

# The WilliamSPORT Family Empowerment Initiative

Integrated Parent Education and Youth Mentoring  
for Substance Use Prevention.



A STRATEGIC INTEGRATION OF GUIDING GOOD CHOICES & CRS-LED YOUTH ENGAGEMENT



# An Integrated Strategy for Systemic Change

## The Winning Amalgamation

This two-generation approach addresses substance use risk at both the family systems level and the individual youth level. Combined interventions produce stronger, longer-lasting effects than either approach in isolation.

**60%**  
**Guiding Good  
Choices (GGC)**

Evidence-Based  
Parent Anchor

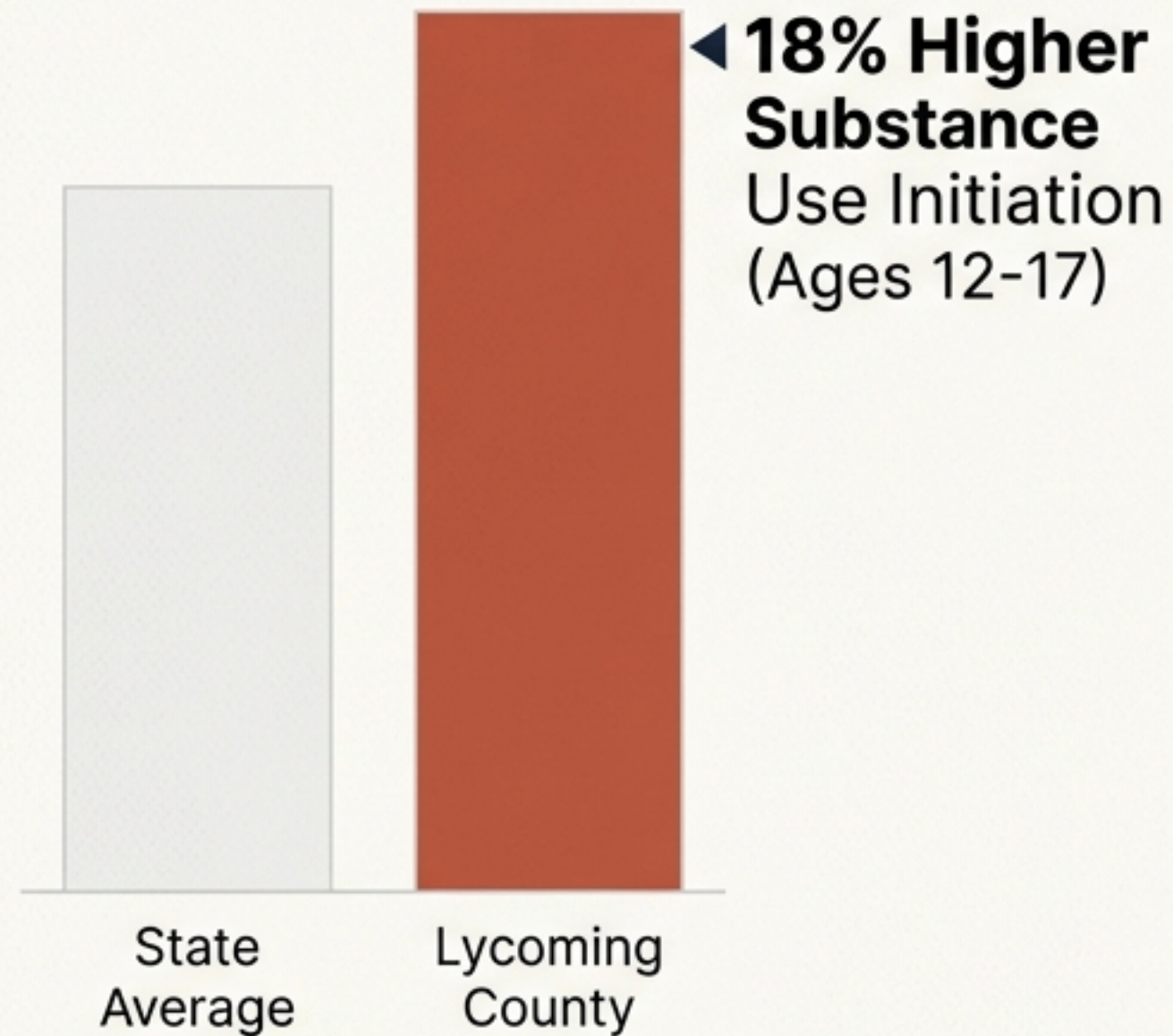
**40% Youth  
Engagement**

CRS-Led Innovation

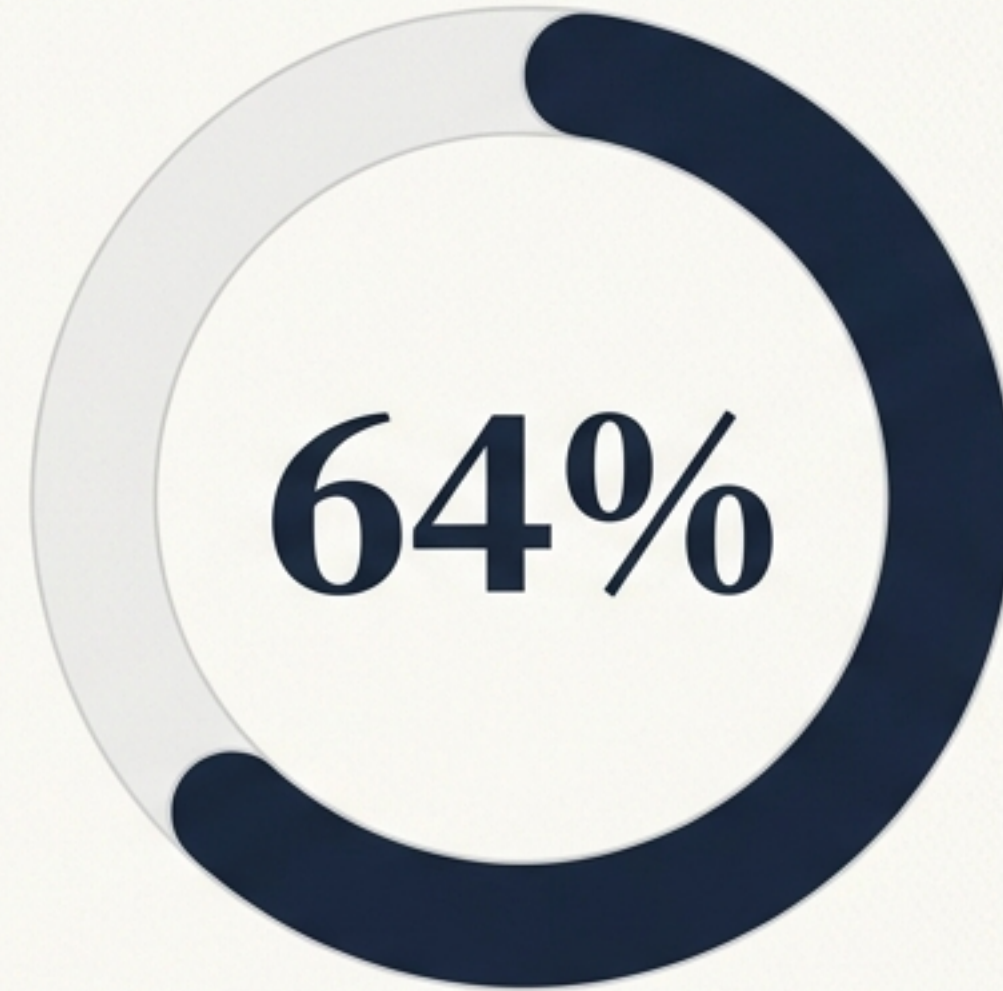
**100%**  
**Family  
Resilience**



# The Disconnect in Current Prevention Efforts



(Source: Local Health Data, 2023)



of parents report they "don't know what to say" regarding substance use.

**The Strategic Gap:** Existing prevention targets either the parent or the child. We target the **Family Unit**.



# The Logic Model: Addressing the Family System

## Parent Track



**The Secret Sauce:** Addressing the same families from two angles simultaneously creates a continuous accountability loop.

## Youth Track





# Verified Evidence Base & Category 1 Compliance



## Primary Anchor (Category 1 Compliance)

Guiding Good Choices (GGC). Rated "Promising" by CrimeSolutions.gov. Satisfies core funding requirements.

### ☐ The Multiplier Effect

← **33% Greater Reduction in Substance Use**

Source: Iowa Strengthening Families Program Research

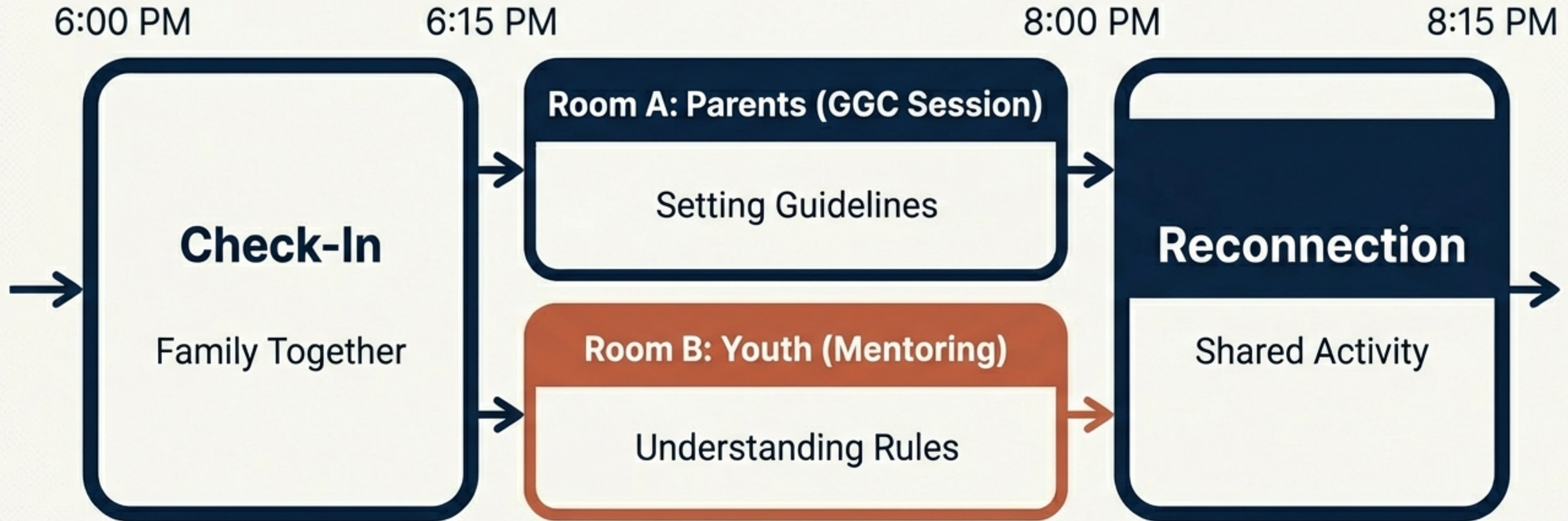
### ☐ Youth Component Status

Evidence-Informed. Built on frameworks from U.S. Dept. of Education Mentoring Toolkit & Boys and Girls Clubs of America.





# Program Mechanics & Session Flow

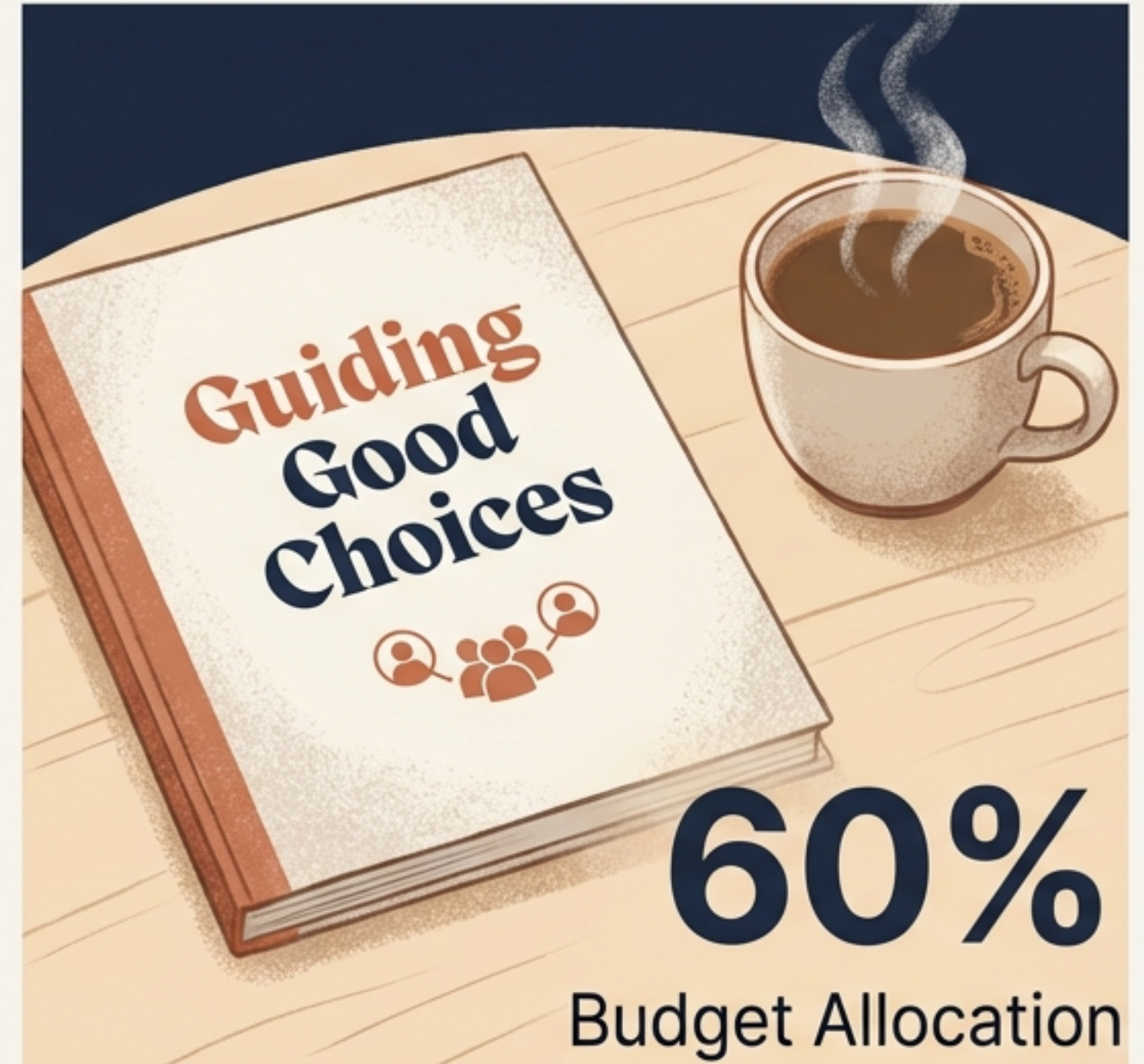


**Example Week 3 Content:** Parents set rules, Youth learn why rules exist.



# Component 1: The Parent Track (Guiding Good Choices)

- **Scope:** 5-week curriculum, 2 hours/week
- **Target:** 96 parents (8 cohorts)
- **Facilitators:** Certified Recovery Specialist (Lead) + Parent Peer Co-facilitator
- **Key Topics:** Family bonding, limit-setting, conflict management
- **Incentives:** Meals and childcare provided to ensure retention.





# Component 2: Youth Engagement & Mentoring



# 40%

Budget Allocation

**Structure:** Concurrent 5-week group sessions + 6 months extended mentoring

**Target:** 64-96 youth





**Facilitation:** Youth Program Coordinator & CRS Youth Mentors

**Core Pillars:**

- Substance use risks & refusal skills
- Overdose recognition & Narcan training (Critical)
- Building healthy peer relationships
- Connection to recovery community



# Why Integration Outperforms Isolation

GGC Only	Mentoring Only	Integrated Model
<ul style="list-style-type: none"><li>Relies solely on parents</li></ul> 	<ul style="list-style-type: none"><li>Misses the family system</li></ul> 	<ul style="list-style-type: none"><li>Serves entire family system</li><li>Creates accountability loop </li><li>Meets 'Category 1' Evidence requirements </li><li>Parents and Youth reinforce the same message</li></ul>
<ul style="list-style-type: none"><li>No direct youth overdose education</li></ul>	<ul style="list-style-type: none"><li>Harder to meet evidence-based funding criteria</li></ul>	



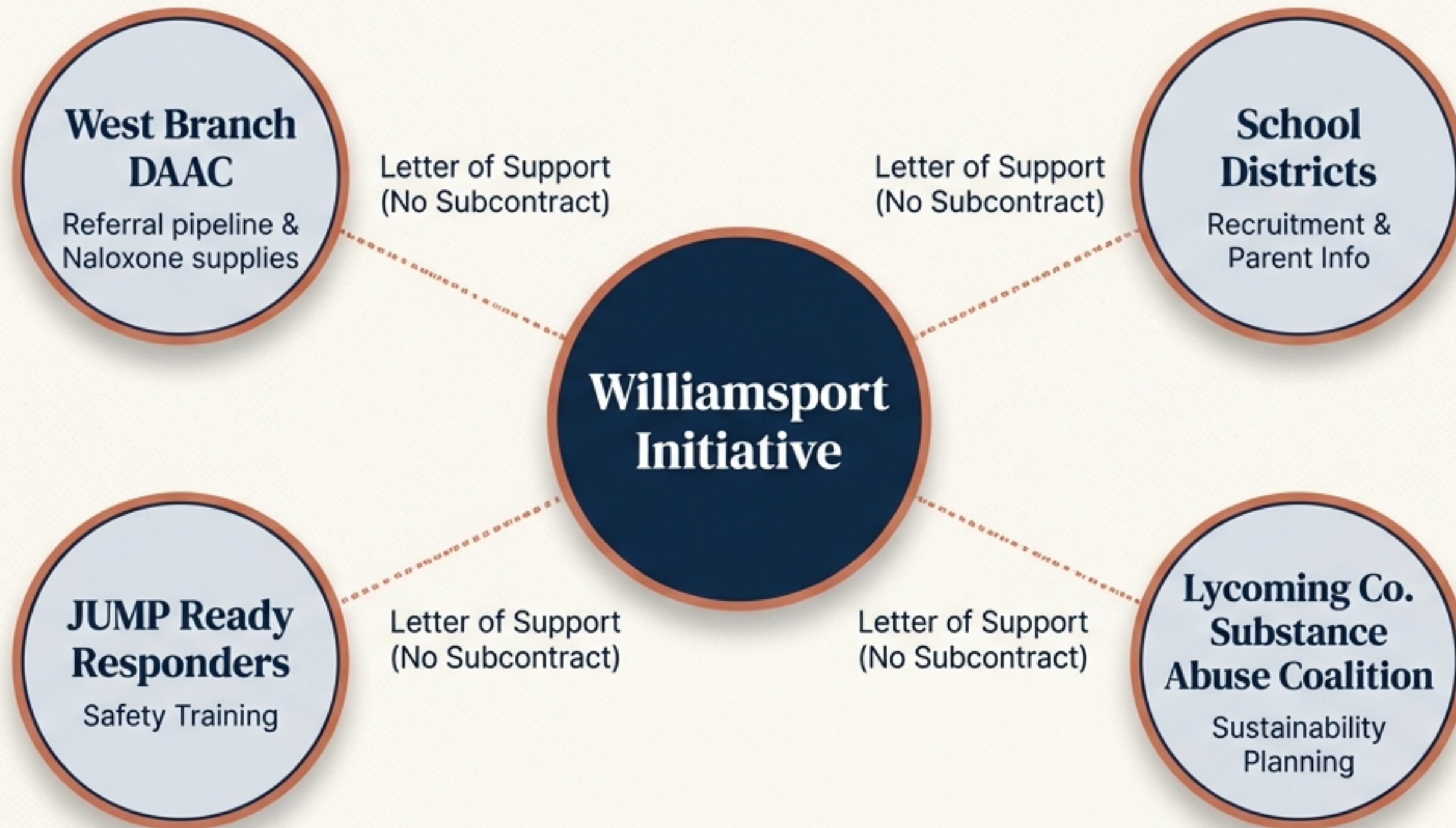
# Staffing Structure & Roles



**Total Personnel Cost:** \$94,400 (47% of Budget). Leveraging existing recovery workforce.

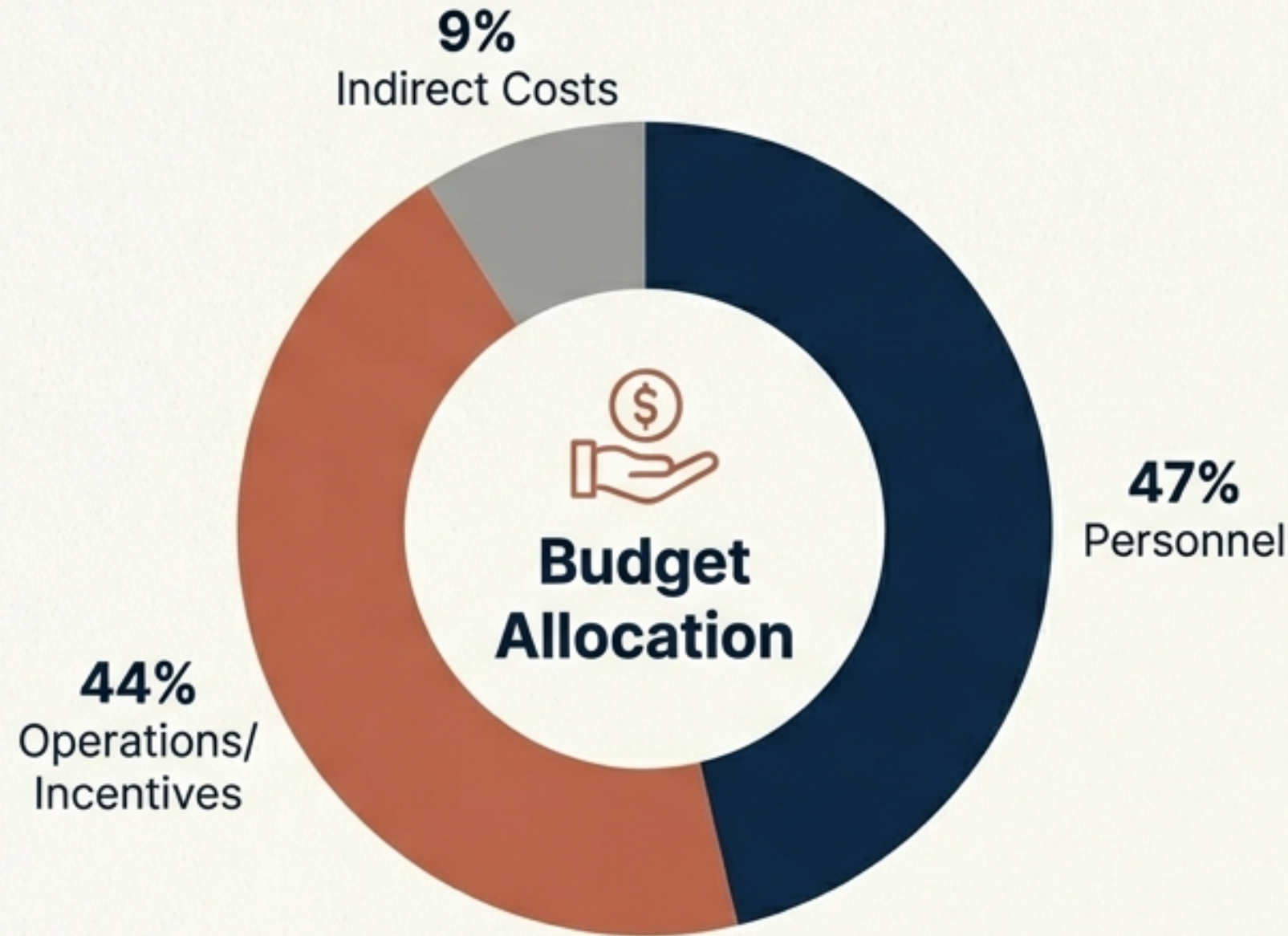


# Strategic Partnerships & Community Ecosystem





# High-Value Investment Strategy



**Total Request: \$142,800**  
(71% of Maximum Award)

**Personnel: \$94,400**  
**Indirect Costs: \$18,600**

**Strategic Flexibility: \$57,000**  
remains unallocated for expansion  
or enhanced evaluation.



# Performance Measures & Targets

## Process Measures (The Reach)

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**96** Parents  
Enrolled



**80** Youth  
Enrolled

**70-75%** Completion Target

## Outcome Measures (The Impact)

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**↑ +30%**

Family  
Management  
Practices

**↑ +35%**

Youth Refusal  
Skills

**↓ -25%**

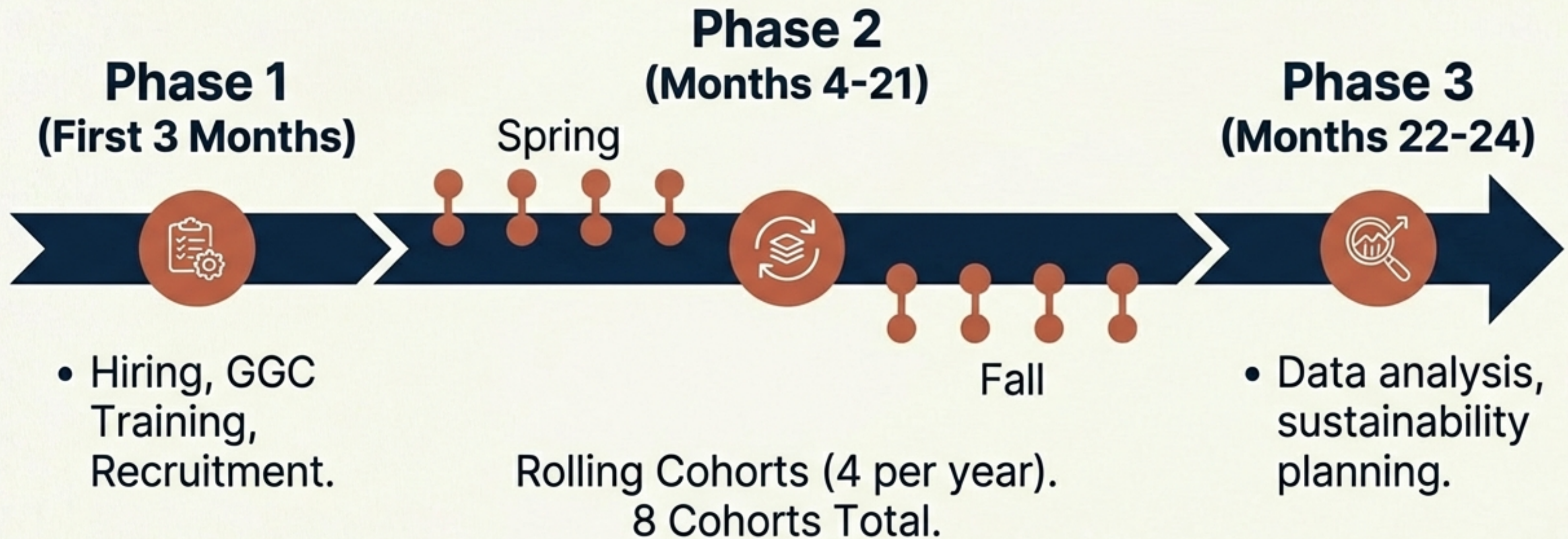
Substance Use  
Initiation

**✓ 90%**

Connection to  
Recovery  
Supports



# 24-Month Implementation Timeline





# Strengthening Families, Saving Lives



***“Evidence-based parenting curriculum meets CRS-led youth engagement in a two-generation model.”***

Requesting Approval for the Williamsport  
Family Empowerment Initiative