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Fund Source: JA-Juvenile Justice and Delinquency Prevention Allocation to States
Project Title: S.A.C. Strengthening Families Delinquency Prevention & Intervention
Status: Application - Grant Review **Fund Block:** 2018

Profile Information

Applicant Agency Name: Substance Abuse Council
Project Title: S.A.C. Strengthening Families Delinquency Prevention & Intervention
Division or Unit to Administer the Project: Education
Address Line 1: 214 W. Brockett Street
City/State/Zip: Sherman Texas 75090-4920
Start Date: 10/1/2019
End Date: 10/31/2020
Counties within Project's Impact Area: Fannin, Grayson

Project Director

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Project Abstract :

The Strengthening Families Program (SFP) was provided in Grayson County by The Substance Abuse Council (SAC), for five years as a Department of State Health Services program (DSHS). SFP is a powerful program and provides necessary services for the entire family. This program is designed to improve family relations, increase parenting skills, a child's behavior, children's social competencies and reduce or prevent substance abuse and delinquent behavior. Supportive evidence shows delinquent behavior increases recidivism and continued involvement in the juvenile justice system. SFP is a much-needed program for juveniles and the families we serve to break the cycle of substance abuse/dependence in their families while providing them with tools to improve positive behaviors in their home, school and community. The program was successful for five years but due to a loss of funding, we considered terminating. The juvenile probation department quickly requested that we continue the program and offered SAC a contract with them to serve Grayson families. We have continued the program. Funding is becoming less and less available for intervention programs such as Strengthening Families. We would like to offer this to other organizations such as The Texas Department of Children and Family Services, the general public, and local school systems. We do not want to increase the cost to the Grayson Juvenile Probation. Our program attempts to improve family cohesiveness and brings families together are not functioning in a way that coincides with school and family rules or are involved with the legal system. We provide a 7-week program that covers both Adults and Youth concerns and attempts to align them with everyday issues such as following parent guidance, working toward goals, staying away from harmful activities such as substance abuse and other delinquent behavior. SAC works with other agencies to meet the needs that are prevalent in our area. All employees are trained in the program and we have State Certified Prevention Specialists. We have excellent connections in the community with local school systems in Grayson County, The Juvenile Probation department, Workforce Commission, Grayson College, Austin College, local Licensed Professional Counselors and the criminal justice system. Our agency is licensed by the state of Texas as a licensed training facility.

Problem Statement :

The Substance Abuse Council and The Strengthening Families Program has had great success in changing thoughts and attitudes about life. The link between the family unit and family conditions such as poverty, have been involved in almost all juvenile delinquent behavior. Learning appropriate family and peer behavior, and family bonding, changes the way we are perceived in life. Our county has a 76% Juvenile

Delinquency rate that continues to grow. The community feels delinquency affects the ability of a person to transition to work and self-sufficiency. Youth are living in an environment where there are negative behaviors and are at risk of dropping out of school due to violent behavior, bullying, drugs and alcohol. Some students feel disconnected from others and have a lack of motivation to continue their education. Programs such as Strengthening Families can change the family dynamic at home and combat bullying and drug use/abuse by offering activities on building a healthy self-concept and strengthening family bonds.

Supporting Data :

Poverty is a growing concern. Texoma Council of governments, and other agencies, see an increase in families below the poverty level in Grayson County. Even as jobless numbers improve, the number of residents in Grayson County who fall under the poverty line has increased; this comes despite a decrease across the state. The poverty rate across the state of Texas dipped to 14.7 percent, down from the previous year's 15.6 percent, per the U.S. Census Bureau report. Grayson County, however, went from 12.5 percent in 2016 to 13.7 percent in 2017. Grayson County still, remains lower than the state. Children are especially susceptible to the effects of poverty, in Grayson County. The percentage of children in poverty is 22.5 percent for children between the ages of 5-17. That is a significant increase from 15.3 percent in 2016. Statewide, that number is 20.2 percent for children in the same age group. This issue of child poverty is pervasive throughout the region. In fact, 22.4 percent of children in Grayson County live in poverty. The Grayson County youth population is 10,240. In 2017-2018 6,479 acts of delinquent behavior was reported, putting the delinquency rate at 63 percent

Project Approach & Activities:

The goal of our SFP program is Family and Community bonding along with teaching appropriate behavior that some families do not understand, have not witnessed and do not have family role models. This is a 7-week program that teaches anger management, how to stay safe in difficult situations, goals and dreams, alcohol, drugs and tobacco use prevention, and getting in line with the legal and school system to both youth and adults. We teach how important education is to your future and that learning from your mistakes does not allow your past to define you. SAC provides education specialists for two groups, one for parents or guardians and one for youth. To promote family and community bonding each evening, the program begins with a family meal to promote family bonding and to model appropriate behavior. The next step is to separate parents from youth into their respective classes where education continues through lessons, activities and role playing. We end the class by bringing the families back together to practice behaviors learned in the classroom.

Capacity & Capabilities:

The Substance Abuse Council began in 1982. Over this period of 37 years we have had numerous funding sources including our largest funder Health and Human Services. We have always had responsibility for the fiduciary component of all programs, including Federal and State. We have passed all audits and have never been put on hold for any type of infraction or problem with either finance or program audits. We have Certified Prevention Specialists (CPS) and employees (Associates Prevention Specialist) working on becoming CPS Certified. The certifications controlled by the State of Texas through the Certification Board of addiction Professionals. Our employees are well trained and capable of providing excellent services to these groups. We rent our office building with room for 6 employees and additional volunteers. We own all equipment and furniture in our office. SAC has both the capabilities and capacity to implement this program. This program can take place at other locations if our client base grows. In the past we used other locations and counted it as In-Kind donations. SAC has both the capabilities and capacity to handle this program and all financial oversight. We have a strong board that oversees all financial information.

Performance Management :

Our goal is to provide prevention, intervention and alternative activities to families who are already exhibiting delinquent behavior in school and/or are involved in the legal system. When youth experience a change in their thought process a change in behavior follows; that is what Strengthening Families teaches youth and their families. Our objectives are • To provide parents and youth with education, intervention and alternative activities. • To provide youth with the skills to help them resist peer pressure that leads to risky behaviors and delinquency. • To provide youth with tools needed to strengthen character building and to develop a healthy self-concept • To increase opportunities for youth to have direction and improve the quality of their life. Monthly statistics, evaluations for quality assurance, shows a 70% increase for

improvement in 2018. SAC has an approved quality management plan accepted by Health and Human Services and our Board of the Directors. Research shows that protective parenting improves family relationships and decreases the level of family conflict, contributing to lower levels of delinquent behavior

Target Group :

The Strengthening Families program provided by Substance Abuse Council targets the Adult parents and /or Adult guardians and/or youth between the ages of 10 -17 that have been indicated to have delinquent behavior. The adults, when identified by the legal system by probation, parole, or Texas Department of Family and Protective Services are referred to this program. Each youth must have an adult parent or guardian in attendance at every meeting.

Evidence-Based Practices:

The Strengthening Families Program is an evidence-based program that is the #1 Prevention/Intervention Program out of 6,000 programs analyzed for long term effects. School-based programs working only with youth have been found disappointing by researchers, therefore they became interested in Family Intervention. Strengthening Families Program was found to be the most successful Family Intervention program. It is now being used in 18 countries and in all 50 states, with successful results. In 1997 the curriculum was recognized as an exceptional program by three national organizations, The Office of Juvenile Justice and Delinquency Prevention, The National Institute on Drug Abuse and The U.S. Department of education. This program focuses on reducing family related risk behaviors and building protective factors in youth, children and their parents or guardians. Researchers from Project Family (the researchers for Strengthening Families), followed 442 families that were economically disadvantaged. Research, over a two year follow up, showed that both parents and youth made significant changes in behavior. Parents also made significant changes such as effective monitoring and learning to listen calmly when youth are upset. Since this program was first tested successfully on Caucasian families, a decision was made to revise the program to make it appropriate for diverse populations. This was completed in 1998 after much research by the Project family group.

Selected Project Activities:

| ACTIVITY | PERCENTAGE: | DESCRIPTION |
|---------------------------------------|-------------|--|
| Community-Based Programs and Services | 76.00 | teaching anger management and conflict resolution, drug, alcohol, tobacco prevention, education on appropriate model behavior with legal and school systems, family and community bonding with family meals, role playing practices, Love and Limits, Understanding dangers for teens, |
| Delinquency Prevention | 12.00 | break the cycle of substance abuse dependency. Improve positive behaviors in school and community, education with intervention and alternative activities, skills to resist peer pressure, strengthening character building and healthy self concept. Stresses and problems of teens, dreams and goals treasure maps activities, responsibility and accountability negative self actions |
| Diversion | 12.00 | working with certified prevention specialist, The Juvenile Probation, Workforce Commission, Grayson College, Austin College, licensed professional counselors, Criminal Justice System. |

Measures Information

| OUTPUT MEASURE | TARGET LEVEL |
|--|---------------------|
| Number of hours of service completed by program youth. | 3000 |
| Number of program youth served. | 250 |
| Number of program youth completing program requirements. | 200 |

| CUSTOM OUTPUT MEASURE | TARGET LEVEL |
|---|---------------------|
| Total:Prevention/Education Specialist: hours delivered by employees | 6000 |
| Total: Hours delivered by volunteers | 400 |
| Total: Individual adults receiving education and support | 250 |
| Alternative Learning Activities | 250 |
| Individuals assessed or screened for additional needs | 500 |
| General Mentoring | 20 |
| General peer support | 25 |
| Individuals referred to other agencies | 25 |
| Individual Youth receiving education and support | 250 |
| | |

Budget Information by Budget Line Item:

| CATEGORY | SUB CATEGORY | DESCRIPTION | OOG | CASH MATCH | IN-KIND MATCH | GPI | TOTAL | UNIT/% |
|--|--|---|------------|-------------------|----------------------|------------|--------------|---------------|
| Contractual and Professional Services | Accounting, Bookkeeping, and/or Payroll Services | CPA \$4,000 for yearly audit and 990 tax form total being allocated to this grant \$480 at 12%. | \$480.00 | \$0.00 | \$0.00 | \$0.00 | \$480.00 | 0 |
| Equipment | Backup Drive System and Accessories | ADT Security is \$2532 times 29% totals \$734 allocated to this grant. | \$734.00 | \$0.00 | \$0.00 | \$0.00 | \$734.00 | 12 |
| Supplies and Direct Operating Expenses | Backup Drive System and Accessories (\$5,000 or less per unit) | Office 365 is \$75.76 annually times 29% is \$22 allocated to this grant. Quick Books is \$704 annually times 29% is \$204 allocated to this grant. Anti-Virus Webroot is \$30 annually | \$235.00 | \$0.00 | \$0.00 | \$0.00 | \$235.00 | 0 |

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|--|--|--|-------------|--------|--------|--------|-------------|-----|
| | | times 29% is \$9 allocated to this grant | | | | | | |
| Supplies and Direct Operating Expenses | Costs for Space (lease or rental) | building rental \$6,600 annually times 29% totals \$1914 allocated to this grant | \$1,914.00 | \$0.00 | \$0.00 | \$0.00 | \$1,914.00 | 0 |
| Personnel | Education Specialist | Provides direct prevention and intervention on services by teaching and oversight of two groups and a bonding meal service. Model appropriate behavior. Provide evidence based courses over a seven week period for both youth and adults. Provide alternative teaching activities to change thoughts and behaviors. Collect data and keep detailed reports. Includes Salary at \$18,183 annually and Fringe \$4,364. 100% allocated to this grant | \$24,000.00 | \$0.00 | \$0.00 | \$0.00 | \$24,000.00 | 100 |
| Supplies and Direct Operating Expenses | Electric, Gas, and/or Water / Wastewater | all utilities \$4575 times 29% totals \$1327 allocated to this grant | \$1,327.00 | \$0.00 | \$0.00 | \$0.00 | \$1,327.00 | 0 |
| Travel and Training | In-State Incidentals and/or Mileage | Certified Prevention Specialist Training, Substance Abuse Prevention Skills Training (SAPTS) totaling \$2550. For three people. Strengthening Families facilitator training totals \$600 for three people. Yearly training pertaining to grant appropriate information, testing and continuing education as required. Total registration and training costs \$3150. . . • Certified Prevention Specialist (CPS) testing \$350 per person with 3 people totals \$1,050 times by 12% equals \$ 126 allocated to this grant. . . • Behavioral Health Institute (BHI) State of Texas \$500 per person with three people totals \$1,500 times 12% equals \$180 allocated to this grant.. • Strengthening Families Program facilitator training \$200 per person with three people equals \$600 at 100% allocated to this grant. | \$906.00 | \$0.00 | \$0.00 | \$0.00 | \$906.00 | 0 |

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|--|--|--|------------|--------|--------|--------|------------|---|
| Travel and Training | In-State Incidentals and/or Mileage | Milage: will be paid .58 per mile times 520 miles roundtrip equals \$302 times 29% is \$87 allocated to this grant. Incidentals - lodging: \$141 per night per room, times 5 days with 2 rooms equals \$1410 times 29% totals \$409 allocated to this grant. Meals: \$51 per person per day, \$255 times 3 people equals \$765 times 29% equals \$222 allocated to this grant. | \$718.00 | \$0.00 | \$0.00 | \$0.00 | \$718.00 | 0 |
| Indirect Costs | Indirect Costs - Approved Rate | administration indirect cost will be 10% of total grant at \$50,000 times 10% equals \$5,000 allocated to this grant | \$5,000.00 | \$0.00 | \$0.00 | \$0.00 | \$5,000.00 | 0 |
| Supplies and Direct Operating Expenses | Office Supplies (e.g., paper, postage, calculator) | Office supplies- includes paper, pens, ink cartridges, tape, staples, postage, folders, binder, rubber bands, tabs, dividers etc, \$247. Program supplies - videos, pamphlets, paper, paper products, colored pencils, pens, construction paper, scissors, poster boards, all food for light meals with family Totals \$557 | \$804.00 | \$0.00 | \$0.00 | \$0.00 | \$804.00 | 0 |

Budget Summary Information by Budget Category:

| CATEGORY | OOG | CASH MATCH | IN-KIND MATCH | GPI | TOTAL |
|--|-------------|------------|---------------|--------|-------------|
| Contractual and Professional Services | \$480.00 | \$0.00 | \$0.00 | \$0.00 | \$480.00 |
| Equipment | \$734.00 | \$0.00 | \$0.00 | \$0.00 | \$734.00 |
| Indirect Costs | \$5,000.00 | \$0.00 | \$0.00 | \$0.00 | \$5,000.00 |
| Personnel | \$24,000.00 | \$0.00 | \$0.00 | \$0.00 | \$24,000.00 |
| Supplies and Direct Operating Expenses | \$4,280.00 | \$0.00 | \$0.00 | \$0.00 | \$4,280.00 |
| Travel and Training | \$1,624.00 | \$0.00 | \$0.00 | \$0.00 | \$1,624.00 |

Budget Grand Total Information:

| OOG | CASH MATCH | IN-KIND MATCH | GPI | TOTAL |
|-------------|------------|---------------|--------|-------------|
| \$36,118.00 | \$0.00 | \$0.00 | \$0.00 | \$36,118.00 |