



Adams County Cares About Me!

CELEBRATING 10 YEARS *of*
Positive Change in Adams County

COLLABORATING
Doing what works
in Adams County **FOR YOUTH**

A Letter from Our Leadership

It hardly seems possible that ten years ago a small group of community minded individuals, concerned about the health and wellbeing of the children of Adams County, learned the same public health planning process that had been successful in reducing various forms of cancer and heart disease, could be applied to preventing problem behaviors in youth. And, that by bringing the community together to reduce risks and build assets, this prevention process would prevent youth substance abuse, youth violence, delinquency and school dropout, while promoting positive youth development and building strong families. Since then, this group of people has expanded to include hundreds of individuals and organizations from throughout the county... school districts, businesses, government, law enforcement, clergy, young and old all working together utilizing proven public health models to improve the outcomes for youth and families in our county. Healthy productive youth growing up in safe, nurturing and stable families are the foundation for building strong communities in Adams County.

What we know now is so far beyond what we knew then, even we are amazed. Through national level trainings, we have increased our expertise in the effective mobilization of communities and are gaining recognition as leaders in the state and the nation in the effective implementation of prevention strategies that work. Our staff, volunteers and youth coalition members are sharing our experiences through presentations at local and regional conferences. Our milestones have included designation by the Pennsylvania Commission on Crime and Delinquency as an official Communities That Care site, national designation as a Drug Free Communities Coalition, and selection as the facilitators of the Integrated Children's Services Plan in Adams County. The growing body of knowledge, the measureable results that have been achieved, and the growing commitment to prevention through collaboration shared by so many of our fellow Adams County Citizens underscores our success.

This report is a salute to all of the individuals, organizations, businesses, school districts and government agencies that have worked together over the past ten years to increase assets and opportunities for youth in our communities, while reducing risks. It benchmarks trends, celebrates the progress we have made, presents priorities for the future and attempts to recognize how, working together, Adams County citizens have increased conditions that promote health and safety for our youth.

We are proud to have been a part of this ten year journey, and we invite you to become a part of the next ten years.

Sincerely,
The Collaborating For Youth Board

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Janelle, 14



Positive Change for Kids

A Ten Year Perspective

Working together, CFY is improving outcomes for kids. By identifying the conditions that put our youth at greatest risk, building community knowledge and awareness of these risks & increasing our collective ability to respond, we are improving the 24/7 environment in which youth live, learn and grow.

In 2001 we began the first Risk and Resource Assessment, a benchmark of risks and assets for local youth and a survey of services, programs and opportunities available for youth. Since that time this Assessment has been updated bi-annually. This Assessment allows us to look at how youth in our communities are fairing, over time. The Assessment reflects the decreasing or improving health of our youth and whether or not our work is having an impact on youth behavior. Trends are emerging.

OUR PRIORITIES for the past ten years based on the Risk and Resource Assessment have been aimed at

- Reducing Youth Problem Behaviors with a focus on reducing delinquency and substance abuse.
- Bringing communities and systems together, to work in a more integrated manner that better serves Adams County children, youth and their families.

By providing technical assistance, training and coordination for schools, youth serving organizations, government entities, and the larger community we are building our collective capacity and tying the work of individuals, organizations and county services together. This

- Focuses effort(s) on reducing the areas of greatest risk for our youth
- Builds coordinated assets that lead to positive youth development
- Gets better results
- Saves money
- **Most importantly can save young lives**

“ I urge all parents and other youth influences to support prevention. On-going efforts may help other families avoid the devastation that my wife and I live with every day since the death of our son Mark from a prescription drug overdose.”

—Phil Bauer



In memory of Mark and all the other young people who have lost their lives as a result of alcohol and other drugs.

Having the **very best information available** at the local level about trends in youth behavior, emerging problems and how the systems that serve youth are doing, is critical.

Positive Change for Kids

Effective solutions start with understanding problems

WE KNOW the risks because kids, parents, and community members tell us!

CFY has been gathering data, uncovering issues, and reporting trends about youth behaviors for ten years by:

- Administering and interpreting the **Pennsylvania Youth Survey (PAYS)** an independently researched and validated survey administered bi-annually in public schools across Pennsylvania. In 2001 we began with only one district, by 2007 every public school district in the county participated in the PAYS, which now surveys 97% of 6th, 8th, 10th, and 12th grade aged youth (over 3300).
- Conducting **consumer surveys**
- Soliciting input from key community members and other decision makers through **interviews and focus groups** to develop a deeper understanding of information and issues identified

CFY organizes and utilizes this information to make informed decisions, prioritize resources, address issues confronting our youth, and to mobilize the community to respond to the priorities.



Youth provide feedback on what is working and not working in their communities and help prioritize issues for attention

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Together we are building our communities' capacity to respond to needs of our children *and* saving lives while saving money

Since 2001 CFY has leveraged over \$5 Million of federal, state, and private funds and over \$1 Million of donated services for Adams County organizations to implement prevention programs that benefit children, youth, families, schools and communities.

Creating partnerships and collaborative projects is building stronger organizations and communities while avoiding competition and duplication of services and reducing costs for taxpayers.

CFY's nationally trained staff provides organizations, school districts, government agencies, networks and taskforces with the tools, information and resources (including dollars) to implement effective proven prevention programs that are getting results. Our communities now have a greater understanding of the connections between the presence of risk factors and problem or dangerous behavior.

Saving \$\$\$. It is more cost effective to prevent problem or dangerous behavior than it is to deal with its aftermath. A Penn State study released in June 2008 concludes that investments in evidence based prevention programs have reduced crime and violence and produced a \$317 million dollar return to taxpayers. *(Source: PA Commission on Crime and Delinquency Press Release)*

\$5 million

leveraged

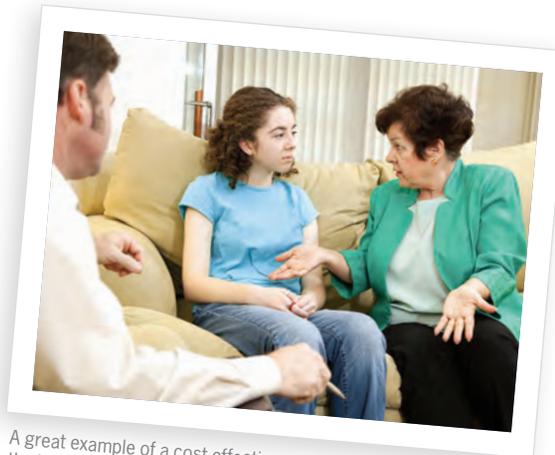


\$1 million

in-kind donated

**35,000
lives changed**

for the better



A great example of a cost effective evidence-based program is the implementation of **Functional Family Therapy (FFT)** in Adams County.



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Eric, 14

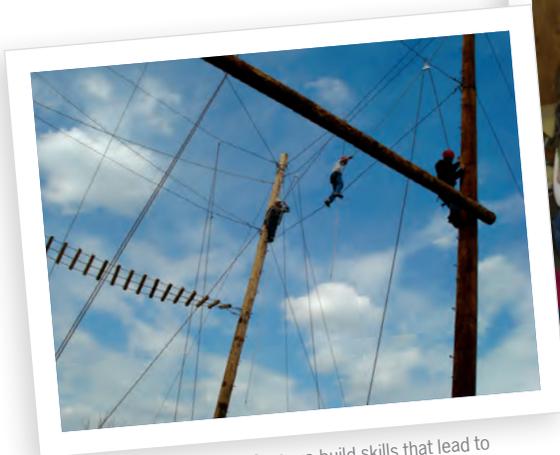
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Together we have implemented programs and strategies proven to be effective in reducing problem behaviors

CFY selects RESEARCH BASED prevention strategies and programs to meet priority risk indicators. Unlike many programs delivered by local agencies, research based prevention programs are not developed locally. In fact, the programs and strategies we use have been developed and tested by expert researchers in child development, drug and alcohol prevention and other fields directly related to youth. These “Gold Standard” strategies and programs are being implemented by established local Adams County providers.

Young people who interact with caring adults and feel like they contribute to the community are more likely to respect and reflect the positive values of the community. CFY members and partners also sponsor programs and events that build positive experiences between young people and adults. Building assets for youth protects youth against risk.

Our strategies and programs have touched the lives of over 35,000 youth and families, care givers, and professionals. In 2001 we began by focusing on implementing one proven program serving 30 children in one neighborhood. In the ten years since then we have partnered to strengthen prevention efforts throughout the county working with schools, county government and other organizations. Over the past ten years, nine proven programs that build strong youth have been implemented in local communities or have served Adams County children and their families countywide.



Youth involved in **Project Venture** build skills that lead to good decision-making.



Effective after-school programs improve academics and build critical life skills.



During **Sticker Shock**, Adams County youth add stickers to beer cases reminding parents and other adults that it is against the law to provide alcohol to minors in Pennsylvania.

Positive Change for Kids

A community approach to reducing youth substance abuse

In 2004, CFY assessment processes identified the use of alcohol and other drugs by our youth as a serious problem that was having a negative impact on the future of our youth and ultimately the health and safety of our communities.

We got busy researching the most effective methods for reducing youth substance abuse. This work led to our selection as one of only 700 coalitions across the nation to be a federally designated Drug Free Communities Coalition by the Office of National Drug Control Policy. **Why is this important?** Designation as a Drug Free Communities Coalition enabled our coalition members to be part of a year-long national training academy through the premier national organization “Community Anti-Drug Coalitions of America”. In addition to attending classes at one of three national training sites (our own Pennsylvania National Guard’s Drug Demand Reduction Program training at Fort Indian Town Gap), the coalition members had multiple assignments to complete to verify that we understood and could implement “best science” strategies in fighting back against youth substance abuse.

What have we learned? Strong communities provide an environment for positive youth development. Just as youth behavior impacts the community, the health and values of the community have an impact on youth and their decision making. When youth believe that adults view their unhealthy behaviors as “no big deal” they are more likely to start and engage in unhealthy behavior. Similarly if they believe it is unlikely there will be negative consequences for their behavior, they are more likely to risk trying the behavior. Kids are also more likely to engage in behaviors that they perceive all the other kids are engaged in.

To build positive community messages that reduce risky behaviors, CFY conducts several state, county-wide and national community awareness campaigns that along with other activities are aimed at changing community norms and behaviors; **Parents Who Host Lose the Most, Sticker Shock** and **ThinkAGAIN** campaigns are conducted annually.

These campaigns help to reinforce the law; state community values against adults providing alcohol to minors; and reinforce local facts. **ThinkAGAIN** Educates adults and youth alike that most kids are choosing to be drug free. While substance abuse is a VERY serious problem for those youth who are involved, it is equally as important that we acknowledge the truth which is ... most youth choose to live above the influence of drugs!



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Brandon, 16

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Empowering youth as change agents

What have we learned? Availability is a key risk factor for whether or not youth will become involved in drug use. Simple fact – the more alcohol and drugs that are easily available within the community the more youth have access and the more likely they are to choose to experiment.

Along with limiting access to alcohol, a key strategy has been to educate the community about the link between medication availability and use. Community partnerships have been formed that support the efforts of the Drug Enforcement Administration (DEA) and local law enforcement to hold drug “Take Backs”. These **Take Backs** get drugs off the streets (**428 pounds from Adams County in April 2011**) while educating the community that securing medications and responsible disposal not only saves the environment but can save young lives. 70% of people addicted to pain medications say they get their drugs from an unsuspecting friend or relative.

What have we learned? INVOLVING YOUNG PEOPLE in the fight against drug abuse is critical. CFY has an active Youth Coalition that trains at the National Guard Counter Drug Demand and Reduction facility in Fort Indiantown Gap and at the National Youth Leadership Institute of Community Anti-drug Coalitions of America (CADCA). CFY Youth Coalition members bring the youth voice to CFY activities and take a leadership role in changing their peer culture and improving the environment for youth while promoting living above the influence.

Youth Coalition members use their training and growing leadership skills to reach out to adults and their peers; informing the community conversation; providing insight into the peer culture; role modeling living above the influence; working side by side with adult community members to limit access and change community norms.



Youth Coalition members work with adult volunteers and law enforcement to get drugs off the street.



Youth build leadership skills at Fort Indiantown Gap summer camp which they put to good use back in Adams County.

Positive Change for Kids

Together we are making a difference

Our goal is (and has always been) to make a MEASUREABLE, LASTING DIFFERENCE, so we believe in evaluation and outcomes! In our most recent outside evaluation we wanted to answer the question “Is the progress in Adams County similar to what is occurring at a state-level, or is something different happening?”

To get the answer, an independent evaluator focused on changes reported by youth from two of the six public school districts (SDA and SDB) where CFY has been active and where the PAYS has been administered since 2003. The evaluation compared the youth from these districts against youth from districts across the state.

The results are in. Although progress, because of statewide prevention efforts, exists across the state, progress in Adams County is notably better than statewide. Below are the results in the two areas (delinquency and substance abuse prevention) where we have focused efforts over the last decade.

Substance (type of use)	School District A 2003-2009	School District B 2003-2009	Pennsylvania 2003-2009
Marijuana (lifetime use)	- 30%	- 39%	- 3%
Marijuana (30-day use)	- 32.1%	- 27.2%	+9.6%
Cigarettes (lifetime use)	- 21%	- 40%	- 19%
Cigarettes (30-day use)	- 32.2%	- 41%	- 24.1%
Alcohol (lifetime use)	- 19%	- 27%	- 20%
Alcohol (last 30 days)	- 21%	- 40%	- 5.9%
Binge Drinking (5 or more drinks on one occasion)	- 27.4%	- 37.8%	- 13.9%
Selling Drugs	- 52%	- 33%	+5%

Source: Independent evaluation 2010 and Pennsylvania Youth Survey PAYS

Juvenile Delinquency has gone down as evidenced by the lower number of cases disposed in court. This is particularly notable as the number of youth in the 10 to 18 year age range has grown. In 2000 there were 446 cases disposed. In 2005 there were 365 cases disposed. In 2009 there were 330 cases disposed. ***These statistics represent the actual number of cases disposed (one juvenile may have more than one case disposed). Total number of juveniles involved may be less. Source: Juvenile Court Judges Commission*

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Jenna, 10



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The Next Ten Years

Our work is making a difference but we need more champions. Circumstances are continually changing and the forecast for the future is challenging.

We will continue to implement effective programs and strategies that keep juvenile delinquency rates low and prevent youth from substance abuse. However, we face challenges, some known, some not known. What we know is that dollars for programs and services are dwindling at the same time that troubling trends are increasing.

Some trend data on increasing risks that are troubling include:

- 19% of youth surveyed report being bullied or cyber bullied and 12.5% report being sexually harassed on the internet (PAYS 2009)
- 33% of youth surveyed report symptoms of depression (PAYS 2009)
- The highest risk factor reported by youth surveyed is the availability of hand guns (PAYS 2009)
- Economically stressed families are experiencing higher levels of Family Conflict and increasing Family Management problems (PAYS 2009)
 - The availability of synthetic drugs (like synthetic marijuana and bath salts) that are legal, available, and just as dangerous, is increasing.

What can you do?

Be part of the positive change for youth in Adams County

- Find out more about being an asset builder for youth and make a difference in the life of a young person.
- Volunteer - a variety of opportunities exist.
- Become a supporting member of Collaborating For Youth, there is strength in numbers.

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Maria, 14



Positive Change for Kids

Ten Years of Community Leadership

Collaborating for Youth (CFY) is a county-wide collaborative board that acts as a channel for increased community participation in efforts to reduce substance abuse, child abuse, and juvenile delinquency, violence (bullying) school dropout and depression.

CFY is directly responsible for the implementation of three initiatives –the *Drug Free Communities Support Program*, the *Integrated Children's Services Plan*, and *Communities That Care*®. The work of these initiatives are combined to form a countywide prevention plan that helps to insure that gaps in services are identified and filled, services are not duplicated, and a safe community is built upon good prevention practices.

CFY members include youth, parents, business leaders, schools, youth-serving organizations, law enforcement, healthcare professionals, and county agencies. More than 200 volunteers representing all segments of the community are organized into CFY's Board of Directors, Community Teams, affiliated Task Forces, Networks and or volunteer in some capacity. This diverse group of individuals shares a desire to be "part of the solution".

A **big thank you** goes out to everyone who over the last decade gave of their time and talents to lead Collaborating For Youth in making positive change for kids.

Collaborating for Youth 2011-2012 Board Members

Melanie Brodhead, Adams County Children & Youth,
Gettysburg Team Representative

Barclay Brooks, Community Member,
Upper Adams Team Representative

Megan Cellucci, Community Member

Eileen Grenell, Drug and Alcohol Prevention Specialist,
It Takes A Village

Jeff Foster, Associate Dean for College Life, Gettysburg College

Kathy Gaskin, Executive Director, Healthy Adams County

Nathan Hockley, Hockley & O'Donnell Insurance

Michelle Hovis, Director, York/Adams Health Choices

Paul Kellett, Community Benefits Real Estate,

Kathy McConaghay, Administrator, Adams County Children &
Youth Services

Gretchen Carlson Natter, Director, Center for Public Service,
Gettysburg College

Louis Nyiri, Associate Pastor, Gettysburg Presbyterian Church

Megan Ogley, Youth Provider Resource Network Representative,
Youth Employment Program Coordinator Lincoln Intermediate Unit # 12

Garrett Trout, Children Services Director, Adams Hanover
Counseling Services, Inc.

Jay E. Ondrizek, Adams County Criminal Justice Advisory
Board Coordinator

Paul B. Stevens Jr., Child Adolescent System Services
Program Coordinator

Non-Voting Members

Joddie Walker, Executive Director, Adams County Children's
Advocacy Center

Bob Tomassini, Director Juvenile Probation Services

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**Collaborating For Youth is managed by the Center
For Youth & Community Development (CFYCD)**

CFYCD Staff

Sharron Michels, Executive Director

Emily Knowles Kellett, Drug Free
Communities Coordinator

Samiah Slusser, Coordinator Integrated
Children's Services Planning & Strengthening
Families Program

Funding Partners

**U.S. Department of Health and
Human Services**

**Substance Abuse Mental Health Services
Administration**

United States Department of Education

**Pennsylvania Commission on Crime and
Delinquency**

**Adams County, Pennsylvania Department
of Public Welfare**

Pennsylvania Liquor Control Board

York/Adams Drug and Alcohol Program

**Carlisle Area Health and Wellness
Foundation**

Robert C. Hoffman CET

Hockley O'Donnell Insurance

Community Benefits Real Estate

...and friends like you!

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The official registration and financial information of the Center for Youth and
Community Development – Collaborating for Youth may be obtained from the
Pennsylvania Department of State by calling toll free, within Pennsylvania,
1 (800) 732-0999. Registration does not imply endorsement

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