



Call to Action! Alcohol and Drug Abuse and Addiction in Kittitas County

A Community Solution

Alcohol and drug abuse and addiction are pervasive and widespread in our community. No one intervention or plan will succeed in decreasing alcohol and drug abuse and addiction without a collaborative effort from all areas of our community.

Together we can change cultural norms that are permissive of drug use and underage drinking. Together we can advocate for enhanced and effective systems of prevention, intervention, treatment, and aftercare services that address substance abuse and addiction.

Youth in Kittitas County

- ◆ Nearly 1 out of every 5 Kittitas County 8th graders is already drinking regularly, and one out of 10 is drinking heavily.²
- ◆ On average, Kittitas County youth begin using alcohol by the age of 14. Kids who drink before age 15 are 5 times more likely to have alcohol problems when they're adults.²
- ◆ 1 out of nearly every 10 Kittitas County 8th graders report using marijuana regularly.²
- ◆ 1 out of nearly every 4 Kittitas County 12th graders report using tobacco regularly.²
- ◆ One out of nearly every 50 youth (age 10-17) in Kittitas County were clients of State-Funded Alcohol or Drug Services in 2004.³



Priority Issues

- ◆ Underage drinking
- ◆ Substance use and abuse among youth
- ◆ Use of methamphetamines
- ◆ Enhance and develop intervention, treatment, and aftercare services

Kittitas County 6 Year Strategic Plan

The strategic plan shapes how DASA (Department of Alcohol and Substance Abuse) prevention and treatment funds are utilized in our county (an average of \$450,000 annually, with 7% used for prevention). This plan is also a shared plan for our community in addressing alcohol and drug abuse and addiction issues.

Prevention providers, intervention and treatment providers, law enforcement, community prevention representatives, community service organizations, elected officials, faith communities, youth representatives, school administrations, parents, boards, coalitions, and juvenile probation were involved in the development of the plan.

Through a process of community input and strategic planning workshops, priority issues and strategies for addressing those issues were decided on.

Primary Strategies

Strengthen prevention and enforcement in schools	<ul style="list-style-type: none"> ◆ Establish and improve prevention education in the schools ◆ Review and strengthen existing policies ◆ Consistent enforcement of school policies
Strengthen youth pro social involvement	<ul style="list-style-type: none"> ◆ Provide for youth-oriented groups, activities, and alcohol free events ◆ Enhance youth leadership opportunities ◆ Develop capacity of community prevention coalitions ◆ Mentoring programs for youth
Strengthen parenting and family skills	<ul style="list-style-type: none"> ◆ Provide parenting skills program ◆ Family intervention ◆ Media campaign targeting parents on underage drinking
Strengthen and enforce laws and policies that address underage and adult drinking and substance use	<ul style="list-style-type: none"> ◆ Retailer enforcement, compliance checks ◆ Support enforcement of existing laws (prosecuting underage drinking, adults supplying alcohol to minors, DUI laws) ◆ Strengthen local policy to ensure the consistent sentencing and fines, referral for intervention and treatment, and involvement of parents ◆ Change local policies related to alcohol advertising
Involve community in addressing methamphetamine use	<ul style="list-style-type: none"> ◆ Community forum ◆ Community organization (Meth Action Team, Drug task Force)
Enhance and develop intervention, treatment, and aftercare services	<ul style="list-style-type: none"> ◆ Organize a task force of key stakeholders, prioritize opportunities, and develop an implementation plan for intervention, treatment, and aftercare services in the county.

There is a role for everyone

Actions for families

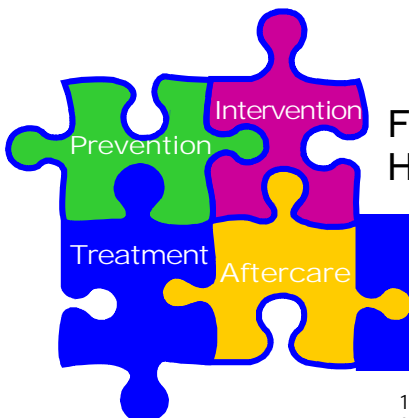
- ◆ Stay involved in your children's lives.
- ◆ Support your teens and give them space to grow, while setting appropriate limits and clear rules.
- ◆ Talk with your teens about alcohol use and drug use.
- ◆ Help your teens make good decisions about alcohol and drugs.
- ◆ Be aware of factors that may increase the risk of teen alcohol use and drug use.
- ◆ Be a positive adult role model.
- ◆ Work to ensure that schools and the community support and reward young people's decisions not to drink.

Actions for educators

- ◆ Encourage involvement in school.
- ◆ Foster a sense of belonging and attachment.
- ◆ Recognize significant social transitions during adolescence.
- ◆ Publicize and consistently enforce all laws related to underage alcohol use and drug.
- ◆ Work with community to ensure that necessary treatment services are available.
- ◆ Work with others to ensure that families, school colleagues, and communities support and reward an adolescent's decision not to drink and use drugs.

Actions for community

- ◆ Create programs, including volunteer work, where young people can grow, explore their options, succeed, and feel good about themselves without alcohol or drugs.
- ◆ In the community, deliver the message that underage drinking and drug use is not okay.
- ◆ Organize groups to change community thinking about underage drinking and drug use.
- ◆ Support programs that help youth and adults already involved with drinking and drug use.
- ◆ Create friendly, alcohol-free places where teens can gather.
- ◆ Help people learn about local laws, policies, and the latest research on underage drinking and drug use.



For more information contact Kittitas County Community Public Health and Safety Network, 962-9775, www.kccn-dfc.com

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1. Kittitas County Behavioral Risk Factor Surveillance Survey 2004, Washington State Department of Health,
2. Kittitas County Healthy Youth Survey 2004, Washington State Office of the Superintendent of Public Instruction, the Department of Health, the Department of Social and Health Service's Division of Alcohol and Substance Abuse, and Community Trade and Economic Development
3. Risk and Protective Profile for Substance Abuse Prevention in Kittitas County, July 2006, Washington State Department of Social and Health Services