

City of West  
Branch  
Office of the  
City  
Administrator

To: City Council and Mayor

From: Matt Muckler, City Administrator

Date: November 13, 2016 Weekly Council Update

- **Library Receives Grant:** The West Branch Public Library is the proud recipient of a grant from the Alliant Energy Foundation. The grant total of \$1,890 will go towards providing Makerspace tools and products for use within the Library. Makerspaces are relatively new additions to library services and can generally be thought of as a service that offers library patrons an opportunity to create using resources such as computers, 3-D printers, audio and video capture and editing tools, and traditional arts and crafts supplies. They are more recently found in libraries as they offer educational opportunities through creativity, trial & error, and experimentation. The West Branch offering will largely be modular and available to whomever would like to use them in the Library.
- **4<sup>th</sup> Street Now Open:** After an extensive reconstruction project which involved road and utility improvements, 4th Street has been reopened to traffic. Only seeding and minor repairs remain to be completed.
- **Strengthening Families Program:** The West Branch Area Religious Council will be hosting a speaker from the Iowa State Extension and Outreach Office at their next monthly meeting to discuss the Strengthening Families Program for parents and youth between the ages of 10 and 14. Both Police Chief Mike Horihan and School Resource Officer Cathy Steen will attend to learn more about this program and how it might be of assistance to West Branch families. The program brochure is attached to this week's *Update*.
- **Joint Work Session of Council and Planning and Zoning Commission:** As a reminder, a Joint Work Session will be held on Tuesday evening November 15<sup>th</sup> at 7:00 p.m. in the City Council Chambers. KLM will introduce a proposal for a third phase of the Meadows Subdivision, which would develop commercially-zoned areas adjacent to West Main Street.
- **Upcoming City Meetings & Events:** Please see the Calendar of Events on the City Website <http://westbranchiowa.org/home> for a complete list of upcoming events. There are several meetings and other community events currently scheduled in the next few weeks:
  - Tuesday November 15<sup>th</sup> at 6:00 p.m. West Branch Preservation Commission Meeting
  - Tuesday November 15<sup>th</sup> at 7:00 p.m. Joint Work Session of Council and P&Z
  - Tuesday Nov. 15<sup>th</sup> (after Work Session) Planning & Zoning Commission Meeting
  - Wednesday November 16<sup>th</sup> at 6:30 p.m. Community Meeting on Lions Field Creek Project
  - Thursday November 17<sup>th</sup> at 6:30 p.m. Park & Recreation Commission Meeting
  - Thursday November 17<sup>th</sup> at 6:30 p.m. Library Board of Trustees Meeting at WBPL
  - Monday November 21<sup>st</sup> Regular City Council Meeting - CANCELLED
  - Thursday Nov. 24<sup>th</sup> & Fri. Nov. 25<sup>th</sup> Thanksgiving Holiday – City Office Closed
  - Monday November 28<sup>th</sup> at 7:00 p.m. Special City Council Meeting

**The information provided is one-way communication and should not be discussed among you as this would be a violation of the open meeting law.**



## STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

**An evidence-based parent, youth, and family skills-building curriculum that:**

- Prevents teen substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents violence and aggressive behavior at home and at school

[www.extension.iastate.edu/sfp10-14/](http://www.extension.iastate.edu/sfp10-14/)

The World Health Organization named Strengthening Families Program: For Parents and Youth 10-14 the ***#1 prevention program out of 6,000 programs analyzed for long-term effects on substance use and misuse.***

“Disappointing results from school-based programmes have encouraged interest in family interventions. The one with the best track record is the U.S. Strengthening Families Program: 10-14, an approach now being tried in Britain.” David Foxcroft, Oxford Brookes University (Cochrane Collaboration Systematic Review, 2002). Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

### Program Features

- Developed for parents and youth ages 10-14
- Designed for a group of 7-10 families
- Consists of seven two-hour sessions with graduation
- Led by three certified facilitators with separate sessions for youth and parents and then families together
- Builds communication and allows parents and youth to practice skills with learning games and family projects
- Provides four optional booster sessions that may be held 3-12 months later
- Implemented in all 50 states and more than 18 countries



SFP 10-14 is Blueprints Certified: Meeting the highest standards of evidence through independent review by the nation's top scientists.



### Benefit-Cost Analysis –

**For every dollar spent on SFP 10-14, \$9.60 comes back to the community as benefits in the form of less jail time, less time off work, and less time in treatment.**

Source: Spoth, Guyll, & Day (2002). Journal of Studies on Alcohol, 63, 210-228.



## Our participants say it best...

### From Our Youth:

- "I learned to deal with peer pressure."
- "I realized my parents have stress too."
- "My parents love me."

### From Our Parents:

- "I learned to listen to my child and their feelings."
- "I can set rules and consequences and still show love."
- "This is the first time since my son was born that my husband and I have been on the same page."
- "Since there was a court order for my son to do this, we both felt it was a waste of time – we were wrong!"

### From Our Facilitators:

- "I firmly believe in this program. I hope the parents find the tools, skills, and strategies helpful."
- "All families can learn from this program. Families all have needs and challenges."
- "Our family did the program and the peer pressure steps helped them choose a great group of friends."



## Youth Risk and Protective Factors Addressed

### Risk Factors:

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of pro-social goals
- Poor relationship with parents

### Protective Factors:

- Positive future orientation
- Peer pressure resistance skills
- Pro-social peer relationships
- Positive management of emotions
- Empathy with parents

## SFP 10-14 Delays Initiation of Substance Use by Over Two Years

### Average age at given prevalence levels

	Prevalence Rate	Control	SFP 10-14
Lifetime Alcohol Use w/o Parent Permission	40%	14.4	17.0*
Lifetime Drunkenness	35%	15.3	17.5*
Lifetime Cigarette Use	30%	15.7	17.9*
Lifetime Marijuana Use	10%	15.5	17.8

\*p < .05 for test of group difference in time from baseline to point at which initiation levels reach the stated levels—approximately half of 12th grade levels—in control group.

Source: Spoth, Redmond, Shin, & Azevedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth analyses six years following baseline. Journal of Consulting and Clinical Psychology, 72, 535-542.