

Form C – Substance use prevention narrative

3 year area plan: FY 2027 – FY 2029

This plan outlines how the LA is utilizing sound prevention science to address substance misuse issues by reducing risk factors and increasing protective factors. The plan illustrates how the LA is supporting Community Centered Evidence Based Prevention (CCEBP) to increase implementation of evidence-based programs, strategies, events, and policies.

LA area plans should be informed by the planning process conducted by community coalitions.

1. Using the table, explain the LA's goals for coalition development over the next 3 years. List all identified communities whether there is a current coalition or not. Put N/A where necessary.

CCEBP community	Current CCEBP rating Provide the rating and description of the rating	List current phase (CTC or SPF) List more than 1 phase where appropriate List how many times the coalition has completed the process through phase 5	LA priority rating for each CCEBP community High/medium/low	Operating system used by the community (CTC, CADCA, etc.)	LA's plan to support this community
Logan CTC	E7-healthy/strong-strategic planning 2	Phase 4: 23%	high	CTC CADCA	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser) -funding for coalition coordinator -funding to support strategies -opportunity for professional development
Southern Cache CTC	D7-struggling/stagnant-initial strategic	Phase 3: 60%	high	CTC CADCA	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser)

	planning 2				-funding for coalition coordinator -funding to support strategies -opportunity for professional development
Northern Cache CTC	E7-healthy/strong-strategic planning 2	Phase 4: 9%	high	CTC CADCA	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser) -funding for coalition coordinator -funding to support strategies -opportunity for professional development
Bear River Safe Communities Coalition	D5b-struggling/stagnant-community members identified	Phase2: 86%	high	CADCA CTC	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser) -funding for coalition coordinator -funding to support strategies -opportunity for professional development
Box Elder Safe Communities Coalition	G–Established coalition	Phase 3:3 Phase 4:3 Phase 5:2	high	CADCA CTC	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser) -funding for coalition coordinator -funding to support strategies -opportunity for professional development
USU Healthy Aggies	D6-coalition in development/planning 1-assessment	Phase 3: 39.17%	high	CTC CADCA	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser) -funding for coalition coordinator -funding to support strategies -opportunity for professional development

Rich CTC	D6-struggling/stagnant	Phase 3: 48%	high	CTC	-monthly TA individual and group sessions with coordinator/coach (Danielle Kaiser) -funding for coalition coordinator -funding to support strategies -opportunity for professional development

2. Using the table, explain why each program, strategy, event, or policy is being implemented by the LA. Add rows and tables as needed.

- Template for [compliance check action plan](#) if that helps you plan activities for Synar and EASY. Completed template is not required. If the template is used, activities need to be listed in the table below.

Substance: Alcohol				
Risk/protective factor	Program, policy, strategy, or event (one per table box)	Activities (what are you, your contractors, and coalitions doing)	Short term outcomes (risk factors) Make SMART*	Long term outcomes (substance) Make SMART
Perceived risk of drug use	Strengthening Families	BESD will implement 7wk (weekly) class in Tremonton and Brigham City 2x year	Perceived risk of drug use will decrease by 6% from 2025(45%) to 2030 (39%).	Reduce 30-day alcohol all grades by 0.5% from 2025 (2.3%) to 2035 (1.8%)
	Prime for Life	- BRHD teaching 1 adult Driving Under the Influence (DUI) class monthly (4 hr classes held weekly) - BRHD teaching 1 youth Minor in Possession (MIP) class every other month (2hr classes, held		

		two days a week, for two weeks)		
	CHAT media campaign	• 7 coalitions will provide education materials at community events • BRHD will provide social media materials		
	Parents Empowered media campaign	• 2 media campaign in 2 coalitions for PE CPP grant • Provide social media material • 7 coalitions will provide education material at community events		
	School & Community presentations (R&P, SDS, brain development)	• BRHD health employees will conduct at least 4 school and community presentations • BRHD health employees will provide education materials • BRHD employees complete post evaluation of community/school presentations.		
	CTC coalitions	• Provide TA to 7 coalitions as they work through the CTC process monthly • Support coalition strategies with funding and staff • Review milestones and benchmarks with coalition coach • 1 coalition will implement Check & Connect at BESD		
	Parent Meeting	• BRHD will provide a 1 hr parent meeting, prior to each 5th grade maturation class, to discuss brain development, risk/protective factors, and risks of drug use.		
Availability	Eliminating Alcohol Sales to Youth (EASY)	• Conduct yearly training to review procedures/updates with LE • Conduct at least 3 (and at most 4) alcohol checks in the Bear River Health District	Availability of alcohol will decrease by 1.3% from 2025 (17.3%) to 2030 (16%)	
	Retailer Education	• Each retailer receives 1 retailer education a year.		

Substance: Nicotine

Risk/protective factor	Program, policy, strategy, or event (one per table box)	Activities (what are you, your contractors, and coalitions doing)	Short term outcomes (risk factors) Make SMART	Long term outcomes (substance) Make SMART
Perceived risk of drug use	Governing Youth Council (GYC)	- Leadership will meet monthly - District will meet monthly (9) during school year - Attend legislative dinner - Attend Prevention Day on the hill - Conduct a take down tobacco activity yearly - Attend community activities to support community partners & coalitions	Perceived risk of drug use will decrease by 6% from 2025(45%) to 2030 (39%)	Reduce vaping use among students by 0.2% from 2025 (0.6%) to 2035 (0.4%)
	Tobacco compliance checks	Conduct at least 2 (and at most 4) SYNAR check in each off-premise tobacco retailer in the Bear River Health District		
	Retailer education	- Conduct yearly training with LE to review procedures/updates - Each retailer receives 1 retailer education a year.		
Parental attitudes favorable towards antisocial behavior	School & Community presentations (R&P, SDS, brain development)	- BRHD health employees will conduct at least 4 school and community presentations - BRHD health employees will provide education materials - BRHD employees complete post evaluation of community/school presentations.	Parental attitudes will decrease by 10% from 2025 (43.2%) to 2030 (33.2%)	
	CTC Coalitions	- Provide TA to 7 coalitions as they work through the CTC process monthly - Support coalition strategies with funding and staff - Review milestones and benchmarks with coalition coach		
	Catch My Breath	1 coalition will implement the program at the BESD per school calendar		

		year.		
	Check & Connect	1 coalition will implement the program at the BESD per school calendar year.		

Substance: Rx (opioids)				
Risk/protective factor	Program, policy, strategy, or event (one per table box)	Activities (what are you, your contractors, and coalitions doing)	Short term outcomes (risk factors) Make SMART	Long term outcomes (substance) Make SMART
Perceived risk of drug use	Drug Take Back Events	3 coalitions will participate in at least 1 Drug Take Back event yearly	Perceived risk of drug use will decrease by 6% from 2025(45%) to 2030 (39%).	Reduce rx and opioids among students by 0.1% from 2025 (0.4%) to 2035 (0.3%)
	Narcan	- BRHD will provide at least 2 to 3 community trainings and kits yearly - BRHD provides individual training and kits to those upon request		
	CTC Coalitions	7 coalitions will provide KYS, Opioid educational material at community events		

3. What is your plan to ensure communities/coalitions follow a strategic planning process (SPF, CTC, etc.)? Provide evidence you will collect to show that this process was followed (CTC worksheets, logic models, etc.).

The Local Authority (LA) will ensure that all BRHD employees and coalitions follow a recognized strategic planning process (CTC or SPF) through monthly technical assistance and coaching sessions.

The LA will provide monthly TA sessions with coordinators to all seven identified coalitions. These sessions will guide coordinators through the next steps of their respective strategic planning phases.

The LA will utilize coalitions milestones and benchmarks, CCEP rating, and meeting documents to ensure steady progress through the phases.

The Bear River Health Department's Prevention Coordinator will model the SPF planning process with all prevention staff during the process to develop our area plan. This will help ensure all staff are trained in practical application of utilizing the SPF model. Evidence of our process will be the submission of our area plan.

4. How will the LA monitor and support coalitions in developing and utilizing quality logic models?

The Local Authority (LA) will ensure that coalitions develop and utilize high-quality logic models through dedicated training and individualized coaching. The LA will provide support for the Community That Cares (CTC), Community Anti-Drug Coalitions of America (CADCA), and the Strategic Prevention Framework (SPF) at both the national and local levels. All coalition coordinators will participate in monthly meetings with a coordinator coach to refine their logic models. The LA will furnish logic model templates that are fully aligned with the SPF and CTC frameworks.

5. How will the LA ensure programs are evidence-based for substance use prevention?

The LA is committed to implementing evidence-based or evidence-informed programs with policies and strategies that align with Community -Centered Evidence Based (CCEBP) standards.

The LA will utilize recognized registries to identify programs are selected from reputable sources such as Blueprints, SAMSHA's Evidence based practices resource center, CDC community guide, CADCA and CTC recommended strategies

The LA is currently implementing EBP and will continue to support:

- Strengthening Families Program
- Prime for Life

The LA is currently supporting community partners with funding to implement:

- Catch My Breath
- Check & Connect

6. How are programs/strategies monitored for implementation fidelity?

Program Monitoring: The LA will use attendance logs, pre/post data, success stories, and direct observations to ensure fidelity for specific prevention programs.

Coalition Progress: Coalitions will monitor their own progress using milestones and

benchmarks, coalition meeting minutes, and success stories. Coalitions will also submit regular reports to the LA.

Environmental Strategies: Fidelity for environmental strategies will be ensured by maintaining records of SYNAR and EASY checks, retailer education visits, and media dissemination metrics.

Personnel Certification: The LA will support fidelity by funding local and national trainings and helping BRHD and Coalition coordinators maintain necessary certifications.

7. What is your plan to increase collaboration across the behavioral health continuum? In what ways may your strategies impact mental or physical health?

The LA recognizes that substance use prevention is closely linked to mental and physical health outcomes. To enhance collaboration across the behavioral health continuum, the LA will:

- **Engage Cross-Sector Partners:** Collaborate with behavioral health providers, primary care organizations, schools, law enforcement, social services, and community-based organizations.
- **Integrate Prevention Messaging:** School and community presentations on brain development, risk and protective factors, and social-emotional skills promote resilience and mental wellness.
- **Coordinate Referral Pathways:** Establish and strengthen referral systems between prevention, early intervention, treatment, and recovery services.
- **Youth Engagement:** Initiatives such as the Governing Youth Council foster leadership, connectedness, and protective factors associated with improved mental health.
- **Overdose Prevention:** Naloxone (Narcan) training reduces mortality and connects individuals to treatment and recovery resources.
- **Shared Community Events:** Drug Take Back events and coalition activities create opportunities for collaboration and holistic health promotion.

These strategies contribute to improved mental health, reduced substance misuse, enhanced community connectedness, and better overall physical health outcomes.

8. How will you provide services to all prevention populations (universal, selective, and indicated)? Or what are you going to do to increase the reach of your prevention services to include all prevention populations?

The Local Authority (LA) will use a coordinated prevention framework to ensure services are accessible and responsive to universal, selective, and indicated populations throughout the Bear River Health District. Prevention strategies will be guided by local data, coalition assessments, school and community partner referrals, and ongoing evaluation to identify service gaps and populations that may be underserved.

Universal Prevention

To reach the general population, the LA will utilize multiple communication and engagement strategies, including BRHD media outlets, social media platforms, community events, school presentations, and coalition-led awareness campaigns. Prevention messaging will include CHAT, Parents Empowered, underage drinking prevention, vaping prevention, and the Social Development Strategy. Retailer education, SYNAR compliance checks, and EASY compliance checks will be conducted to reduce youth access to substances. Drug Take Back events will be coordinated annually through the three community coalitions to increase community awareness and safe medication disposal.

All prevention messages and activities will be delivered across all three counties through schools, community organizations and local events. Participation and engagement data will be monitored to identify populations or geographic areas requiring additional outreach.

Selective Prevention

Selective prevention services will target populations identified through local data and partner referrals as being at increased risk for substance misuse. The Box Elder School District will implement the Strengthening Families Program during the spring and fall school semesters for families with identified risk factors. Participants will be recruited through school counselors, administrators, family support staff.

Youth identified as benefiting from additional protective factors will be recruited into the Governing Youth Coalition (GYC) and other youth leadership opportunities through schools and community partners. Partnerships with schools, community organizations will help ensure at-risk youth and families are identified and connected to appropriate services.

Indicated Prevention

Individuals exhibiting early signs of substance misuse or related risk behaviors will be connected to indicated prevention services through referrals from courts and Bear River Behavioral Health counselors. Prime for Life classes for youth and adults will be offered monthly, with efforts underway to hire a Spanish-speaking facilitator to improve accessibility for Spanish-speaking residents.

The Box Elder School District will implement Check & Connect mentoring for students experiencing attendance challenges and other risk factors. Naloxone education and distribution will occur through community events, partner organizations, public training, and walk-in requests at BRHD offices in Logan, Tremonton, and Brigham City. South Cache, North Cache, and Logan Communities That Care coalitions are preparing to implement Guiding Good Choices during the 2026–2027 school year to strengthen family protective factors and reduce youth risk behaviors.

Ensuring Reach Across All Prevention Populations

The LA will maintain formal partnerships with schools, healthcare providers, behavioral health agencies, law enforcement, community organizations, and coalition members to identify needs, coordinate referrals, and expand service reach. Services will be offered in both urban and rural communities using a combination of in-person and virtual delivery methods when appropriate.

Prevention materials and programming will be provided in culturally and linguistically appropriate formats, including Spanish-language resources when available. The LA will regularly review participation data, demographic information, coalition assessments, and community feedback to evaluate whether prevention populations are being reached and to make adjustments when gaps are identified. Coalition networks will play a key role in identifying underserved populations and connecting them to prevention services.

9. Explain your sustainability plan for prevention funding. If you do not have a sustainability plan explain why, and tell us how you will meet this requirement by the next area plan due date.

- Link to a [sustainability plan template](#). The template is not required to complete. If the template is complete we still need question 9 answered in narrative form.

The LA is committed to sustaining prevention efforts by strengthening funding sources, strengthening community partnerships, and building local capacity to continue evidence-based programs. Prevention activities will be integrated into existing systems such as school, healthcare, and community organizations. Evaluation data will be used to demonstrate effectiveness and support future funding opportunities, while environmental strategies like compliance checks and Drug Take Events will continue due to their low cost and long term impact. Utilize Box Elder, Cache, and Rich county opioid funding. Coalition funding groups will seek out funding opportunities for sustainability.

*SMART Goals are Specific, Measurable, Achievable, Relevant, and Time-bound.