

# NORTHERN KENTUCKY REQUEST FOR PROPOSALS

## KY-ASAP

### C. Narrative of the Proposal

The Resource Scan and related documents from Northern Kentucky reflect the following:

1. Based on comparable data, overall usage by youth for alcohol, tobacco and other drugs (ATOD) exceeds both state and national rates. Specifically, youth usage rate for alcohol, cigarette and cocaine for our region are all exceeding state and national norms.
2. Preliminary data indicates an enormous need in the area of “community domain” especially as it relates to the community’s overall standard of acceptance of ATOD abuse. Anecdotal information and data in the Northern three counties (Boone, Campbell, Kenton) from the Coalition for a Drug Free Cincinnati, indicate youth perceive that alcohol, cigarettes, and other drugs are easy to get; and have a low perception of getting caught.
3. While we have numerous data on risk and protective factors, the data comes from variety of sources; and there is little consistency on specific questions used. The variety of data and inconsistency makes it difficult to obtain strong scientific comparisons. There is very little valid comparable data on most risk and protective factors as there is a lack of consistent data across the region or we have raw data but not means to compare to state or national rates. There is clear need for more and better data collection.

4. There is little data on usage rates for adults. Especially older adults; overall data collection needs to be standardized and collected to make meaningful comparisons on a state/regional or national basis.
5. Based on the needs assessments completed, there is a wide gap between identified treatment needs and current service provision levels, more acutely for adults, and certainly for youth. The Regional Planning Council in the HB843 reports the estimate that there are over 2000 adults and nearly 600 youth in need of substance abuse services.

The Board's intent is to provide funds to a program or programs where additional resources are needed to either institute a service or to expand the range of services offered. The Board is concerned with addressing community norms, increasing the number of individuals trained who are able to implement evidence-based initiatives, increasing community awareness regarding the prevalence of substance abuse, increasing the amount of usable data, expanding treatment services, advocating for prevention and treatment services, and increasing collaboration among agencies and organizations addressing mental health and substance abuse issues.

One of the major priorities of the Board is to update the Resource Scan, and then make any needed modifications to the Strategic Plan. In May of 2006 the Coalition for a Drug Free Greater Cincinnati conducted a phone survey in Northern Kentucky but results are not yet available. The Coalition also released data in May of 2006 of general usage rates in the region. With the additional data collection recently completed for specific NKY counties the Board will be able to analyze this data

sources as well as many others (KIP, PRIDE, MTF, NHSDU etc.) to update our regional usage rates as it compares to the larger region, state and National rates.

Based on the current data set, the Board is proposing to fund activities for FY 07 in the following areas:

**Treatment: \$40,000**

*Adult Male Intensive Outpatient Services*

KY-ASAP strives to increase the number of persons in Northern Kentucky receiving treatment services. This increase in treatment services is expected to impact both youth and adult treatment services available in Northern Kentucky. Transitions, Inc. provides adult male Intensive Outpatient (IOP) services by use of a Phase process progressing from Phase I to Phase III, and decreasing in intensity. The adult male IOP program assures the incorporation recovery support groups and employment training services in their program. This program currently serves male felons. Transitions, Inc. wishes to increase the number of males served by this program and will utilize the requested funding to provide such services to approximately 40 adult males in Northern Kentucky.

**Prevention/Education \$100,000**

*Community and School Based Evidence Based Practices \$40,000*

The KY-ASAP local board has consistently promoted the use of evidence-based programming and approaches in Northern Kentucky. This approach to implementing substance abuse prevention and treatment practices in Northern Kentucky will continue

through FY07 and in future years through the continuation of school incentive funding for local school districts, and community grants. In fiscal years 2004, 2005, and 2006, school incentive funds allowed 24 diverse schools (including parochial and rural county) in all eight counties of the Northern Kentucky area to apply for money to implement evidence-based programming in their district. Community groups will have the opportunity to participate in the application process in June of 2006.

Funds will be offered to schools and communities on a competitive basis through an application process. Schools and communities will be required to implement a research-based curriculum or initiative, provide evidence of sustainability and submit an evaluation of their program. Schools that receive incentive funds will be required participate in a policy review session. Each school and community coalition will be required to sign a memorandum of agreement indicating their commitment to fulfill the requirements of the submitted proposal. Schools and coalitions will receive technical assistance from KY-ASAP Board members. Each school and community coalition interested in applying for incentive funds will be offered information best practices and evidence-based initiatives.

*Youth Substance Abuse Treatment Collaborative \$35,000*

With KY-ASAP funding, YSAT would receive financial support to continue and expand upon the coordination of substance abuse services and advocacy efforts. The mission of the Youth Substance Abuse Treatment Collaborative (YSAT) is to build a regional partnership and care system unified by the common goal of effectively addressing and reducing teen substance abuse in the eight-county region of Northern

Kentucky. Since YSAT's formation in April 2002, YSAT strives to educate the community and our elected officials about the problem of teen substance abuse and the need for increased services.

The strength of YSAT lies in its ability to collaborate with state agencies, prevention and treatment providers, and other youth service providers. This collaboration continues to increase communication among service providers, thus increasing the number of referrals to available programs. Since the last regional needs assessment in 2001, there has been a 77% increase in the number of youth who receive services. YSAT has been recognized by Foundation for a Healthy Kentucky as a Model Program, the Kentucky Division of Substance Abuse with the Robert Straus Outstanding Service in Community Organizations Award, and most recently received the Northern Kentucky United Community Awards with the Community Group Impact Award.

*Awareness Campaigns \$20,000*

In FY 07 the Board intends to support 2 major areas in general community awareness. The first is the continuation of our support for the printing, and distribution of posters and signage to be posted in stores warning against the purchasing of ATOD products for minors. Other campaigns will be targeted to underage drinking and tobacco usage.

The Board will be partnering with other community agencies to design and implement a targeted media camping using print, and broadcast media focused on a specific substance. The goal is to leverage and combine support to design and implement a wider, more extensive campaign than the board can fund alone.

*Advocacy for Recovery*        \$5,000

Advocacy by addicts and their loved ones has been lacking in our region. Through the establishment of NKY People Advocating Recovery (PAR), a local group that is affiliated with the statewide PAR group, advocacy efforts for people in recovery have increased. PAR has been meeting since June of 2004 and operates under the mission to provide hope for addicts and their loved ones and to eliminate barriers to recovery from addiction. PAR's mission is achieved by educating the public about addiction to reduce the stigma of the disease, as well as train and provide advocacy opportunities for addicts and others. Since September 2004, PAR has attended the Recovery Month rallies held in Frankfort, and has had the largest representation of any region in the state. PAR plans to attend the rally in Frankfort in 2006 as well as plan a breakfast as a local event for Recovery Month this September. Elected officials, consumers and the community at large will be invited to the events. Funds would be used to subsidize the cost of the breakfast, as well as charter a bus for traveling to the rally. Other community groups will be eligible for support as well.

**Board Expense and Data Collection \$20,000**

*Data Collection \$10,000*

The Northern Kentucky local KY-ASAP board supports the implementation of school youth surveys in Northern Kentucky school districts. KY-ASAP representatives will continue to inform local school districts of available youth surveys such as the Kentucky Incentive Project (KIP) survey, the Coalition for a Drug Free Greater

Cincinnati survey, and the PRIDE survey. The Northern Kentucky KY-ASAP local board will encourage local school districts to continue use of any previous surveys they have conducted in their district, primarily so their data can continue to drive programming and services. Some youth surveys mentioned above have a minimal cost of implementation and the KY-ASAP local board will offset the cost to ensure that school districts continue the collection of data. This continuation of the collection of youth survey data is imperative to baseline comparison and understanding of prevalence rates in Northern Kentucky. KY-ASAP representatives have access to the majority of youth surveys conducted in Northern Kentucky school districts in compiled forms, however since various surveys are utilized by school districts, KY-ASAP will rely on member agencies of the board for the compilation and collection of Northern Kentucky youth survey data.

Compilation of the data will be critical as the Board will have more complete and detailed data on specific NKY prevalence rates. This will enable the Board to complete a more detailed and comprehensive update of the Resource Scan and Strategic Plan for future use.

*Board Expenses \$10,000*

The Fiscal Agent for the Board will be the Mental Health Association of Northern Kentucky. The Mental Health Association will maintain a separate checking account for the Board, assure that all expenditures are authorized by the Board and in accordance with the strategic plan and provide quarterly reports on expenditures to the Board.

The Administrative Assistant to the Board will be employed by and under direct supervision of the Fiscal Agent, the Mental Health Association of Northern Kentucky. The Administrative Assistant will be employed approximately 10 hours per week to provide support and assistance in the development, review and revision of the region's Strategic Plan and related documents. Other duties will include assisting with the implementation of the strategies outlined in this request for funds, serving as a representative on community coalitions, collecting information for reports, providing necessary support to the Board, and any other duties necessary to fulfill the Boards' required tasks.

Other Board expenses are to include postage, supplies, printing and any necessary travel related to KY-ASAP for the staff and or board members.

### **Evaluation and Sustainability**

Each program and initiative outlined in the Northern Kentucky local KY-ASAP board Work Plan will be closely monitored for completion of goals and process and outcome measures. Additionally, each program and initiative will be required to develop and submit a satisfactory plan of sustainability for their project before receiving KY-ASAP funds.

#### D. Summary and Timeline

Work Plan Objectives	Initiatives for Goal Completion	Goal/ Objective from Strategic Plan	Amount of Funds	Start Date	Initial Disbursement of Funds	Goal Completion
Treatment	Adult Male IOP Services, Transitions	Goal 1, Obj. b & Obj. d	\$40,000	July 2006	July 2006	June 2007
Prevention and Education	Advocacy for Recovery	Goal 1 Obj. d	\$5,000	July 2006	August 2006	June 2007
	Community & School Evidence Based Practices	Goal 1, Obj. a, Obj. b, & Obj. c	\$40,000	Fall 2006- Fall 2006	Fall 2007	June 2007
	YSAT Collaborative C/O NorthKey	Goal 1, Obj. d Goal 2, Obj. b Goal 3, Obj. a	\$35,000	July 2006	July 2006	June 2007
	Awareness Campaigns	Goal 1, Obj. b	\$4,000	Fall 2006	Fall 2006	June 2007
Board Expense and Data Collection	Data Collection	Goal 2, Obj. a	\$10,000	Fall 2006	Fall 2006	December 2006
	Part-time board position/ fiscal agent	Goal 3, Obj. a	\$6,000	July 2006	July 2006	June 2007
	Board Supplies	Goal 3, Obj. a	\$4,000	July 2006	July 2006	June 2007
	<b>TOTAL</b>		<b>\$144,000</b>			

#### E. Budget Narrative

The amount requested for fiscal year 2007 is \$160,000. The Mental Health Association of Northern Kentucky will be the fiscal agent. The Board agrees to produce and submit any necessary reports on the implementation of the initiatives and expenditure

of funds to the KY-ASAP Branch of the Office of Drug Control Policy. Each Board and Ex-Officio member will contribute staff time, fringe benefits, some travel expenses and indirect costs as an in-kind contribution to KY-ASAP.

### **Budget Narrative**

**Summary:** FY 07 request \$160,000 for the 8 counties in Northern Kentucky

Prevention/Education	\$100,000
Treatment	\$ 40,000
Law Enforcement	-0-

Some expenses in Prevention and Education may be classified as support for law enforcement and treatment services, i.e. YSAT and data collection. There are FY 06 expenditures in support of law enforcement related activities that will be provided throughout 06-07 (example: Drug Court and IOP initiatives).

Board Expenses/Data collection	\$20,000
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#### **Prevention/Education \$100,000**

- **Community and School Evidence-Based Initiatives:**
**\$40,000**

Purchase curriculum and program supplies implement research-based initiatives based on proposals submitted to the Board.

(Schools: 10 schools @ \$1500 per school)	\$15,000
(Communities: 5 community groups @ \$5,000 per group)	\$25,000
- **Youth Substance Abuse Treatment:**
**\$35,000**

Staff person to coordinate prevention and treatment services, support advocacy and increase awareness of substance abuse in the community

(Salary and Fringe Benefits) \$35,000

• **Advocacy for Recovery: \$ 5,000**

Charter a bus and food for recovery breakfast attendees:

(Bus charter: \$800) \$ 800

(Food: \$15/person @ 80 people) \$1,200

Support for People Advocating Recovery (PAR) NKY

chapter and related community based advocacy groups. \$3,000

• **Awareness Campaigns: \$20,000**

Activities to be included are purchase of posters, business cards and playbills for: workplaces and other places in which parents have access to educate regarding underage alcohol consumption; signage warning that purchasing of tobacco, alcohol for minors is illegal (law enforcement). Support for media campaigns with other community partners addressing targeted ATOD usage.

**Treatment \$40,000**

*Adult Male Intensive Outpatient Services at Transitions* \$40,000

Continued support for one year of Adult IOP program that includes Staff Case Managers and Aide, fringe benefits, drug screens, supplies, and other related expenses.

Salaries:

1 Senior Case Manager, 1.5 Primary Case Managers and 1 Staff Aide

\$30,000

Fringe Benefits: 18% of salaries @ \$73,140

\$ 5,400

Supplies and Expenses

\$ 4,600

**Board Expense and Data Collection \$20,000**

- Data Collection: **\$10,000**

Random survey of residents regarding ATOD use; perceptions of harm

(Contract with data collector)

\$5,000

School participation in KIP or PRIDE survey

(Cost of survey administration or incentive to participate in survey) \$5,000

- Part-time Board Position: **\$10,000**

Staff person to serve as Administrative Assistant for the Board

(Salary: 500 hours @ \$15.00 per hour)

\$6,000

- Board Expenses: **\$4,000**

Funds for supplies, postage, copies, printing travel, lodging if necessary, meals, meetings and conferences related to KY-ASAP responsibilities