**Montrose Communities That Care**

Community Action Plan

2021-2026

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2021-2026 Montrose Communities That Care Participants

Montrose Communities That Care is a collaborative project of non-profits, human service, education, parents and youth. Some of those represented include:

Black Canyon Boys and Girls Club

CASA of the 7th Judicial District

Hillcrest Congregational Church

Life Choices Family Resource Center

Partners of Delta, Montrose and Ouray

Tri County Health

Montrose County School District

Black Canyon High School

Peer Kindness

Hilltop Family Resource Center

Montrose Recreation Center

Hispanic Affairs Project

Axis Health Systems

Montrose Regional Library

Montrose County Department of Human Services

Faultless

Northside Clinic

Montrose Regional Hospital

7th Judicial District Court

Advocates for Recovery

Montrose County High School: Communities That Care/Environmental Club

Collaborative Trauma Solutions

Montrose Children’s Museum

City of Montrose

Friends of Youth and Nature

Keller Williams Real Estate Ink Team

Thrivent Financial

**Others?**

About

Our mission and vision is: Montrose Communities That Care is a welcoming coalition that invests with all youth to meet the needs of our vibrant community through collaborative efforts.

The Communities That Care model focuses on promoting positive youth development and preventing problem behaviors by assessing predictors both of problem behaviors and of positive youth outcomes. Risk and protective factors have been identified in research in many fields, including for problem adolescent behaviors. We have identified the following risk and protective factors as our priorities, and have set the following goals:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Our Health/Behavior Reduction Goals**  |  |  |  |  |
| **Substance Use Outcomes** | **2021 State Total** | **2021 Regional Total** | **2021 Local Total** | **Goal for 2030** |
| **Students who feel it would be sort of easy or very easy to access electronic vapor products**  | **51.40%** | **49.20%** | **41.20%** | **20%** |
| **Students who have used vapor products, the percentage who tried vapor products for the first time before age 13**  | **22.30%** | **18.4** | **10.30%** | **5%** |
| **Pro Social Involvement and Connection Outcomes** | **2021 State Total** | **2021 Regional Total** | **2021 Local Total** | **Goal for 2030** |
| **Students who participate in extracurricular activities at school** | **59.60%** | **66.80%** | **49%** | **60%** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Our Risk and Protective Factor Goals** |  |  |  |  |
|  **Risk Factor Goals** | **2021 State Average** | **2021 Regional Average** | **2021 Local Average** | **Goal for 2030** |
| **Early Initiation of Substance Use** | **12.30%** | **12%** | **12.20%** | **2.2%-7.2%** |
| **Protective Factor Goals** | **2021 State Average** | **2021 Regional Average** | **2021 Local Average** | **Goal for 2030** |
| **Community Opportunities for Pro Social Involvement and Connection** | **61.30%** | **66.90%** | **61%** | **66%** |

Montrose Community Action Plan Outline

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Executive Summary

This plan describes the ways to address the priority risk and protective factors identified in Montrose’s Communities That Care effort. The Communities That Care framework is a way for members of a community to collaborate in order to promote the positive development of youth. The framework was developed by the Social Development Research Group at the University of Washington. Their research has identified risk factors that predict youth problem behaviors and protective factors that buffer young people from risk.

Montrose Communities That Care developed its outcome-focused plan after the Data Workgroup identified and then recommended risk factors as priorities for community planning. Our recommended risk factor being **Early Initiation of Substance Use.** The Data Workgroup along with various coalition members then completed an assessment of the youth development and prevention resources that target **Early Initiation of Substance Use** in Montrose, beginning in April of 2023.

The drafting of this document, the Montrose Communities That Care, Community Action Plan was the next step in the Communities That Care process. Community Board Members began discussion around preliminary programs, practices and policies in the latter part of September 2023. In January of 2024, Data Workgroup members met to begin discussion surrounding community-level outcomes. The goal is to help define the desired changes for the Montrose community and how to measure the progress toward those outcomes. Program-level outcomes were also finalized at these meetings. These consist of implementation goals, which will measure the way in which the program and strategy will measure the extent of the desired change.

Community Board members selected preliminary programs

The following are the preliminary programs were selected:

* To address the risk factor Early Initiation of Substance Use: Montrose selected Positive Action, Strengthening Families and Guiding Good Choices.

After coalition discussion and completion of a capacity gaps grid, Positive Action was selected in March of 2024 as the best program to universally reach youth in Montrose.

The following systems-change strategies were prioritized in Montrose, July of 2024, to help facilitate the implementation of the selected programs and address gaps, issues and barriers. The following systems-change strategies were selected

Increase Civic Engagement, Create Safe Community Spaces for Youth and Alter the Physical Environment.

Community Profile

**Purpose and Use of the plan**

Montrose Communities That Care presents its 2021-2026 Community Action Plan. This plan describes the results of the work completed thus far in Montrose’s Communities That Care effort. It will describe the changes we want for our community, the programs, policies and practices that will be implemented to address Early Initiation of Substance Use and Community Opportunities for Pro Social Involvement and Connection, and the outcomes that will measure progress toward our community’s vision.

Montrose implemented the Communities That Care process to help our community and all youth serving agencies, but also the Collaborative Management Program (CMP) to direct new collaborative, data driven decision making and prevention efforts.

**Prevention Science Overview**

In the fall of 2023, Montrose began implementing the Communities That Care framework. The Communities That Care framework helps community members collaborate to efficiently and effectively promote positive outcomes of young people. The system was developed by Dr. J. David Hawkins and Dr. Richard F. Catalano of the Social Development Research Group at the University of Washington, Seattle. It is based on their research, which has identified risk factors that predict youth problem behaviors and protective factors that buffer young people from risk and help them succeed in life.

**Community Involvement**

The Montrose Community Board is comprised of community members from various agencies to include: non profits, human service, education, parents and youth.

Key Leaders who have been involved in the Communities That Care process for Montrose include: Curtis Hearst, Executive Director of Partners Mentoring Youth; Joey Montoya Boese, Executive Director of Peer Kindness; Stephanie Carroll, Gabrielle Clay, Amy Rowan, Director of Care Coordination for Tri County Health Network; Bud Taylor, Executive Director of the Black Canyon Boys and Girls Club; Robert Omar, Chief Probation Officer for the 7th Judicial District; MK-Hooley Underwood, Program Manager at Hilltop Family Resource Center; Joy Hamilton, Director of Community Programs at Hilltop Family Resource Center; Jim Pavlich, Executive Director for the RE-1J School District; Josie Anders-Mize, Regional Director for Hilltop Community Resources; Karen Sherman Perez, Community Relations Director of the Hispanic Affairs Project; Jennifer Sherwood, Director of Human Services; Justin Mashburn, Facilities Manager for the Montrose Recreational District; Darcy Johnson, Care Coordination Manager for Tri County Health Network, Carlton Mason, Executive Director for CASA of the 7th Judicial District, Kathleen Burnell, Clinical Director for Axis Health Systems and Wade Ploussard, Adult Recreation Coordinator for the Montrose Recreation District.

Community Profile

**The Community Plan**

A key goal of the Communities That Care process is to develop a Community Action Plan that builds on the data-based assessment of a communities: priorities, strengths and resources. This plan focuses on priority risk factors, specifically, **Early Initiation of Substance Use,** as well as priority protective factors-**Community Opportunities for Pro Social Connection and Involvement.** Additionally, the plandraws on Montrose County’s resources and strengths. It addresses resource gaps, issues and barriers by recommending new tested, effective programs or systems-change strategies.

The Montrose Communities that Care plan accomplishes this goal by identifying specific desired outcomes for each selected program, policy or practice; for the priority risk and protective factors on which the plan is focused; and for adolescent health and behavior problems.

**Key Accomplishments During 2021-2026**

1. Hilltop Community Resources received the Communities That Care grant from Colorado Department of Public Health and Environment in July of 2021
2. The Healthy Kids Colorado Survey was distributed to publicly funded Montrose middle and high school students in the fall of 2021
3. Fall of 2021 Montrose began implementing the Communities That Care system
4. March of 2022 community leaders attended a Key Leader orientation.
5. April 2022 Hilltop signed a data sharing agreement with the Montrose County School District to access Healthy Kids Colorado Survey data for CTC use.
6. Fall of 2022 Montrose CTC, Community Board, separated into two workgroups-the Data Workgroup and the Structure Workgroup.
7. March of 2023 the Community Board selected Early Initiation of Substance Use as a risk factor and Community Opportunities for Pro Social Involvement and Connection as a protective factor.
8. April 2023 the Data Workgroup developed a plan for completing Montrose’s Community Resource Assessment. The assessment concluded in June 2023.
9. September 2023 the Data Workgroup met to identify programs to fill Montrose’s identified gaps, reduce overlap and duplication in Montrose’s tested, effective resources and formulate systems change strategies to expand/enhance existing resources.
10. September 2023 the Data Workgroup selected Positive Action, Guiding Good Choices and Strengthening Families from Blueprints for Healthy Youth Development as potential programs to fill Montrose’s identified gaps.
11. October 2023 the coalition began discussions about selected programs.
12. January 2024 Data workgroup established health/behavioral goals and risk/protective factor goal.
13. February 2024 Coalition members voiced readiness to present programs to Key Leaders.
14. March 2024 Positive Action was selected as the best program to universally reach youth in Montrose. Ultimately, reaching 80% of our youth and higher is the saturation point goal.
15. April 2024 Youth-Lead Resource Fair was held at the Pavillion. Over 300 community members attended (107 youth). Twenty-five youth facilitated the event. Sixty-seven youth completed a survey regarding early exposure to substances as well as a hot spot mapping project.
16. May 2024-June 2024 Ten new coalition members joined the Community Board.
17. June 2024 Coalition discusses the need to impact systems that surround Community, in order to drive change, i.e. Young Person, Family, Schools. Coalition decides to form teams to hold focus groups to further analyze hot spot mapping data collected in April 2024, and afterschool programming in Montrose.
18. July 2024 System Change Strategies selected: Create Safe Community Spaces for Youth, Increase Civic Engagement and Alter the Physical Environment.

Technical Assistance provided to the coalition from the Communities Organizing for Prevention Evaluation Team to begin focus group work. The coalition requests ongoing technical support.

1. August 2024 Technical assistance provided again to the coalition to further discuss focus group readiness.

Montrose County Recreation District (MCRD) and Friends of Youth and Nature (FOYAN) attend coalition meeting and identify they will be doing focus group work surrounding afterschool programs.

1.

**How the information was collected and drafted**

Montrose Communities That Care developed its outcome-focused plan after the Data Workgroup identified various risk factors which were presented and then voted on by the Community Board, being **Early Initiation of Substance Use.**

**COMPLETE REMAINDER OF PROCESS WHEN APPLICABLE**

Community Profile

**How to use this plan**

The Community Action Plan is intended to help guide participants to develop implementation, evaluation and budgeting plans for the selected programs, policies and practices. Participants developing these plans should use this plan to develop:

 -Funding strategies by tying funding plans to outcomes and reevaluating funding

 priorities as outcomes are monitored.

 -Implementation plans for the programs identified in the plan.

 -Evaluation plans for programs by first monitoring the short-term program-level

 outcomes and then longer-term community-level outcomes.

**Data Collection Efforts**

The Data Workgroup collected and analyzed data using a data tool that provided a snapshot of the 2021 Healthy Kids Colorado Survey data with flagged indicators that are specifically related to shared risk and protective factors. We were able to review local, regional and state numbers. On the tool, we were also able to reference social determinants of health data. Due to a 51.7% response rate, the Data Workgroup relied heavily on its members bringing their knowledge with agency and Key Leader weigh-ins.

**Prioritization process**

Based on the analysis of the data and input for the community, the following risk factor was identified as a priority for community attention: Early Initiation of Substance Use.

This risk factor was selected as a priority for prevention action primarily because our local data indicated that our numbers are higher than both state and regional numbers.

**Existing resources**

Based on the assessment information, the coalition reported:

* There are tested, effective resources in Montrose working to address the priority risk factor, Early Initiation of Substance Use.

**Gaps, issues and barriers**

The coalition also reported:

* Lack of existing resources that address universal prevention.
* Lack of existing resources that are evidence based.
* Resources may have a waiting list, not easily accessible.
* Age gaps (youth served).

Current vaping education is in process of being developed for students to access (current as of June 2023)

**Recommendations**

Based on the results of the community resource assessment it is recommended:

* Select new tested, effective programs, policies and practices to address the risk factor, Early Initiation of Substance Use.
* Supplement untested resources that address the risk factor Early Initiation of Substance Use with tested, effective programs, policies and practices.
* Expand or develop resources to address age gaps.
* Expand or develop resources so that young people and parents do not experience a waiting list.

Community Planning Results

**Community-level Outcomes**

Montrose developed outcome goals for the following priority health and behavioral problem:

* Substance Use
* Pro Social Involvement and Connection

Montrose developed outcome goals for the following priority risk and protective factors:

* Early Initiation of Substance Use
* Community Opportunities for Pro Social Involvement

**Health and Behavior Outcomes** are meant to identify the changes that need to be made in behaviors to reach the Montrose community vision. The outcomes will help measure changes in problem behavior of substance use. The following behavior outcomes were drafted to help identify the changes that need to be made:

* -In 2030 the percentage of students who feel it would be sort of easy or very easy to access electronic vapor products will reduce from 41.2% to 20% per the Healthy Kids Colorado Survey Data.
* -In 2030 among students who have used vapor products, the percentage who tried vapor products for the first time before age 13 will reduce from 10.3% to 5% per the Healthy Kids Colorado Survey.

**Risk-factor outcomes** are meant to identify the changes Montrose needs to make in its priority risk factors to achieve the previously described behavior changes.

The following risk-factor outcome was developed to describe this desired change:

* To decrease **Early Initiation of Substance Use,** In 2030 we will see a 5-10% drop in the Risk Factor, Early Initiation of Substance Use

**Protective-factor outcomes** specify the desired changes Montrose wants to make in protective factors, based on the community resource assessment. The following protective-factor outcome was drafted for the protective factor Community Opportunities for Pro Social Involvement and Connection.

* To increase **Community Opportunities for Pro Social Involvement and Connection**, In 2030 the percentage of students who participate in extracurricular activities at school will increase from 49% to 60% per the Healthy Kids Colorado Survey.
* To increase **Community Opportunities for Pro Social Involvement and Connection**, In 2030 we will see a 5% increase in the Protective Factor, Community Opportunities for Pro Social Involvement and Connection.

**Selected programs, policies and practices**

To address the risk factor, Early Initiation of Substance Use and the protective factor, Community Opportunities for Pro Social Involvement and Connection, Montrose selected Positive Action. Several factors made this selection sensible:

* Black Canyon Boys and Girls Club is already implementing this program
* Costs
* Resources Included with this program
* Aligns with Montrose County School District
* Sustainability
* Engagement with parents
* Lessons are short
* Positive feedback from the community

Positive Action is a school-based program that includes school-wide climate change and a detailed curriculum with lessons 2-4 times a week-approximately 140 15-minute lessons per grade K-6 and 82, 15–20-minute lessons per grade 7 and 8. Lessons for each grade level are scripted and age-appropriate. All materials necessary to teach the lesson are provided including posters, puppets, music, games, and other hands-on materials integrated into the lessons. Students' materials include activity booklets, journals and other lesson aids. The content of the program is included in six units that form the foundation for the whole program. The first unit teaches the philosophy of the program and the Thoughts-Actions-Feelings about Self Circle and provides an introduction to the nature and relevancy of positive and negative actions/behaviors. Units 2-6 teach the positive actions for the physical, intellectual, social and emotional areas. There are two school-wide climate development kits (elementary and secondary) and a Counselor's Kit. The contents delivered through the climate development and counselor kits reinforce the classroom curriculum by coordinating the efforts of the entire school in the practice and reinforcement of positive actions.

1.  **The Positive Action Philosophy and the Thoughts-Actions-Feelings about Self Circle**This unit provides the conceptual foundation for the content of the program delivered in Units 2-6 and teaches generally about positive and negative actions and their meaning for and application to life. The remaining units teach the specific positive actions for the whole self: the physical, intellectual, social and emotional.​

2.  **Positive Actions for Body and Mind**- This unit focuses on nutrition, exercise, sleep, hygiene and other good health habits for the physical area, and thinking skills, problem solving, decision making, memorizing, reasoning, thinking creatively, curiosity study skills and the value of learning for the intellectual area.​

3**.  Social/Emotional Positive Actions for Managing Yourself Responsibly**- Students are taught to manage their personal resources like time, energy, thoughts, actions, feelings, money, talents and possessions, including basic self-control or self-regulation skills.​

4**.  Social/Emotional Positive Actions for Getting Along with Others**- Students are taught to get along with others by treating them the way they would like to be treated, so they learn about respect, empathy, kindness, fairness, and cooperation and other ways they like to be treated.​

5.  **Social/Emotional Positive Actions for Being Honest with Yourself and Others**- Students are taught to be honest with themselves and others by responsibility taking, learning how to be truthful, admitting to mistakes, not blaming others, knowing their own strengths and weaknesses, and following through with commitments.​

6. **Social/Emotional Positive Actions for Improving Yourself Continuously**- Students are taught how to set and achieve goals for all areas of themselves and learn how to reach goals by having the courage to try, turning problems into opportunities, believing in their potential, persisting and keeping an open mind in order to broaden their horizons.​

**Selected strategies**

The following system-change strategies were selected by Montrose to help facilitate the implementation of the selected programs and address gaps, issues and barriers in the community.

1. Increase Civic Engagement: Participation in group activities and volunteer work. Addressing barriers that can impede their ability to participate such as: lack of understanding and knowledge of available opportunities.
2. Create Safe Community Spaces for Youth: Access to community space provides opportunities for pro social interaction with peers and adults.
3. Alter the Physical Environment: Improve both perceived and actual safety to decrease youth involvement in risky behavior. Can look like: increase lighting, organizing clean up days, addressing security concerns

**Program-Level Outcomes**

**Preliminary evaluation plans**

**Preliminary implementation plans and budgets**

In thinking through population wide impact, Montrose’s prioritized prevention program, Positive Action, would need to address 80%-90% of students. The ultimate goal is for Montrose County School District (MCSD), elementary students, is to receive this education. However, this goal is long term, relationship building work still needs to be done. Through many coaching calls with Community Organizing for Prevention (COFP) Systems Change Specialist, Annie Mombourquette, we identified that coalition work can be done to both better understand and impact the systems that surround community (youth, family and school), eventually leading to the goal (implementation of prioritized prevention programs and strategies). Inserted below, is a graphic (drafted June 2024), outlining the systems which surround community (young person, family and schools), along with several ideas and opportunities to impact systems while pushing on both risk and protective factors and the strategies attributed to both.



In April of 2024, the coalition hosted a youth-lead Family Resource Fair. The Data Workgroup made a decision to conduct a hot spot mapping activity surrounding where youth feel safe in a community. A total of 107 young people attended the event, and 67 completed the hot spot mapping activity. This activity prompted further discussion among the coalition, to do a deeper dive into this topic-ultimately relating to both strategy (Increase Civic Engagement and Create Safe Community Spaces for Youth). The coalition acknowledges, that while Positive Action has been selected as a needed program in the community, filling gaps, if young people don’t feel safe, it doesn’t matter what’s offered-they aren’t going to attend. The coalition decided that focus group work would be a great way to access youth voice and to learn more about:

1. What after-school programs are offered in the community?
2. Are youth interested in what is offered? If not, why?
3. What does safety mean to youth?
4. What makes a place safe or unsafe? What would make a place feel more safe?
5. What kind of skills do adults need to support you?

Additionally, the coalition accessed technical assistance from the Communities Organizing for Prevention Evaluation Team. Kaitlynn Walton and Kit Jones began providing support to the coalition in July of 2024. July 2024 through October 2024 the coalition continued to dive into identifying who should be involved in these data dives and what will be done with the data. The Montrose Communities That Care coalition has a real interest in connecting with young people to inform direction.

In November of 2024, a focus group committee (members of the broader coalition) met at Hilltop Family Resource Center in Montrose, to discuss questions that should be asked of youth. Membership of the focus group committees included: Montrose School District, Partners Mentoring Youth and Hilltop staff. The following questions were brainstormed:

1. What would you like to do outside of school?
2. Describe how you would like to spend time outside of school?
3. What’s a place you feel really comfortable? Why?
4. Describe your ideal hangout. Activities and location?
5. What prevents you from participating in afterschool programs currently? (transportation, cost, lack of awareness, language barrier)
6. If you could choose, how would you like to spend your outside of school hours in a community setting?
7. What do you wish adults understood about your feelings of safety and the activities you want?
8. If you could design a perfect place to hangout outside of school, what would it look like? Where would it be? What would be there to make it awesome?

**Goals for Community Board Development**

We plan to increase the number of people actively engaged with Montrose CTC, (both on the Community Board or on specific workgroups). Additionally, we would like to add youth leadership. The coalition is lacking representatives from the Government, business, culture/diversity and parent groups.

During the 23-24 school year, we had a CTC Club at Montrose High School. Many of these youth served in a variety of clubs to include Student Council, Alliance and Art Club. Additionally, several will also be graduating and moving out of state. We hope to increase our student representation, both middle and high school age.

The Montrose CTC Champion attends as many community events as possible. Additionally, this role regularly attends Rotary meetings, Business Intentionally Growing meetings and Women Entrepreneurs Succeeding Together. The CTC Champion offers regularly scheduled Coalition orientations, with the intention to onboard any and all community members that would like to be part of the work regardless of the phase we fall in.

It is our intention to begin involvement in the Parent Teacher Association.

We plan to increase the number of trainings to offer both coalition members and the broader community-both to increase knowledge as well as a recruitment tool. During SFY24 and into SFY25, plans are in the works for opportunities to increase expertise in topics surrounding the various protective factors.

**Goals for Promoting the Social Development Strategy**

A key element of our CTC effort is to build protection community-wide by promoting the Social Development Strategy. During this action plan period we plan to do activities such as:

1. Youth Lead Resource Fair

In 2023, the Structure Workgroup and CTC Club, began organizing a youth-lead Family Resource Fair which took place in April of 2024. The fair incorporated: 35 community partner vendors and 25 youth who worked at the fair (food, games, face painting and hosting). Additionally, hot spot mapping and a survey was conducted around substance use. Sixty-five youth participated in the survey and hot spot mapping activity; a total of 107 young people attended.

1. Positive Youth Development Trainings

Others?

We continue to apply the Social Development Strategy to our own Board functioning, ensuring that Board members have opportunities to use their skills, and are recognized for their contributions.