A status check on progress made to the Strategic Prevention Plan designed to integrate the prevention efforts of the Montgomery County Office of Drug & Alcohol and the Office of Mental Health.
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Introduction

What is in this report and how does it relate to the Comprehensive Prevention Plan?
After completing the extensive MontCo Drug and Alcohol (D&A) Needs Assessment, in 2020, the MontCo Office of Drug and Alcohol and Office of Mental Health, joined together to create the Comprehensive Prevention Program Project (CP3) which included the development of the Strategic Prevention Plan for Montgomery County Youth and Families.

This multi-year plan defines the focus for 2020-2029 and was designed to integrate the primary prevention efforts of these two offices with multi-faceted, proven-effective approaches and strategies.

After an extensive analysis the 2019 Montgomery County PA Youth Survey (PAYS) conducted through the D&A Needs Assessment, the county adopted the following focus areas:
- Alcohol
- Marijuana
- Vaping
- Depressive Symptoms

The Strategic Prevention Plan is divided into the following four integrated prevention priorities:
- Strengthened Relationships Between County, School Districts, Community, and Providers
- Improved Prevention Service-Delivery Capacity
- Enhanced Data-Driven Decision Making
- On-Going Promotion of Wellness

The Status Update Report will showcase the positive outcomes seen from years 2019-22 and outline the continued focus for each prevention priority.

Also, the vision of this report is to provide the reader with information to better understand Montgomery County prevention efforts and to expose them to the steady gains achieved during the reporting period that will lead to large changes over time.
**Introduction**

**How did we achieve these results?**

The Office of Drug & Alcohol (ODA) and the Office of Mental Health (OMH) have extensive contractual networks of all types that include local agencies, service providers, coalitions and experts in the field to ensure the most effective and efficient approaches are being utilized at all times.

This report showcases the positive outcomes of the tireless work of these vital prevention partners conducted from 2019-22 which, as it is important to remind ourselves, was a historically difficult time to implement all types of human services.

As HHS navigated through COVID, it was the work of many skilled contractors, that allowed ODA and OMH to achieve the outstanding results outlined in the following pages.

**Is our work aligned with the federal Health and Human Services Office?**

**YES!** In August 2022, the Federal Department of Health and Human Services (HHS) held a multi-disciplinary convening focused on primary prevention. Discussion highlighted the opportunity for human services to strengthen and support people and families with a shift from responding to families once they are in crisis to preventing the crisis before it occurs. This shift would center on building a national framework for delivering family supports and prevention services that prioritizes equity, elevates lived expertise, and fully incorporates a human-centered, person-first approach.

The HHS Office of Human Services Policy released a meeting follow-up report in March 2023 entitled: [Advancing Primary Prevention in Human Services: Convening Findings](https://bit.ly/3om7xhN)

This valuable document focuses on six key points all of which directly align with the Montgomery County Prevention Plan:

1. Shifting from a crisis mode approach to more focus on building and enhancing strength and resilience

2. Incorporating primary prevention into human services delivery by reducing risk and promoting protection

3. Fostering equity and justice by addressing deeper systemic issues

4. Creating a national framework for delivering family supports

5. Ensuring that the framework is one that is human-centered, integrates services across program areas, builds a primary prevention workforce

6. Building political support by engaging communities in primary prevention, braiding resources, and supporting an integrated service delivery system
KEY TAKE AWAYS:
What are the top 4 takeaways from the HHS ODA/OMH Status Report?

- Even with service delivery complications due to COVID, there was continued growth and utilization of prevention services
- More than half of all Montgomery County students received some type of prevention services from 2020-22
- In 2022, approximately 16% of the county population was served by prevention-related services
- Program evaluation and satisfaction scores remain high

SCAN THE QR CODE OR
Click the link to access the complete Montgomery County Strategic Prevention Plan HERE!
https://bit.ly/30m7xhN
Priorties

PRIORITY 1:
Strengthened Relationships Between County, School Districts, Community, and Providers

Prevention research has shown that one of the key strategies to success relies on cross-sector collaboration that focuses on all aspects of relationship building: engagement, strengthening, and maintenance. In fact, one of the key foundations to Spectrum of Prevention is fostering coalitions and networks. Effective relationship building is a multi-faceted task that requires long-term attention and dedication.

Below are the key foundations embedded in the goals of this priority:

- Increased dedicated focused on school districts to improve strategic planning efforts and expand program/service delivery opportunities
- Improved outreach and information dissemination efforts
- Continued professional development
- Increased community capacity enhanced through grant opportunities to support sustainability and build capacity

Priority 1.1
Increased number of students who participate in classroom prevention programs
- 20-21 = 87,974 students
- 21-22 = 96,343 students
- % increase = 9.51%
- These numbers represent duplicated student counts meaning that some students received multiple services; however, we are confident in saying that more than half of all Montgomery County students received some type of prevention services from 2020-22

Priority 1.2
Increased number of students who participate in Student Assistance Program groups
- 20-21 = 27,115 students
- 21-22 = 39,140 students
- % increase = 44.35%

Priority 1.3
Increased number of students who were screened through Student Assistance Program services
- 20-21 = 518 students
- 21-22 = 643 students
- % increase = 24.18%

Priority 1.4
Positive ratings from annual satisfaction survey administered to School Districts
- The services included in the total include:
  - D&A Prevention Programming
  - D&A SAP Programs
  - MH SAP Programs
  - SAP Screenings
- Scores are created with an average of all results combined and represent a maximum of 5 total points; positive scores are consistent across rating types and years
  - 19-20 = 4.45
  - 20-21 = 4.40
  - 21-22 = 4.23
As previously noted, the outcomes highlighted in this report were gained during a very difficult service-delivery time. During COVID, often program delivery had to be achieved by changing approach and modality. Despite barriers due to the pandemic, more Montgomery County residents received one or more prevention services than in previous years.

Below are the key foundations embedded in the goals of this priority:
• Increased understanding of the prevention landscape
• Strengthened position to provide high-quality services
• Increased collaboration between funding entities
• Stronger and more skilled prevention workforce
• Increased ability to meet school district and community needs

**Priority 2.4**
**Increased number of trainings offered by the county**
- 20-21 = 11
- 21-22 = 15

**Priority 2.5**
**Increased number of participants attending county-sponsored trainings**
Increased number of school district employees trained:
- 20-21 = 0
- 21-22 = 19
Increased number of community members trained:
- 20-21 = 50
- 21-22 = 160

**Priority 2: Improved Prevention Service Delivery Capacity**

**Priority 2.1**
**Increased number of MontCo residents receiving prevention-related services**
- 20-21 = 115,912 residents
- 21-22 = 141,803 residents (approximately 16%)
- % increase = 22.34%
- 2022 total MontCo population = 867,889

**IMPORTANT NOTE FOR THIS SECTION:**
These counts do not include numbers served by environmental strategies such as those reached by traditional media campaigns (e.g. those driving past a billboard or viewing a TV commercial) or social media outreach.

**Continued Future Focus**

- **Priority 2.2** Continued progress toward county and school district SMART goals
- **Priority 2.3** Increased/sustained number of school districts that complete biennial Needs Assessment
- **Priority 2.6** Continued positive evaluation results from prevention-focused trainings
- **Priority 2.7** Increased number of school districts that continue program implementation with fidelity once funding ends
- **Priority 2.8** Increased number of visits to GIS Mapping website
PRIORITY 3: Enhanced Data-Driven Decision Making

Below are the key foundations embedded in the goals of this priority:

- Expanded use of PA Youth Survey (PAYS) data and supporting mental health data sources
- Effective county allocation of resources as determined by data analysis
- Improved program and activity selection by school districts
- Increased understanding of program outcomes and participant satisfaction

**Continued Future Focus**

Priority 3.3 Continued progress toward county and school district SMART goals
Priority 3.4 Continued positive student outcomes resulting from effective programming
Priority 3.5 Continued positive evaluation results from funded services and staff development opportunities
Priority 3.6 Continued progress toward county and school district SMART goals as seen in Needs Assessment process
Priority 3.8 Increased numbers of school contacts for crisis support services and treatment services
Priority 3.9 Improved provider outcomes as measured by annual monitoring using the county tool and DDAP process
**Priority 3:**
Enhanced Data-Driven Decision Making

Data-driven decision making is yet another keystone to ensuring the most effective use of resources. The Montgomery County Strategic Prevention Plan utilized a thorough examination of the PA Youth Survey to determine long-term goals focused on behaviors, attitudes, and perceptions and their related risk factors as reported by students throughout the county. Additionally, there were decisions made using a variety of supporting data especially when creating mental health goals.

<table>
<thead>
<tr>
<th>Priority</th>
<th>Details</th>
<th>Outcome</th>
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</table>
| Priority 3.1 | Number of school districts participating in biennial PAYS administration | • 2019 = 23  
• 2021 = 23 |
| Priority 3.2 | Increased number of Montgomery County students participating in PAYS* | • 2019 Administration = 25,644 valid surveys  
• 2021 Administration = 23,736 valid surveys  
• % of total eligible Montco students:  
  ◦ 2019 = 37,001 eligible students in grades 6, 8, 10, and 12 = 69.30%  
  ◦ 2021 = 37,194 eligible students in grades 6, 8, 10, and 12 = 63.81% |

*While the total county numbers decreased slightly from the 2019 to 2021 administrations, the 2021 was administration was considered a county-wide success because the numbers were mostly affected by three major issues: COVID-related issues, one school district implemented an active parental consent policy which dramatically reduced participation numbers and Upper Dublin School District was unable to participate due to long-standing tornado damage at their schools.

**Priority 3.7**
Positive Trends in Behavioral Health (BH)  
SAP Screenings of children of all ages and the use of BH Works Tool

<table>
<thead>
<tr>
<th>Service Year</th>
<th>SAP Screenings of Children of all Ages</th>
<th>Use of BH Works Tool</th>
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<tbody>
<tr>
<td>2019-20</td>
<td>515</td>
<td>71%</td>
</tr>
<tr>
<td>2020-21</td>
<td>518</td>
<td>93%</td>
</tr>
<tr>
<td>2021-22</td>
<td>643</td>
<td>98%</td>
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Prevention Plan Status Report 2023
The promotion of wellness can be defined as the enhancement of physical, mental, and social well-being to aid in the prevention of disease and disability.

Below are the key foundations embedded in the goals of this priority:

- Increased number of:
  - Schools implementing universal prevention programs
  - Educational resources distributed throughout the county
  - Environmental approaches such as media campaigns seen by county residents
  - School districts providing Social Emotional Learning (SEL) activities
  - Participants receiving Social Development Strategy training

**Priority 4.1**
Increased number of schools that are doing universal prevention in all grades with a special focus on grades PK-5
- 2019-20 = 11 schools
- 2020-21 = 37 schools
- 2021-22 = 43 schools
- There was a 291% increase in the number of schools providing SEL activities from 2019 to 2022!

**Priority 4.2**
Increased number of resources delivered
- % Increase = 4.5%

**Priority 4.4**
Increased number of students participating in Social Emotional Learning activities
- 19-20 = 4,008
- 20-21 = 10,677
- 21-22 = 17,471
- % Increase = More than 330% from 2019-22!

**Continued Future Focus**
**Priority 4.3:** Increased number of media campaigns
**Priority 4.5:** Increased number of participants in Social Development Strategy trainings
Resources & Contact Information

Supporting Resources

Strategic Prevention Planning for Montgomery County Youth and Families Report
https://www.education.pa.gov/DataAndReporting/Enrollment/Pages/PublicSchEnrReports.aspx

2021 Montgomery County PA Youth Survey (PAYS) Profile Report
https://www.montgomerycountypa.gov/DocumentCenter/View/21948/Montgomery-County-Profile-Report

HHS Advancing Primary Prevention in Human Services: Convening Findings

US Census Quick Facts Table
https://www.census.gov/quickfacts/fact/table/montgomerycountypennsylvania,US/PST045221

Thank you!

Only through the continued dedication of many skilled service providers, contractors, and other key stakeholders can we realize our vision of prevention! THANK YOU for your tireless efforts, commitment to the vision, and overall support!

SAP@MontgomeryCountyPa.gov

Prevention Plan Status Report 2023