sciences' What Works Clearinghouse (U.S. Department of Education), among others. The Utah Evidence-Based Practice Group also has a list of evaluated programs. There are currently several programs from these other evidence-based registries being implemented in Summit County. Due to the rigorous evaluation criteria of the Blueprints registry, the Alliance will support Blueprints programs. However, the non-Blueprint evidence-based programs contribute much to our community and are included in the Resource Assessment. These will be referred to as "Other Evidence-Based Programs." A third category of programs outlined in this report are non-tested programs, or programs that are not listed on any evidence-based registry. These will be referred to as "Other Relevant Resources."





Program Category	Definition
Blueprints TEPs	Rigorously evaluated, tested, effective programs listed on the Blueprint for Healthy Youth Development registry
Other Evidence-Based Programs	Evidence-based programs listed on registries other than Blueprints
Other Relevant Resources	Programs that are not listed on any evidence-based registry and have been used locally and proven effective

### Resource and Gap Assessment Process

During the Community Resources Assessment workshops, workgroup members addressed three steps: First, the group gathered information on existing programs in Summit County. Second, we reviewed those programs to identify program gaps. Finally, we drafted recommendations for the CTC committee.

For the resource assessment, workgroup members created an inventory of programs related to Summit County’s priority risk factors and problem behaviors. Next, workgroup members designed a survey to gather relevant information from each resource listed in the inventory. The survey was used to confirm whether each resource addresses one or more of Summit County’s priorities. Additionally, the survey questions helped workgroup members identify each resource’s goals and strategies, target population, evaluation history and evidence of effectiveness, and any gaps in, issues with, or barriers to service. Members of the Resources Assessment workgroup then analyzed the survey information to identify Summit County’s tested, effective youth-development and prevention resources, as well as program gaps.

Several types of gaps were considered in the gap analysis.

- ➤ Funding: Not enough funds to support high-quality delivery (insufficient funds for workshop or materials).





- ➤ Domain: Are there programs in all four domains of influence (community, school, family, peer/individual)? For example, a community may have a school program in place to address the risk factor “friends who engage in the problem behavior,” but no tested family or parent programs.
- ➤ Developmental (age range): Are there interventions that impact youth of all age ranges? Consider prenatal, early childhood, elementary school age, middle school age, high school, college age, keeping in mind that some programs offered to adults actually impact youth of a certain age – for example family workshops or teacher workshops.
- ➤ Demographic (ethnicity, gender, socio-economic status): Are the programs accessible to all demographic groups? Do you have a group for whom English is not the primary language? Do participants have to incur costs to participate?
- ➤ Geographic (location): Is the program only offered in one region of the community (one of multiple elementary schools, for example)?

## RESOURCE AND GAP ASSESSMENT DATA

The Resource Assessment workgroup gathered data on programs that operate in Summit County that address the CTC priorities:

### Priority Risk Factors -

- Depressive Symptoms
- Perceived Risk of Drug Use
- Parental Attitudes Favorable to Substance Use and Anti-Social Behavior

### Priority Protective Factor

- Opportunities for pro-social involvement in all domains





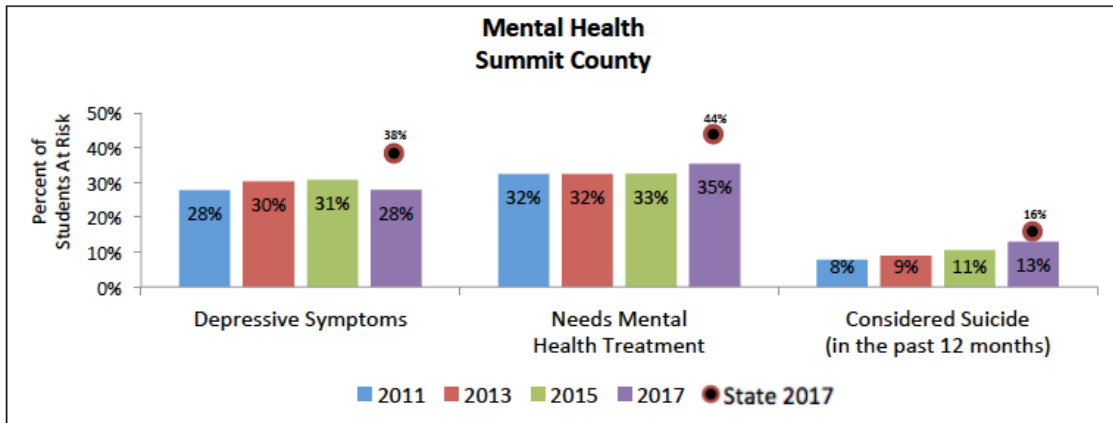
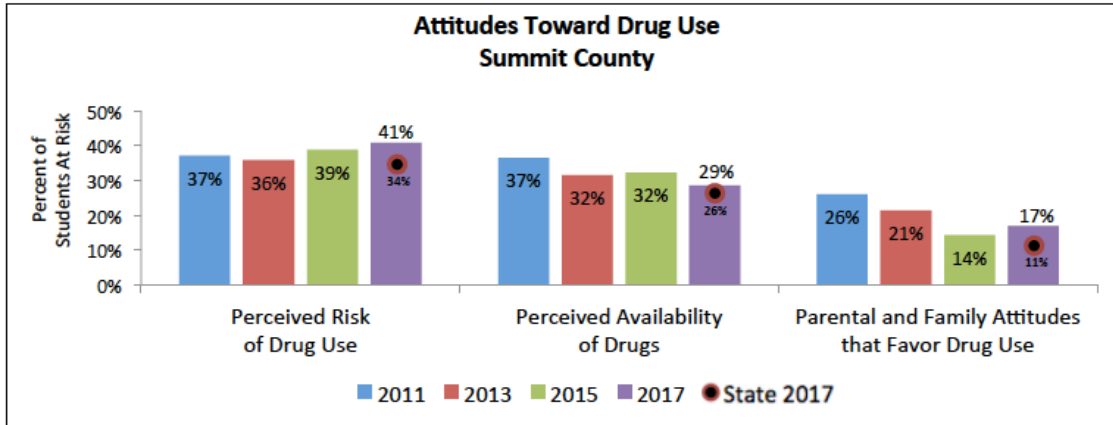


## The workgroup operated from the common definition of the following:

- *Problem behaviors* cover various forms of harmful activities such as drug and alcohol use and delinquency.
- *A risk factor* is any attribute, characteristic or exposure of an individual that increases the likelihood of engaging in problem behaviors. Some examples of risk factors are family history of tobacco and alcohol use, academic failure or low attachment to school or community. Risk factors are categorized into four domains based on sphere in which they occur: community, family, school and peer/individual.
- *Protective factors* are conditions or attributes (skills, strengths, resources, supports or coping strategies) in individuals, families, communities or the larger society that help people deal more effectively with stressful events and mitigate or eliminate risk in families and communities.

By analyzing problem behaviors, risk factors, and protective factors, the data assessment workgroup selected the priority risk factors to focus our work. The resource assessment workgroup targeted the priorities in their assessment of community resources.





## Priority Risk Factor #1: Mental Health with an emphasis on Depressive Symptoms.

Young people who are depressed are overrepresented in the criminal justice system and are more likely to use drugs. Survey research and other studies have shown a link between depression and other youth problem behaviors. We continue to see increases in mental health indicators. Although the indicators aren't higher than the State average, they continue to trend up. The mental wellbeing of our youth is





prominent within the community discourse, and a priority for prevention countywide.

### **Priority Risk Factor #2: Parental attitudes favorable to substance use and antisocial behavior.**

In families where parents use illegal drugs, are heavy users of alcohol, or are tolerant of children's use of alcohol, children are more likely to use substances during adolescence. The risk is further increased if parents involve children in their own drug (or alcohol) using behavior, for example, asking the child to light the parent's cigarette or get the parent a beer from the refrigerator.

Students continue to report a perception of their parents and families having lax attitudes towards substance use. This perception is countywide. We also know parents are asking for greater access to support and information, so they can strengthen their families. Adolescents are 50% more likely to say no to drugs and alcohol when their parents talk to them. Parents are the best line of defense.

### **Priority Risk Factor #3: Lack of perceived risk of substance abuse**

Young people who do not perceive drug use to be risky are far more likely to engage in drug use. We see this in the data and continue to hear in the community the mistaken notion that drinking and using e cigarettes, alcohol and marijuana are not harmful. The more risky or less accepted a drug is thought to be, the less likely it will be used by teens. There are different areas of perceived risk including physical risk, social risk and aspirational risk. Perceived risk may vary with different drugs.

### **Priority Protective Factors:**

Our community recognizes the importance of boosting **opportunities for pro-social involvement community wide** – in all domains. Our family domain is the highest, with 80%+ of students replying in the affirmative. Our lowest protective factor is in the community domain. Our interventions will keep in mind bolstering our strengths while addressing our weaknesses.





## Tested and Effective Programs (TEP) in Summit County

Organization Business, or Agency	Service Area	Age Demographic	Risk Factors Targeted	Protective Factors	Domain	Program Type	Strategy Type
Botvin Life Skills	Valley Behavioral Health-Summit County	k-12 students	Depressive Symptoms, perceived risk of substance use	Opportunities for pro social involvement	School	TEP	Universal
Big Brothers/ Big Sisters	Summit County	Youth	Depressive symptoms, perceived risk of substance use	Opportunities for pro social involvement	Community	TEP	Selective
Communities That Care	Summit County	Up to age 24	Depressive symptoms, Perceived risk of substance use, parental attitudes	Opportunities for pro social involvement	Community	TEP	Universal



## Other Evidence Based Programs in Summit County

Organization, Business, Agency	Service Area	Age demographic	Risk Factors targeted	Protective Factors	Domain	Program type	Strategy type
Mountain Mediation	Summit County	All ages	Parental attitudes, perceived risk of substance use	Opportunities for Pro-Social involvement	School, community, family, individual / peer	Evidence based	Selective
"LiFT" Planned Parenthood Association Of Utah (PPAU)	Summit and Wasatch Counties	Ages 14-18 with parents	Parental attitudes	Opportunities for Pro-Social involvement	Family	Evidence based	Universal
"Families Talking Together" PPAU	Summit County	Parents of children ages 10-12	Parental attitudes	Opportunities for Pro-Social involvement	Family	Evidence based	Universal
"Making Proud Choices" PPAU	Utah	Ages 14-19	Perceived risk of substance use		Individual / peer	Evidence based	Universal
"HOPE Squad"	North Summit & PC School Districts	High school	Depressive symptoms	Opportunities for Pro-Social involvement	School & Peer	Evidence based	Universal
Individual Counseling VBH	Summit County	Children, adolescent	Depressive symptoms, perceived risk of substance use		Individual / peer	Evidence based	Indicated



## Other Evidence Based Programs, cont.

<p><i>"MRT"</i> Teen Moral Recognition Therapy VBH</p>	Summit County	Ages up to 18	Depressive symptoms, perceived risk of substance use	Opportunities for Pro-Social involvement	Individual / peer	Evidence based	Indicated
<p><i>"Kids PRS Group"</i> VBH</p>	Summit County	Children, Youth	Depressive symptoms, perceived risk of substance use	Opportunities for Pro-Social involvement	School & peer	Evidence based	Indicated
<p><i>"SPARCS"</i>, Structure Psychotherapy for Adolescents Responding to Chronic Stress VBH</p>	Summit County	Adolescent	Depressive symptoms		Individual / peer	Evidence based	Indicated
<p><i>"Prime for Life"</i> VBH</p>	Summit County	Ages 14-21 who participate in high risk behavior	Depressive symptoms, perceived risk of substance use	Opportunities for Pro-Social involvement	Individual / peer	Evidence based	Indicated
<p><i>"QPR"</i>, Question, Persuade, Respond Summit County Health &amp; VBH</p>	Summit County	All ages	Depressive symptoms	Opportunities for Pro-Social involvement	Individual / peer, community, school	Evidence based	Universal
<p><i>"Systematic Training for Effective Parenting"</i> VBH</p>	Summit County	Parents, taught in English & Spanish	Parental attitudes	Opportunities for Pro-Social involvement	Family	Evidence based	Selective
<p><i>"Love and Logic"</i> Christian Center of Park City</p>	Summit County, Salt Lake City	Parents	Parental attitudes	Opportunities for Pro-Social involvement	Family	Evidence based	Universal





## Other Programs in Summit County

Organization, business, agency	Service area	Age Demographic	Risk Factor Targeted	Protective Factor	Domain	Program Type	Strategy Type
<i>"Leaders for Life"</i> PC Police Department	Summit County	Youth	Parental attitudes, perceived risk of substance abuse	Opportunity for Pro-Social involvement	School, individual / peer	Other	Universal
<i>"Teen Council"</i> PPAU	Summit, Wasatch, Salt Lake	10 <sup>th</sup> -12 <sup>th</sup> grades	Depressive symptoms, perceived risk of substance use, parental attitudes	Opportunity for Pro-Social involvement	School, individual/ peer	Other	Universal
<i>"InClued"</i> PPAU	Utah	Ages 14-19	Depressive symptoms	Opportunity for Pro-Social involvement	Individual / peer	Other	Selective
<i>"End Violence Now"</i> PCHS	Park City High School	High school	Perceived risk of substance use	Opportunity for Pro-Social involvement	School	Other	Universal
<i>"The Soloman Fund"</i> PC Community Foundation	PC School District	All grades		Opportunities for Pro-Social involvement	Community	Other	Selective
<i>"I Swear" campaign</i> NSSD	North Summit School District	All grades	Depressive symptoms	Opportunities for Pro-Social involvement	School, individual/ peer	Other	Indicated





## Other programs, con't

<i>"Peer Leaders"</i> Summit County Health Department	North and South Summit Districts	High school	Depressive symptoms, perceived risk of substance use	Opportunities for Pro-Social involvement	School, individual / peer	Other	Universal
<i>"Arts Kids"</i>	All 3 school districts	Ages 8-17+		Opportunities for Pro-Social involvement	School	Other	Selective
School based counseling VBH	K-12 students in Summit County		Depressive symptoms, perceived risk of substance use		School	Other	Indicated
Teen Standard Outpatient (SOP) VBH	Summit County	Young adults age 18 and under	Depressive symptoms, perceived risk of substance use		Individual / peer	Other	Indicated
Parents Empowered presentations/displays VBH	Summit County	Parents	Parental attitudes, perceived risk of substance use		Community	Other	Universal
Substance Abuse classroom presentations VBH	Summit County	Grades 6-12	Perceived risk of substance use		School	Other	Universal







## Other programs, con't

Yoga and Mindfulness Randi Jo	Summit County Schools	All grade levels	Depressive symptoms	Opportunity for Pro-Social involvement	School	Other	Universal
Mindful Schools	Summit County	All grade levels	Depressive symptoms	Opportunity for Pro-Social involvement	School	Other	Universal
Mindfulness classes Rebecca Brenner	Summit County	Elementary through adults	Depressive symptoms	Opportunity for Pro-Social involvement	School	Other	Universal
"Healthy Relationships/Expect Respect" Pregnancy Help Center	Summit County	Teen age students	Parental attitudes, perceived risk of substance abuse	Opportunity for Pro-Social involvement	School, individual / peer	Other	Selective

## Opportunities for Pro-Social Involvement

Our community has many opportunities for youth to get involved in activities that support the social development strategy and pro-social involvement. There are a dizzying array of programs and clubs offered through our local recreation centers, schools, libraries, sports clubs, Kimball Art Center, Egyptian Theater and beyond. There are simply too many to list here. All information is readily available online.

We see the opportunity to expand the offerings into the North and South Summit school district areas, as the offerings for youth there are much more limited.



## Organizations Offering Opportunities for Pro Social Involvement

Park City Golf Club	Vaughn Robinson 435-615-5824 <a href="mailto:vrobinson@parkcity.org">vrobinson@parkcity.org</a>	Programs for all ages
Park City Library	<a href="https://parkcitylibrary.org">https://parkcitylibrary.org</a>	
Summit County Library	<a href="http://www1.youseemore.com/SummitCounty/">http://www1.youseemore.com/SummitCounty/</a> 435-615-3900	Branches in Coalville, Kamas, and Park City
Park City Ice Arena	<a href="http://www.parkcity.org/departments/park-city-ice-arena">www.parkcity.org/departments/park-city-ice-arena</a>	Programs for all ages
PC MARC	<a href="http://www.parkcity.org/departments/park-city-marc-recreation">http://www.parkcity.org/departments/park-city-marc-recreation</a>	Recreation inside and outdoors, pool
Basin Recreation	<a href="https://basinrecreation.org">https://basinrecreation.org</a>	Recreation inside and outdoors, pool
Kamas Recreation Center	<a href="http://www.ssaafc.org/">www.ssaafc.org/</a>	Recreation inside and outdoors, pool
Summit County Sheriff	PC Safety Camp; Christina Sally; <a href="mailto:csally@summitcounty.org">csally@summitcounty.org</a>	Summer only
Park City School District	<a href="http://www.pcschools.us">www.pcschools.us</a>	
North Summit School District	<a href="https://nsummit.org">https://nsummit.org</a>	
South Summit School District	<a href="https://www.nsummit.org">https://www.nsummit.org</a>	
Planned Parenthood of Utah	<a href="http://www.ppau.org">www.ppau.org</a> 801-532-1586	Several programs for parents and children,





			sponsor of Teen Council
Valley Behavioral Health	<a href="https://www.valleycares.com">https://www.valleycares.com</a>	435-649-8347	Programs for children and parents, groups
The Christian Center	<a href="http://www.ccopc.org">www.ccopc.org</a>	435-649-2260	
Mindfulness	<a href="mailto:rebeccabrenner@gmail.com">rebeccabrenner@gmail.com</a> ; <a href="mailto:randijotaurel@gmail.com">randijotaurel@gmail.com</a>		Mindful Schools, Mindfulness classes
Peace House	<a href="http://www.peacehouse.org">www.peacehouse.org</a>		
Pregnancy Help Center	<a href="http://www.pregnancyhelpcenterpc.org">www.pregnancyhelpcenterpc.org</a>		
Religious organizations	See many listings at <a href="https://www.parkrecord.org">https://www.parkrecord.org</a>		
Arts-Kids, Inc	<a href="http://www.artskids.org">www.artskids.org</a>		
Mountain Mediation Center	Gretchen Lee	801-597-5690	
LiVE Well Center at Intermountain Park City Hospital	<a href="http://www.LiVeWellCenter.org/PC">www.LiVeWellCenter.org/PC</a>	435-333-3535	email <a href="mailto:livewellcenterpc1@imail.org">livewellcenterpc1@imail.org</a>

## Community Feedback

The Resource Assessment workgroup continues to solicit feedback from various community members about the priority risk factors to ensure our work reflects the community’s needs and provides them the opportunity to vet the process and





conclusions. There is a **survey monkey** form available on the Alliance webpage where you can provide your feedback.

## Conclusion

The resource assessment workgroup identified the following gaps in programs and services in Summit County:

1. Domain gap in TEP programs offered in the family domain – targeting parents.
2. Geographic gaps in opportunities for pro-social involvement for communities on the East Side of Summit County.
3. Continued need for coordination and collaboration amongst all CTC coalition members to continue to promote and implement a wide compliment of programs and services targeting our priorities in Summit County.

Changing the landscape on mental health and substance abuse is a years-long challenge. Our coalition is well equipped to partner and collaborate to expand programs to target our priorities, and especially offer resources to families and parents. We will work together to expand opportunities for youth to be involved in positive activities on the East Side of Summit County.