



Community Action Plan Summary Steps to Success

Last Revised: September 22, 2014

Section 1: Introduction and Steps to Success Overview

Steps to Success is a unique partnership between Far Northeast Denver’s Montbello community, and researchers from the University of Colorado (CU) Boulder and the CU School of Medicine/Children’s Hospital **to promote positive youth development and reduce youth violence through a coordinated community-wide effort.**

Community’s Vision: *A self-empowered community that we are proud of*

Steps to Success Purpose: *To promote positive youth development and reduce youth violence in Montbello through a coordinated community effort*

The project is funded by a five-year (2011-2016) \$5.4 million cooperative agreement from the Centers for Disease Control and Prevention’s (CDC) National Centers of Excellence in Youth Violence Prevention.

Building a Prevention Infrastructure: Steps to Success uses the **Communities That Care (CTC) model** as a framework for members of the community to work together to prevent youth violence and other problem behaviors, including substance use, delinquency, teen pregnancy, and dropping out of school. **Through the Steps to Success partnership, we are systematically building a sustainable infrastructure for the prevention of problem behaviors and the promotion of positive youth development cradle to career in Far Northeast Denver.**

Steps to Success Impact: (1) By properly implementing proven evidence-based programs that address Montbello’s prioritized risk and protective factors, and (2) by working closely with community partners and families to provide positive opportunities, skills and recognition for Montbello’s children and young people, the priority risk factors will be reduced and protective factors increased resulting in reductions in youth involvement in violence or other problem behaviors over time in Montbello.

Outcome Goal: Reduce levels of youth violence and other problem behaviors among youth ages 10-17 by at least 10% by 2016.



As a result of this project, we expect that Montbello will achieve a substantive reduction in the overall levels of violence for youth ages 10-17. By substantive reduction, we expect to match or better the 10% reductions in the rates of violent behavior called for in the objectives of the national Healthy People 2020 Framework for the Violence Prevention Leading Health Indicators (U.S. Department of Health and Human Services, 2013).

Because many of **the same risk and protective factors that predict violence also predict other problem behaviors (e.g., school dropout, substance use, mental health problems, and teen pregnancy), it is likely that these behaviors will be reduced** by this amount as well.

A follow-up community and school assessment will take place in Fall 2015.

Section 2: Summary of Elevated Problem Behaviors and Risk and Protective Factors in Montbello

Delinquency and Perceptions of Safety: Elementary, Middle and High Schools in Montbello

BEHAVIOR	Schools in Montbello	SCSS CO / National
	Average % Yes	Average % Yes
Delinquency, Violence & Victimization		
Involvement in fighting anywhere -Last 12 months – Elementary School	32%	n/a
Delinquency -Last 12 months – Middle School	39%	29% CO
In a physical fight on school property-Last 12 months – Middle School	29%	21% CO
During the past 12 months, I was in a physical fight on school property – High School	23%	12% National
During the past 30 days, I stayed home from school because I felt I would be unsafe at school or on my way to and from school – Middle School	26%	12% CO
During the past 30 days, I stayed home from school because I felt I would be unsafe at school or on my way to and from school – High School	18%	4% CO 6% National

Student Mental Health: Elementary, Middle and High Schools in Montbello

Elementary Schools

Student Self-Reported Mental Health	ES Montbello	National
	% of youth with a borderline or abnormal score	% of youth 8-10 with a borderline or abnormal score
Strengths and Difficulties Questionnaire	Of the students answering questions in SDQ (n=425)	
Total Difficulties	33%	10%
Emotional Symptoms	22%	4%
Conduct Problems	30%	11%
Hyperactivity/Inattention	22%	16%
Peer Problems	36%	11%

Notes:

- 5% or greater differences between Montbello and the comparison are highlighted in red
- Closest national comparison for elementary school self-reported mental health was ages 8-10

Middle Schools

Student Self-Reported Mental Health	MS Montbello	National
	% of youth with a borderline or abnormal score	% of youth 11-14 with a borderline or abnormal score
Strengths and Difficulties Questionnaire	Of the students answering questions in SDQ (1/3) students not included	
Total Difficulties	37%	11%
Emotional Symptoms	25%	6%
Conduct Problems	36%	11%
Hyperactivity/Inattention	24%	14%
Peer Problems	32%	11%
Student Self-Reported Mental Health Behavior	MS Montbello	SCSS CO
	Average % Yes	Average % Yes
Suicide Risk	23%	19%
Self-Harm	23%	20%
Eating Disorder Risk	21%	15%

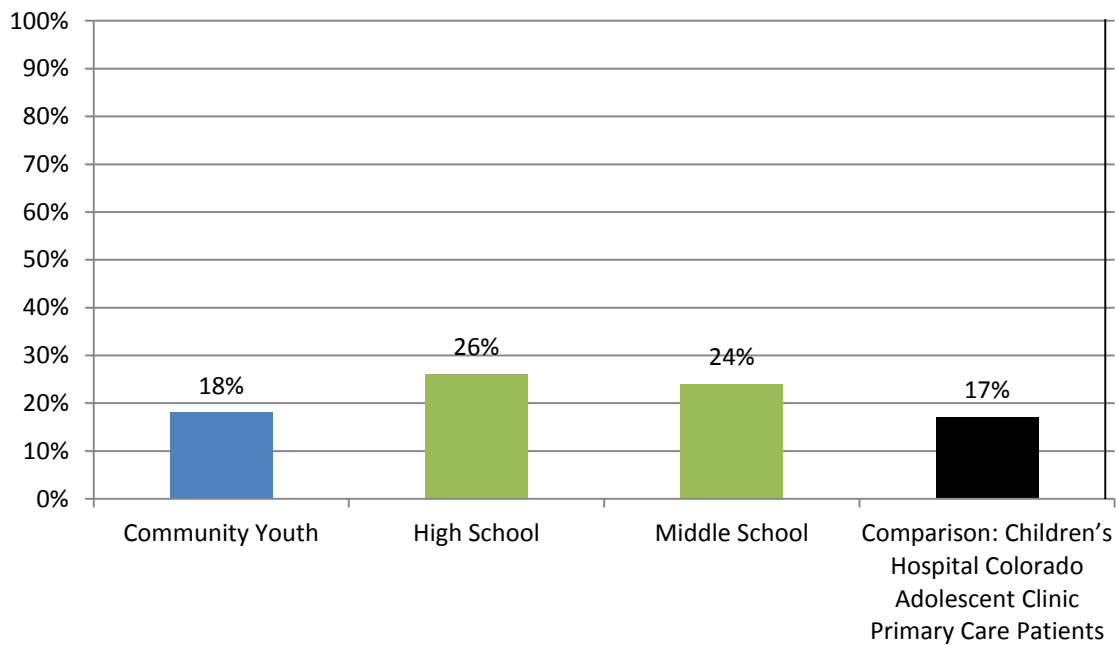
High Schools

Student Self-Reported Mental Health	HS Montbello	National
	% of youth with a borderline or abnormal score	% of youth 15-17 with a borderline or abnormal score
Strengths and Difficulties Questionnaire	Of the students answering questions in SDQ (1/3) students not included	
Total Difficulties	33%	7%
Emotional Symptoms	21%	5%
Conduct Problems	29%	9%
Hyperactivity/Inattention	21%	12%
Peer Problems	38%	10%
Student Self-Reported Mental Health Behavior	HS Montbello	SCSS CO
	Average % Yes	Average % Yes
Suicide Risk	15%	18%
Self-Harm	20%	24%
Eating Disorder Risk	19%	17%

Violence Risk Screening: We measured the percent of youth in Montbello middle and high schools and in the community that are at risk for violence.¹ This information provides an estimate on the number of at-risk youth that may benefit from evidence-based violence prevention programs.

- **18%** of Montbello youth surveyed in the **community**, **26%** of **high school youth** and **24%** of **middle school youth** had scores that indicated they were **at risk for serious violence perpetration one year later**.
- These results are **compared to 17% of youth screened at Children’s Hospital Colorado Adolescent Clinic** during a visit with their primary care pediatrician

Violence Risk Screening in Montbello



BYSTANDER REPORTING	ES in Montbello	MS in Montbello	HS in Montbello
	Avg. % Yes	Avg. % Yes	Avg. % Yes
There is a way to report unsafe or dangerous behavior.	82%	82%	77%
There is an anonymous (without anyone knowing it was me) way to report unsafe or dangerous behavior.	NA	62%	63%
If another student was involved in unsafe behavior, I would report it anonymously (without anyone knowing it was me).	88%*	65%	65%

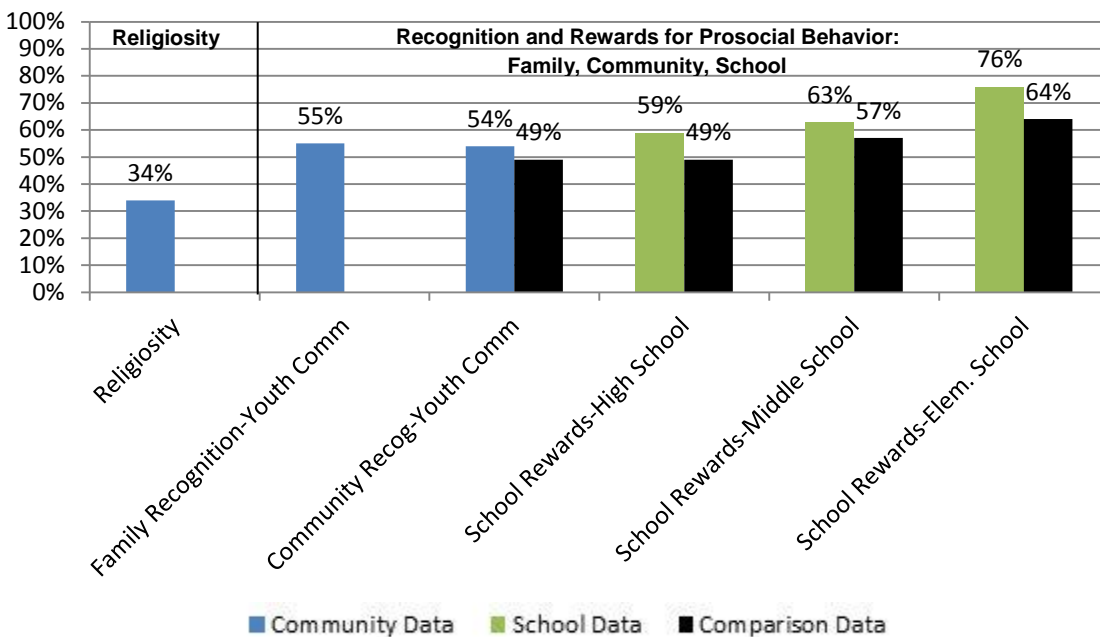
*For elementary students the question does not include anonymously.

Prioritized Protective Factors: Religiosity and Recognition/Rewards for Prosocial Behavior

Religiosity: The community survey measured young people’s participation in religious services, whether they viewed themselves as a religious person, and how much satisfaction they get from participating in religious activities. Research shows lower attendance at religious services is a significant predictor of later violence among aggressive children.

Recognition: Young people are motivated to follow healthy beliefs and clear standards if they are bonded to those promoting those standards. Bonding occurs when young people are: (1) provided meaningful opportunities; (2) taught the skills needed to succeed in these opportunities; and (3) recognized for their success. The Montbello data shows that recognition for prosocial involvement could be improved in the family, school and community.

Protective Factors: Religiosity and Recognition/Rewards for Prosocial Behavior by Community, Family, and School



OPPORTUNITIES, RECOGNITION AND REWARDS	Percent
Parents encourage prosocial behavior at School (Community Survey Youth)	98%
Family Recognition for prosocial behavior (Community Survey Youth)	55%
School Opportunities for prosocial involvement - HS	73%
School Recognition for prosocial involvement - HS	59%
School Opportunities for prosocial involvement - MS	75%
School Recognition for prosocial involvement - MS	63%
School Opportunities for prosocial involvement - ES	84%
School Recognition for prosocial involvement - ES	76%

Section 3: Top Risk and Protective Factors and Program Implementation Plan

The Steps to Success Risk and Protective Factor Committee analyzed data from nearly 3,000 studentsⁱⁱ and parents in Montbello completing school and household surveys and identified the following 3 risk factors and 2 protective factors as priorities for community planning:

Top 3 Risk Factors:

1. Early and persistent problem behavior
2. Family conflict/family management problems
3. Friends engaging in problem behavior/weak social ties

Top Protective Factors:

1. Religiosity
2. Family, community and school recognition of prosocial behavior

Programs: The following were selected by the Community Board to address Montbello’s top prioritized risk and protective factors and outcome goal.

A. Evidence-Based Programs

Program	Location	Risk Factor(s) Addressed
1. Promoting Alternative Thinking Strategies (PATHS): A universal, elementary school-based program designed to improve student behavior, reduce classroom disruptions, and increase academic engagement and achievement	School-Based (elementary)	1
2. Strengthening Families 10-14: A 7-session parenting and youth skills program designed to improve parenting and family management skills, with the long-term goal of reducing aggressive and hostile youth behavior, substance use and other problem behaviors.	Community but could take place at school in evening	1 and 2
3. Positive Family Support: Positive Family Support is a 3-tiered (universal, selected and indicated) multi-stage program that is administered in the middle school setting with goal of forming effective partnerships with parents to support positive student behavior and academic success.	School-Based (middle)	1, 2, and 3

B. Environmental Strategies for Resource and Partnership Leveraging

1. **Violence Injury, Protection and Risk (VIPRS)** – Violence risk screening tool to be used in health clinic settings in Montbello to identify youth at risk for violence perpetration and who may benefit from evidence-based violence prevention programs.
2. **Safe2Tell** – Safe2Tell is an anonymous reporting system that ensures that every student, parent, teacher and community member has access to a safe and anonymous way to report any concerns about their safety or the safety of others.
3. **Positive Recognition Campaign** – A community wide campaign that encourages parents, community members and schools to recognize youth for positive behavior.

Evidence-Based Programs Recommended for Resource Leveraging (no additional funding from YVPC but valuable to community)

1. **Nurse Family Partnership:** Nurse home visitation program working with low-income, first time pregnant women providing education and social supports.
2. **Incredible Years:** A pre-school social-emotional program that also includes a parenting and classroom management component.
3. **Big Brothers Big Sisters:** A mentoring program that works with at-risk youth ages 7-18 to reduce problem behaviors and improve pro-social relationships with family and peers.
4. **Functional Family Therapy (FFT)** and/or **Multi-Systemic Therapy (MST):** These programs are highly effective therapeutic programs that work with youth with behavioral offenses and chronic or severe antisocial behavior, including youth with histories of violence or felonious behavior and youth with histories of incarceration.

Selection Rationale: These programs together begin to create a comprehensive cradle to career approach to support Montbello youth that:

- Address the top 3 risk factors identified in the Risk Assessment Report and delinquency, violence and drug use outcomes.
- Cover universal level programming from age 3 to 18 years – continuum of social emotional programming through the life course.
- Cover selective and indicated programs for ages (0-18).
- Include programs in both school and community based settings.
- Include both youth and families.
- Meet criteria for cultural competency. The programs have been applied with a wide range of population demographics.
- Offer opportunities for local ownership and capacity building.

Summary of Theory of Change and Impact: If the above program package is implemented with fidelity, which consists of evidence-based programs funded by Steps to Success, leveraged evidence-based programs already available in the community, and the environmental strategy Safe2Tell, the Montbello community will have in place a comprehensive array of strategies for children from birth to high school to (1) reduce violence and other problem behaviors and (2) further the vision of Steps to Success to support a self-empowered community that we are proud of.

ⁱ Based on a 14-item violence screening questionnaire that was embedded in the community-youth and middle and high school surveys (Sigel et al., 2011)

ii To create the community profile that identifies prioritized risk and protective factors, community survey, school survey, and other archival data on the risk and protective factors related to violence and other problem behaviors was collected and analyzed. Survey instruments were developed, software and computers purchased, and interviewers were hired and trained. Steps to Success began its field effort to collect information on violence and risk and protective factors in the Montbello neighborhood of Denver in June 2012. This included a full census of households in a subsection of Montbello. Households were screened for eligibility (eligibility depends on at least one youth ages 10-17 residing in the home). The data collection effort aimed to interview all eligible youth and one parent from each of those households. The first interviews were conducted on June 19th. Preliminary reports were presented to the Montbello Community Board based on data from 434 youth and 249 parents in January and February, 2013. The field effort continued through May 31, 2013, when 99.9% of the households had been contacted (often requiring multiple trips to the home). The final report is based upon the responses of the 695 youth and 415 parents who lived in the eligible households.

As a part of the CSPV's Safe Communities Safe Schools Initiative, elementary school, middle school, and high school student data were collected in Montbello by having the students' complete anonymous computer-based surveys during the spring or fall 2012.

- A total of 904 students (grades 4 through 6) from 5 Montbello elementary schools (or had elementary school grades such as K-8) completed the survey. Each school obtained a response rate of 84% or higher.
- A total of 738 students (grades 6 through 8) from 4 Montbello middle schools (or had middle school grades such as a K-8 or Middle/High) completed the survey. Each school obtained a response rate of 78% or higher (ranging from 78% to 95%).
- A total of 502 students (grades 9 through 12) from 4 Montbello high schools (or had high school grades such as Middle/High) completed the survey. Each school obtained a response rate of 58% or higher (ranging from 58% to 86%).