



Alaska Prevention Summit 2015

Evaluation Report

By



Strategic Prevention Solutions
1752 NW Market Street #402
Seattle, WA 98107
877-791-4167

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INTRODUCTION

Alaska's Council on Domestic Violence and Sexual Assault (CVDVSA) hosted their third Prevention Summit, "*Alaskan Communities Making A Difference Together*," on March 4 – 6, 2015. The intention of the 2015 Prevention Summit was to support the growth and improve the impact of violence prevention programming in local communities across Alaska.

Summit topics included:

- Foundations of prevention
- Prevention frameworks
- Sustaining community prevention
- Youth engagement
- Collective impact
- Youth development
- Male engagement
- Working within educational contexts

The summit also highlighted several prevention strategies, including:

- Culture is Prevention-culturally-specific programming
- ACES and Promoting Resilience
- Talk Now, Talk Often – parent engagement
- Strengthening Families
- COMPASS – male engagement, mentoring
- Green Dot – bystander action
- Fourth R – comprehensive health curriculum

Summit workshops were designed to build knowledge in the area of primary prevention work specific to domestic violence and sexual assault. Day one workshops had beginning and advanced tracks and participants chose the workshops that best fit their needs. Workshops offered on days two and three were general sessions for all participants.

Time was set aside on the last day for community teams to either begin building a prevention plan to implement in their home community or to enhance an existing plan. Community teams that were new to prevention used the time to begin a dialogue and identify key strategies that they could continue to build upon following the summit. Communities with a developed prevention plan used the community time to review how their plan was working and explored areas that they wanted to emphasize and/or change.

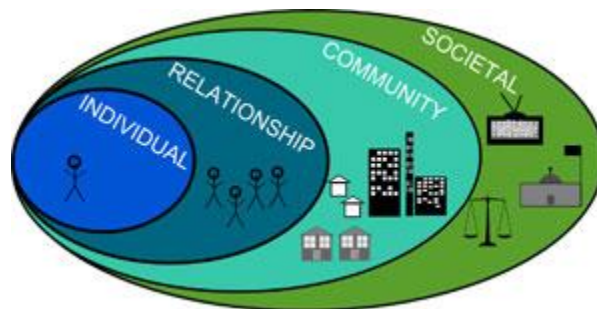
DEFINITIONS

In order to have a shared understanding of key concepts, the following definitions were discussed in-depth at the Summit and are used in this report:

- **Prevention:** Public health classifies prevention efforts into three levels (see CDC's Beginning The Dialogue <http://www.cdc.gov/violenceprevention/pdf/svprevention-a.pdf>):
 - Primary prevention approaches aim to stop sexual violence before it occurs; preventing initial victimization and perpetration.
 - Secondary prevention approaches are immediate responses to sexual violence to deal with short-term consequences.
 - Tertiary prevention approaches are long-term responses to sexual violence to deal with lasting consequences.

While it is important to work across the levels of prevention, historically prevention has occurred at the secondary and tertiary levels. Primary prevention efforts address the root causes of sexual violence. In line with public health, this approach shifts the responsibility of prevention to society and off victims (<http://wcsap.org/prevention-concepts>). These efforts seek to bring about change in individuals, relationships, communities, and society to work against the root causes of domestic violence and sexual assault.

- **Social Ecological Model:** A multi-level model that suggests human behavior (e.g., violence) is the result of the complex interplay of individual, relationship, community, and societal factors.



People perpetrate sexual assault for a wide variety of reasons and as a result of many different influences on their lives. The social-ecological model provides a framework for understanding those different influences and their relationship to one another (<http://wcsap.org/social-ecological-model>). The Social Ecological Model is one of the most commonly used models for comprehensive prevention programming.

- **Comprehensive Prevention Programming:** Interconnected prevention strategies that include multiple types of activities, across multiple settings, with multiple different audiences, in multiple

doses, over long periods. True comprehensive prevention programming takes a concerted investment of resources at all levels.

METHODOLOGY

A pre-test survey link was sent via email on March 2nd by Council staff to participants registered for the Prevention Summit. Ninety-nine registered participants completed the survey. The Prevention Summit was held March 4-6, 2015. The post-survey link was sent out by staff on March 30th to Summit participants. Seventy-four participants completed the post-test survey. Attendees were given approximately one month to complete the post-survey. Respondents were entered into a drawing to win one of two \$50 Amazon gift cards for completing the pre survey and/or the post-survey.

The survey asked participants to provide their name and email address to enable pre-post comparisons before and after the 2015 Prevention Summit. This report includes comparisons between the pre- and post-survey responses for respondents that took both surveys and some overall comparisons between the 2013 and 2015 Prevention Summits survey data.

LIMITATIONS

There were limitations to the collection and analysis of data that the reader should take into account when reviewing the findings presented in this report. First, some of the questions on the survey are complicated to interpret from pre- to post-test because terminology within the question was one of the increases in knowledge that the Summit targeted. Specifically, questions asking about how much time an individual spends on “primary prevention” activities, or how “primary prevention” is prioritized in an agency may differ from pre to post-test partially due to respondents having a different understanding of how “primary prevention” is defined from pre- to post-test. For example, if a respondent stated in the pre-survey that they spend 50% of their time on primary prevention activities, but in that 50%, they include one-time awareness activities such as school assembly presentations, then when responding to the post-survey, they may decrease the amount of time they state that they are spending on primary prevention activities since one-time awareness activities are not considered primary prevention.

Second, it should be noted that we presented data on several questions about organizational capacity and prioritization in both the pre- and post-surveys, but want to note that it can take years and many resources to change an organization’s capacity and prioritization of prevention programming. We would not expect to see dramatic changes in these areas in the short time between the 2013 and 2015 Prevention Summits. This data will be more helpful when looking at organizational changes across many years, as more and more communities adopt comprehensive primary prevention plans.

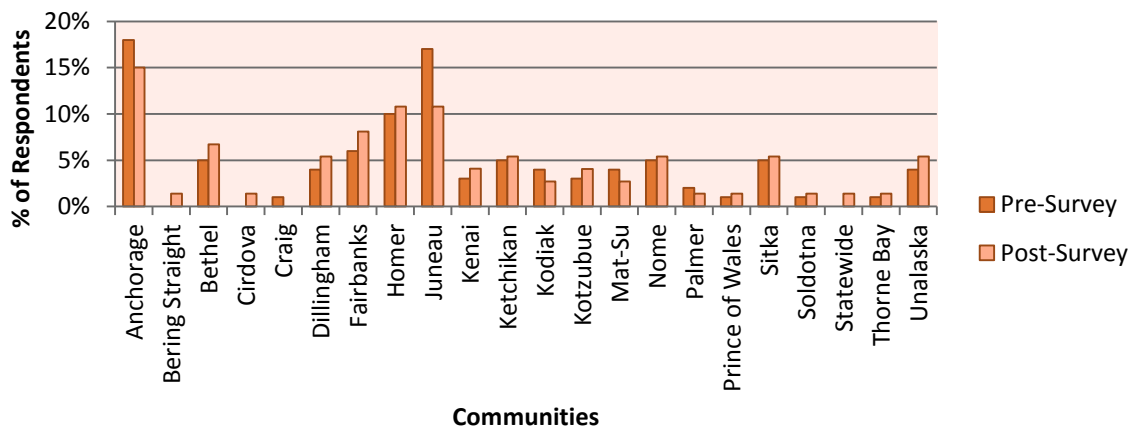
FINDINGS

DEMOGRAPHICS

RESPONDENTS

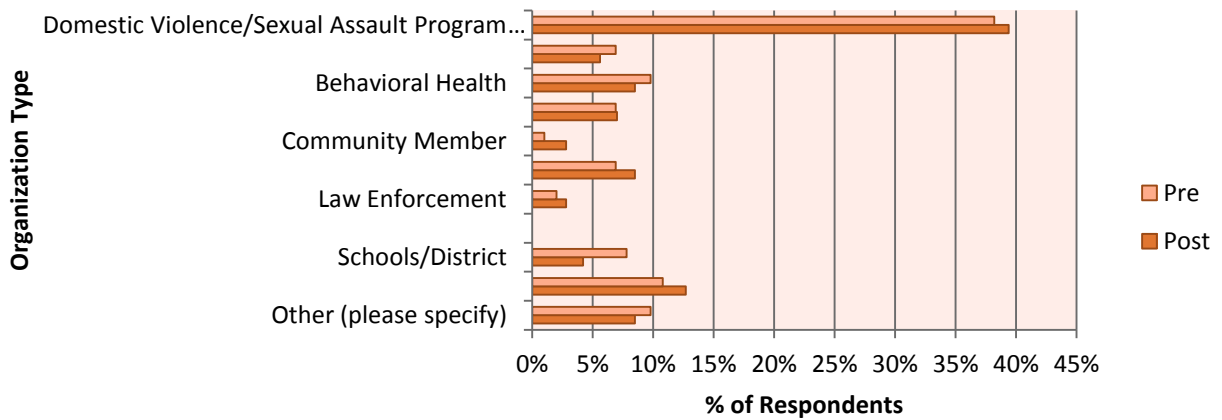
One hundred thirty-two people attended the Alaska Prevention Summit 2015, with 99 responding to the pre-survey and 74 responding to the post-survey. Participants came together from all over Alaska, representing various communities and disciplines. Similar to the attendance at the 2013 Summit, most respondents came from Anchorage and Juneau, with fewer respondents coming from more remote locations throughout the state (CHART 1).

Chart 1: Communities that Completed Pre- and Post-Survey
Pre- n=99; Post- n=74



Out of the 74 respondents who took the post-survey, 39.4% represented Domestic Violence and/or Sexual Assault agencies (including Tribal advocates) (CHART 2). There were no respondents representing the faith communities. Compared to 2013, more attendees responded to the survey from schools/school districts and youth.

Chart 2: Organization Represented in Pre- and Post-Survey
Pre- n=102; Post- n=74



For most of the post-survey respondents (69%), this year was their first time attending the Prevention Summit. The rate of first time attendees this year was almost identical to the rate of first time attendees from the 2013 Prevention Summit (68%). Respondents self-categorized their prevention experience into three categories:

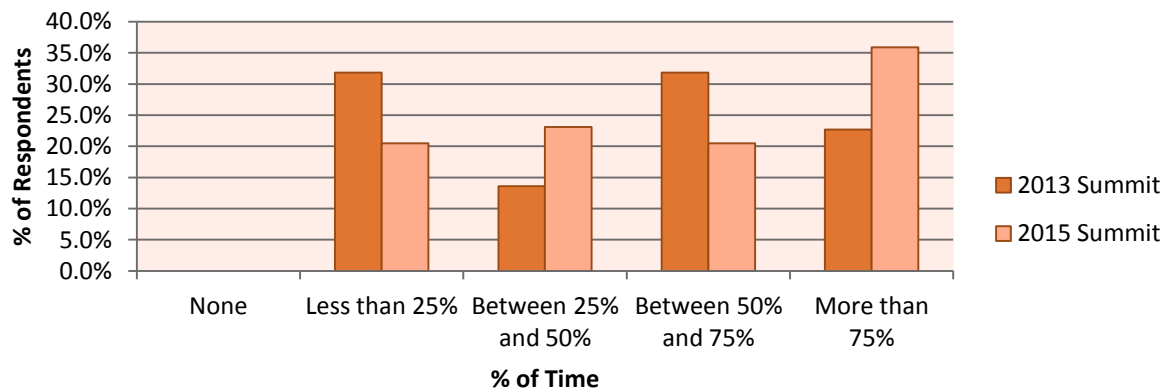
- I am new to prevention. I have been working to prevent violence in my community for less than one year (27%);
- I am somewhat experienced with prevention. I have been working to prevent violence in my community for at least 1-2 years (37%); and,
- I am very experienced with prevention. I have been working to prevent violence in my community for more than 2 years (35%).

Respondents were more evenly spread throughout the three categories than the 2013 Summit.

ORGANIZATIONAL CAPACITY

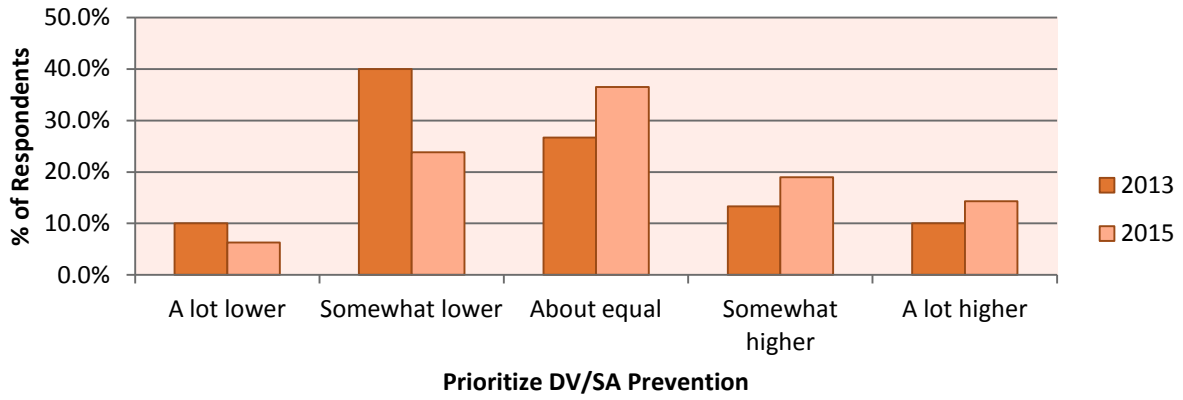
Since the Prevention Summit 2013, there is an increase in DV/SA organization's capacity to provide comprehensive prevention programs to their communities. Of the 39 respondents to the 2013 pre-survey, almost 60% stated they were "very much able to dedicate as much time to doing prevention work as I feel is needed." Almost 36% of DV/SA staff are able to dedicate more than 75% of their time to primary prevention-based activities. We can see a shift in the numbers of respondents who spend less than 75% of their time doing prevention work (CHART 3). While it is impossible, based on the survey, to determine if this shift is due to changes or increases in funding sources, a reprioritization of existing funds, or another factor, it's promising to see a marked change in the amount of time people are spending on primary prevention activities. This shift is bringing organizations' priorities around prevention more closely in line with the amount of staff time they are able to dedicate to prevention. It would be interesting to conduct a statewide survey of DV/SA programs to assess the funding changes that have allowed this increase in primary prevention work.

Chart 3: Change in % of Time Spent Working on Primary Prevention Activities for DV/SA Staff from 2013 to 2015 Summits
2013 n= 30; 2015 n=63



Among the 63 respondents who worked in organizations other than DV/SA agencies, we still see a high rate (44%) of people only having 25% or less of their time dedicated to prevention work. Due to the broad range of organizations represented, this result is not entirely surprising. What is exciting with this group is the change in how their organizations prioritize efforts to prevent DV/SA (CHART 4). When non-DV/SA organizations prioritize the prevention of DV/SA as high or higher than other issues, it strengthens community partnerships and overall prevention efforts. It cannot be overstated how vital it is that non-DV/SA organizations and providers reinforce prevention efforts. As providers' understanding of how trauma can affect every aspect of their clients' lives becomes deeper and more nuanced, we should expect to see DV/SA prevention work being incorporated into the work of those not in "the movement" in more meaningful and sustained ways. This change is how messages are repeated, reinforced, and reach the broadest number of people in the community. These attitudes are how comprehensive prevention programming moves forward.

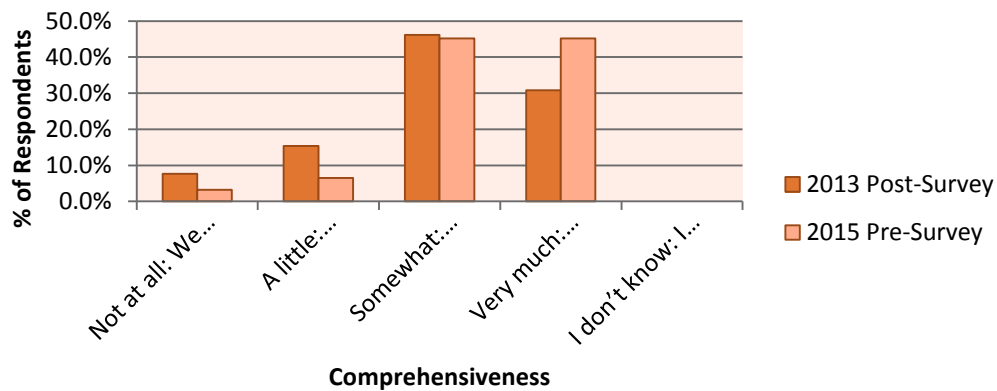
Chart 4: Change in Non-DV/SA Organizations' Prioritization of DV/SA Compared to Other Issues
2013 n= 30; 2015 n=63



COMPREHENSIVENESS

When examining the self-reported level of comprehensiveness of prevention programming from the 2013 Prevention Summit post-survey to the 2015 Prevention Summit pre-survey, we see exciting movement towards more comprehensive programs across Alaska. There was an over 14% jump in respondents saying their prevention programming is “Very Much” comprehensive (CHART 5). It is exciting to see this increase in comprehensiveness happening *between* the 2013 and 2015 Summits and with almost 60% of the participants attending the 2015 Summit for the first time. The understanding of what comprises comprehensive primary prevention seems to be spreading throughout the communities across Alaska.

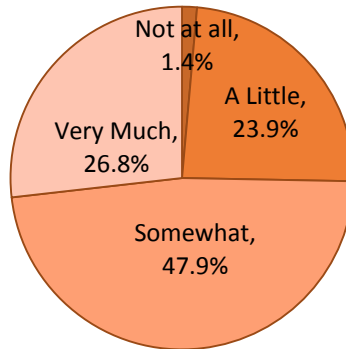
Chart 5: Comprehensiveness of Prevention Programming
2013 n=26; 2015 n=31



When asked about how the 2015 Prevention Summit will impact how comprehensive their community’s prevention programming is, respondents overwhelmingly felt the Summit would positively impact the comprehensiveness of their prevention plans (CHART 6). Based on the identity of respondents and their open-ended comments to this question, it appears as though many of the respondents who felt the Summit would have no or little impact on the comprehensiveness of their community’s prevention program are already working with a highly comprehensive primary prevention plan.

“With my organization, we are bringing in players from the various organizations in our community to speak with and work with [at-risk youth]. I now have a network of resource and am putting all my information in writing to share with other agencies in our area as well, so this information is available to others.”
- Prevention Summit post-survey respondent

Chart 6: Prevention Summit Impact on Program Comprehensiveness (n=71)



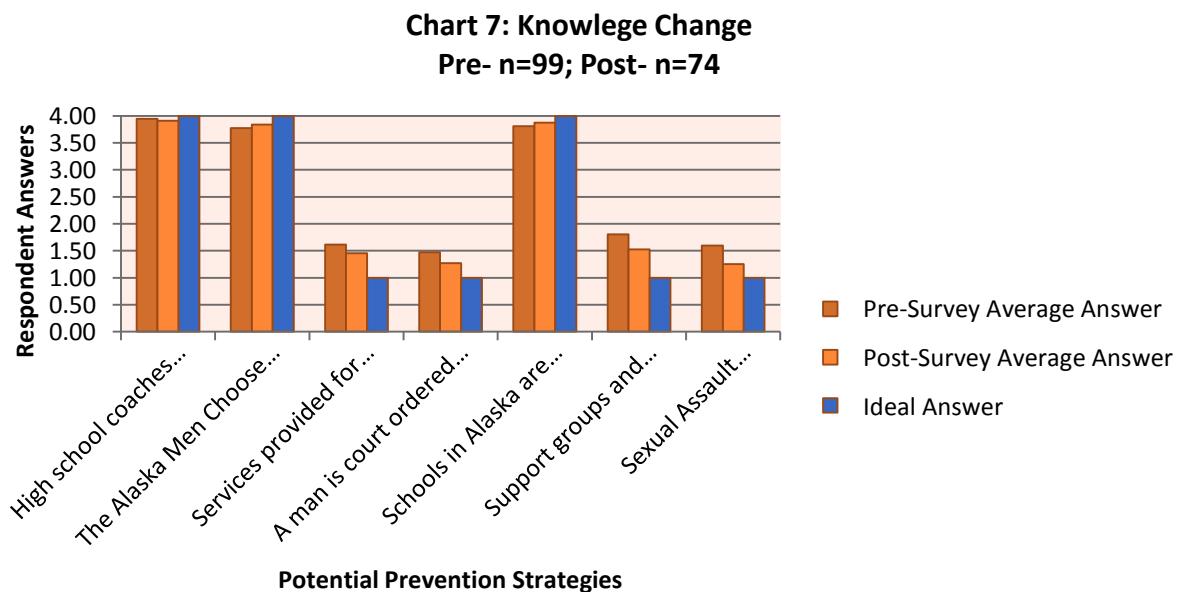
PRE- AND POST-SURVEY COMPARISONS

KNOWLEDGE CHANGE

In the pre- and post-test, respondents were asked to identify whether seven strategies that some programs may implement to address domestic violence and sexual assault are considered “primary prevention” on a scale of 1 to 4, with 1 being “not at all primary prevention” and 4 being “very much primary prevention.” The seven strategies listed were:

- A. High school coaches throughout Alaska are incorporating teachings about respect for women and healthy dating relationships into male athletic team practices.
- B. The Alaska Men Choose Respect Campaign is a public education campaign that promotes adult men mentoring young men and boys on healthy masculinity and how to have healthy relationships. Campaign promotes men as teachers and mentors to young men and boys and models healthy communication through demonstrations.
- C. Services provided for victims/survivors and their children at domestic violence and/or sexual assault shelter programs.
- D. A man is court ordered into a batterer intervention program after being charged with assaulting his wife/girlfriend.
- E. Schools in Alaska are implementing the Fourth R curriculum. The curriculum is designed to include parents, teachers, students and the community in discussions and activities around safe decisions and healthy dating relationships.
- F. Support groups and education programs for survivors of violence.
- G. Sexual Assault Response Teams (SART).

Ideally, we would have seen strategies A, B, and E identified as “very much primary prevention” and strategies C, D, F, and G identified as “not at all primary prevention.” The results from the 2013 Prevention Summit Evaluation Report showed how hard it is to categorize strategies that are not primary prevention. This year, some respondents still struggled to identify strategies that are not at all primary prevention, but less so than at the previous Summit. In chart 7, we can see that respondents overall correctly identify primary prevention strategies and had an easier time identifying strategies that are not primary prevention after attending the Prevention Summit. The knowledge increase seen here should continue as communities continue to integrate comprehensive primary prevention strategies into their work.



QUALITY OF PREVENTION TEAM DISCUSSIONS

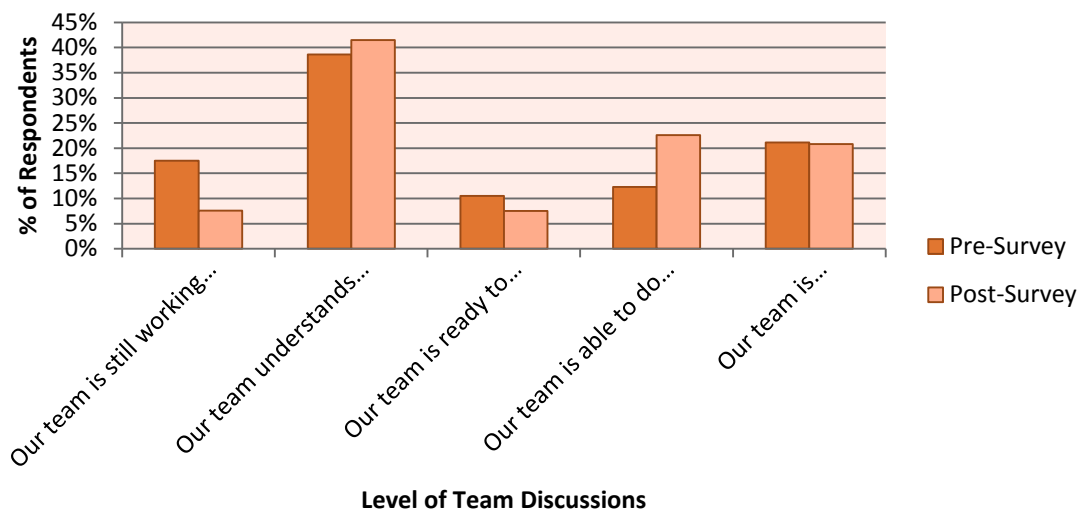
It is also interesting to look at the change in the level of community team discussions from before the Summit to after participating in the Summit. The answer options for this question were:

- Our team is still working to understand the basics of prevention
- Our team understands the basics of prevention and is ready to implement a prevention strategy in collaboration with our community partners
- Our team is ready to implement a prevention strategy and evaluate its impact
- Our team is able to do more advanced planning for comprehensive prevention
- Our team is implementing comprehensive prevention programming in our community

There was an 10% decrease in the amount of respondents who said their community “team is still working to understand the basics of prevention” (CHART 8). The number of participants who stated their

community team was “implementing comprehensive prevention programming” remained unchanged, which is to be expected since it would take a longer period of time to move a community team from “doing advanced planning” to actual “implement comprehensive programming.” Overall, there was a general trend towards community teams working more comprehensively after the 2015 Prevention Summit than before.

Chart 8: Level of Community Team Discussions
Pre- n=57; Post- n=53



When asked, “To what extent has your community team’s discussion about prevention improved since your attendance at the 2015 Prevention Summit?” many responses were similar to this attendee:

The concentrated time for discussions (both in & out of the meeting time) enabled us to take a leap forward on some of our existing community goals & ideas to reinforce. It fostered deeper relationship building with our team members, which is always lovely & helpful!

Many of the other respondents had not had enough time from after the Summit until they completed the post-survey to meet with their community team. A quarterly or semi-annual follow up survey to Summit attendees might be a good way to track the changes that the community teams are making, check in on ongoing training needs, and gather training ideas for future summits.

INCREASED CONFIDENCE

In order to move a plan forward, it is important to feel confident in one's (and one's team's) ability to create a plan that is comprehensive and realistic. Respondents that completed the pre- and post-survey were asked a few questions about how confident they felt about their skills before and after the Summit. There was a shift toward more confidence after the Summit (CHART 9).

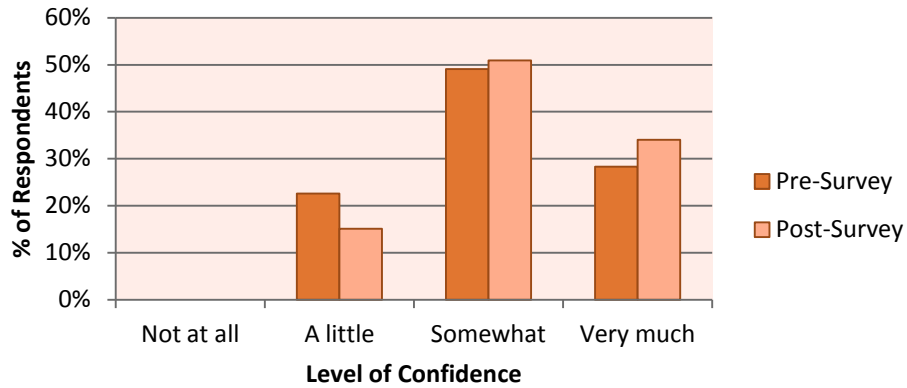
Chart 9: Confidence in Planning Prevention

n=53



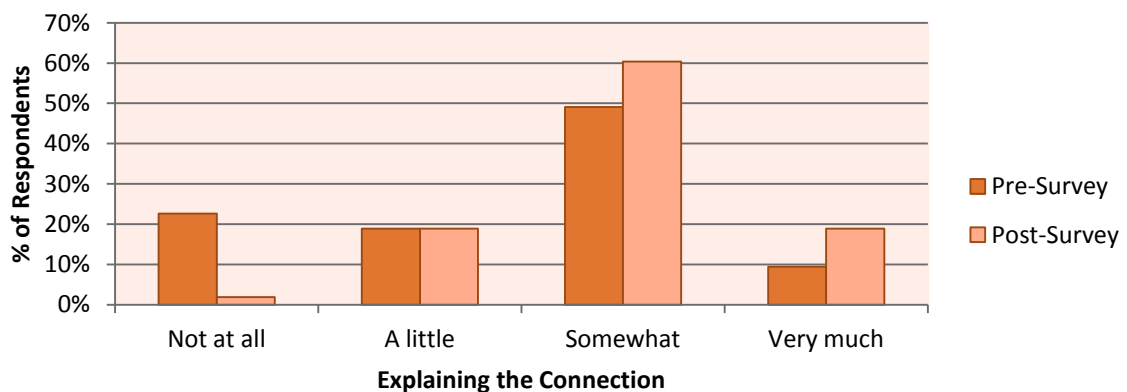
The area that tends to cause the most difficulty and confusion when working to prevent violence is identifying and implementing strategies at the “outer levels” of the [social ecological model](#), or community and societal levels. It is at these levels of work where we see societal norms starting to change. It is big work and may take some time to see changes taking place, but when the work is happening across communities and social movements, momentum starts to shift, and change can start to happen quickly. To start changing societal norms we must be confident in working at the community and societal levels of the social ecology. After attending the Summit, there was a shift among respondents who took the pre- and post-surveys in how confident they felt in working at the outer levels of the social ecology. There was a 6% increase in respondents feeling “very confident” and a 2% increase in respondents feeling “somewhat confident” in conducting prevention work at the outer levels of the social ecology (CHART 10).

Chart 10: Confidence in Working at the Outer Levels of the Social Ecology
n=53



The final measure of respondents’ confidence in their skills to create comprehensive primary prevention programming is linked to their ability to explain the connection between their prevention programming and the outer levels of the social ecology. This skill is important in order to garner further buy-in from upper levels of management, other community partners, and local government, as well as being able to justify why certain strategies were chosen over others. When we look at how respondents felt about their skills in this area before and after the Summit, there is a definite increase in confidence. It is also apparent that we need to look at this aspect of social change over a longer period. There was a 10% increase in respondents feeling “very confident” and an 11% increase in respondents feeling “somewhat confident” (CHART 11). Most remarkable is the decrease in number of respondents who felt “not at all confident” in their ability to connect their prevention programming and the outer levels of the social ecology. After attending the 2015 Prevention Summit, attendees were sent back to their communities with a much higher level of overall confidence in prevention planning.

Chart 11: Explaining the Connection Between Prevention Programming and Outer Levels of the Social Ecology
n=53



2015 PREVENTION SUMMIT RESPONDENT COMMENTS

This year's post-survey provided respondents additional opportunities to provide comments to open-ended questions. To close out this report, we are presenting comments that mention similar ideas across participants, ideas that bring ongoing hope to violence prevention, areas for improvement, ideas that were exciting, and future training opportunities.

When we asked attendees how their perspective of prevention changed after attending the Summit, respondents stated:

- *Every year provides a more comprehensive understanding of how prevention will change the face of DV/SA in Alaska so that we will no longer be the State with the highest rates on average, but the State with the lowest rates on average. It will happen, it is only a matter of time, and having enough people trained in Primary prevention; drawing connections and making it distinctly clear that primary prevention is the one sure way to improve the overall well-being in the State of Alaska.*
- *Now I know how important it is to engage the youth in my community and how interested they are in helping in prevention work.*
- *Learned new ways to reach people and how to reorganize current programs and partnerships to be more effective and inclusive.*
- *Learning about prevention over the past few years has really impacted my perspective. Attending the 2015 summit helped me understand prevention aspects such as ACES, mindfulness, cross-indicating factors, and resiliency in deeper ways.*
- *My perspective hasn't changed, however the Prevention Summit was refreshing and invigorating. It helped get me re-engaged in prevention work.*
- *It has made clear to me the massive amount of collaboration that our programs currently participate in locally and how these efforts could support a change in our local culture around violence prevention.*
- *In my community, it is often assumed that because we have a very active women's shelter/domestic violence shelter, prevention is covered. However, the concept of PRIMARY prevention is very much lacking in our community.*

Respondents told us about the new, creative, and innovative ideas/programs that they are interested in learning more about:

- *Prevention efforts in Kalskag*
- *Presentations on historical trauma and cultural ceremony as treatment/prevention*
- *The ACE's results drawing clear connections between behavioral health, physical health, genetics, drugs and alcohol use in relation to DV/SA shows tangible evidence of the need for strategies that focus on preventing DV and SA before they begin(as in Primary Prevention). This evidence was magnificent information to encourage cooperative coalition building between organizations doing Prevention of DV/SA and organizations offering behavioral health services that address ACE scores.*

- *Culturally based prevention strategies, the intersections of racism and violence and the prevention of both.*
- *"Social emotional learning" and "trauma informed education and care" are approaches I need to learn more about.*
- *I would love to bring Girls on the Run to my area.*
- *Really liked the undoing racism like presentation from Nome and the Kalskag presentation. It's really relevant to a small community to see what's working in other small communities.*
- *I love the workshop on Sustainability. I wish we had an entire conference dedicated to our coalitions working through the process. We really could have had group facilitation the entire time and been very productive.*
- *Green dot presentation was fabulous. The video showed was fascinating.*
- *It wasn't in the conference but I think it would be helpful to have presentations on suicide prevention or substance abuse next year.*
- *I learned more about how I can be a leader for our community members in being involved in primary prevention, specifically with coalition building.*
- *I was really moved, both professionally and personally, by many of the discussions and breakout sessions that examined cultural preservation and race. They sparked dialogue among our group and have us thinking and reflecting on ways to consider the importance of root cause work in our programming.*

We gave respondents an opportunity to comment on the question, "How much will the Prevention Summit impact how comprehensive your organization's programming is to prevent violence in your community?"

- *I am not sure of Safe's capacity for prevention. I feel like funds and labor are for intervention and awareness. My hope is that by bringing people to the summit that those people will understand prevention and allocate resources to that work.*
- *I work for a very large organization and have been advocating for years to pay attention to DV/SV prevention and intervention. I am finally making some headway but there is a long ways to go. The Summit helped some but only two people from my organization were there.*
- *We intentionally brought four members of the Juneau Suicide Prevention Coalition and four from the Juneau Violence Prevention Coalition so that we can begin to work closer together. I think increasing our collaboration is how we start making more comprehensive programming.*
- *Sitka is already the bright star in Alaska's prevention sky. Our Pathways to a Safer Sitka is working on many levels and in many segments of the community.*
- *We have to figure out what our grant will let us do and find ways to fund other prevention activities.*

We gave respondents an opportunity to tell us more about PLANNING, IMPLEMENTING, AND EVALUATING:

- *The planning for comprehensive programming, with an eye to sustainability was very helpful. It would be useful to have more time on evaluation, how to really integrate it into day-to-day activities, and convert results into meaningful, shareable documents.*
- *I would have like to learn more about evaluations.*
- *We've lost most of the people that had begun our plan, and I myself am new to this position, so we're basically starting over.*
- *Really wish we had had more time for facilitated community dialogue. Most of these conversations happened outside of the normal structured time. Perhaps more structured team time spread across all days versus concentrated on day 1 & a bit on 3.*
- *Many individuals in my organization are not focused on primary prevention. Being in a school setting there is a lot we can do to provide information and education to students to help with prevention. Attending this conference, I am working more closely with community agencies and other school districts to collaborate our efforts.*