

EXECUTIVE SUMMARY

Overview of Plan

Mission

The North Kitsap Substance Abuse Prevention Coalition (NKSAPC) is a grassroots volunteer organization formed in November of 2013 for the purpose of mobilizing the North Kitsap community to prevent and reduce youth substance abuse in the North Kitsap School District Catchment area. Our members live or work in the North Kitsap community. It is the mission of NKSAPC to create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe and healthy environment for all.

Service Area

The North Kitsap School District is located in Kitsap County and lies east of the Olympic Mountains directly across Puget Sound from Seattle. Kitsap County is located in the Puget Sound region of Western Washington, surrounded on the east by the Sound and on the west by Hood Canal. The North Kitsap community encompasses the geographic area referred to as the North Kitsap Peninsula. Access to this community by land is possible via one floating bridge from the west, one highway from the south or one ferry run to the mainland Seattle/Edmonds area. This community was founded on the lumber industry and farming. As these industries shrank, Puget Sound Naval Shipyard and later the Bangor Nuclear Sub Base sprang up. Naval Base Kitsap, which combined Bangor Naval Base, Puget Sound Naval Shipyard Bremerton, and Naval Undersea Warfare Center Keyport, is the county's largest employer. More than 50% of employment in Kitsap can be tied to defense dollars - active duty, civil servants, contractors and sub-contractors. Many residents of North Kitsap commute long hours to work and others rarely leave the North Kitsap peninsula. Much of North Kitsap is unincorporated, however, it does include the City of Poulsbo, the Port Gamble S'Klallam Tribal Reservation and the Suquamish Tribal Reservation. The community itself is fragmented with jurisdictional challenges to law enforcement, governance, and service delivery.

Selected Priorities

NKSAPC conducted a community needs and resource assessment from December 2013 to March 2014 to determine the needs of youth in the community. Assessment led NKSAPC to prioritize improving school performance and mental health, specifically depression and suicidality, and decreasing youth delinquency, underage drinking, and other drug use. The coalition identified seven Risk Factors have a huge effect on long-term outcomes for youth. Specifically these include:

- Early initiation of drug use
- Intentions to use drugs
- Favorable attitudes towards drug use
- Friends who use drugs
- Low parental supervision
- Family management problems
- Parental attitudes tolerant of drug use.

Strategies and Activities

After the coalition identified priorities, we looked at features unique to North Kitsap and developed strategies and activities that would be effective in this community. In summary, these consisted of the following:

- Community mobilization to increase prevention skills and strategies using a community coalition model
- Youth leadership development and youth led prevention activities
- Increasing public awareness of substance use effects on the body and strategies to support youth
- Utilize environmental prevention strategies
- School based prevention & intervention services