

# 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 | <u>Current CCEBP rating</u><br><br>Provide the rating and description of the rating | List current phase (CTC or SPF)<br><br>List more than 1 phase where appropriate<br><br>List how many times the coalition has completed the process through phase 5 | LA priority rating for each CCEBP community<br><br>High/medium/low | Operating system used by the community (CTC, CADCA, etc.) | LA's plan to support this community                              |
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| Utah County     | G- Well established coalition                                                       | Current SPF phase:<br>Implementation<br><br>Each year, the                                                                                                         | High                                                               | SPF                                                       | Utah County provides funding for and coordinates this coalition. |

|                |                                               |                                                                                                                                                                                                              |      |     |                                                                                                                                                                                                                                                   |
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|                |                                               | Utah Valley Drug Prevention Coalition (DPC) works through each phase of the Strategic Prevention Framework (SPF). Since its founding in 2012, the coalition has completed this cycle at least once annually. |      |     |                                                                                                                                                                                                                                                   |
| Lehi           | E6- in development working through assessment | CTC Phase 3                                                                                                                                                                                                  | High | CTC | Utah County provides funding for this coalition. Continued coaching and onboarding of new co-coordinator. Assisting in completing an effective community assessment and increasing fidelity to the CTC framework. Starting a new youth coalition. |
| Lindon         | G- well established coalition                 | CTC Phase 3 completed the process once                                                                                                                                                                       | High | CTC | Utah County provides funding for this coalition. Continued coaching. Assisting in completing an effective community assessment and increasing fidelity to the CTC framework.                                                                      |
| Pleasant Grove | G- well established coalition                 | CTC Phase 3 completed the process once                                                                                                                                                                       | High | CTC | Utah County provides funding for this coalition. Continued coaching. Assisting in completing an effective community assessment and increasing fidelity to the                                                                                     |

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|                                |                                                                                                                        |                                                                                                                                                                                           |      |     | CTC framework.Assisting in increased workgroup function. Starting a new youth coalition.                                                                                                                                                                                                                |
| Vineyard                       | D2- in development seeking community leader support                                                                    | CTC Phase 3 and going back to phase 1. Have not completed phase 5 yet.                                                                                                                    | High | CTC | Utah County provides funding for this coalition. Orienting coordinator. Continued coaching. Assisting in completing an effective community assessment and increasing fidelity to the CTC framework. With city leadership turnover, assisting in showing value in city participation with the coalition. |
| Springville                    | E4B-in development, completed KLO                                                                                      | Completed phase 1, moving towards phase 2                                                                                                                                                 | High | CTC | Utah County provides funding for this coalition. Continued coaching. Assisting in completing an effective community assessment and increasing fidelity to the CTC framework.                                                                                                                            |
| Payson/Santaquin/Goshen/Genola | 5B-A- a "core" set of coalition (Community Board) members have been identified (additional members may still be added) | Completed phase 1, actively working on phase 2. Coalition has been active in the community since 2011; however, this is the first time this coordinator has gone through the CTC process. | High | CTC | Utah County provides funding for this coalition. Continued coaching. Assisting in completing an effective community assessment and increasing fidelity to the CTC framework. Working on completing the full CTC phases cycle for the first time with the current coordinator.                           |

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| Provo                      | A5 | N/A | Low    | N/A | A previous coalition existed several years ago through the Provo School District. Possible new coalition leaders have not been identified.                                                    |
| Spanish Fork               | C3 | N/A | Medium | N/A | A coalition exists but has not met for the last year. The coalition leader is interested in starting again late 2026.                                                                         |
| Eagle Mountain             | A5 | N/A | Medium | N/A | No coalition exists; however, the CTC coordinator in Lehi is interested in starting and leading a CTC coalition here.                                                                         |
| Orem                       | A5 | N/A | Low    | N/A | We have had past discussions with Orem about starting a CTC. Orem city has been supportive of the idea but we do not currently have an individual who is interested in leading the coalition. |
| Other areas in Utah County | A5 | N/A | Low    | N/A | Smaller areas. Community readiness assessments are needed.                                                                                                                                    |

**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)<br><br>Make SMART*                                                                                                                                            | Long term outcomes (substance)<br><br>Make SMART                                                                                                         |
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| Availability                                                                        | EASY Compliance Checks                                  | <ul style="list-style-type: none"> <li>• Develop relationships with law enforcement agencies and support agencies in completing checks</li> <li>• Create a positive recognition program for compliant retailers</li> </ul>                                                                                                                     | By June 30 2029, reduce the percentage of Utah County alcohol retailers who sell alcohol to underage buyers to 10% or less, as measured by Utah County law enforcement compliance check results. | Reduce past 30-day alcohol use among youth by 0.5% from 2025 to 2030, as measured by 6th-12th grade student response from the SHARP Utah County results. |
| Parents communicating expectations of NO underage alcohol use at least twice a year | Parents Empowered                                       | <ul style="list-style-type: none"> <li>• Promoting Parents Empowered campaign through engagement at community events and resource distribution to emphasize the importance of prevention underage alcohol use and encouraging open conversations with children</li> <li>• 7 community coalitions will be implementing this strategy</li> </ul> | By June 30 2029, increase the percentage of 6th-12th grade students who report that their parents communicate clear expectations of no alcohol use at least                                      |                                                                                                                                                          |

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|                                           |                 |                                                                                                                                                                                                                                                                                                         | twice per year from 26.9% in 2025 to 35%, as measured by the SHARP Utah County results.                                                          |  |
| Favorable Youth Attitudes Toward Drug Use | Red Ribbon Week | <ul style="list-style-type: none"> <li>Promote DPC Red Ribbon week toolkit which includes evidence-based and evidence-informed activities for schools and families</li> <li>6 community coalitions will be sponsoring activities and educational materials at schools during Red Ribbon Week</li> </ul> | By June 30 2029, Youth attitudes favorable toward drug use will decline from 14.8% in 2025 to 12%, as measured by the SHARP Utah County results. |  |

| Substance: Tobacco/Nicotine |                                                         |                                                                                                                                                                      |                                                                               |                                                                           |
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| 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)<br><br>Make SMART                          | Long term outcomes (substance)<br><br>Make SMART                          |
| Availability                | Synar Compliance Checks                                 | <ul style="list-style-type: none"> <li>Support Utah County Health Department Tobacco Prevention and Control Program (UCHD TPCP) to complete Synar checks.</li> </ul> | By June 30 2029, maintain the percentage of Utah County tobacco retailers who | Reduce past 30-day cigarette use, vape use, and other tobacco product use |

|                                                |                    |                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                         |                                                                                                                           |
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|                                                |                    |                                                                                                                                                                                                                                                                                                                                                                                           | sell tobacco products to underage buyers to 10% or less, as measured by Utah County Health Department compliance check results.                                                                                                                         | among youth by 0.5% from 2025 to 2030, as measured by 6th-12th grade student response from the SHARP Utah County results. |
| Community Laws and Norms Favorable to Drug Use | Environmental Scan | <ul style="list-style-type: none"> <li>• Conduct a community environmental scan to determine what public places (e.g. parks, playgrounds, bus stops) could use smoke-free/tobacco-free signage.</li> <li>• Partner with municipalities to make these policies/signs more visible in those places</li> <li>• At least 3 community coalitions will be implementing this strategy</li> </ul> | By June 30 2029, measure a baseline of the number of public places displaying smoke-free/tobacco-free signage and increase the number of places displaying signage by 20% as documented through community environmental scan and follow-up assessments. |                                                                                                                           |
| Favorable Youth Attitudes Toward Drug Use      | Red Ribbon Week    | <ul style="list-style-type: none"> <li>• Promote DPC Red Ribbon week toolkit which includes evidence-based and evidence-informed activities for</li> </ul>                                                                                                                                                                                                                                | By June 30 2029, Youth attitudes favorable                                                                                                                                                                                                              |                                                                                                                           |

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|  |  | <p>schools and families</p> <ul style="list-style-type: none"> <li>6 community coalitions will be sponsoring activities and educational materials at schools during Red Ribbon Week</li> </ul> | <p>toward drug use will decline from 14.8% in 2025 to 12%, as measured by the SHARP Utah County results.</p> |  |
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| Substance: Marijuana                      |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                  |                                                                                                                                                                                                |
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| 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)<br><br>Make SMART                                                                                             | Long term outcomes (substance)<br><br>Make SMART                                                                                                                                               |
| Favorable Youth Attitudes Toward Drug Use | State Youth Marijuana Use Campaign                      | <ul style="list-style-type: none"> <li>Promote the state youth marijuana use campaign through social media</li> <li>Promote the state youth marijuana use campaign sharing underage marijuana prevention information at community events</li> <li>Educate parents on the harms of underage marijuana use and how it affects the developing brain by sharing campaign information with community partners</li> <li>7 community coalitions will be implementing this strategy</li> </ul> | By June 30 2029, Youth attitudes favorable toward drug use will decline from 14.8% in 2025 to 12%, as measured by the SHARP Utah County results. | Decrease underage marijuana use among 6th-12th graders from 2.3% in 2023 to 2% in 2030 as measured by 6th-12th graders reporting past 30-day marijuana use from the SHARP Utah County results. |
|                                           | Red Ribbon Week                                         | <ul style="list-style-type: none"> <li>Promote DPC Red Ribbon week toolkit which includes evidence-based and evidence-informed activities for schools and families</li> <li>6 community coalitions will be</li> </ul>                                                                                                                                                                                                                                                                  |                                                                                                                                                  |                                                                                                                                                                                                |

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|  |  | sponsoring activities and educational materials at schools during Red Ribbon Week |  |  |
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| Substance: Opioid and Prescription Drugs |                                                         |                                                                                                                                                                                                                                                         |                                                                                                                                                                      |                                                                                                                                                                                      |
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| 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)<br><br>Make SMART                                                                                                                 | Long term outcomes (substance)<br><br>Make SMART                                                                                                                                     |
| Availability                             | Permanent Prescription Drug Dropboxes                   | <ul style="list-style-type: none"> <li>Promote permanent prescription drug dropboxes in Utah County to reduce access to unused and expired medications</li> <li>7 community coalitions will be implementing this strategy</li> </ul>                    | By June 30 2029, increase the number of permanent prescription drug drop box locations from 29 to 32 locations in Utah County.                                       | Maintain prescription drug misuse rates among youth at or below 1% through 2030, as measured by past 30-day misuse among 6th–12th grade students from the SHARP Utah County results. |
|                                          | Drug Enforcement Agency (DEA) Drug Take Back Day        | <ul style="list-style-type: none"> <li>Promote annual take back days (April and October)</li> <li>Offer support to communities hosting their own DEA Take Back Day events</li> <li>5 community coalitions will be implementing this strategy</li> </ul> | Increase the total number of pounds of medications collected between October 2027 to June 30 2029. Baseline measurement will be taken in October 2027 with the total |                                                                                                                                                                                      |

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|                                      |                                     |                                                                                                                                                                                                                                                                                                                                                           | number of pounds collected increasing by 3% per year each following year.                                                                                                          |  |
|                                      | Safe Prescription Pharmacy Toolkits | <ul style="list-style-type: none"> <li>• Provide safe prescription toolkits to pharmacies</li> <li>• UCHD and DPC will be implementing this strategy</li> </ul>                                                                                                                                                                                           | By June 2029, increase the number of pharmacies in Utah County who are offered Safe Prescription Pharmacy Toolkits from 30 to 40 as measured by UCHD pharmacy partnership records. |  |
|                                      | Dispose Rx Packets                  | <ul style="list-style-type: none"> <li>• Distribute Dispose Rx packets within Utah County to reduce access to unused and expired medications.</li> <li>• Focus on partnerships with organizations who serve populations with limited mobility and higher opioid prescription rates.</li> <li>• UCHD and DPC will be implementing this strategy</li> </ul> | By June 30 2029, create 3 new partnerships to distribute DisposeRx packets in Utah County as measured by UCHD Dispose Rx records.                                                  |  |
| Perceived Risk in Using Prescription | Know Your Script                    | <ul style="list-style-type: none"> <li>• Promote the Know Your Script Campaign as an educational tool to help people understand the</li> </ul>                                                                                                                                                                                                            | By June 30 2029, the Perceived                                                                                                                                                     |  |

|                                           |                 |                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                         |  |
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| Drugs                                     |                 | <p>risks of prescription opioids</p> <ul style="list-style-type: none"> <li>• Share Know Your Script campaign messaging through at least 30 social media posts and community partner communications, and distribute educational materials to at least 25 community partners, schools, healthcare providers, or pharmacies in Utah County.</li> <li>• UCHD and DPC will be implementing this strategy</li> </ul> | <p>risk in using prescription drugs will decrease from 81.1% in the 2025 SHARP survey to 77% in the 2028 Utah County results.</p>                       |  |
| Favorable Youth Attitudes Toward Drug Use | Red Ribbon Week | <ul style="list-style-type: none"> <li>• Promote DPC Red Ribbon week toolkit which includes evidence-based and evidence-informed activities for schools and families</li> <li>• 6 community coalitions will be sponsoring activities and educational materials at schools during Red Ribbon Week</li> </ul>                                                                                                     | <p>By June 30 2029, Youth attitudes favorable toward drug use will decline from 14.8% in 2025 to 12%, as measured by the SHARP Utah County results.</p> |  |

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| General Substance Use Prevention (All Substances) |                                                         |                                                                                                              |                                                      |                                                  |
| 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)<br><br>Make SMART | Long term outcomes (substance)<br><br>Make SMART |
| Family Conflict                                   | Guiding Good Choices                                    | <ul style="list-style-type: none"> <li>• Parenting workshops are conducted in English and Spanish</li> </ul> | Reduce Family                                        | Reduce past 30-day                               |

|                                                      |                                |                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                  |                                                                                                                                                                                                     |
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|                                                      |                                | <ul style="list-style-type: none"> <li>6 community coalitions will be implementing this strategy</li> </ul>                                                                                                                                                                                                                                                           | Conflict by 5% from 2025 to 2029, as measured by 6th-12th grade student response from the SHARP Utah County results.                                                             | alcohol use among youth by 0.5% from 2025 to 2030, as measured by 6th-12th grade student response from the SHARP Utah County results.                                                               |
| Parental Attitudes Favorable to Antisocial Behaviors | Free Parenting Class Awareness | <ul style="list-style-type: none"> <li>Promote free parenting classes available in Utah County and online</li> <li>Distribute DPC free parenting class resource cards to community members and community partners/organizations</li> <li>7 community coalitions will be implementing this strategy</li> </ul>                                                         | Reduce Parental Attitudes Favorable to Antisocial Behavior from 47.6% in 2025 to 42% in 2029, as measured by 6th-12th grade student response from the SHARP Utah County results. | Reduce past 30-day cigarette use, vape use, and other tobacco product use among youth by 0.5% from 2025 to 2030, as measured by 6th-12th grade student response from the SHARP Utah County results. |
|                                                      | Library Collaboration          | <ul style="list-style-type: none"> <li>Partner with libraries to create a <i>Positive Parenting Resource Corner</i> featuring books, brochures, and handouts on parenting strategies.</li> <li>Collaborate with libraries to provide these resources in ways that best fits their individual library needs</li> <li>DPC will be implementing this strategy</li> </ul> |                                                                                                                                                                                  |                                                                                                                                                                                                     |
| Rewards for Prosocial Involvement                    | Mayor Youth Recognition        | <ul style="list-style-type: none"> <li>At city council meetings, mayors recognise students who are positively contributing to their community.</li> <li>3 community coalitions will be implementing this strategy</li> </ul>                                                                                                                                          | Increase Rewards for Prosocial Involvement from 63.2% in 2025 to 65% in 2030, as measured                                                                                        | Decrease underage marijuana use among 6th-12th graders from 2.3% in 2023 to 2% in 2030                                                                                                              |

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|  |  |  | by 6th-12th grade student response from the SHARP Utah County results. | as measured by 6th-12th graders reporting past 30-day marijuana use from the SHARP Utah County results.<br><br>Maintain prescription drug misuse rates among youth at or below 1% through 2030, as measured by past 30-day misuse among 6th-12th grade students from the SHARP Utah County results. |
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**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.).**

To ensure coalitions are following a strategic planning process, Utah County sponsored National Coalition Academy (NCA) training for both prevention and community coalition staff. Utah County has 1.5 FTEs dedicated to coaching coalition coordinators through the Communities that Care (CTC) process. Both coaches are being trained through the Social Development Research Group (SDRG). Coalition coordinators are required through their

contracts to complete SPF Application for Prevention Success Training (SAPST), CTC training, to follow evidence-based strategies and report activities in a timely manner. Records are kept for regular coaching calls, agendas for quarterly coalition training meetings, and certificates of completion for training. Coalitions record their activities on the SPARQS spreadsheet each month. Coalitions submit semiannual reports including strategic plans, logic models, and narratives.

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

All Utah County coalition coordinators were trained through NCA, and developed logic models as part of that training. Coalitions are required through their contracts with the county to complete SAPST and CTC training. Each coalition is required to submit logic models where they can be monitored by CTC coaches. Utah County CTC coaches hold quarterly coalition training meetings where a portion of each meeting is focused on the development, refinement, or utilization of logic models. The Utah Valley Drug Prevention Coalition (DPC) develops and uses logic models as part of their annual strategic plan.

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

Evidence-based substance use prevention programs are promoted in the community coalitions through required SAPST training and continual CTC coaching. Coaches assist the coalitions to find evidence-based programs that fit the needs of individual communities. Additionally, a resource center has been developed for the CTC coordinators which promotes evidence-based programs. During the CTC quarterly meetings, coalitions are encouraged to share their knowledge about and experiences with evidence-based programs.

The DPC coordinator incorporates evidence-based substance use prevention strategies and activities into the coalition's annual strategic plan. Additionally, Utah County works through partnerships with school district prevention specialists to promote evidence-based prevention in schools throughout the county.

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

Utah County is developing a plan to monitor program implementation fidelity which will be completed in the first half of FY27. Methods such as direct observation, fidelity checklists, and pre/post tests will be used in the plan.

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

Utah County will maintain partnerships through hosting the DPC and opioid partnership meetings, and by participating in activities and meetings hosted by groups focused on SUD recovery, emergency preparedness, and other community resources. Utah County will promote shared risk and protective factor training for staff and community coalition coordinators. Child safety information from Utah County and Primary Children's Hospital will be shared in the community through the community coalitions. Another way Utah County collaborates is by working with local school districts to advocate for school attendance, providing information at parent nights, distributing school supply kits to district prevention specialists, and assisting school nurses to develop and update presentations addressing substance use using evidence-based prevention and communications models.

Utah County Prevention will partner with the Utah County Chronic Disease program and community coalitions to promote local parks and outdoor fitness through Park RX America and other programs. These programs will increase protective factors such as community cohesion, social connectedness, and emotional regulation while improving physical health.

**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 DPC strategic plan addresses universal, selective, and indicated populations. Most activities are promoted universally such as coalition education sessions about emerging tobacco products and other substances, while some activities such as parenting classes and Drug Takeback Day are promoted in selective populations or promoting My Life My Quit in indicated populations are included in the plan.

Utah County will work through partners such as the Utah County School Districts, Elevate Utah, Encircle, Utah Support Advocates for Recovery Awareness (USARA), and Wasatch Behavioral Health to promote prevention activities and programs in selective and indicated populations.

**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.**

Utah County is developing a sustainability plan. While a formal plan has not been developed, investment in training and building coalition capacity creates coalitions that are more robust. Relationships between coalitions and community leaders encourage city investments in the coalitions as they show positive outcomes. Relationships with Utah County commission leadership sustains county investment into Utah County community coalitions.

As a sustainability plan is developed, considerations will be given to strategies such as partnerships with local businesses and building relationships with local chambers of commerce. We will also look at additional grant sources such as state CTC seed funding, Drug Free Communities, and other federal and local grant opportunities.

- 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.

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