

The Williamsport Family Empowerment Initiative

Integrated Parent Education and Youth Mentoring
for Substance Use Prevention.

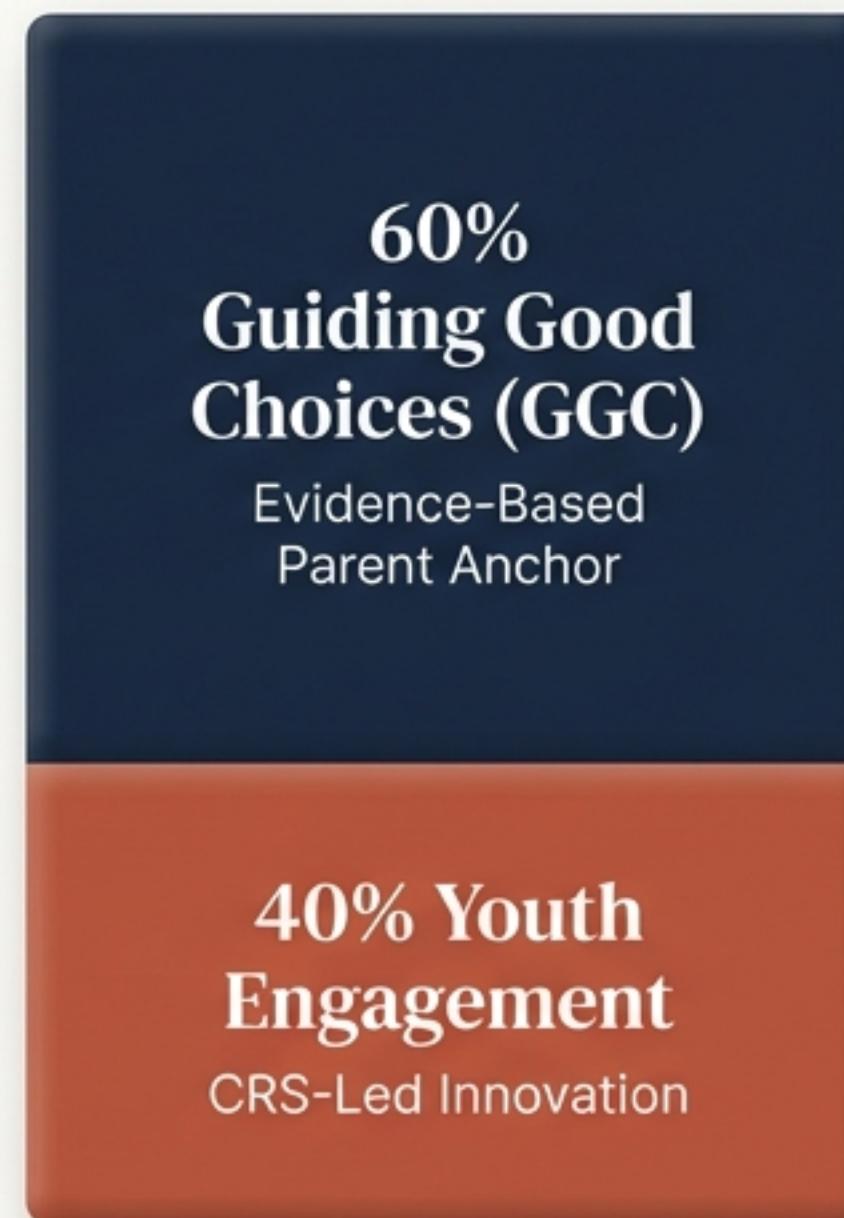


A STRATEGIC INTEGRATION OF GUIDING GOOD CHOICES & CRS-LED YOUTH ENGAGEMENT

An Integrated Strategy for Systemic Change

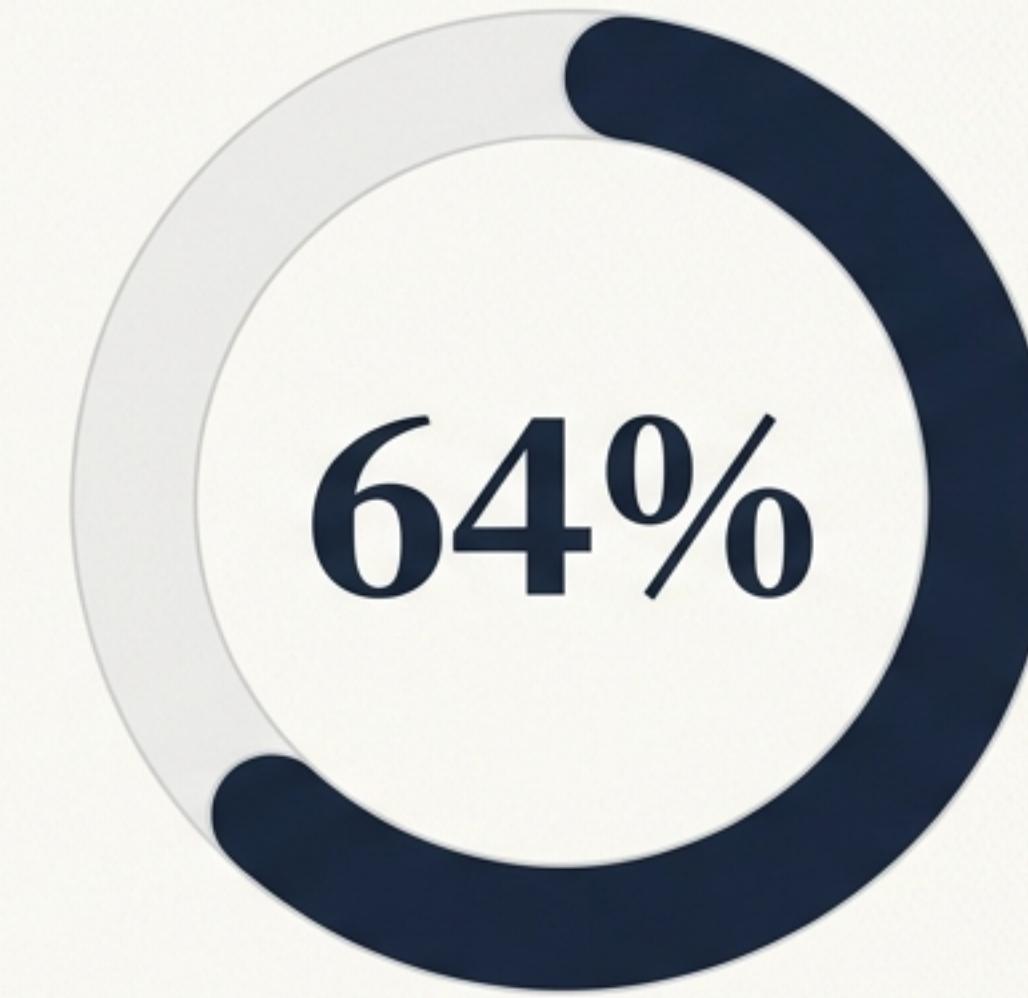
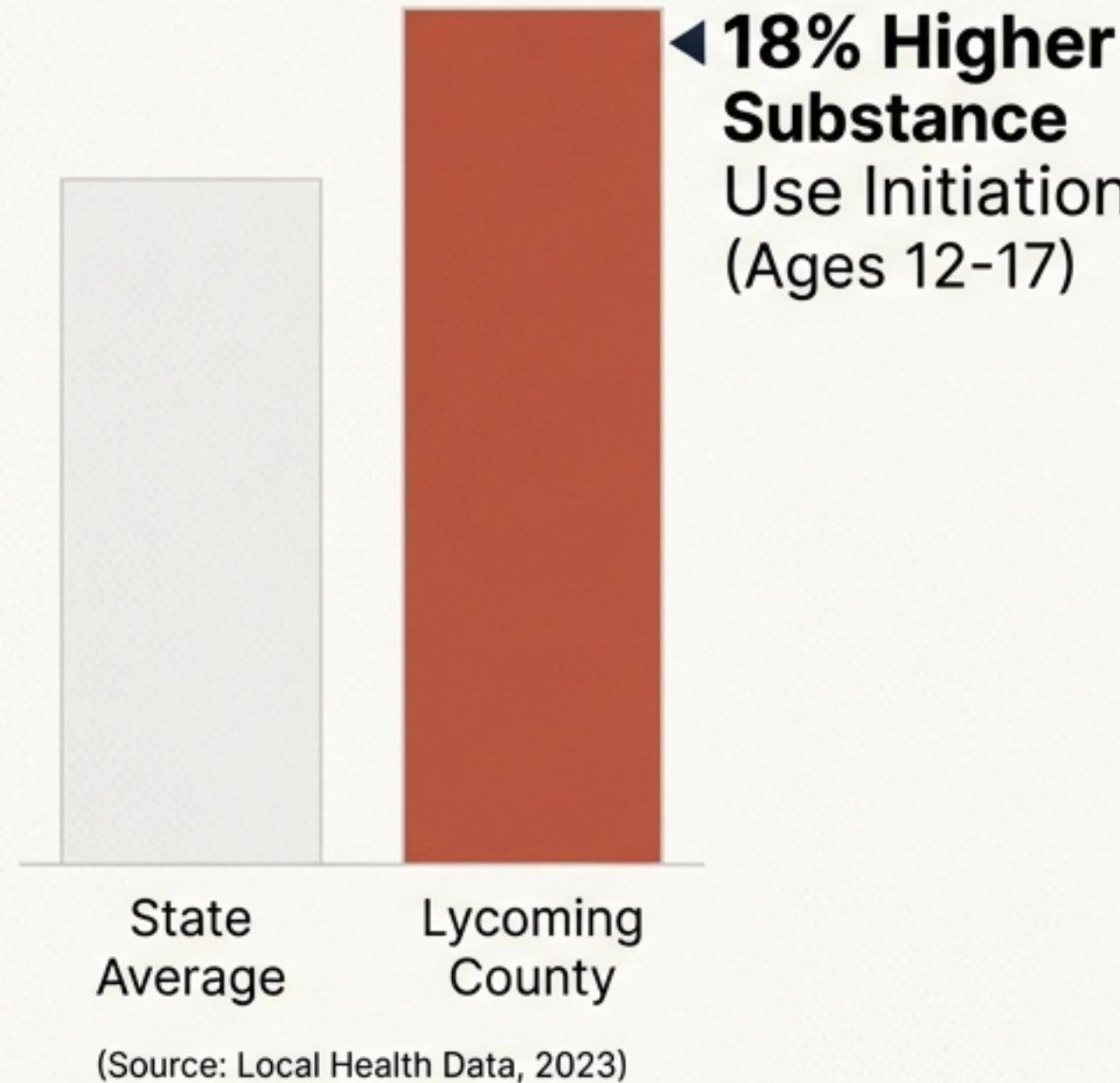
The Winning Amalgamation

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.



100%
Family
Resilience

The Disconnect in Current Prevention Efforts



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



The Family System

Reduced Substance Use Risk

Verified Evidence Base & Category 1 Compliance



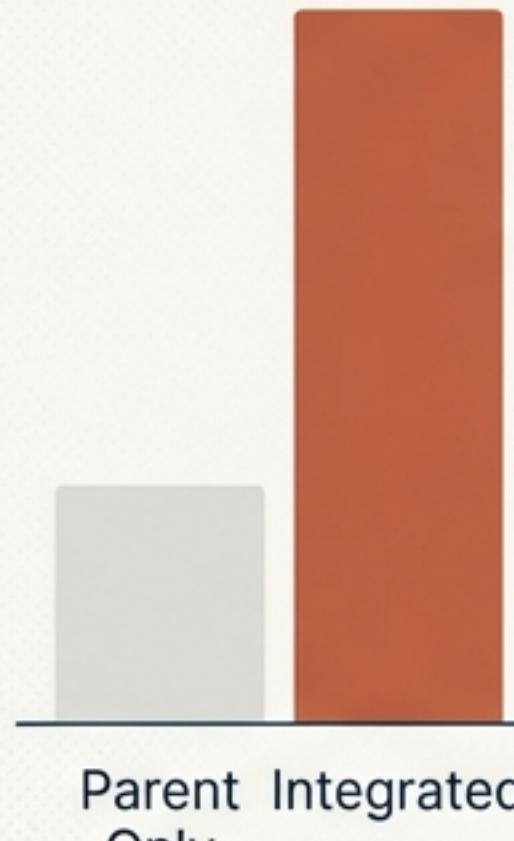
Primary Anchor (Category 1 Compliance)

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.

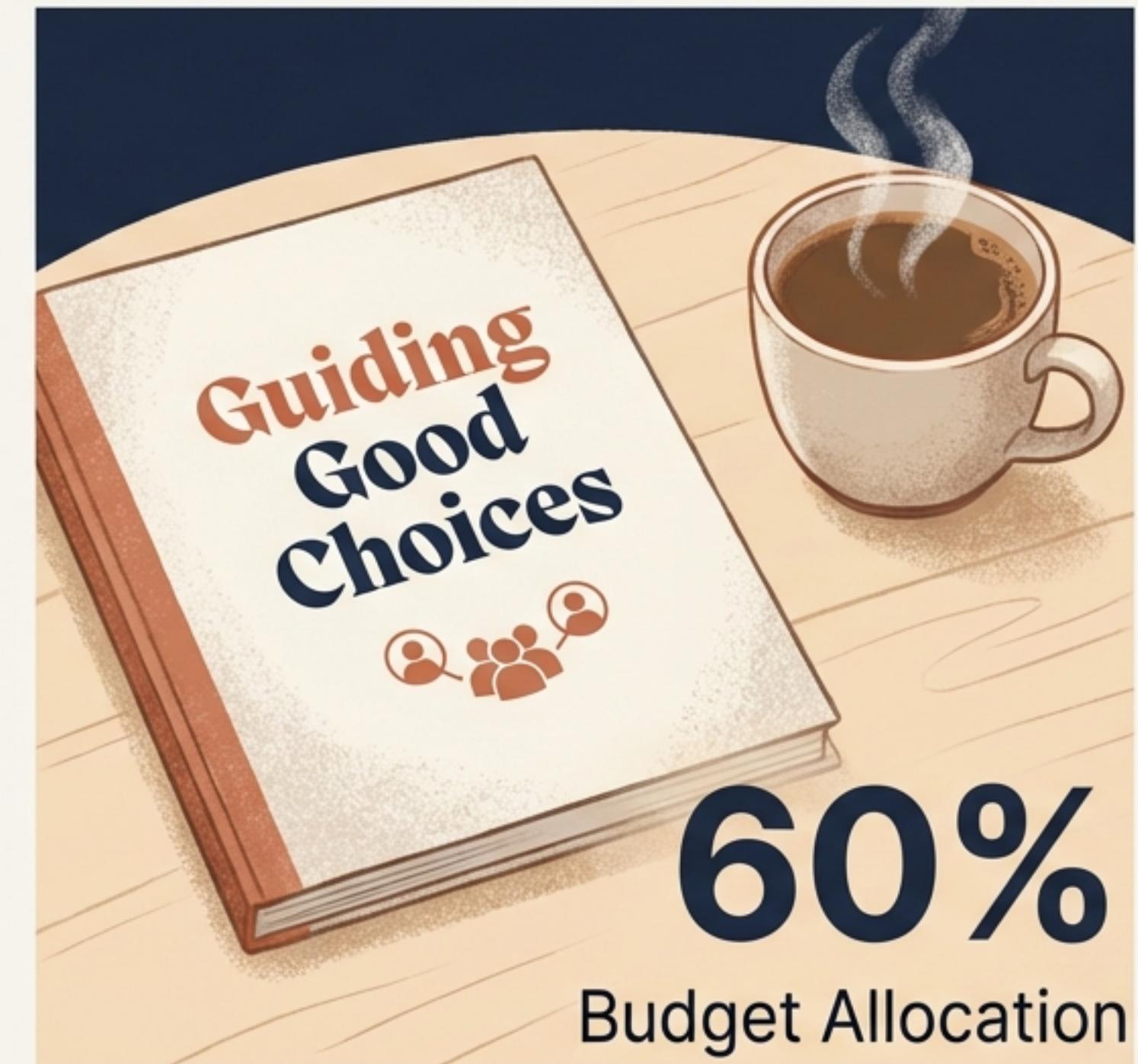
Program Mechanics & Session Flow



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

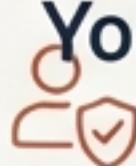
GGC Only	Mentoring Only	Integrated Model
<ul style="list-style-type: none">• Relies solely on parents 	<ul style="list-style-type: none">• Misses the family system 	<ul style="list-style-type: none">• Serves entire family system• Creates accountability loop• Meets 'Category 1' Evidence requirements•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

Staffing Structure & Roles



Project Director (0.75 FTE)

CRS-Qualified. \$48k/2yrs. Lead GGC Facilitator.



Youth Program Coordinator (0.5 FTE)

\$32k/2yrs. Mentor Supervision.



Stipend Roles (Community Capacity)



Parent Peer
Co-Facilitators

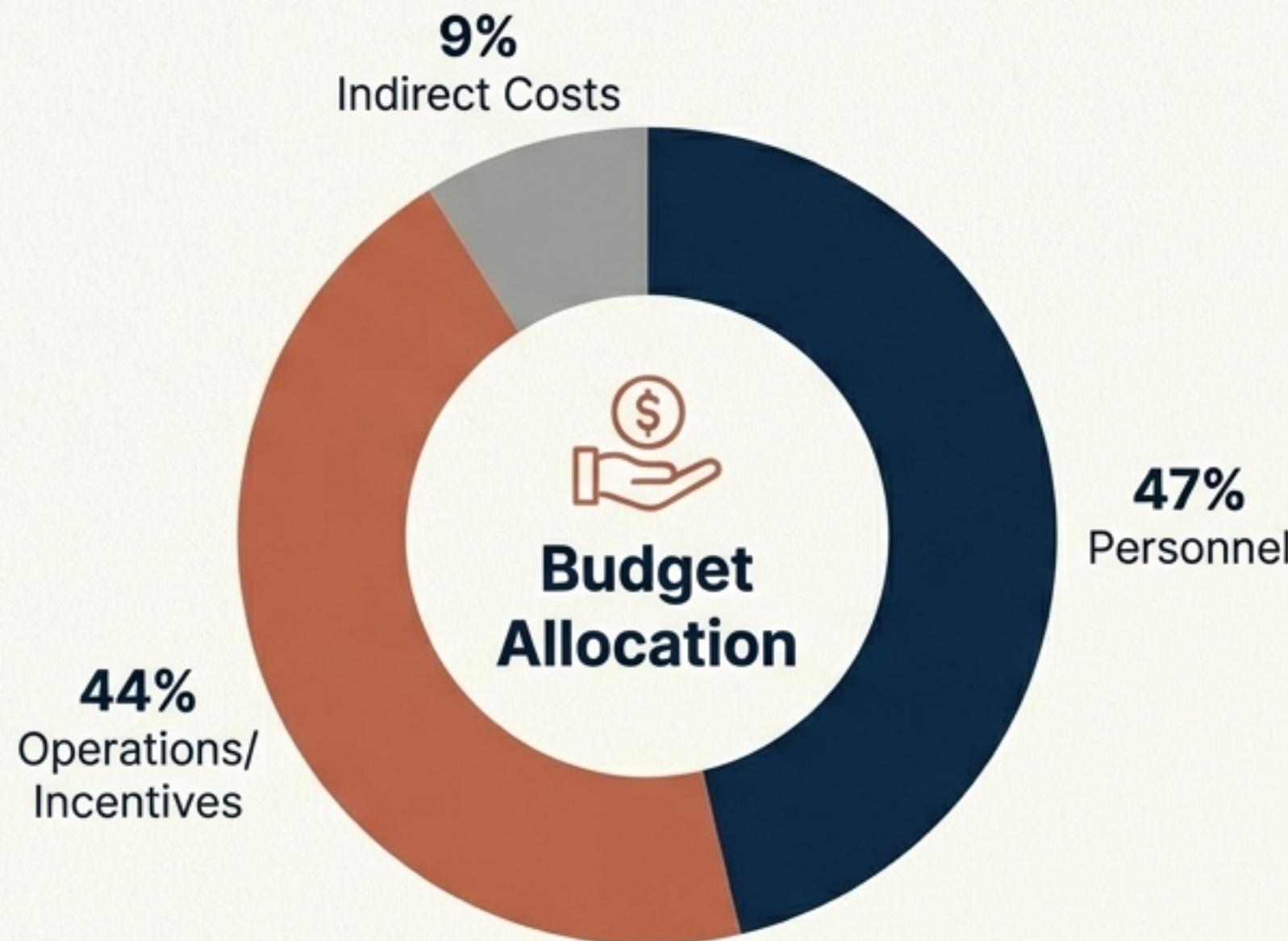
CRS Youth
Mentors

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)



96 Parents
Enrolled



80 Youth
Enrolled

70-75% Completion Target

Outcome Measures (The Impact)

↑ +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