

# FY 13 Evaluation Plan

for

## Comprehensive Prevention and Early Intervention Grantees State of Alaska, Division of Behavioral Health, Section of Prevention and Early Intervention

### February 2012

Grantees are required to submit an annual evaluation plan for their prevention efforts through answering three questions:

1. **How much is being (will be) done?**
2. **How well did you (will you) provide your prevention efforts?**
3. **Will anyone be better off, because they participate in your prevention efforts?**

This packet will provide examples of different types of evaluation measures and outcomes (Table 1.), an overview of the State level Outcomes and Indicators (Table 2.) and a *Short Term Outcome Evaluation Template*, to fill out.

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## Evaluation Plan Directions

Grantees are required to submit an annual evaluation plan for their prevention efforts. Your grant will be addressing one or more of the **long-term Behavioral Health outcomes**:

- I. All Alaskan communities families and individuals are free from the harmful effects of substance use, dependency and addiction.
- II. Alaska children, youth and adults are mentally healthy and living successfully.
- III. All community members are connected, resilient and have basic life skills that promote positive behavioral health and wellness.

### How much is being (will be) done?

This will measure the **quantity** of prevention efforts: the number of services offered (workshops, meetings, Products etc.) and the number of people served by age, gender and ethnicity. Please describe:

- a) How many people do you aim to serve? How often will your prevention efforts take place?
- b) How will you collect this information (including demographics from people served)?

Note: Most of this information is already captured in the quarterly report

### How well did you (will you) provide your prevention efforts?

This will measure the **quality** of your prevention efforts. Please describe:

- a) How will you get feedback from your participants? Or, how will you assess your capacity and efficiency?
- b) How you will use that information to improve your program or services?

### Will anyone be better off, because they participate in your prevention efforts?

Fill out the “*Short Term Outcomes Evaluation Plan*” attached, or submit your own (it must contain the same information as requested.)

- a) Identify two to four **short-term outcomes** from your logic model, you will measure. (See Table 1. for examples.)  
*In some cases the short-term outcomes could be your selected risk or protective factors.*
- b) Describe how you will collect information related to each of your outcomes.
  - **What**: Identify the tool(s) you will use to measure your outcomes (examples: surveys, interviews, focus groups, direct observations, client records, etc.) Provide the actual evaluation tool (s), if you have them already.  
**Note**: if the target audience is between the ages of 10-18 the applicant is strongly encouraged to work with their school district to participate in the YRBS or SCCS surveys.
  - **When**: Provide a timeline describing when you will complete the evaluation process. This evaluative process is broken into steps and it may require several days, weeks or months depending on the size, scope and breadth of your strategies. The timeline should include:
    - When you will develop your evaluation tools? When will you “test your evaluation tools” to make sure they are measuring your outcomes? When will you gather the information? How often will you collect the information?
    - When will you analyze the information and summarize it?
  - **Baseline** or beginning point: If your outcome has been measured before, provide that information as a baseline (this is the “data point” you hope to change with your strategies). If you do not have a baseline, this may be your first attempt to gather the information from which you can measure future progress.
    - Identify how you will collect your baseline data if it is not currently available.
- c) Identify the **statewide prevention indicator(s)** -- See Table 2. -- that most relates to your strategies and short-term outcomes. *In some cases your short-term outcomes may be the same or similar to the state population level indicators.*

**NOTE: An annual summary of the evaluation with outcomes is required with the 4<sup>th</sup> quarter report**

# Short Term Outcome Evaluation

Plan for measuring: *Is anyone better off?*

Organization & Project title: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Short Term Outcomes</b> List between two to four measurable outcomes from your logic model	----- Data gathering strategy -----			<b>Long Term Outcomes and Statewide Prevention Indicators</b> List the Long Term Outcome(s) and statewide indicator(s) – from Table 2. that most relate to your strategies and <u>short term</u> outcomes.
	<b>Tools/survey identified</b> Identify the tools, surveys or way(s) you will evaluate your outcomes	<b>Timeline</b> When will your evaluation steps take place?	<b>Baseline</b> What is the baseline from where you will begin to measure	
1.				
2.				
3.				
4.				

**Table 1. Sample Evaluation Plan Measures**

**1. How much** service or programming is being provided?

*This relates to how much is being done. It's most often reported as a number (#).*

**Examples:**

- # of participants (by age, ethnicity)
- # of activities offered (by activity)
- # of meetings held
- # of workshops held
- # of hours volunteered
- # of times PSA is aired
- # of locations information is posted

**22. How well** are programs/services being delivered?

*This relates to how satisfied your participants are with your services. It also addresses the capacity, efficiency and infrastructure of your organization or coalition.*

**Examples** of participant satisfaction measures:

- % of satisfied participants
- % of client suggestions implemented
- % of students who feel supported by staff
- % of youth who attend most activities

**Examples of organizational capacity measures:**

- % of staff who complete *Gatekeeper* training
- % staff turnover or retained after two years
- % staff/participant ratio

**3. Is Anyone Better Off**

What impact have you had on your target audience?

*This relates to the measurement of your short term outcomes. What impact have you had on your target audience?*

Short term outcomes identify change in either: attitudes/perception, knowledge, skills, behavior or conditions, as a result of your prevention work. (It's typically reported as a percentage.)

**Examples of short term outcomes and their indicators:**

- Increase youth perception of the harmful consequences of alcohol use  
*Indicator: % of youth who believe alcohol use by teens, is harmful, compared to baseline*
- Decrease youth perception that most of their peers regularly use alcohol  
*Indicator: % of youth who believe most of their peers are not using alcohol, compared to baseline.*
- Increase participant's knowledge of FASD.  
*Indicator: % of participants who increased their post-test score by, at least 10%*
- Increase a school's positive school climate (*conditions*)  
*Indicator: % of students who feel connected to their school.*

*Other examples*

- Increase community's awareness of suicide intervention/prevention services
- Decrease the perception that most other youth are using alcohol regularly (norms)
- Decrease the number of injuries resulting from driving while intoxicated (behavior)
- Increase workshop participants decision making and problem solving skills
- Improve students social/emotional skills
- Reduce the purport ion of retail outlets that sell liquor to people underage (*conditions*)
- Increase the percent of youth who have 3 or more supportive adults (behavior)
- Increase the percent of adults who reach out and support youth (behavior)
- Decrease youth access to alcohol (*conditions*)

## Table 2. Alaska Behavioral Health Prevention and Early Intervention

☆ Long Term Outcomes and their key population-level indicators ☆

***OUTCOME I: All Alaskan communities, families and individuals are free from the harmful effects of substance use, dependency and addiction.***

### **Youth Substance Abuse Indicators**

- 1 Youth who use alcohol, tobacco, or marijuana before age 13 <sup>1</sup>.
- 2 Youth who engage in drinking (past 30 days)\* <sup>1</sup>.
- 3 Youth who use Illicit\* (including prescription drug misuse) <sup>2</sup>.
- 4 Youth who receive repeat Minor Consuming charges (AS04.16.050(c)) <sup>3</sup>.

### **Adult Substance Abuse Indicators**

- 5 Adults who engage in heavy drinking\* <sup>4</sup>.
- 6 Adults who engage in binge drinking\* <sup>1</sup>.
- 7 Adults who use illicit drugs\* (including prescription drug misuse) <sup>2</sup>.

### **Fetal Alcohol Spectrum Disorders Indicators**

- 8 Number of births per 100,000 <sup>5</sup>.
- 9 Woman who drank in last 3 months of pregnancy <sup>6</sup>.
- 10 Women who drank four or more drinks at one time during pregnancy <sup>6</sup>.

***OUTCOME II: Alaska children, youth and adults are mentally healthy and living successfully.***

### **Wellness and Mental Health Indicators**

- 11 Days of poor mental health in past month (Adults) \* <sup>4</sup>.
- 12 Youth who experienced depression during past year\* <sup>1</sup>.
- 13 Youth who do not feel alone in their life <sup>1</sup>.

### **Suicide Indicators**

- 14 Suicide Rate per 100,000\* <sup>7</sup>.
- 15 Non-fatal suicide attempts (rates per 100,000)\* <sup>7</sup>.
- 16 Adults who have thought about committing suicide <sup>4</sup>.
- 17 Youth who have thought about committing suicide <sup>1</sup>.

***OUTCOME III: All community members are connected, resilient and have basic life skills that promote positive behavioral health and wellness.***

### **Resiliency and Connectedness Indicators**

- 18 Adults with needed social and emotional support <sup>4</sup>.
- 19 Youth with supportive relationships <sup>1</sup>.
- 20 Youth with social, emotional and employability skills <sup>8</sup>.
- 21 Youth engaged in meaningful activities <sup>1</sup>.
- 22 Youth who feel like they matter to other people in the community <sup>1</sup>.
- 23 Students who feel connected to their school <sup>8</sup>.
- 24 Family support and connection <sup>9</sup>.

\* Indicators are also part of the AK DHSS and Mental Health Trust's [Alaska Scorecard](#).

### **Data Sources**

1. YRBS (Youth Risk Behavior Survey) AK DHSS, DPH, and US CDC
2. SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health (NSDUH)
3. Alaska Court System, Minor Consuming Charges; Court View Case Management System
4. BRFSS (Behavioral Risk Factor Surveillance Survey) conducted by AK DHSS, DPH and US CDC
5. ABDRE (Alaska Birth Defects Registry) conducted by AK DHSS, DPH
6. PRAMS (Pregnancy Risk Assessment Monitoring System) conducted by AK DHSS, DPH and US CDC
7. Alaska Trauma Registry managed by AK DHSS, DPH
8. SCCS (School Climate and Connectedness Survey) conducted by Association of Alaska School Boards (AASB)
9. NCHS (National Child Health Survey, Alaska Sample)

# Descriptions and Sources for (statewide) BH Prevention and Early Intervention Indicators

## YOUTH SUBSTANCE ABUSE

- 1. Youth who use alcohol, tobacco, or marijuana before age 13.** Percentage of students that have used either: tobacco, alcohol or marijuana before the age of 13. <sup>YRBS</sup>
- 2. Youth who engage in drinking (past 30 days)\*** Percentage of students who had at least one drink of alcohol, on one or more of the past 30 days <sup>YRBS</sup>
- 3. Youth who use Illicit drugs\* (including prescription drug misuse).** Percent of persons aged 12 or older who report using illicit drugs in past month; including marijuana/ hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used non-medically. <sup>SAMSHA</sup>
- 4. Youth who receive repeat Minor Consuming charges** percentage of youth who receive more than one Minor Consuming Charge, as reported on AS04.16.050(c) & AS04.16.050(d) <sup>AK Court System</sup>

## ADULT SUBSTANCE ABUSE

- 5. Adults who engage in heavy drinking\*** Percent of adults who reported heavy drinking in the past 30 days (two or more drinks daily for men and one or more daily for women) <sup>BRFSS</sup>
- 6. Adults who engage in binge drinking\*** Percent who reported drinking five or more drinks on one occasion in past 30 days. <sup>BRFSS</sup>
- 7. Adults who use illicit drugs\* (including prescription drug misuse)** Percent of persons aged 12 or older who report using illicit drugs in past month; including marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used non-medically. <sup>SAMSHA</sup>

## FETAL ALCOHOL SPECTRUM DISORDERS

- 8. Number of births per 100,000** Number of births reported that meet diagnostic criteria for Fetal Alcohol Syndrome. <sup>ABDR</sup>
- 9. Women who drank in last three months of pregnancy\*** Percentage of women who report consuming any alcohol during the last 3 months of their pregnancy. <sup>PRAMS</sup>
- 10. Women who drank five or more drinks at one time during last three months of pregnancy** Percentage of women who report ever consuming more than five alcoholic drinks at one sitting during the last three months of their pregnancy. <sup>PRAMS</sup>

## WELLNESS & MENTAL HEALTH

- 11. Days of poor mental health in past month (adults)\*** Mean number of reports of poor mental health. <sup>BRFSS</sup>
- 12. Youth who experienced depression during past year\*** Percent of high school students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, during past 12 months. <sup>YRBS</sup>
- 13. Youth who do not feel alone in their life** Percent of high school students who agree or disagree they feel alone in their life? <sup>YRBS</sup>

## SUICIDE

- 14. Suicide Rate per 100,00\*** Number of intentional injury suicide deaths as reported in the Alaska. <sup>Alaska Trauma Registry</sup>
- 15. Non-fatal suicide attempts\* (rates per 100,000)** Rate of non-fatal attempts requiring hospitalization for at least 24 hours. <sup>Alaska Trauma Registry</sup>
- 16. Adults who have thought**

**about committing suicide**  
Percentage of adults who had thoughts about suicide or hurting themselves in the past 12 months? <sup>BRFSS</sup>

**17. Youth who have thought about committing suicide**  
Percentage of students who report seriously considering attempting suicide in the past 12 months <sup>YRBS</sup>

## RESILIENCY and CONNECTEDNESS

**18. Adults with needed social and emotional support** How many days did a mental health condition or emotional problem keep you for doing your work or other activities? <sup>BRFSS</sup>

**19. Youth with supportive adult relationships** Percentage of youth who have a positive connection with two or more adults outside of their home. <sup>YRBS</sup>

**20. Youth with social, emotional and employability skills** Percentage of students who feel they have “social, emotional & employability skills” <sup>SCCS</sup>

**21. Youth engaged in meaningful activities** Percentage of students who participate in one or more organized activities outside of school. (includes: clubs, lessons, volunteering, or helping activities one or more times per week.) <sup>YRBS</sup>

**22. Youth who feel like they matter to other people in the community.** Percentage of students who feel like they matter to other people in the community. <sup>YRBS</sup>

**23. Students who feel connected to their school.** Percent of students who feel connected to their school. <sup>SCCS</sup>

**24. Family Support and Connection.** Parents are connected and involved in their children’s lives. <sup>NSCH</sup>

**For data additional information see DBH Epi Profile at**  
<http://hss.state.ak.us/dbh/prevention/programs/spfsig/publications.htm>

