

## 2022-2024 Laramie County Prevention Grant Application

<b>Organization Name</b>	Laramie County School District 1	
<b>Organization Address</b>	2810 House Avenue	
	<b>City:</b> Cheyenne	<b>State:</b> Wyoming
	<b>Zip Code:</b> 82001	
<b>Point of Contact Information</b>	<b>Name:</b> Chris Zimny	<b>Job Title:</b> Violence Prevention Facilitator
	<b>Email:</b> chris.zimny@laramie1.org	<b>Number:</b> 307-771-2204

### Amount of Funding Requesting

**Sources of Strength:**

Year 1: \$86,080.40

Year 2: \$43,330.40

**Total Requested: \$129,410.80**

### Topic(s) to be Addressed

- Adult Overconsumption of Alcohol
- Underage Alcohol and Marijuana Use
- Tobacco Prevention and Cessation
- Suicide Prevention
- Opioid/Prescription Drug Misuse and Other Drugs

### Area of Focus

(Please only answer the questions that apply to your funding request topics.)

**Tobacco:**

- Eliminate exposure to secondhand smoke
- Promote quitting among adults and youth
- Prevent initiation among youth and young adults
- Identify and eliminate product-related disparities

**Alcohol:**

- Social availability
- Community norms

**Suicide:**

- Increase knowledge of the factors that offer protection from suicidal behaviors and that promote wellness and recovery.
- Develop, implement, and monitor effective programs that promote wellness and prevent suicide and related behaviors.
- Provide training to community and clinical service providers on the prevention of suicide and related behaviors.
- Promote and implement effective clinical and professional practices for assessing and treating those identified as being at risk for suicidal behaviors.
- Provide care and support to individuals affected by suicide deaths and attempts to promote healing and implement community strategies to help prevent further suicides.

**Other Drugs:**

- Social availability
- Community norms
- Law Enforcement

**Project Priorities (if applicable)**

- Includes partnerships or collaborations with at least three other community agencies.
- Prioritizes groups historically deprived of resources.
- Focuses on criminal justice system and projects that enhances enforcement, diversions, or interventions to ensure the most effective use of community resources.

**Project Details**

**Description:** Laramie County School District 1 is requesting support to implement the Sources of Strength program. In this program students are selected based on qualities they possess that allow them to influence their peers in positive ways. These students are trained to observe, intervene, negotiate, report and make referrals for addressing problem situations while encouraging peers to do the same. Staff members assigned to oversee the program meet regularly with students. School staff are available to assist with situations while they are occurring.

The program equips students with the tools they need to influence and motivate their peers in positive ways. Students are trained to use non-threatening means of communication to model positive behaviors such as help-seeking, healthy coping, and identifying trusted adults.

This program will be implemented in all 36 Laramie County School District 1 schools.

**Situation:** (Briefly describe your request, define how the activities proposed will benefit the community, and describe the capacity of your organization to implement the activities.)

We are requesting financial support to train not only students and staff members in Sources of Strength to address youth suicide, violence, substance abuse, and positive peer/adult relationships; but also, to train local staff to be trainers in the program to promote future fiscal responsibility. This program is an upstream, Strength-based approach that has shown effectiveness in using Peer Leaders to enhance protective factors associated with reducing suicide in school populations.

Laramie County School District 1 has upper administration support, local building support, and has a proven record of engaging youth in prevention efforts as leaders through other District approved programs such as Safe School Ambassadors and the Olweus Bullying Prevention Program.

**Background:** (Detail the causes, conditions, or needs that have led to this request. Describe how the activities proposed will enhance community well-being.)

Our youth are facing ever increasing pressures and struggles. According to the latest data collected by the Wyoming Prevention Needs Assessment (PNA 2020) 21.37% of Secondary aged students (6-12<sup>th</sup> grade) have seriously considered attempting suicide during the last 12 months. According to the Olweus Bullying Prevention Program Bullying Questionnaire, an evidence and researched based bullying prevention program used in Laramie County School District 1, 16.9% of students nationally from grade three (3) through eight (8) report being bullied at least 2-3 times or more in a month's period.

Through a series of messaging campaigns targeted to increase protective factors and resilience-promoting behaviors in their peers' lives, Sources of Strength's evidence base shows that Peer Leaders are capable of changing population-level health norms.

**Analysis:** (Provide data illustrating the need and describe the evidence-based strategies that have been selected for implementation. Describe the service area for implementation (i.e. Laramie County, Cheyenne, Pine Bluffs, etc.)

As described previously, we are seeing that students need supports from not only the adults in their lives, but also their peers. Sources of Strength, an evidence-based program, will be implemented across all 36 Laramie County School District 1 K-12 schools.

Sources of Strength has been listed on the National Best Practices Registry (BPR) by the Suicide Prevention Resource Center (SPRC) and The American Foundation for Suicide Prevention (AFSP) since 2009. Sources of Strength has also been listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) since 2011. The Center for Disease Control and Prevention's (CDC) 2017 article, Preventing Suicide: A Technical Package of Policy, Programs, and Practices, featured Sources of Strength as an evidence-based Peer Norm Program.

**Budget:** (Provide a detailed budget to describe how funding will be allocated in year 1 and year 2) (Money not spent in year 1 will be reallocated and put towards year 2)

**Year 1:**

<b>Implementation of Sources of Strength</b>	
<b>School</b>	<b>Year 1</b>
First 5 Schools trained with National Trainer (\$5,000 per school)	\$25,000
31 Schools trained by New Trainers (\$750 per school)	\$23,250
T4T (5 trainers at \$2,500)	\$12,500
Stipend for Facilitators (36 at \$500 per year)	\$18,000
Training/Implementation	\$7,330.40
<b>Total</b>	<b>\$86,080.40</b>

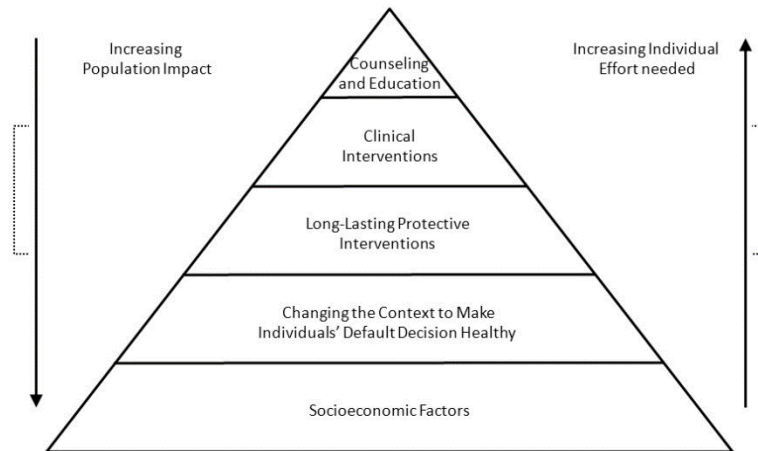
**Year 2:**

<b>Implementation of Sources of Strength</b>	
<b>School</b>	<b>Year 2</b>
36 Schools yearly renewal (\$500 per school)	\$18,000
Stipend for Facilitators (36 at \$500 per year)	\$18,000
Training/Implementation	\$7,330.40
<b>Total</b>	<b>\$43,330.40</b>

**Evaluation:** (Describe how you will evaluate the process and impact of your program or strategy.)

A process evaluation will be completed which involves the description of services delivered and the numbers of students and staff receiving services. We will also utilize student climate/culture surveys, student discipline records numbers, track help-seeking behaviors by students to staff members and Peer Leaders, and the Olweus Bullying Questionnaire data.

## Health Impact Pyramid



Frieden TR. Am J Public Health 2010;100(4):590-5

### **Please highlight the level from the Health Impact Pyramid:**

- Counseling and Education (i.e. Dietary counseling, education to avoid drinking and driving, etc.)
- Clinical Interventions (i.e. Treatment of hypertension, medication-assisted treatment, etc.)
- Long-Lasting Protective Interventions (i.e. Tobacco cessation programs, brief behavioral counseling to reduce alcohol consumption, etc.)
- Changing the Context to Make Individuals' Default Decision Healthy (i.e. smoke-free laws, tobacco or alcohol taxes, etc.)
- Socioeconomic Factors (i.e. Early childhood education, improved housing options, etc.)

I understand that as a recipient of these funds, I will be required to actively participate in Laramie County Community Action Teams.

Type Name: Chris Zimny

**Please fill out this application and send it to Shelbie Sherard at [shelbie.sherard@crmcwy.org](mailto:shelbie.sherard@crmcwy.org) by **April 6, 2022**.**