

# Aiken County Health and Human Services ATOD-Free Activities: Logic Model

## August 2000

### Goals

Risk Factor: Lack of healthy alternatives for youth outside of school

Protective Factors: Opportunities for community service  
Using idle time constructively  
Healthy adult role models for youth

### Program Activities

#### Encourage adults to be chemical-free role models:

Sobriety Feast: Educate community (youth, parents, others) on ATOD prevention at an alcohol-free feast on the Mille Lacs reservation. A Native American speaker who has obtained sobriety will focus on the harmful effects of alcohol, tobacco, and drug use, and will encourage adults and youth to reduce or delay ATOD use. Sobriety Feasts will begin in November 2000, and four/year will be held on a quarterly basis.

#### Provide alcohol/tobacco/chemical free activities for youth:

Kinship will provide four ATOD-free activities/year will be provided for ages 5-15 for youth who are involved in youth-to youth mentoring, youth-to-adult mentoring, or on the waiting lists for these programs. Activities will be free to the participants and will include fishing, tubing, and bowling. Adult mentors will be invited to participate in at least one activity which will be an all-day event. Other activities will last between 2-4 hours.

Kids Plus will provide eight other ATOD-free activities that are community-based in nature: dances, basketball/football/volleyball nights, fishing, bowling, swimming, PSA development (public service announcements), community service (clean-ups), painting of parks, curbs, trash bins, etc. for community improvement. Youth invited to participate will be involved in Kids Plus from throughout the county, involved in mentoring, or on the waiting list for mentoring through Kinship, but the events will be open to all youth.

Youth 10-12 (one time/quarter)

Youth 13-17 (one time/quarter)

Youth ages 15-17 in all three school districts will participate in an after-school video club. The Kids Plus directors will seek out youth who are not actively involved in other sports or mainstream activities and will take referrals from teachers and family support coordinators. Youth will:

Create videos that show prevention messages

Show videos at school events and on community access channels.

Submit videos to state and national contests.

### Target Population and amount of time

#### Sobriety Feast:

Native American population, participants in ATOD treatments programs, and interested community members. 50-75 people will attend each feast, including 15-20 youth, and feasts will take place quarterly.

#### Kinship activities:

Target population for chemical-free activities will be children 12-17 in Aitkin County who are involved in mentoring or are on the waiting list for mentoring due to problems they are experiencing problems in school, community, or home. These are youth more likely to be ATOD-users or at risk for ATOD-use. A total of 30 youth will participate.

#### KidsPlus:

Each activity lasts 2-3 hours. Target group for Kids Plus are kids needing supervised activities because they are would otherwise be home alone after school, in the evenings, or on weekends. Youth are referred to Kids Plus by teachers, parents, family support coordinators, and staff from community agencies or they join on their own because of their interest in community service and/or supervised recreational activities. Of this group of kids, about half are current ATOD-users. Kids Plus are generally in the "middle group" of kids at their schools - - not academic or sports

leaders, but not at high risk due to problems with school, community, or homes. Activities serve two groups: ages 10-12, and ages 13-17. A total of 30 youth will participate.

**After-school video club:**

Five youth ages 15-17, in each school district, will form and participate in an after-school video club. Target group is the same as Kids Plus - - young people with little involvement in sports or other existing school activities, who want or need additional supervised non-school activities, and who are not current ATOD users.

**Assumption (theory of change)**

**Sobriety Feasts:**

If youth attend the Sobriety feasts, then they will see adults from their community in a sober environment and may connect with people who think that sobriety is important. If youth see adults from their community in a sober environment and connect with people who think that sobriety is important, they are more likely to have adults in their lives who model positive, responsible behavior. If youth have positive adult role models, they are less likely to use alcohol, tobacco, and other drugs.

**Kinship and KidsPlus Activities**

If Kinship and KidsPlus youth attend chemical free non-school activities on a regular basis, they will be using idle time constructively and have healthy alternatives outside of school. They will also be spending supervised time with peers and adults who are ATOD-free. If they spend more time with peers and adults in an ATOD-free setting, they will gain an awareness that it is okay not to use and to have fun. If they participate in chemical free non-school activities on a regular basis, and have additional peer and adult role models, they will be less likely to use ATOD.

**After-school video club:**

If youth who are currently uninvolved in current school activities join the after-school video club, they will have increased social support and gain a relationship with the adult who is running the club. If they have increased social support, and learn about the harm of alcohol, tobacco, and other drugs while making videos, they will be less likely to use and abuse alcohol, tobacco, and other drugs. If videos made by youth in the video clubs are shown to other elementary, junior high, and high school students, then the youth watching the videos will gain knowledge about the dangers of alcohol, tobacco, and other drug use. With this knowledge, the youth will be less likely to use and abuse alcohol, tobacco, and other drugs.

**Immediate outcomes and indicators of change**

**Sobriety Feasts:**

Youth have increased knowledge about the consequences of long term ATOD use/abuse.

# of participants who report that they gained knowledge about the risks/harms associated with ATOD use.

Youth have increased developmental assets

# of participants who report that parents and other adults model positive, responsible behavior

# and percent of participants who report that it is important not to use alcohol or other drug

# and percent of participants who report that it is important not to use tobacco.

**Kinship and KidsPlus Activities**

Youth have healthy activities outside of school

# of hours/week that youth report spending in supervised community activities

Youth will use idle time constructively

# and percent of youth who are out with friends with “nothing special to do” two or fewer nights per week

Youth have opportunities for community service

# and percent of youth who report that they “are given lots of chances to help in their community”

Youth will have increased social support from peers and adults who do not use ATOD.

# and percent of youth who report that their best friends model positive, responsible, behavior.

Youth have healthy adult role models

# and percent of youth that report that parents and other adults model positive responsible behavior

# and percent of youth that report having at least 2 adults who are role models that they can talk to and trust

**After-school video club:**

Participants will learn about the consequences of ATOD use/abuse while researching and making videos.

# and percent of youth who increase their knowledge of the consequences of ATOD use/abuse

Other youth will learn about the consequences of ATOD use/abuse while watching the videos.

# and percent of youth that can recall key messages from the videos.

**Long-term outcomes and indicators of change**

**Sobriety Feasts:**

For youth who were not using alcohol, tobacco or other drugs prior to participating in Sobriety Feasts:

- Defer age of first use of alcohol, tobacco, and other drugs for two years beyond statistical average age.
  - # and percent of youth who have tried alcohol
  - # and percent of youth who have tried smoking
  - # and percent of youth who have tried marijuana
  - # and percent of youth who have tried other drugs

For youth who were using alcohol, tobacco, and/or other drugs prior to participating in Sobriety Feasts:

- Reduce alcohol, tobacco, and other drug usage on a monthly basis.
  - Monthly use of alcohol
  - Monthly use of cigarettes
  - Monthly use of marijuana
  - Monthly use of other drugs

**ATOD-Free Activities/After School Video Club:**

For youth who were not using alcohol, tobacco or other drugs prior to participating in ATOD-free Activities or After School Video Club:

- Defer age of first use of alcohol, tobacco, and other drugs for two years beyond statistical average age.
  - # and percent of youth who have tried alcohol
  - # and percent of youth who have tried smoking
  - # and percent of youth who have tried marijuana
  - # and percent of youth who have tried other drugs

For youth who were using alcohol, tobacco, and/or other drugs prior to participating in ATOD-free Activities or After school Video Club:

- Reduce alcohol, tobacco, and other drug usage on a monthly basis.
  - Monthly use of alcohol
  - Monthly use of cigarettes
  - Monthly use of marijuana
  - Monthly use of other drugs

# Process Evaluation Plan

## ATOD-Free Activities

### Guiding Evaluation Questions

#### Questions related to program activities

##### **Sobriety Feasts**

- How many Sobriety Feasts were held?
- What were the locations of the Sobriety Feasts?
- When were the Sobriety Feasts held?
- Who were the speakers?
- What were the topics of the speakers?
- How accurate are the messages about ATOD use/abuse?

##### **ATOD Free Activities**

- What activities were implemented?
- Who coordinated the activities (Kids Plus, Kinship, other agency)?
- What were the locations of the activities?
- What was the duration of the activities (half-day, full day, two hour evening, etc...)
- What ATOD topics were introduced at the ATOD-free activities?

##### **After-School Video Club**

- How many after-school video club meetings were held?
- Where were video club meetings held?
- What ATOD topics were introduced at the video club meetings?

#### Questions related to target population:

##### **Sobriety Feast**

- How many people attended?
- Who participated (age, race)?

##### **ATOD Free Activities**

- How many people attended each activity?
- What were the ages of the participants?
- How many of the participants were associated with Kinship?
- How many of the participants were associated with Kids Plus?
- How many other youth attended?
- How many adults participated?
- How many Kinship youth attended activities with their adult mentor?
- How many Kinship youth attended multiple activities?
- How many KidsPlus youth attended multiple activities?
- What is the participant satisfaction level with activities?
- What are the characteristics of youth who stop participating in ATOD-free activities?
- Why do youth report that they stopped participating in ATOD-free activities?

#### Questions related to key assumptions:

##### **Sobriety Feasts**

- How many of the adults who attend are committed to being ATOD-free?
- Do adults who participate in the feasts feel socially supported for becoming or remaining sober?
- Are adults who participate in the feasts recognized as role models by the youth who attend?
- How many of the youth who attend lack ATOD-free adult role models?
- How many of the youth who attend lack opportunities to gather with community members in a sober environment?
- Is the ATOD-free message appropriate to youth?

##### **ATOD Free Activities**

- Would participants otherwise be home alone at the time of the ATOD-free activities?

Are participants currently using ATOD or not using at the time they first join an activity?  
Do Kinship kids and Kids Plus kids interact at the activities?  
Do participants have adult role models in their lives at the time they first join an activity?  
At the time they first join an activity, do participants in ATOD-free activities have less involvement than their peers in school and community?  
At the time they first join an activity, do participants in ATOD-free activities have fewer opportunities than their peers for community service?

#### **After School Video Club**

Are video club participants less likely than their peers to be involved in school activities?  
Are participants currently using ATOD or not using at the time they first join the video club?  
Are participants taught skills for making prevention-related videos that appeal to their peers?  
Do participants research accurate prevention information when making videos?

### **Measures and Sources of Data**

#### **Sobriety Feast:**

Data will be collected at the time of each sobriety feast by the program coordinator from the East District of the Mille Lacs Band of Chippewa. Data will include:

- Date of activity
- Type of activity/Focus of speaker
- Number of participants
- Age participants
- Percent of participants from the Mille Lacs Band

#### **ATOD Free Activities:**

Data will be collected at the time of each activity by the program coordinator. Data will include:

- Type of activity
- Duration of activity
- Number of participants
- Number of adult participants (program staff, parents, mentors)
- Primary affiliation of participants (Kinship, KidsPlus)
- Age, gender, race, and home community of participants
- Satisfaction of participants with activity

Participants in ATOD-free activities will complete a satisfaction postcard at the end of each of these activities. Program coordinators will summarize the satisfaction data and include the results with the data log for each activity. This information will be submitted on a quarterly basis to Aileen DeMenge, ACT-NOW coordinator.

#### **After-school Video Club:**

On a quarterly basis, the program coordinator for the after-school video club will report on:

- Number of meetings of video clubs
- Number of participants who attend regularly
- Number of participants who have stopped attending
- Age, gender, race, and home community of participants
- Age, gender, race and home community of participants who have stopped participating
- ATOD topics introduced
- Products completed
- Dates and locations of video showings

## **Data Analysis Plan**

### **Sobriety Feasts**

Number of Feasts held compared to goal  
Topics of speakers compared to goal  
Number of youth attendees compared to goal  
Number and percent of adult attendees compared to goal

### **ATOD Free Activities**

Number of activities held compared to goal  
Ages of participants compared to goal  
Affiliation of participants (KidsPlus or Kinship) compared to goal  
Characteristics of target population (ATOD-use, involvement in school/community activities, frequency of being at-home alone) compared to goal  
Percent of youth who attend multiple events  
Percent of youth who stop attending after one or two activities  
Comparison of youth who attend multiple events with youth who stop attending after 1-2 activities

### **After School Video Club**

Numbers of participants in after-school video clubs compared to goal  
Characteristics of target population (ATOD-use, involvement in school/community activities) compared to goal  
Percent of youth who attend regular meetings of the video club  
Number of showings of prevention videos compared to goal

The Process Evaluation will be submitted by January 31, 2002 to allow for a full year of activities plus time to complete the process evaluation. The Process Evaluation for the second year will be submitted by January 31, 2003

# Summative Evaluation Plan

## ATOD-Free Activities

### Guiding Evaluation Questions

#### *Immediate Outcomes*

##### **Sobriety Feasts:**

To what degree do youth who attend the feasts have increased knowledge about the consequences of long term

To what degree do youth who attend the feast feel that parents and other adults in their lives model positive, responsible behavior?

To what degree do youth who attend the feasts feel that adult who attend or speak at the feasts model positive, responsible behavior?

To what degree do youth who attend the feasts feel that is it important not to use alcohol or other drugs?

To what degree do youth who attend the feasts feel that it is important not to smoke cigarettes or chew tobacco?

##### **ATOD-Free Activities**

Are ATOD-free activities providing an alternative to drinking, smoking, and using for youth?

To what degree do youth who participate in ATOD-free activities report having more healthy alternatives to choose from after school hours?

To what degree do youth who participate in ATOD-free activities have increased social support from their peers?

To what degree do youth have increased opportunities for community service?

To what degree do youth spend less time outside of their home with “nothing special to do”?

To what degree do youth identify new friends who model positive, responsible behavior?

To what degree do youth who participate in ATOD-free activities have support from adults who do not use ATOD?

How many healthy role models do youth who participate in ATOD-free activities have?

##### **After School Video Club**

To what degree do youth who participate in the After-School video club report having more healthy alternative to choose from after-school hours?

#### *Long term Outcomes*

##### **Sobriety Feasts**

For youth who are not using ATOD prior to attending Sobriety Feasts:

- Do youth delay use of alcohol, tobacco, and other drugs?

For youth who are used ATOD prior to attending Sobriety Feasts

- Do youth decrease their use of alcohol, tobacco, and other drugs on a monthly basis?

##### **ATOD-free Activities/After School Video Club**

For youth who are not using ATOD prior to participating in ATOD-free activities or Video Club:

- Do youth delay use of alcohol, tobacco, and other drugs?

For youth who are used ATOD prior to participating in ATOD-free activities or Video Club:

- Do youth decrease their use of alcohol, tobacco, and other drugs on a monthly basis?

## **Measures and Sources of Data**

### **Sobriety Feast**

The program coordinator from the East Lake District of the Mille Lacs Band of Chippewa will maintain program logs of all participants in the Sobriety Feasts.

After the first year (4 feasts), she will pull together a focus group of 8-10 youth (ages 12-17) who have attended at least three of the feasts. Questions and discussion for this group will be focused on the immediate and long-term outcomes of the activity, as follows:

#### ***Immediate outcomes***

- Knowledge gained at the Sobriety Feasts about the risks/harms associated with ATOD use.
- Prevalence of adult role models in the lives of youth who attend Sobriety Feasts
- Prevalence of adult roles models at the Sobriety Feasts

#### ***Long-term outcomes***

- Impact of the Sobriety Feasts on the youth's frequency of alcohol use
- Impact of the Sobriety Feasts on the youth's frequency of smoking or chewing tobacco
- Impact of the Sobriety Feasts on the youth's frequency of other drug use
- Other impacts of the Sobriety Feasts on the lives of the youth who attend them

A similar focus group will be held after the second year of Sobriety Feasts with the same cohort.

### **ATOD-Free Activities/After School Video Club**

Kids Plus and Kinship Coordinators will administer a brief survey to each participant in the ATOD-free activities and After-School Video Club, on the first date of their participation. The survey will also be administered on the occasion of the last activity, with attempts made by the coordinators to have the post-surveys completed by all students who participated in activities but may have been present at the last activity. The same pre/post survey process will be followed in the second year of the ATOD-free activities and in the second year of the Video Club.

The survey will use questions from an existing Aitkin County Developmental Asset Survey, the Search Institute Survey, and the Minnesota Student Survey. The pre/post survey will address the following areas/issues:

#### ***Immediate Outcomes***

- # of hours/week that youth report spending in supervised community activities
- # and percent of youth who are out with friends with "nothing special to do" two or fewer nights per week
- # and percent of youth who report that they "are given lots of chances to help in their community"
- # and percent of youth who report that their best friends model positive, responsible, behavior.
- # and percent of youth that report that parents and other adults model positive responsible behavior
- # and percent of youth that report having at least 2 adults who are role models that they can talk to and trust
- # and percent of youth that report an increase in knowledge of the harm/risk associated with the use of alcohol, tobacco, and other drugs.

#### ***Long-term Outcomes***

- # and percent of youth who have tried alcohol, tobacco, and other drugs
- Monthly use of alcohol
- Monthly use of tobacco
- Monthly use of other drugs

The survey will also ask the students to recall the types of ACT-NOW activities they participated in (this information will also be corroborated by the program coordinators for these activities):

- Life Skills Curriculum
- Taking Control Curriculum
- Youth to Youth Mentoring

- Youth to Adult Mentoring
- Sobriety Feasts
- ATOD-free Activities
- After-School Video club

## **Data Analysis Plan**

### **Sobriety Feasts**

A qualitative analysis of the focus group data will address the responses of the participants to outcome related questions. The analysis will also note changes in the participants' responses after one year of attending Sobriety Feasts and after the second year of attendance.

#### *Immediate outcomes*

- Knowledge gained at the Sobriety Feasts about the risks/harms associated with ATOD use.
- Prevalence of adult role models in the lives of youth who attend Sobriety Feasts
- Prevalence of adult roles models at the Sobriety Feasts

#### *Long-term outcomes*

- Impact of the Sobriety Feasts on the youth's frequency of alcohol use
- Impact of the Sobriety Feasts on the youth's frequency of smoking or chewing tobacco
- Impact of the Sobriety Feasts on the youth's frequency of other drug use
- Other impacts of the Sobriety Feasts on the lives of the youth who attend them

### **ATOD-free Activities**

#### *Immediate Outcomes*

Change, after one year and after two years, in the percentage of youth who positively answer questions related to:

- Use of free time
- Involvement in supervised non-school activities
- Prevalence of social support from peers and adult who do not use ATOD
- Opportunities for community service
- Prevalence of adult role models

#### *Long term Outcomes*

For youth who were not using ATOD prior to participating in ATOD-free activities:

Change, after one and two years, in the

- Age of first use of alcohol, tobacco, and other drugs

For youth who were using ATOD prior to participating in ATOD-free activities:

Change, after one and two years, in the percentage of youth who:

- Use alcohol, tobacco, or other drugs on a monthly basis

### **After-school Video Club**

#### *Immediate Outcomes*

Change, after one school year and after two school years, in the percentage of youth who positively answer questions related to:

- Use of free time
- Involvement in supervised non-school activities
- Prevalence of social support from peers and adult who do not use ATOD
- Increase in knowledge of the risk and harm associated with ATOD use

#### *Long-term Outcomes*

For youth who were not using ATOD prior to participating in the After-school Video Club:

Change, after one and two years, in the

- Age of first use of alcohol, tobacco, and other drugs

For youth who were using ATOD prior to participating in the After school Video Club:  
Change, after one and two years, in the percentage of youth who:

- Use alcohol, tobacco, or other drugs on a monthly basis