

**City of Palm Springs
Proposition 64 Public Health & Safety Grant Program
Local Evaluation Plan**

Authors' Names, titles, and contact information:

Veronica Goedhart
Director, Department of Special Program Compliance
City of Palm Springs, 3200 East Tahquitz Way, Palm Springs, CA 92262
Veronica.goedhart@palm Springsca.gov
(760) 322-8370/Ext 8370

Margaret Keung
Executive Director & CEO
Boys & Girls Club of Palm Springs, 450 South Sunrise Way, Palm Springs, CA 92262
MKeung@bgcps.org
(760) 835-2450

India Braemer
Director of Operations
Boys & Girls Club of Palm Springs, 450 South Sunrise Way, Palm Springs, CA 92262
IBraemer@bgcps.org
(760) 968-2388

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Project Background

In January 2021, the City of Palm Springs, in collaboration with the Boys & Girls Club of Palm Springs, responded to a Request for Proposals for the Proposition 64 Public Health and Safety Grant Program from the State of California Board of State and Community Corrections. The City of Palm Springs was awarded \$1,000,000 in the second cohort which covers the period between May 1, 2020 and April 30, 2024.

Each grant awarded was required to address eligible activities related to the local impact of legalization of cannabis within one or more Prop 64 PH&S grant program Project Purpose Areas (PPAs) as follows: PPA 1: Youth Development/Youth Prevention and Intervention; PPA 2: Public Health; PPA 3: Public Safety; PPA 4: Environmental Impacts.

The City of Palm Springs' grant addresses PPA1, The goals and objectives which are described in this evaluation plan, were developed to counteract the impact that the legalization of cannabis use is having on the youth of our communities.

Need for Project: Youth Development/Youth Prevention and Intervention

In 2019, the US Surgeon General issued a warning about the potential health risks of cannabis use in adolescence. That no amount of marijuana use during adolescence is known to be safe. Research further suggests that frequent marijuana use by youth impacts the development of their brains, and earlier initiation to use is associated with an increased risk of addiction. Cannabis is now legal for adults over 21 in California and advertisements for marijuana dispensaries are prominent. While Palm Springs is a desert resort city in Riverside County with a population of 45,000, it has become a desirable location for cannabis dispensaries and massive grow operations - and the industry continues to boom. Presently, the City of Palm Springs does not have a cap on the number of cannabis permits that will be issued, and the industry provides a major revenue source. Although it remains illegal for minors, the changing legal and commercial landscapes raise the possibility that cannabis products may also become more accessible and attractive to teens.

While there are restrictions against using advertising and product packaging designed specially to target youth, it still has an influence. Studies have shown that teens who see marijuana billboards or visible storefronts are more likely to use marijuana. Additionally, dispensaries sell snack-like cookies, gummies, and flavored oils for vaping - making it more appealing for teens. Legal access and use of cannabis in Palm Springs is more prevalent than ever - no longer an exception but accepted as a norm. Youth living in families and communities where substance use is prevalent are more likely to adopt risky behaviors into adulthood. And because of its greater availability, these underage students are now more easily getting their hands on the substances.

Given these noted risks, the City of Palm Springs and the Boys & Girls Club of Palm Springs found it necessary to put together a plan of action to protect our community's youth through education and prevention. With funding from the Proposition 64 Public

health and Safety Grant Program from the BSCC, the City in collaboration with their local Boys & Girls Club will create a Cannabis Education Center, as well as rolling out the Club's SMART Move 4 Healthy Lifestyle program on its campus. Established in 1948 and recognized as the leading nonprofit after-school youth program provider in the City, the Boys & Girls Club of Palm Springs stands ready to be a part of the solution by promoting healthy mindsets and behaviors among youth. The foundational work of the Club and the activities that will be provided by the Cannabis Education Center will focus on building supportive relationships, creating safe environments, social-emotional skills, supporting academic performance - through the recruitment of mentors and subject matter experts. This initiative is in line with the Club's mission to enable our young people to become responsible, productive and caring citizens of our community - therefore making healthy lifestyle choices.

Project Components & Target Population

Our goal is to focus on middle school and high school students, to address the need to reduce cannabis use among teens/pre-teens through prevention, diversion, and delay of use. The school mentioned that they have a program that they have used for their students that has not been as successful as it could have been. We'll be stepping into this role to assist the school by coming in to talk to their teens. There are two components to our project:

1. Cannabis Education Center (CEC): Roll-out January 2022 - the Boys & Girls Club of Palm Springs will transform its current Health & Wellness building into a Cannabis Education Center through renovation and reconfiguration of its classrooms. During Club operating hours, the CEC will conduct its SMART Move 4 Healthy Lifestyle program and serve as a resource center for its members, grades 7-12 (for the protection of our children - adults are not permitted on campus to interact with members during operating hours). The SMART Moves program is tailored to the participant's ages where the information is still similar, however it is delivered in a way that matches the appropriate age group. This also includes programs in core areas such as Art, Triple Play, discussion groups, and more. During non Club operating hours, the CEC will serve as a community center, hosting cannabis related education summits, classes, expos, etc. targeting all teens and their families within the City and beyond. Any youth are welcome to be part of the program regardless of their age, race, income status, free/reduced lunch status, etc. The program is accessible to all, however scholarship memberships are available to youth that cannot afford any fees. Youth will be recruited through various methods including school partnerships, advertising and community outreach through partnerships like the library, local law enforcement, etc. The community will be notified of all events through these partnerships so that the CEC's programs are advertised through not only the BGCPS and City websites, but also through the library, the school, law enforcement, and local community calendars and boards.

1. SMART Move 4 Healthy Lifestyle: Roll-out January 2022 - a Boys & Girls Clubs of America program that stands for **S**kills **M**astery **A**nd **R**esilience **T**raining. The program was designed initially by the Boys & Girls Club of America to address tobacco, cannabis, opioid and other substance use/misuse by teens/preteens. With noted success, the program continues to evolve. The model integrates Five Key Elements through the Club experience:

1. A Safe, Positive Environment: The Club is a safe haven where members feel physically and emotionally secure at all times.
2. Fun: The Club facility, staff and program offerings create a welcoming environment that allows members to engage in play, enjoy their play time and be happy and eager to come to the Club.
3. Supportive Relationships: The Club ensures that every young person feels connected to one or more adults and has friendships with peers.
4. Opportunities and Expectations: Club staff and programs consistently communicate the expectation that every child has the potential to excel, be productive and succeed at the Club and in life.
5. Recognition: The Club takes every opportunity to recognize and validate Club members' achievements and accomplishments

Project Work Plan - Goals & Objectives

In support of our project, our goals and objectives are:

1. Youth will feel a sense of belonging and safety (physical and emotional).
 - a. Youth will report a strong sense of belonging by attending the program, and having access to the CEC.
 - b. Youth will report feeling safe by participating in the program and building relationships with Club staff/mentors.
2. SMART Moves will increase youth knowledge of emotional wellness and mindfulness.
 - a. Youth will be provided with activities and modules to understand and affect their emotional wellness.
 - b. Youth will learn how to identify and regulate difficult emotions to aid in the prevention step.
 - c. Youth will learn about stress, anxiety, and coping mechanisms.
3. SMART Moves will increase the interest and practice of healthy lifestyles by children and teens.
 - a. Youth will learn how a healthy lifestyle can lead to success and long term goal achievement

- b. Youth will learn how to identify and overcome obstacles that could trigger unhealthy behavior
 - c. Youth will learn where resources and help is always available to stay SMART
 - d. Youth will have opportunities to become leaders within the club and community through programs like Jr. Staff and Keystone club.
4. CEC will provide resources that increase community awareness on cannabis and prevention in youth.
- a. The community will learn the type of resources available to them at the CEC and the hours they are available for them. Resources include contact information for all local substance abuse help centers and mental health resources, seminars, classes, and an on-site counselor. The community will be invited to participate through social media, website, flyers sent home to club kids, city postings, city calendars, and partnership postings.
 - b. The community will be invited to participate in public educational events as they are periodically provided by the CEC
 - c. The school district and City will be provided with information concerning results on anonymous youth surveys to extend their resources as they're needed. The school will be able to invite the staff to their Youth Mental Health First Aid or substance abuse trainings, and in addition, can share any resources that are being used in the schools with the CEC and vice versa. This will be a solid group effort to ensure success in and out of the schools.

Process Evaluation Method and Design

Research Design for Process Evaluation - The Boys & Girls Club of Palm Springs, through the CEC, will provide a mixed-method design of both qualitative and quantitative data analysis for evaluation. Tools utilized will be sign-up sheets, tracking tools (sign in sheets, MTS, surveys, calendar/attendance groups, and more), and data collected in our Vision Member Tracking software. Pre/Post tests for each program, whether it be a speaker series or the SMART Moves for Healthy Lifestyles session will be administered in various forms based on age group (verbal with recorded responses or written survey) and will include process questions to collect data on each person's experience. Qualitative data will be collected by means of open-ended feedback during program meetings, committee meetings, program specialist notes, and any feedback from individuals. Between the qualitative and quantitative data, assessments can be made to determine the challenges and successes of the program, quality improvement, target audience reached, program barriers that could influence program delivery, and efficacy.

1. Vision Member Tracking System – Vision Member Tracking System (Vision MTS) is software that is able to track attendance, activities, guidance, charges/payments, groups, demographics, outcome measurement, and household data. For each person that attends a program, takes a pre/post test, shares feedback, etc., their information can be collected into this system. Reports with any specifications such as date, age range, income status, demographics, and attendance rate can be

generated to evaluate program data. This software also documents programs, the program category, and which youth participated to track progress from youth that have attended for specific periods of time. It can also track any notes, documentation, and experiences by the staff or youth.

2. Pre/Post Testing – Pre/Post testing will not only determine if the program information has been useful and retained, but it will also provide participants the continuous opportunity to share feedback. Pre/Post tests will be designed in collaboration with staff, community members, and committees to ensure effective and quality data is being collected. These surveys will change based on the lesson category or the event (if indeed there is a guest lecturer or speaker). These will be administered on paper, through an online collection form, or verbally with recorded responses depending on the age group of the participants in that particular program. All responses will be stored in Vision MTS software, and the paper forms will be stored in the Cannabis Education Center (CEC). Pre and Post tests may be pre-written as in the BGCA curriculum or can be created by the program facilitators if the program is a guest speaker, or community guest. These are also tailored to the age group present for the program so the most accurate responses can be collected. All programs will include the pre/post test model (including Spanish-speaking programs) to ensure they are effective.

3. Feedback – Feedback sessions will occur in staff meetings, committee meetings, community meetings, and following each program to allow anyone the opportunity to share their experiences and feedback. All feedback will be notated and added to Vision MTS when applicable, or noted and stored in the CEC for tracking. Summaries of feedback will be shared in meetings to allow the CEC staff and the community the ability to adapt the program if necessary to help overcome any challenges in reaching the target audience of participants.

4. National Youth Outcomes Initiative Survey (NYOI) – The NYOI survey is administered through the Boys & Girls Clubs of America through each club and will allow members in middle school and up to anonymously answer questions pertaining to their mental health, feeling of safety in the Clubs, efficacy of programs, and risky behaviors that they've seen/participated in.

Data Collection - Project and participant data will be collected and measured with several measures. Staff will collect the data and enter it into the correct system (MTS) based on the type of data. The staff (or guest speaker) will also create the tests with the approval of the CEC Unit Director. Data that is demographic-related will be collected through the membership forms that participants fill out to participate in any of the programs. That data is entered by the staff into the tracking system.

1. Participants' Data - All participants in the SMART Moves for Healthy Lifestyles program will fill out a membership form to allow for demographic data collection, note taking, guidance memos, progress, milestones, attendance tracking, etc. For community members that are attending a one session lecture program, there will be a voluntary participant sheet in addition to the sign-in sheet. Any information on paper related to participants will be stored in their file within the CEC. As each participant will have a profile in the Vision MTS software, there will be a corresponding file to store hard copies of pre/post testing, feedback sheets,

and any additional data that is collected. Counselors will also be able to add participants to the system to track case management and progress.

2. Programs - Each SMART Moves for Healthy Lifestyles program will be stored with a lesson plan, a sign in sheet, activity records, pre/post test questions, and a feedback sheet. All other sessions will be stored the same way with an additional information sheet as the participants won't be stored in the system. Programs will be entered onto the Activity Calendar in Vision MTS software so participants can be logged into attendance tracking. Program curriculum and lesson plans will be approved by the Unit Director of the CEC based upon the BGCA Facilitator's Guide.
3. Quality Improvement/Data Analysis - As all data is collected, the staff of the CEC (counselor, youth development professionals, and the unit director) will analyze the effectiveness and determine if any adjustments are needed before facilitating the next session. This will happen at the very least monthly to determine if adaptations need to be made and will be openly discussed at the staff meeting to incorporate all verbal feedback and any observations. Observations can be completed by staff, community leaders, or anyone that requests to observe as long as they are approved through a background check process and are involved in a committee or leadership capacity. The City will also be involved in the monthly meetings to determine if there are additional changes or adjustments they would like implemented. This will also be determined by the pre/post test and feedback sheets each participant fills out to collect qualitative and quantitative data. The information will be shared with the LPA and committees to ensure the program continues serving the needs of the community to the best of its ability. If changes need to be made, it will be a decision mainly belonging to the CEC staff, however if it affects the budget or line items, then the City will need final approval. Pre/Post test data will be stored on a spreadsheet that tracks all SMART Moves participants. The feedback and qualitative data will be analyzed by the use of DeDoose Research applications while quantitative data will be analyzed with the Vision Member Tracking System and its built-in reporting and analytics tools.

Outcome Evaluation Method and Design

Research Design for Outcome Evaluation - The outcome evaluation to determine success will occur using mixed methods. The program will utilize pre/post tests, feedback sheets, surveys, attendance milestones, and program completion for each participant.

Evaluation Questions -

1. Do youth feel a sense of belonging and safety (physical and emotional)?
 - a. Do youth report a strong sense of belonging by attending the program, and having access to the CEC?

- b. Do youth report feeling safe by participating in the program and building relationships with Club staff/mentors?
 - 2. Does SMART Moves increase youth knowledge of emotional wellness and mindfulness?
 - a. Is youth provided with activities and modules to understand and affect their emotional wellness?
 - b. Have participants learned how to identify and regulate difficult emotions to aid in the prevention step?
 - c. Have youth learned about stress, anxiety, and coping mechanisms?
 - 2. Has SMART Moves increased the interest and practice of healthy lifestyles by children and teens?
 - a. Have youth learned how a healthy lifestyle can lead to success and long term goal achievement?
 - b. Have youth learned how to identify and overcome obstacles that could trigger unhealthy behavior?
 - c. Have youth learned where resources and help is always available to stay SMART?
 - d. Do youth have ample opportunities to become leaders within the club and community?
 - 4. Has the CEC provided resources that have increased community awareness on cannabis and prevention in youth?
 - a. Is the community aware of the type of resources available to them at the CEC and the hours they are available for them?
 - b. Is the community aware they are invited to participate in public educational events as they are periodically provided by the CEC?
 - c. Are the school district and City provided with information concerning results on anonymous youth surveys to extend their resources as often as they're needed? (Community awareness can be measured by the level of participation and questions on pre and post test asking if it is a first visit and where the participant heard of the program.)

Participant and Program Estimates - The participant estimates for each component varies on the program. for SMART Moves for Healthy Lifestyles, the in-person estimate is expected to be 100, while virtually on the Virtual Clubhouse that estimate is 150. For the Spanish-language speaking programs and other lecture/speaker series, the capacity of the classroom will determine the estimate as the classes are open to the public free of charge. The average estimate for these classes will be 25 participants. Depending on their case management load, the counselor will be seeing participants and members of the public during CEC office hours. These estimates are per school year.

It is estimated that one SMART Moves for Healthy Lifestyles program per week during the school year will occur, however this will increase during the summer to three. All programs in person will be posted online for virtual participants and will be adapted if necessary so the programs can be completed at home. Data collection will occur through Google forms for participants to complete pre/post data and surveys. The

Spanish-language series and lecture series will be hosted monthly while the resource library will be open daily or during CEC open days. Community events will be hosted at least once per month (or more, pandemic-pending), however the center will be open to the community 5 days per week.

Outcome Success Measurement - SMART Moves for Healthy Lifestyles will track the completion for the curriculum and the participants in each session through pre and post testing and on an annual basis to determine outcome success. All other sessions, as they are not connected to each other and are independent, will be tracked individually. Quantitative data will be gathered by tracking attendance, pre/post test responses, and demographics and will be analyzed with the reporting and analytics options within the Vision Member Tracking System. Qualitative data will be analyzed using the DeDoose Research applications. Monthly in staff, board, and committee meetings, both sets of data will be analyzed to determine if any adjustments or changes need to be made or if there are any additional challenges. Results will also be shared with the school district to compare and discuss program adjustments.

Participant success will be determined by not only the pre and post test percentage and feedback, but also with other factors such as the feedback from the school (decreased progressive discipline, improved GPA) and the length of time a member has attended. An example to determine a participant's success would be a member that attended CEC programs and SMART Moves programs for one semester of school - during that semester while they participated in those programs, they would show improved grades, decreased activity in risky behaviors or school discipline, and would show increased knowledge in the source material presented. The surveys and feedback from participants, as well as their parents (if possible) will be able to assist the CEC in determining that the success is due to the participation in the program. This can also be determined by using a control group from the school district for evaluation purposes.

Logic Model Template A

Project Goals:

- Goal 1: Youth will feel a sense of belonging and safety (physical and emotional).
- Goal 2: SMART Moves will increase youth knowledge of emotional wellness and will increase the interest and practice of healthy lifestyles by children and teens.
- Goal 3: CEC will provide resources that increase community awareness on cannabis and prevention in youth.

