



SUBSTANCE USE PREVENTION COALITION



HANDBOOK

**LOCAL PEOPLE
SOLVE
LOCAL PROBLEMS**



First and foremost,
thank you for your time and interest in getting to know
LifeSteps Coalition!

We are committed to addressing substance use prevention in Williamson County!
Your support and participation are fundamental pieces of the puzzle
to build a safer, healthier and drug-free community!

This handbook will provide an overview of the LifeSteps Coalition to help you
understand the work we do and discover the areas where you might want to get
involved and provide support.

*"Not everything that is faced can be changed,
but nothing can be changed until is it faced"*

James Bladwin



www.LifeStepsCouncil.org

2021 N. Mays, Suite 500 - Round Rock, TX 786664

512.246.9880

Who are we?



**LifeSteps Coalition is a program of
LifeSteps Council on Alcohol and Drugs.**

LifeSteps has provided alcohol and drug prevention, intervention and educational services to Williamson County since 1978. In the beginning, only a long, narrow staircase to a small second-floor office overlooking the courthouse on the historic square in Georgetown, linked clients to a couple of Licensed Chemical Dependency Counselors. Clients seeking sobriety would start up those steps to begin a journey towards a better life, hence the name "LifeSteps."

As the County has grown, so has LifeSteps. Today, we provide a variety of services and programs focus on education, prevention, intervention and support to recovery, extended into Williamson, Travis and McLennan Counties.

LifeSteps Coalition receives funds from Texas Health and Human Services to provide limited prevention services in Williamson County. Other funds are acquired by donations and sponsorship.

LifeSteps' vision

is a safe, supportive, drug-free community with healthy, nurturing families; where all who experience alcohol or drug-related problems have affordable, easy access to the services that they need to help them become productive, empowered and substance free.

[www. LifeStepsCouncil.org](http://www.LifeStepsCouncil.org)

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LIFESTEPS SERVICES & PROGRAMS



COURT EDUCATION

These are Court-approved and Court-mandated courses specifically designed for offenders with alcohol and drug-related charges. Classes offered:

- DWI Education
- Drug Offender Education
- Repeat Offender Education
- Alcohol Education for Minors
- Advanced Alcohol and Drug Education
- Theft
- Anger Management

PPI

The Wee Care program focuses on pregnant women and teens, and postpartum women and teens who have children between the ages of birth and 18 months. The goal is to provide helpful services and resources as they navigate their path to parenthood. All services are free and include ongoing case management, education about pregnancy and parenting, fun bonding activities for you and your child, resources, and more.



P.A.D.R.E.

The Parenting Awareness & Drug Risk Education's goal is to promote growing positive relationships between fathers and their children; raising awareness of the effects of alcohol and other drugs on infants and children. There is no cost to participants enrolled in parenting classes and case management.

ASSESSMENTS

The purpose of the assessment is to identify service needs and determine if the individual has a substance use disorder or chemical dependency problem. Upon completion of the interview, recommendations are made for treatment, education and/or support groups based on the results of the assessment



RECOVERY

LifeSteps in partnership with other organizations bring help to individuals and families struggling with addiction by providing tools they need to address addiction constructively and find their process of healing and recovery.

THE COALITION

We are a community-based SUBSTANCE USE PREVENTION COALITION, where individuals and organizations from different sectors work together to *reduce or eliminate* the impact of *substance use* in our youth and families.



The Coalition focus is to prevent underage drinking, marijuana, tobacco/nicotine, and prescription medication misuse. Through collaborative work, we address factors in the community that increase the risk of substance use, and work to improve existing protective factors to reduce drug use. The overall goal is to change and/or improve community conditions, norms and policies to favor a safe, healthy and drug-free Williamson County.

The Coalition started in 2004 through the amazing work and leadership of Betty Sandefur as Williamson County Coalition on Underage Drinking. In 2009, in response to community needs, we became Youth Substance Abuse Prevention Coalition. To facilitate name recognition, we became LifeSteps Coalition in 2014.

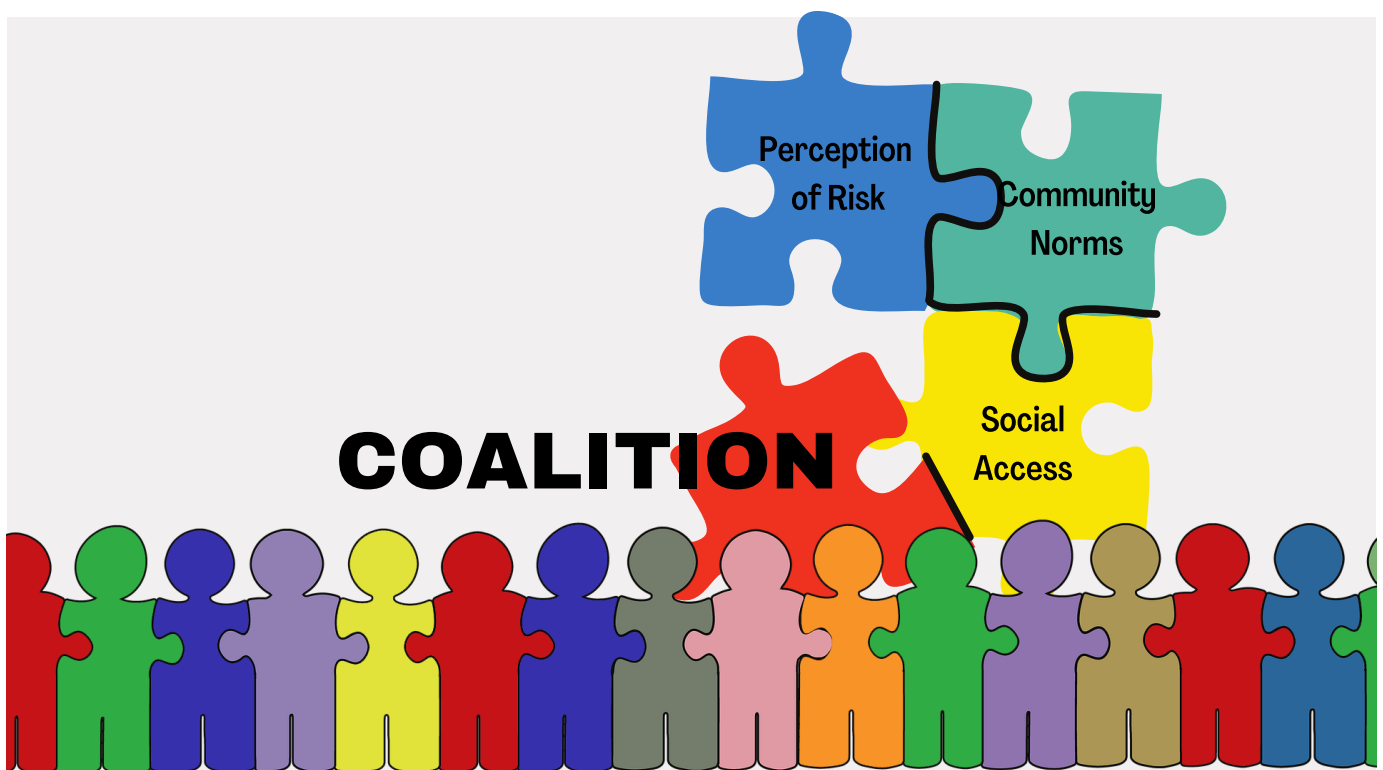


WHAT DO WE DO AS A PREVENTION COALITION?

Prevention works as an upstream approach focused on positively changing the environment to improve community conditions and empower individuals to live a healthy drug-free lifestyle.

To achieve it, LifeSteps Coalition implements a multi-disciplinary approach to address:

- 1 Strengthen collaboration**
Bring people together to address community needs and increase community access to services
- 2 Promote community education**
Raise awareness about drug use and its consequences to increase perception of risk
- 3 Build/enhance skills**
Promote social-emotional learning, resiliency and advocacy skills to foster empowerment
- 4 Improve practices and reduce barriers**
Identify systems and procedures to improve safe, health and equity in the community.
- 5 Change policies**
Support and promote formal changes in written policies, laws and procedures aimed to prevent substance use.



Who can be part of the Coalition?

It takes a village...

LifeSteps Coalition seeks collaboration from all community sectors:

- Youth
- Parents
- Law enforcement
- Religious organizations
- Business
- Civic and volunteer groups
- Media
- Schools
- Healthcare professionals
- State and local government
- Organizations involved in reducing substance use (Treatment/Recovery)

Coalition members assist in *identifying* local problems and *advocate* for change at community level. Our Coalition serves Williamson County area only.

Anyone supporting our mission is invited to attend monthly meetings on the **third Wednesday of every month at 11:30 am to 1 pm at LifeSteps' Round Rock office.**

Other forms of involvement are participation in work groups or committees and volunteering for community activities and events. The Coalition has two prevention-trained staff, a Coalition Director and a Coalition Coordinator. A Chair and Vice-Chair assist the coalition as Executive Committee. Members are encouraged to join working committees.

ACTIVITIES AND INITIATIVES

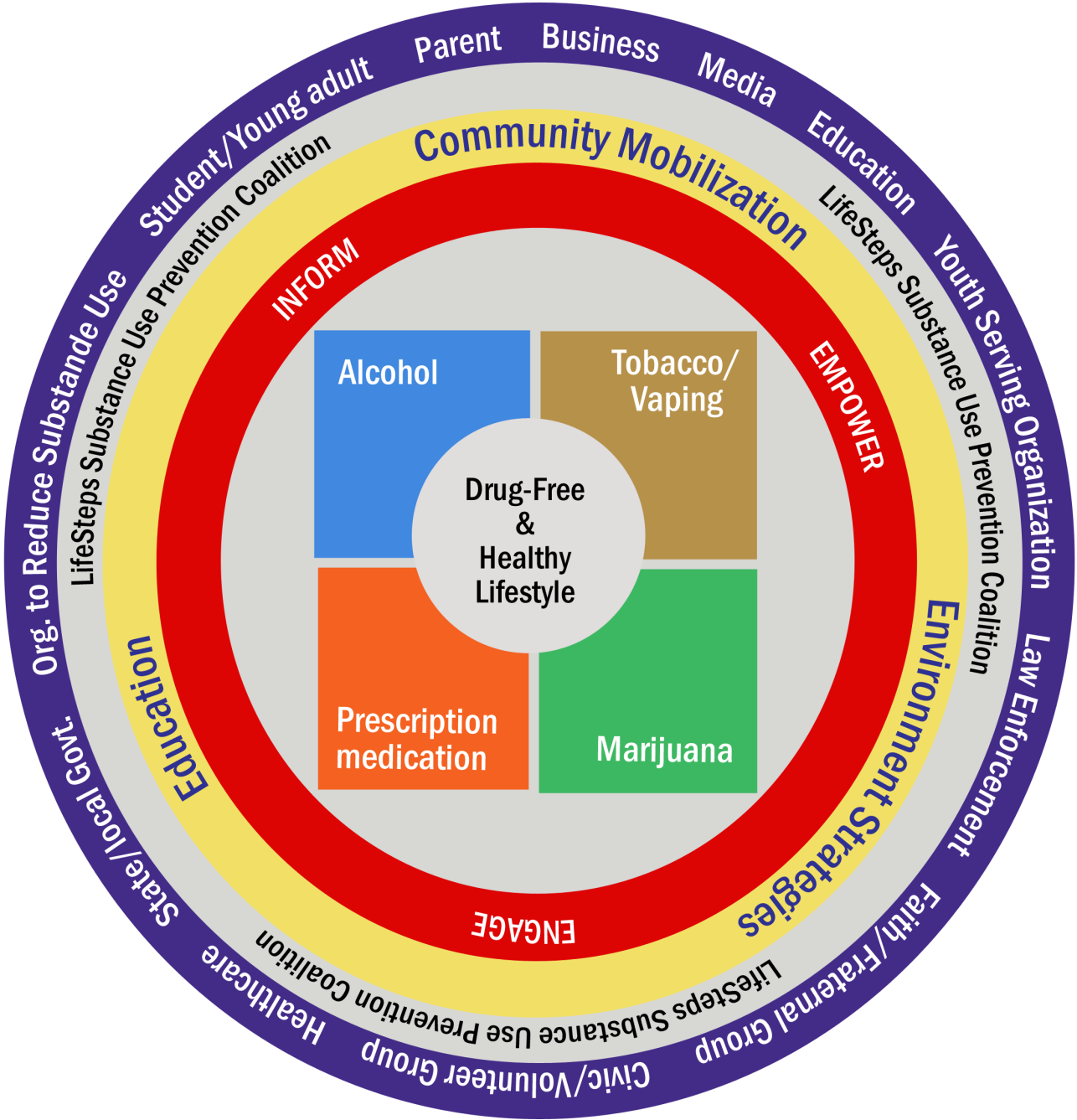
School & community presentations
Professional workshops
Talk, They Hear You Campaign
Town Hall Meetings
Community Conversations on Mental Health and Substance Use
Annual Red Ribbon Campaign
Alcohol Awareness Program
Safe Medication Disposal efforts
Social Host initiative
Overdose Awareness Day
Community newsletter
#iLiveR.E.D, Resilient, Empowered and Drug-Free
Impaired Driving campaign
Youth leadership project
Community resources
Educational material
Social media campaigns

To engage, inform and empower the community to prevent and reduce substance use and other behavioral health disorders among youth.



LifeSteps Coalition

Coalition Diagram



More information about PREVENTION...

Decades of research have provided guidelines to prevention science to help people understand attitudes and behavior regarding the use of harmful substances, and how to redirect perception and action towards a healthier lifestyle.

Our framework is based on scientific information, evidence-based practices, and healthy lifestyle guidelines.

According to SAMHSA, Substance Abuse and Mental Health Services, prevention strategies take aim at how people think, feel, and act by focusing messages and activities on areas of influence such as the individual, family, or community. LifeSteps Coalition works to reduce substance use in the whole community by implementing comprehensive, multi-strategy approaches.

As a prevention coalition we stand on a few basic principles:

- Prevention programs should enhance protective factors and reverse or reduce risk factors
- Prevention programs should address the type of drug use problem in the local community, target modifiable factors
- Prevention programs should be tailored to address risks specific to population or audience characteristics, such as age, gender, and ethnicity, to improve program effectiveness
- Family-based prevention programs should enhance family bonding and relationships and include parenting skills, practice in developing, discussing, and enforcing family policies on substance use; and drug education and information
- Prevention programs for students should promote social emotional learning, empowerment, leadership skills and healthy lifestyle.



Substance Use Prevention

Some protective factors to reduce substance use



Increase

Decrease

Low perception of risk towards drug use

High stress levels and poor coping skills

Drug availability in the community

Domestic violence and sexual abuse

Low socioeconomic status

Family history of addiction

Parental divorce or home-life transitions

Low self esteem

Lack of parental supervision and bonding

Childhood negligence and trauma

Peer-pressure

Marketing and targeting practices

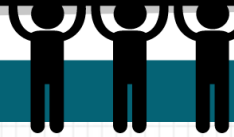
Lack of knowledge of drug use and consequences

Lack of positive after school activities in the community

Some risk factors for substance use

What is the Problem?

Did you know?



Youth x Drugs

Source: Texas School Survey 2018

Among High School Students in Region 7...

ALCOHOL



- 44.6% reported drinking alcohol in the past month
- 3.65% have binge drink 3 to 5 days in the past month
- 37% stated that it is "very easy" to obtain alcohol
- 3.2% drove a car under the influence of alcohol 1-3 times in the past year
- 12.5 % reported getting alcohol from parties
- 13.7% reported getting alcohol from friends most of the time.
- 15.5 % think that alcohol isn't very dangerous

MARIJUANA



- 18.3% reported using marijuana in the past month
- 3% reported using marijuana several times a week
- 31.9% stated that it is "very easy" to obtain marijuana
- 17% think that marijuana isn't very dangerous
- 9.3 % attended parties where marijuana was used

TOBACCO



- 33.1% reported using a tobacco product in the past month
- 45.7% stated that it is "very easy" to obtain a tobacco product
- 13.1% think that tobacco is "not very dangerous" and 22% think the same about electronic vapor products.

RX



- 7.85% reported using someone else's prescription drug from those, 1.4% was an opioid, 2% was a benzodiazepine and 2.5% was a stimulant.
- 4% think that use of someone's prescription is "not very dangerous"



2019 COMMUNITY HEALTH ASSESSMENT WILLIAMSON COUNTY, TEXAS | TOP HEALTH PRIORITIES

Behavioral health, Stress, and Well-being

FOCUS ON DECREASING POOR MENTAL HEALTH, STRESS, AND
SUBSTANCE ABUSE



COMMUNITY HEALTH SURVEY
Mental health and stress affect all populations in the county and were ranked the #1 and #4 health problems, respectively by residents.



#1 Health Priority in Williamson County

“ WE DON'T HAVE ANY PLACE FOR ANYONE TO GET DETOX, GO INTO RECOVERY, GET ANY HELP, OR EVEN LONG-TERM HELP. AND THERE DOES SEEM TO BE QUITE A BIT OF SUBSTANCE USE IN THIS TOWN. -COMMUNITY RESIDENT ”

23.7
HOSPITALIZATIONS DUE TO POOR MENTAL HEALTH PER 10,000 PEOPLE
TX: 41.2

24.7 DIFF ACROSS ZIP CODES IN COUNTY

13.6
SUICIDES PER 100,000 PEOPLE
TX: 12.8

3.1
POOR MENTAL HEALTH DAYS IN PAST 30 DAYS
TX: 3.4

1 IN 10
HOMES HAVE A FAMILY MEMBER DIAGNOSED WITH PSYCHOSOCIAL OR MENTAL ILLNESS

1,110
RESIDENTS TO 1 MENTAL HEALTH PROVIDER
TX: 1,010

1 IN 6
HOMES SOUGHT HELP FOR MENTAL HEALTH IN THE PAST SIX MONTHS

22%
ADULTS DRINK EXCESSIVELY
TX: 19%

1 IN 5
HOMES USE TOBACCO PRODUCTS, VAPING PENS, AND E-CIGARETTES

TX: TEXAS VALUE
COUNTY VALUE IS:
 HIGHER THAN TEXAS
 LOWER THAN TEXAS

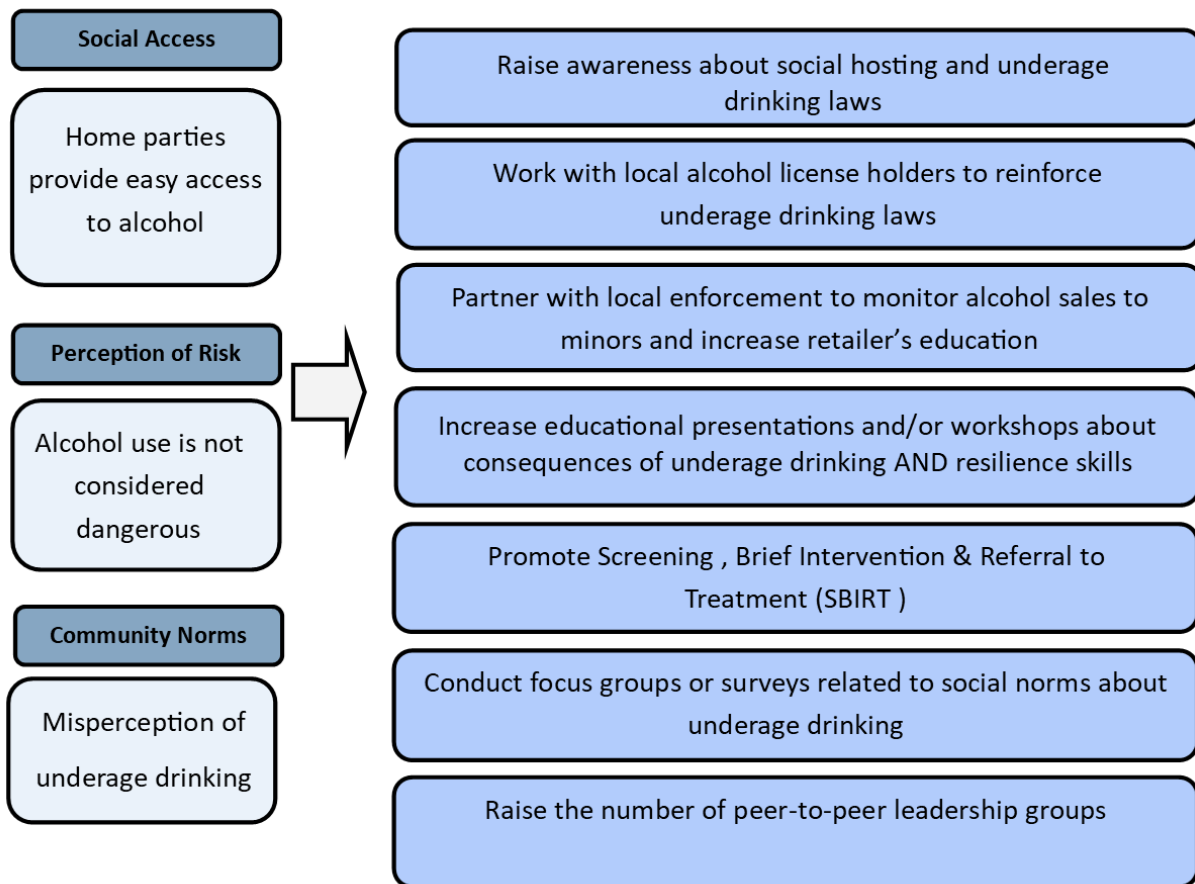


What is the Coalition doing?

Note: Due to COVID-19, most of the prevention strategies were suspended. The Coalition will discuss a new Logic Model and Prevention Strategies for FY22.

ALCOHOL

Prevention Strategies



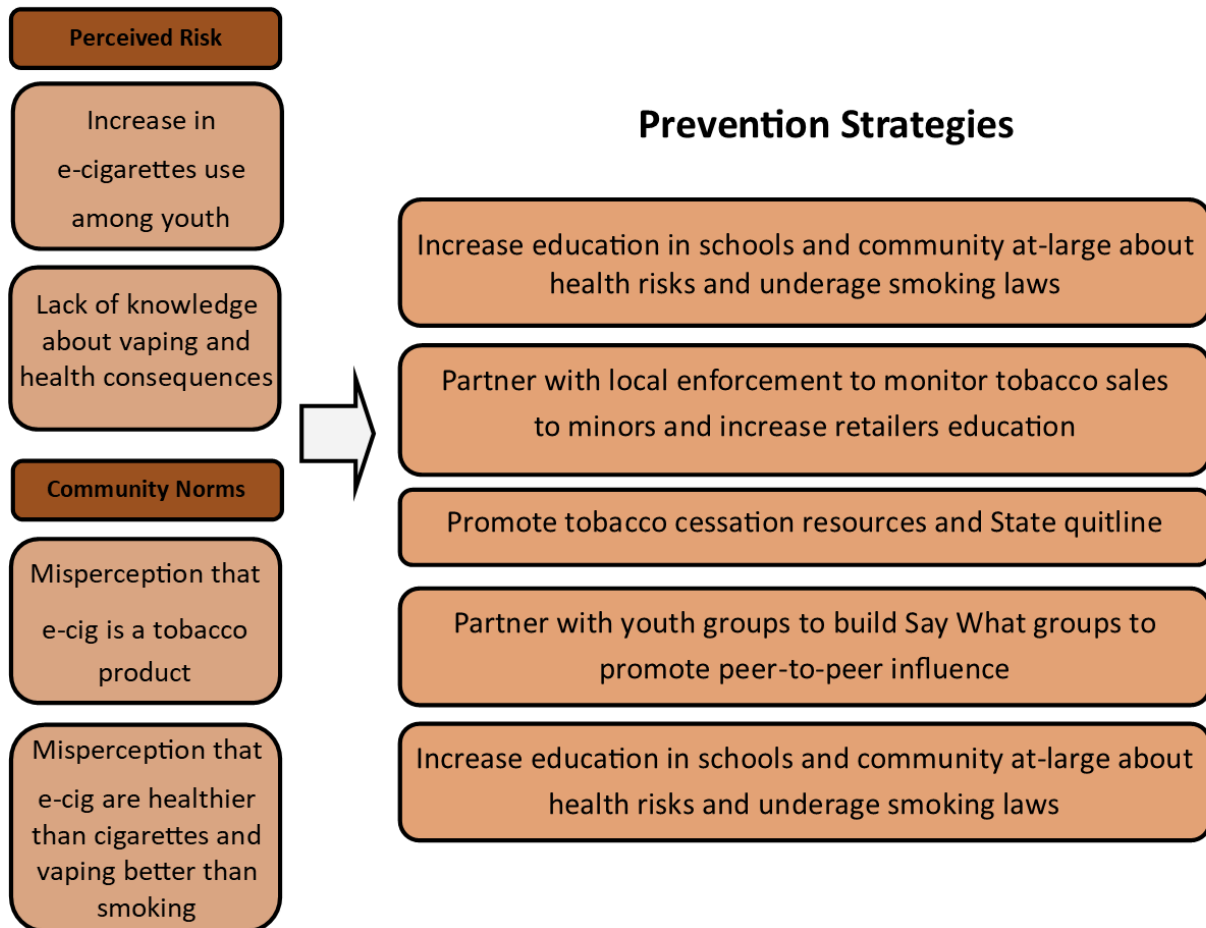
Long-term Goal:



- By 2024, achieve a 3% decrease in the percentage of 12th graders reporting that alcohol is obtained at parties, according to TSS Region 7 data.
- By 2024, increase the perception of risk in using alcohol by 3% among 12th graders as reported by the 2024 TSS.
- By 2024, secure at least one additional school board recommendation for regular district participation in the TSS.
- By 2024, achieve a 5% increase in parental disapproval of underage drinking, (as reported by the 2024 TSS).

TOBACCO

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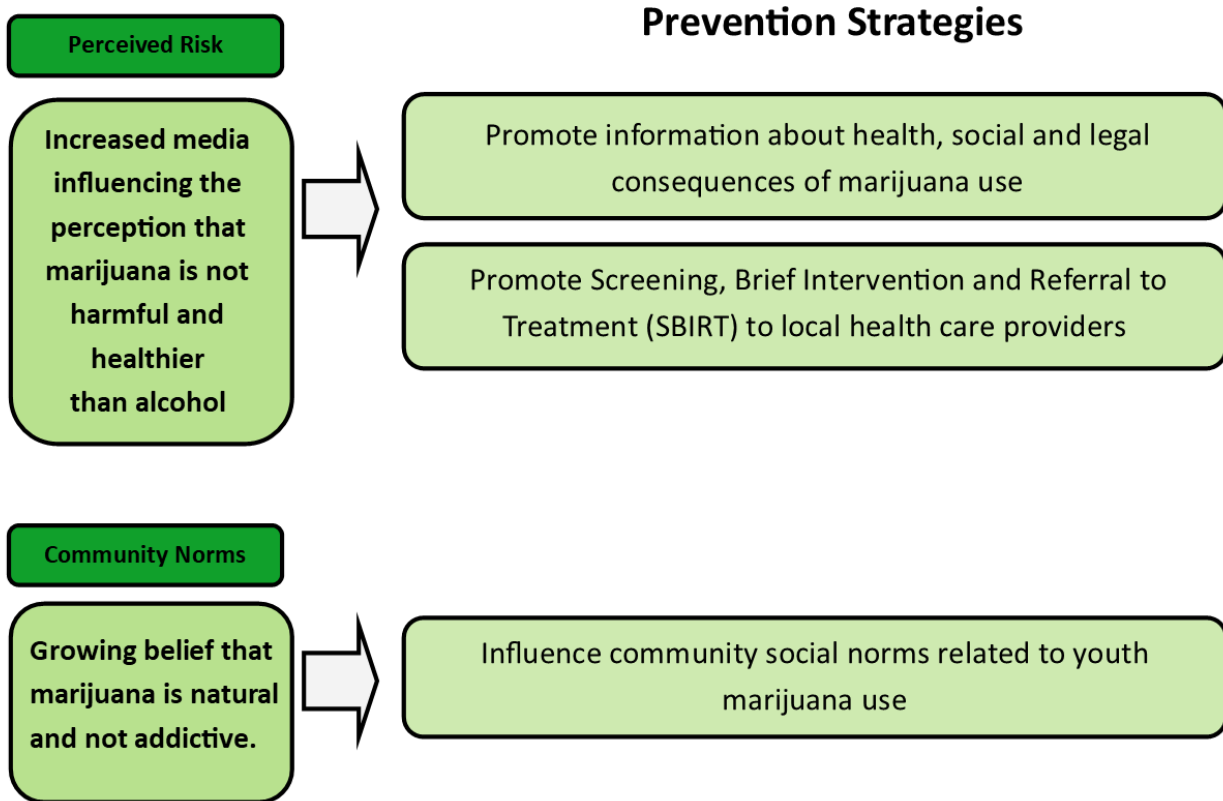


- Long-term Goal:**
- By 2024, decrease the use of ecigarette among HS students by 3% from 2018, according to TSS.
 - By 2024, pass one comprehensive smoking ordinance in Williamson County.



Note: Due to COVID-19, most of the prevention strategies were suspended. The Coalition will discuss a new Logic Model and Prevention Strategies for FY22.

MARIJUANA



Long-term Goal:

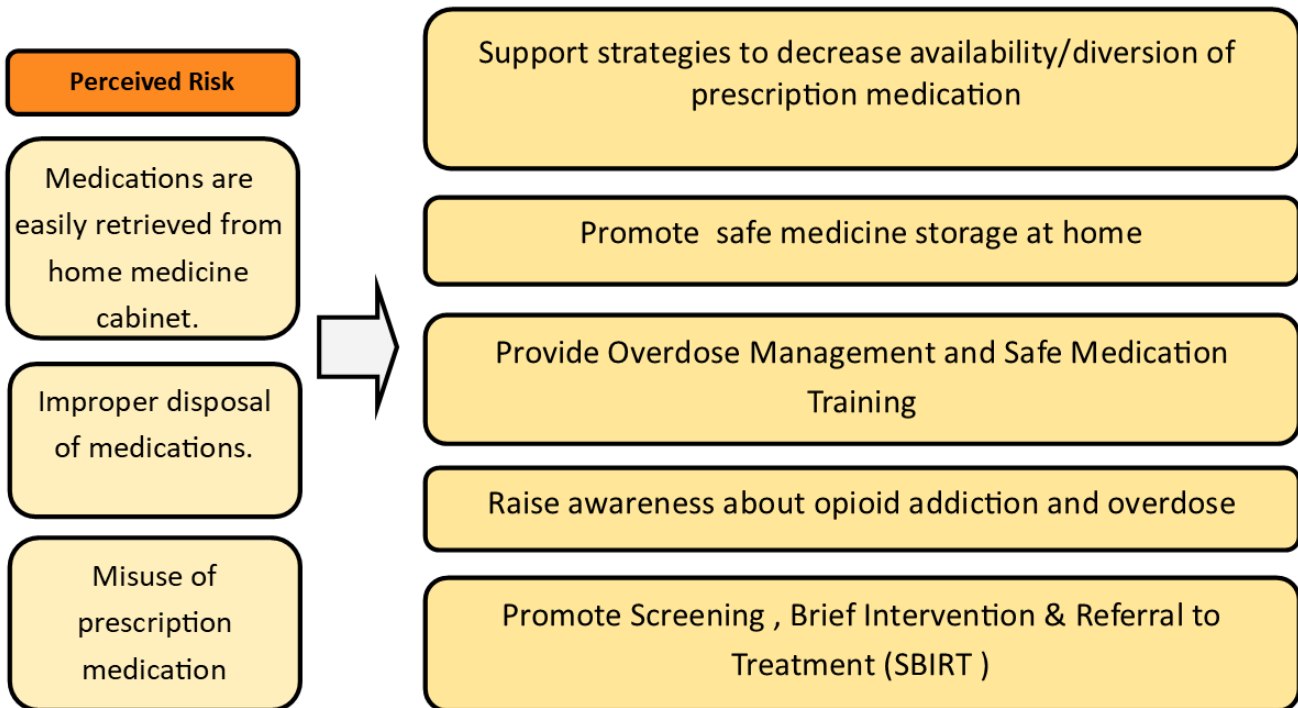
- By 2024, increase by 5% the perception of risk for using marijuana among 12th grade students, as compared to the 2018 TSS.
- By 2024, increase parent's disapproval of marijuana use by 5%, as compared to the 2018 TSS.



Note: Due to COVID-19, most of the prevention strategies were suspended. The Coalition will discuss a new Logic Model and Prevention Strategies for FY22.

PRESCRIPTION

Prevention Strategies



Long-term Goal: • By 2024, increase by 5% the perception of harm related to Rx misuse among 12th graders, as compared to 2018 TSS.





C O A L I T I O N

BE PART OF THE SOLUTION!

Your voice, talent and knowledge
are essential to build a safer,
healthier and drug-free
community!

Join LifeSteps Coalition!



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