



Baraga County Communities That Care Community Assessment Report

2017

Mission: To create a safe, healthy, desirable, supportive and diverse community that provides the protective factors which support our youth, families, community members and local organizations. We will pursue and achieve this mission by:

- Building a strong family foundation
- Connecting families to schools
- Encouraging healthy beliefs and clear standards for acceptable behavior
- Supporting collaboration among community resources

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Executive Summary

This report describes the results of the risk- and protective-factor assessment completed as part of Baraga County's *Communities That Care* effort. The *Communities That Care* system is a way for members of a community to work together to prevent youth problem behaviors, including substance use, delinquency, teen pregnancy, school dropouts, violence, and teen suicide. This system was developed by Dr. David Hawkins and Dr. Richard Catalano from the Social Development Research Group in Seattle, Washington. It is based on their research, which has identified risk factors that predict youth problem behaviors and protective factors that buffer children from risk and help them succeed in life.

A key goal of the *Communities That Care* effort is to identify which risk factors, protective factors and problem behaviors are prevalent in our community, and implement evidence-based programs that address our community's unique profile. To that end, the Risk- and Protective-Factor Assessment work group collected and analyzed data on Baraga County. Then, with input from the community, they identified priority risk factors to address, as well as community strengths to build on.

The assessment was completed using the *Communities That Care Youth Survey* and archival data. The *Communities That Care Youth Survey* was administered to students in grades 6, 8, 10 and 12 in L'Anse and Baraga Schools in the fall of 2014 and again in February, 2017. To get the most complete picture of our community, the Risk- and Protective Factor work group also collected archival data from public records to measure risk factors and problem behaviors not covered by the survey.

Based on the analysis of the data and input from the community, the following risk and protective factors were identified as priorities for community attention:

- Depressive symptomatology
- Low commitment to school
- Low perceived risk of drug use
- Family history of antisocial behavior
- Limited interaction with prosocial peers

These risk factors were selected as priorities for prevention action in Baraga County primarily because data indicated that they are significantly elevated throughout Baraga County compared to national norms.

The data also revealed Baraga County's strengths. For example, the *Communities That Care Youth Survey* revealed that students throughout the county are not changing homes and schools very often. They reported high levels of belief in the moral order and low levels of gang involvement. Graduation rates are higher in Baraga County than the statewide averages. These are important areas of strength on which to build to help protect our county's youth from the risk of problem behaviors.

The problem behaviors that were identified by the survey as more pronounced in Baraga County than the national norm were as follows:

- Substance use/abuse, especially alcohol and chewing tobacco
- Riding with a drinking driver
- Chewing tobacco use

This report recommends that the community give particular attention to the risk factors noted above when developing the community's action plan to prevent youth problem behaviors and promote positive youth development.

Introduction

The Baraga County *Communities That Care* effort

In March of 2014, Baraga County began implementing the *Communities That Care* prevention-planning system. First developed by Dr. David Hawkins and Dr. Richard Catalano of the Social Development Research Group in Seattle, Washington, the *Communities That Care* system is a way for members of a community to work together to efficiently and effectively promote positive youth development and prevent youth problem behaviors such as substance use, delinquency, teen pregnancy, school drop-outs, violence and teen suicide.

Implementing the *Communities That Care* process in Baraga County grew out of the efforts of the Baraga County Substance Abuse Coalition to understand and decrease substance abuse rates in the county and has continued with the support of Baraga County schools, the Keweenaw Bay Indian Community, the Suicide Prevention Coalition, Baraga County Memorial Hospital and many community members. The current funding is funded by a grant provided by the state of Michigan through Northcare Network. It is believed that *Communities That Care* will help to achieve the community's vision that all young people in Baraga County grow up supported and nurtured by their families, schools and community, and become healthy adults who contribute positively to society.

Key accomplishments to date:

- As a result of the prior survey results, Baraga County CTC worked with Baraga Area Schools, L'Anse Area Schools, and Dial Help to bring Botvin Life Skills to both schools for the 6th, 7th and 8th graders. Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

2014

- **9/2014** Out of the Darkness Walk
- **10/2014** Paint the Field Blue
- **11/2014** CTC Youth Survey #1

2015

- **6/2015** Logo Design contest
- **8/2015** Neon Nights
- **9/2015** Out of the Darkness Walk
Above the Influence
- **11/2015** Ladies' Night Out
Great American Smoke-Out

2016

- **2/2016** Winter Happening
- **4/2016** Spring Fling
National Drug Take Back Day
- **6-8/2016** Family Movie Night
- **6/2016** Start of Summer Dance
Lake Trout Festival
- **9/2016** Out of the Darkness Walk
- **10/2016** Paint the Field Blue
Haunted House
Boo on the Bay
- **11/2016** Ladies' Night Out

2017

- **2/2017** CTC Youth Survey #2
- **3/2017** Guiding Good Choices
- **4/2017** National Drug Take Back Day

- The Suicide Prevention Coalition, a CTC Workgroup, has raised over \$25,000 with the Out of the Darkness Walk in September 2014, 2015 and 2016 for suicide prevention. This event not only raises money for suicide prevention programs, it also provides a platform to change our culture's approach to mental health
- In October 2014 and 2016 a Paint The Field Blue event was held as part of an anti-bullying campaign. High school sports teams wore blue stockings with their uniforms to draw attention to bullying and its adverse effects.
- In June 2015, Baraga County youth participated in a logo design contest for Baraga County CTC. The winning logo was submitted by Brianna Hoffman and is on the cover of this report.
- In August, 2015, the CTC sponsored Neon Nights, a family walk held at night with appropriate glowing accessories. The purpose of the walk was to raise awareness of CTC and provide a fun family event.
- In September, 2015, CTC sponsored an Above the Influence event. The event included a dirt bike stunt rider, big bouncy attractions, tons of educational materials, a pizza party, bowling, dancing and an ice cream bar. Students could get their pictures taken with a sign indicating what they were above the influence of.
- In November, 2015, Baraga County CTC promoted participation in the Great American Smoke Out.
- In August and September 2015, CTC purchased many educational models and materials that are used at various events to educate parents and students about the impact of using drugs and alcohol and ways to reduce the likelihood of use.
- Students participated in the Crave 21 Challenge
- The CTC participated in several events with other area organizations over the last two years. We provided awareness and literature from the Do Your Part campaign and the Talk, They Hear You campaign. Both are aimed at reducing underage drinking and substance use. We participated in Spring Fling 2016 and 2017, Ladies Night Out 2015 and 2016, and Winter Happening 2016.
- During the summer of 2016, Keweenaw Bay Indian Community and CTC participated in a series of Family Movie Nights. CTC distributed materials from the Talk, They Hear You campaign.
- We facilitated and advertised National Drug Take Back Day in 2016 and 2017. This program provides a free safe drug disposal program.
- In June, 2016, we held a Start of Summer Dance for students.

- In October, 2016, we participated in both Boo on the Bay and a Haunted House. We provided trinkets and education.
- We have been raising money in various ways to bring Big Brothers, Big Sisters to this county and High Five to Baraga Schools.
- In February, 2017, the second *Communities That Care Youth Survey* was administered to the 6, 8, 10 and 12 graders in Baraga County Schools.
- In March, 2017, CTC together with Dial Help, brought Guiding Good Choices to the community. Guiding Good Choices is a program designed to teach parents skills that can help prevent drug and alcohol abuse in their families. The first session was well received. Additional sessions will be held as families request the program.

The community assessment

Dr. Hawkins and Dr. Catalano have identified risk factors that predict problem behaviors in youth, and protective factors that help protect young people from those risks. By addressing risk and protective factors, communities can help prevent adolescent problem behaviors and promote positive youth development. A key goal of the Communities That Care system is for communities to develop a profile of risk factors, protective factors and problem behaviors in their community, and to develop a plan for addressing the risk factors that are most elevated while enhancing protective factors.

The Baraga County CTC accomplished the first step in the process when they analyzed the first youth survey. They presented the data to the community and several risk and protective factors were chosen to prioritize. This report represents the analysis of the second Youth Survey administered in February, 2017. We were able to compare changes in the data between 2014 and 2017. We were also able to re-assess risk, protective factors and problem behaviors in our community that need prioritizing now. With input from the community, the work group has identified our community's strengths and the priority risk factors to address in the prevention plan.

Data collection methods

The *Communities That Care Youth Survey* was administered in February, 2017 with assurances of anonymity. All Baraga County school students in grades 6, 8, 10 and 12 were asked to participate. The complete results are provided in the Baraga County *Communities That Care Youth Survey* report. In addition, Dr. Hawkins and Dr. Catalano have identified archival data indicators that have been shown to be valid and reliable measures of certain risk factors and problem behaviors that are not measured by the survey which include Depression and Suicide rates, Teen Pregnancy rates and School Drop-Out rates. The Risk- and Protective-Factor Assessment work group collected data from local and state agencies to supplement the youth survey.

Archival data

Review of archival data looking at Teen Pregnancy, School Drop-out rates and Youth Suicide rates did not suggest abnormally high risks in our community related to these specific issues compared with other communities in the state and the nation.

In Baraga County, there were 5 births to mothers age 19 and under, resulting in a pregnancy rate of 25.8 vs a statewide rate of 31.6. School Drop-out rates in both schools are less than the statewide rate. There were no youth suicides in Baraga County.

How the priorities were identified

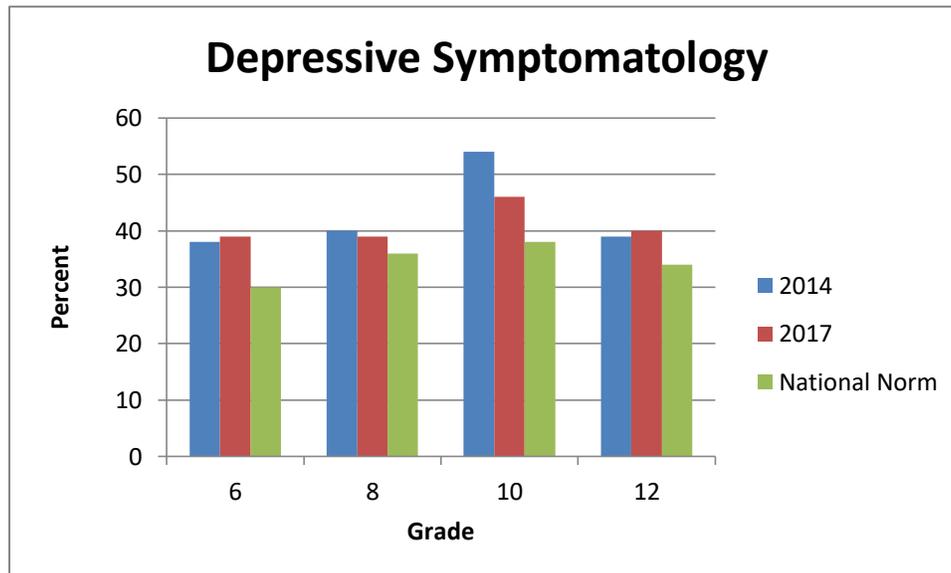
The Risk- and Protective-Factor Assessment work group analyzed the data to identify which risk factors are most elevated in Baraga County. This initial short list of priorities was presented to the Community Board, which discussed other considerations, such as the community's ability to have an impact on certain risk factors at this time. By consensus, the Community Board then selected the final priorities for prevention action in Baraga County. Those priorities were presented to Key Leaders for endorsement.

Report overview

The next sections of the report provide detailed information and analysis of the risk factors, protective factors and problem behaviors in Baraga County. The conclusion presents the final list of priorities and recommendations for future action.

Risk factor: Depressive Symptomatology

According to the CTC Risk and Protective Scale Definitions, young people who are depressed are overrepresented in the criminal justice system and more likely to use drugs. Survey research and other studies have shown a link between depression and youth problem behaviors.



In reviewing the data for this risk factor, we saw some concerning statistics. The percentage of our youth experiencing symptoms of depression is startlingly high and significantly higher than the national norm, which is ~35% of all students indicating symptoms of depression. In Baraga County, the range was from a high of 46% in 10th graders to a low of 39% in 6th graders. In comparison, in 2014, our youth responses ranged from a high of 54% of 10th graders to a low of 38% of 6th graders.

In response to the question, "In the past year, have you felt depressed or sad MOST days, even if you felt okay sometimes?", 37% of our youth across all grades answered yes. Admittedly, this is an improvement from 2014 data when 45% did. However, 46% of 6th graders and 41% of 10th graders answered yes to this question.

Federal data from SAMHSA (2012) stated that, among those 12 years and older, rates of alcohol dependence and abuse and unmet needs for alcohol related treatment were higher in the UP compared to the state average. Among those over 18, serious mental illness, any mental illness, serious thoughts of suicide and having at least one major depressive episode in the past year were all higher in the UP than the state average.

A recent report from the National Academy of Science, Engineering and Medicine (2017) shows that marijuana use is related to higher risk for psychosis and dependence on other substances as well. In another 2017 report, of 83 counties in Michigan, Baraga County ranks 60th on health outcomes and 76th on health factors, which includes excessive drinking, alcohol-related traffic deaths and the ratio of mental health providers to population.

Risk factor: Low Commitment to School

Surveys of high school seniors have shown that the use of drugs is significantly lower among students who expect to attend college than among those who do not. Factors such as liking school, spending time on homework and perceiving course work as relevant are also inversely related to drug use. Those who reported positively on those factors are less likely to use drugs.

The *Communities That Care Youth Survey* showed worsening in all grades compared to the data from 2014 and all grades remained significantly worse than the national norms.



Overall for this risk factor, national norms ranged from a high of 44% of 12th graders showing a low commitment to school to a low of 39% of 6th graders. In Baraga County, the range was from a high of 65% of 12th graders to a low of 53% of 8th graders.

In answer to the question, "Thinking back over the last year in school, how often did you hate being in school?" 40% of our youth answered often or almost always to this question. 48% of high school seniors said they hated school often or almost always.

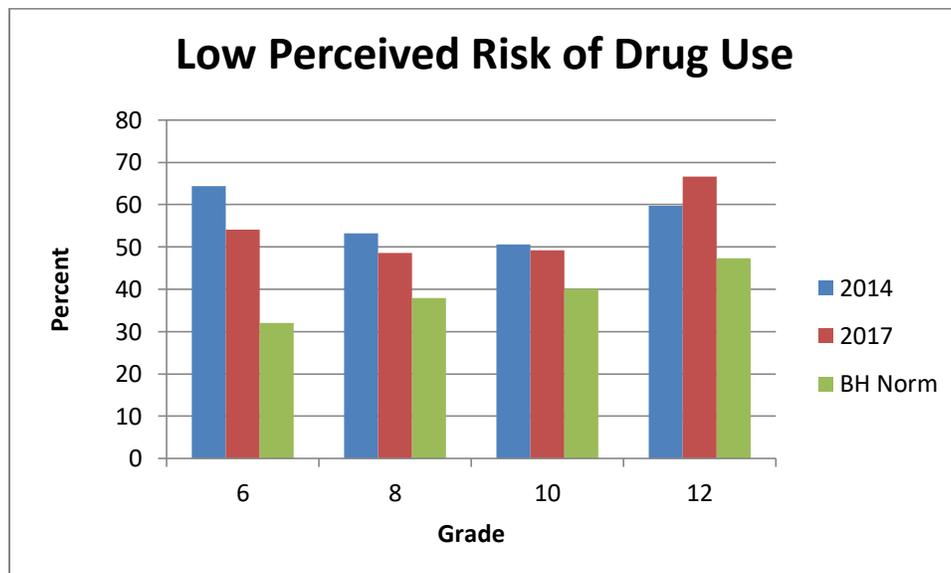
In answer to the question, "How important do you think the things you are learning in school are going to be for your later life?" 37% of our youth answered slightly or not at all important. The range for this question was a high of 59% of high school seniors to a low of 13% of 6th graders. On the bright side, it does suggest that if we can engage our 6th graders before they lose interest in school, we may be able to make a dent in the problem.

In the 4 weeks prior to the survey, 32% of students skipped school at least one day, which is an improvement from the 34% noted in 2014. But 21% of seniors skipped three or more days during that time compared with 12% of seniors in 2014. This question excludes excused absences.

Risk factor: Low Perceived Risk of Drug Use

Young people who do not perceive drug use to be risky are far more likely to engage in drug use, according to the CTC Risk and Protective Scale Definitions. The *Communities That Care Youth Survey* revealed that Baraga County scores on this risk factor remain a grave concern. As the graph indicates, we have made progress, and scores have decreased since 2014 but are still significantly above the national norm.

For these reasons, this risk factor has been identified as a priority for Baraga County.



Students are asked how much risk they associate with tobacco use of one or more packs per day, trying marijuana once or twice, and having one or two drinks per day. Other survey questions help in determining the meaning of these scores. Intention to use these substances is, for example, below norms across the board. So, despite seeing little risk, compared to their peers across the country, Baraga County youth do not plan to use these substances. However, intentions do not always reflect behavior and that seems to be the case here. The lower perceived risk is likely the result of familial drug use, drug use among other adults known to the participants and experimental use by the youth themselves.

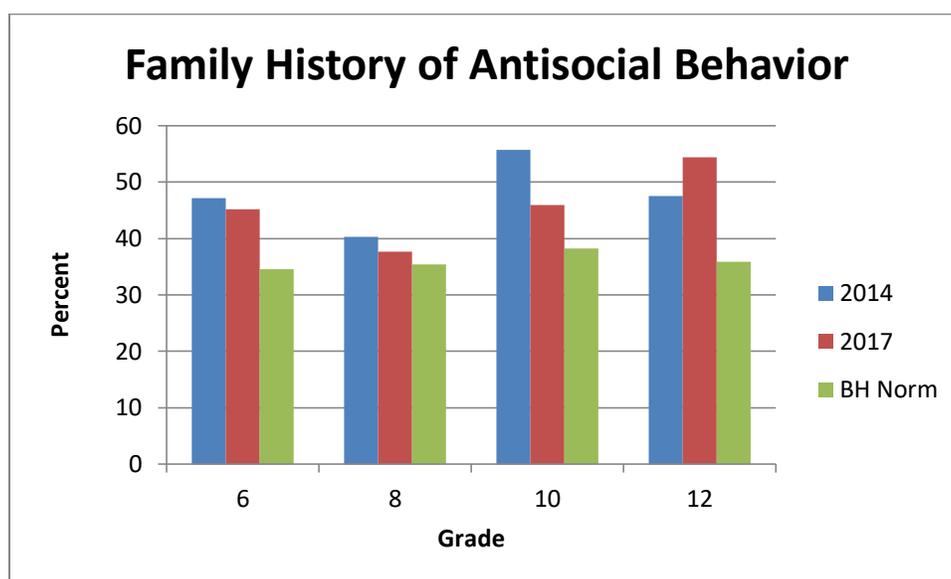
More than half of seniors have a family member with an addiction, 71% have drunk alcohol, 48% have used marijuana, nearly 30% know five or more adults who use drugs and 42% know at least one person that deals drugs. Other data, both local and national, can also inform the interpretation of these results. One national survey found that people ages 12 and older in Michigan's Upper Peninsula were less likely to have smoked marijuana but also less likely to perceive risk related to monthly marijuana use compared to youth across the rest of the state. Federal data from 2012 (SAMHSA) show that among people from ages 12 to 20 rates of alcohol use, binge drinking, marijuana and cocaine are higher in the UP than the state average, while the perceived risk of monthly marijuana use and binge drinking are lower than the state average.

Risk factor: Family History of Antisocial Behavior

When children are raised in a family with a history of problem behaviors (e.g. violence or substance abuse), they are more likely to engage in those behaviors, according to the CTC Risk and Protective Scale Definitions. The *Communities That Care Youth Survey* revealed that this risk factor is elevated throughout the county. There has been some improvement from the 2014 survey except in the 12th grade.

As the graph indicates, students reported high scores for Family History of Antisocial Behavior in comparison with the national average for the *Communities That Care* normative population. In the 12th grade, this indicator shows an increase of 6.9% over 2014 and is 18.5% higher than the norm.

For these reasons, this risk factor has been identified as a priority for Baraga County.



This risk factor is based on answers to questions about drug and alcohol use by adults and siblings in the family. It also encompasses the behaviors of other unrelated adults around the youth. When asked if anyone in their family has ever had a severe alcohol or drug problem, 42.6 % of students answered yes. 74.1% of students don't know anyone who sells drugs. 42.1% of seniors know at least one adult who sells drugs and 21.1% of them know five or more adults who sell drugs.

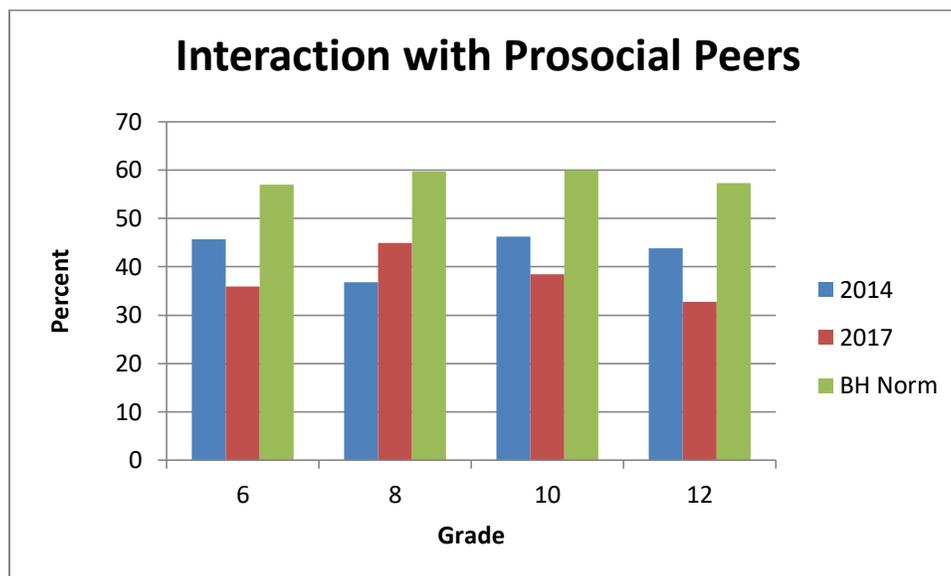
Only 36.7% of students don't know any adult who has gotten drunk or high. 31.3% of them know five or more adults who have gotten drunk or high. This indicator has improved over the 2014 survey by about 6% overall. CTC can't take credit for this improvement but there is probably something that was introduced into the community that is responsible.

Protective factor: Interaction with Prosocial Peers

According to the CTC Risk and Protective Scale Definitions, young people who associate with peers who engage in prosocial behavior are more protected from engaging in antisocial behavior and substance use. The *Communities That Care Youth Survey* revealed that this protective factor is still lower than the BH Norm throughout the country.

As the graph indicates, students reported particularly low scores for interaction with prosocial peers when compared with the national average for the *Communities That Care* normative population. In general, the percentage of students reporting protection from interaction with prosocial peers fell from the 2014 survey. In most instances, it fell by roughly 10%. In grade 12, 32.8% of students reported protection while the norm is 57.3%, a difference of 24.5%

For these reasons, this protective factor has been identified as a priority for Baraga County.



This indicator measures how many of a youth's friends have participated in clubs or activities in school, like school, attend church, try to do well in school or make a commitment to stay drug free. Baraga County youth report a significantly lower interaction with prosocial peers than the national norm. Most students report that their friends try to do well in school but about 60% report that none of their friends attend religious services. In our discussions, we discussed the fact that students who participate in Native American spiritual ceremonies would probably not mark "yes" for religious services. We think that this question may not capture the full spectrum of religious/spiritual involvement in this area.

Problem Behaviors

The problem behaviors that were identified by the survey as more pronounced in Baraga County than the national norm were as follows:

- Substance use/abuse
- Riding with a drinking driver
- Chewing tobacco use

Alcohol consumption by students has *improved* over the 2014 survey, but is still significantly higher than the norm in all grades.

- In grade 6, the percent of students drinking within the last 30 days fell to 5.2% from 7%.
- There was a similar decrease in grade 8.
- In grade 10, this indicator fell to 18.8% from 36.4%, almost in half. The norm for 10th grade is 19.9%, so 10th graders are doing a little better than average.
- Grade 12 went from 53.2% in 2014 to 45.0% in 2017, a significant improvement. That is still 12% higher than the norm of 33.2%
- If this measure shows improvement in the next survey, we will know that the things we are doing are having an impact.

The incidence of binge drinking (five or more drinks in a row) decreased in grades 6, 8 and 10 from the 2014 survey. Yeah!

- In grade 10, the percentage of students is still higher than the norm of 9.7%.
- In grade 12, binge drinking has increased by 1.3% from 2014. The norm for grade 12 is 15.5% and the 2017 survey result is 26.7%, 11% higher than the norm.

The statistics for riding with a drinking driver have improved over the 2014 results.

- In grades 8 and 12, the reported percentages are less than the norm.
- In grade 10, the incidence of riding with a drinking driver actually increased from 32.9% to 35.9%. The norm is 24.0% for 10th grade.

Marijuana usage by students within the last 30 days has improved over the 2014 survey in all grades.

- Usage reported by all grades is at a percentage that is less than the norm for this indicator.
- The most pronounced is in the 12th grade. 15.3% of students reported use within the last 30 days as opposed to a norm of 22.5% for this grade.
- Notably, this measure does not look at the use of edibles.

This is good news! Nearly all of the problem behaviors that have been exhibited are showing improvements. They are still of concern since they are still higher than the national norms, but appear to be moving in the right direction.

There is some improvement in the percentage of students smoking cigarettes over the 2014 survey results, but in most grades the percent of students reporting smoking cigarettes within the last 30 days is about 5% higher than the norm for that grade.

- The percent of students reporting smoking a half pack of cigarettes a day or more has increased in the 8th and 10th grades over the last survey. Both grades are about 3% over the norm of 0.3%.
- Grade 12 students are reporting at the norm of 1.8%.

The use of chewing tobacco over the past 30 days has changed very little from the 2014 survey with the exception of 10th graders.

- 10th grade usage dropped by 16%, but the norm for this grade is 3.5% and 12.5% of students reported use of chewing tobacco.
- In grade 12, 21.7% of students are using chewing tobacco (about the same as last survey) and the norm is 6.6%.

There is little reported use of inhalants, hallucinogens, cocaine, meth, stimulants, tranquilizers and ecstasy. There is some use of prescription opiate pain relievers without a prescription reported by 12th graders. The percentage reported in both surveys is about 3%. The norm is 1.7%, about half of what is reported. The questions for this indicator don't address the use of non-opiate prescription medications such as gabapentin and bupropion which anecdotally seem prevalent in our community, nor the use of marijuana-based edibles.

The percentage of students reporting antisocial behaviors in the past year is below the norms reported for nearly all grades and all behaviors measured, however, there were improvements in most categories over the 2014 Survey results.

Baraga County's Strengths

The data revealed that

- ❖ Young people in Baraga County are motivated to follow society's expectations and standards.
- ❖ In particular, young people reported high levels of the protective factor "Belief in Moral Order" and low levels of the risk factor "Rebelliousness" and "Gang Involvement".
- ❖ Students throughout the county are not changing homes and schools very often.
- ❖ Graduation rates are higher in Baraga County than the statewide averages.
- ❖ Students' choices are getting better, at least for now.

Baraga County should work to build on these strengths while enhancing other protective factors in its prevention efforts.

Another definite strength in our community is the strong commitment of community members to making Baraga County youth stronger and more prepared for their future, as evidenced by the long list of Key Accomplishments between 2014 and 2017.

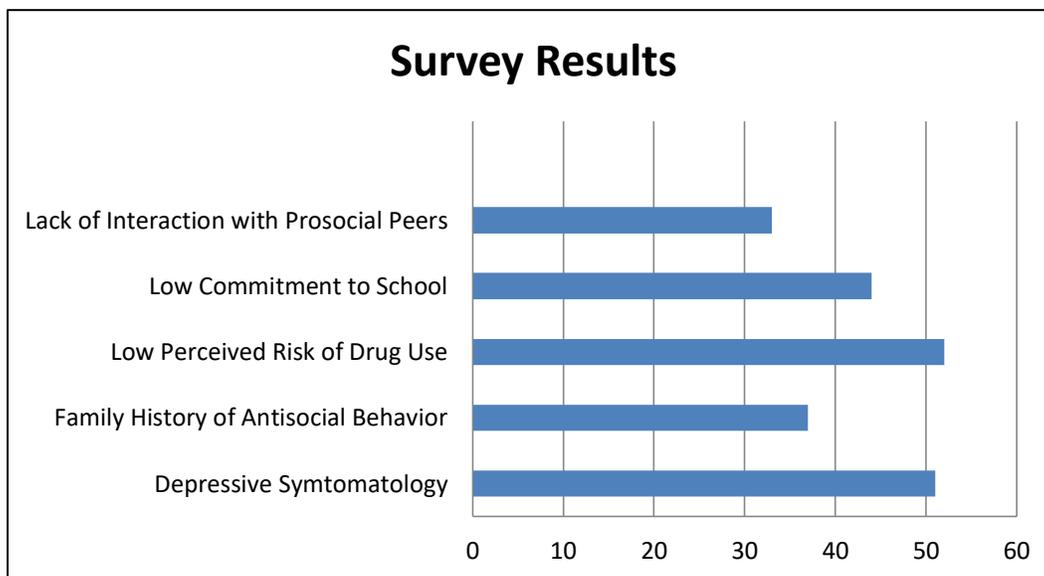
Community Priorities

Based on the analysis of the data and input from the community, the following priority risk factors were identified for the community to focus on over the next several years:

- Depressive symptomatology
- Low commitment to school
- Low perceived risk of drug use
- Family history of antisocial behavior
- Limited interaction with prosocial peers

These risk factors were selected as priorities because the data indicated that they are among the most elevated throughout Baraga County. We recommend that Baraga County give particular attention to implementing strategies or programs to address these risk and protective factors when developing a prevention plan.

This data was presented to interested community members through several presentations. Those present at each presentation were given an opportunity to vote at that time. A video tape of the presentation was posted on the Baraga County Communities that Care Facebook page and web site. The web presentations also included a Survey link allowing the community to vote on their two choices for prioritization. The voting closed on September 15, 2017. The community chose the Low Perceived Risk of Drug Use and Depressive Symptomatology as the two factors to focus on for the next few years.



Next Steps

The next step in the *Communities That Care* process is to find out what resources are already in place in Baraga County that address the priorities chosen above. The Resources Assessment and Evaluation work group is working on this. Their assessment, combined with this report, will make up the profile of Baraga County that will be used to identify programs and strategies to promote positive youth development and prevent problem behaviors in Baraga County.

In the near future, there will be a meeting to help the community choose appropriate strategies to implement in order to address these problems over the long term. The programs that will be evaluated have been proven to successfully address these problems in other communities like ours.

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Acknowledgements

Baraga County Risk- and Protective-Factor Assessment Work Group:

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