

TEEN WELLNESS & PREVENTION  
COMMUNITY REPORT CARD

2018

## DIRECTOR'S MESSAGE



The Coalition for Auburn and Lincoln Youth, also known as CALY is thrilled to present the **2018 TEEN WELLNESS AND PREVENTION REPORT CARD**. We have accomplished a lot in these first two years since becoming a Drug Free Communities Grantee. I have had the honor of serving as CALY's Director since 2016 spending time and building relationships with many of you. Working together with the communities of Auburn and Lincoln, and partners from agencies across Placer County we are making great strides toward our goals to prevent and reduce youth substance use and increase community collaboration.

With our local communities and our nation

facing significant challenges with substance use, community coalitions offer the greatest opportunity for prevention. We know that substance use disorders are preventable and CALY's expertise, resources and environmental strategies are increasingly important. Our leadership and staff remain dedicated to fulfilling our mission to prevent youth substance use, promote healthy environments and support promising futures.

We are grateful for all of your continued support.

Together we can make a positive impact on young people's lives which has a positive impact on the overall health and well being of our communities.

With gratitude,

*Shelley Rogers*

Shelley Rogers, Program Director

**together we can make a positive impact on young people's lives**

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## CALY BACKGROUND

Organized in **2013**, leaders in Auburn and Lincoln began working to create a new coalition focused on preventing youth substance use in our communities.

In **2014**, with support from the Coalition for a Drug Free Nevada County and Community Recovery Resources, the Coalition for Auburn and Lincoln Youth (CALY) received the Drug Free Communities Mentoring Program grant to build capacity and develop a sustainable coalition structure.

In September **2016**, CALY was thrilled to share the phenomenal news that we were awarded a 5-year Drug Free Communities (DFC) Support Program Grant.

### VISION

Our vision is that young people in Auburn and Lincoln are free from substance use and have every opportunity to grow up healthy and with a positive vision for their future.

### MISSION

Our MISSION is to work with communities to prevent and reduce youth substance use, promote healthy environments and support promising futures.

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Community Recovery Resources is the Fiscal Grantee organization for Coalition for Auburn and Lincoln Youth.



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## COMMUNITY CHANGE: SYSTEMS & POLICIES

### SOCIAL HOST ORDINANCES AKA TEEN PARTY LAW

The Placer County Youth Commission, with support from CALY, continued to have success advocating for policies to prevent youth substance use and impaired driving. The cities of Auburn and Lincoln and the unincorporated areas of Placer County now all have Social Host Ordinances in place.



### PARENTS are UNITED

to prevent underage drinking and drug use.

They support the

### Teen Party Law



### PLACER COUNTY'S SMOKE-FREE GOV'T CAMPUS POLICY

The County Government Center in North Auburn became a smoke-free campus (including sidewalks, parking lots, and personal vehicles), prohibiting smoking, vaping, and cannabis. Placer's TOBACCO PREVENTION PROGRAM will continue to work and pass further tobacco policy to reduce the prevalence of tobacco among our youth and protect all from secondhand smoke.



### SCHOOL SYSTEMS AND POLICIES

Community Recovery Resources is the non-profit provider of the STUDENT ASSISTANCE PROGRAM (SAP), an evidence-based support program for students who otherwise face expulsion or suspension due to substance-related infractions. Schools in Placer Union High School District and Western Placer Unified School District now offer these programs. This positive partnership with schools and community-based treatment nonprofits is an important systems change.



## STATE

### STATE LEGISLATION TO PREVENT RX & OPIOID ABUSE / OVERDOSE

Medical providers and pharmacists are now mandated to use **CURES 2.0**, the prescription drug monitoring program to reduce prescription drug abuse and diversion. **SB 212** requires the pharmaceutical industry to establish and fund medication and sharps take-back programs.



### GOVERNOR VETOES BILLS: GOOD NEWS FOR YOUTH & PUBLIC SAFETY

**SB 905** (4 a.m. Bar Bill) would have extended the time for bars to stay open until 4 a.m., increasing the risk of impaired driving. **SB 1127** (Jojo's Act) would have allowed parents to bring medicinal cannabis to school sites to administer to their children.

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# INCREASING COMMUNITY CAPACITY TO PREVENT YOUTH SUBSTANCE USE



## TRAINING & ADVOCACY AT OUR NATION'S CAPITOL

Each year, Coalition leaders and partners attend the Community Anti-Drug Coalitions of America's (CADCA) National Leadership Forum in Washington D.C. The Forum provides an opportunity to learn emerging science from our nation's leading researchers and scientists as well as valuable networking with prevention professionals across the country. On Capitol Hill Day, we meet our Congressional and Senate representatives to share about the impact of youth substance use in our communities and how our coalitions are working to address these challenges.



## PARENT LIAISONS: PARTNERS IN PREVENTION

Parent liaisons are strong partners in prevention, volunteering for coalition activities and helping to plan and coordinate Parent Resource Nights to share prevention information with parents and community members. The Western Placer Unified School District (WPUSD) created the parent-school-community liaison position to ensure successful communication between schools and homes to help students be successful in school. Many of the liaisons are bilingual in Spanish.



## LOCK, MONITOR, TAKE BACK

CALY and Raising Placer partners developed the new **3 Steps to Prevent Abuse: Lock, Monitor, Take Back** media campaign to raise awareness of risks for dependence and to reduce access to prescription medications that are often abused, especially opioids. The campaign encourages residents to be safe with their medications and to seek take back programs to dispose of unneeded and expired medications. This is especially important as we face the opioid epidemic. CDC reports that overdose is the leading cause of injury-related death in the U.S., now exceeding deaths from car crashes and gun violence.

## CALY IN THE COMMUNITY

CALY volunteers and staff share prevention resources and information at community events. Just this year alone, we hosted booths at 14 events throughout Placer County. Pictured here is coalition leader Lily Trundy and Shelley Rogers at the Placer County Fair.



# YOUTH EMPOWERED: OUR GREATEST ASSETS



## RAISING PLACER SUMMER LEADERSHIP RETREAT

Hosted by Raising Placer Coalitions and partners, this day-long leadership retreat was attended by 75 Placer County youth leaders. They participated in both fun and challenging activities and training sessions; all designed to increase skills and awareness around mental wellness, suicide prevention, mindfulness practices, substance use prevention, and positive peer support.



## YOUTH ARE LEADERS IN ADVOCACY & PREVENTION

The Placer County Youth Commission (PCYC) is a leadership group of motivated teens from all over the county with the goal of improving their communities by integrating youth voices into local policymaking. PCYC works closely with Raising Placer Coalitions on projects to promote health and mental wellness, prevent youth substance use, and empower peers to be community leaders.



## YOUTH PEER MENTORS AT PHS

Overseen by Jennifer Ward Dixon, Mental Health Specialist, Juniors and Seniors at Placer High School are trained to go into classrooms and give presentations on mental wellness and accessing resources. They are connected to students in need on campus through referrals. Pictured here is Jensen Lockard and Renee Berg in front of CALY's booth at the Mental Health Resource Fair hosted by the peer mentors.



## STICKER SHOCK

More than 30 youth from the Placer County Youth Commission (PCYC), Placer Sheriff's Activities League (PSAL) and the Placer County Explorers partnered with CALY to conduct Sticker Shock, a state-wide campaign to reach adults who might be tempted to buy alcohol for youth under age 21. Pictured are the youth holding a banner with a clear message for adults, "If they can't buy it, don't supply it!"



# INCREASING RESILIENCY/ TRAUMA-INFORMED COMMUNITIES



This graphic recording from CALY's meeting in 2015 illustrates our early focus on trauma awareness and promoting resilience.

## RESILIENT PLACER

CALY is a part of the Resilient Placer leadership group whose goal is to raise awareness about the prevalence of ACES (Adverse Childhood Experiences) in our community, promote resilience and increase trauma sensitive practices and policies. Resilient Placer meets monthly and is currently planning the next Trauma and Resiliency Summit to be held in March of 2019. Resilient Placer provides a series of webinars to educate the community about ACES and the Effects of Toxic Stress; Trauma-Informed Staff Trainings; and Trauma-Informed Curriculum for Families and Youth to name a few.

Learn more at Resilient Placer ACES Connection:

[www.acesconnection.com/g/placer-county-ca-aces-connection](http://www.acesconnection.com/g/placer-county-ca-aces-connection)

## RAISING PLACER: UNITED FOR HEALTHY AND RESILIENT YOUTH

CALY and Partners from the Coalition for Placer Youth (CPY) established Raising Placer, a group of local coalitions funded by the Drug Free Communities (DFC) Support Program and Substance Abuse Mental Health Services Administration (SAMHSA). Raising Placer's goal is to promote healthy and resilient youth and to strengthen and sustain youth substance use prevention efforts throughout the county. Launched in 2017, RaisingPlacer.Org serves as a prevention resource. Partners include CALY, CPY, and Tahoe Truckee Future without Drug Dependence Coalition.

**RAISING PLACER.ORG**  
United for Healthy & Resilient Youth

## SOCIAL MEDIA REACH

WEBSITE



**10k**  
views

NEWSLETTER



**1260**  
subscribers

FACEBOOK



**697**  
likes

INSTAGRAM\*



**337k**  
reach

TWITTER\*



\*We launched our Twitter & Instagram accounts in September 2018

## IN-KIND HOURS & COMMUNITY CONTRIBUTIONS (FIRST 2 YEARS)

Our community  
volunteered  
nearly

**10k**  
hours.

Our community  
matched

**\$278k**  
in volunteer  
time and in-kind  
donations.

We disseminated

**9,060**  
prevention  
and educational  
materials.

## MEASURING CHANGE

### CALIFORNIA HEALTHY KIDS SURVEY (CHKS)

The CHKS provides data that assists schools to: 1) foster positive school climate in learning; 2) prevent youth health-risk behaviors and other barriers to academic achievement and; 3) promote positive youth development, resilience and well-being. Primary substances of greatest concern are alcohol, marijuana, tobacco, e-cigarettes and vaping, and prescription drug misuse.

Please note: the percentages below represent a comparison of the 2017-18 results to the 2015-17 results.

9 out of 10  
people with  
substance  
use disorders  
started using  
before the  
age of 18.

## 11<sup>TH</sup> GRADE STUDENTS

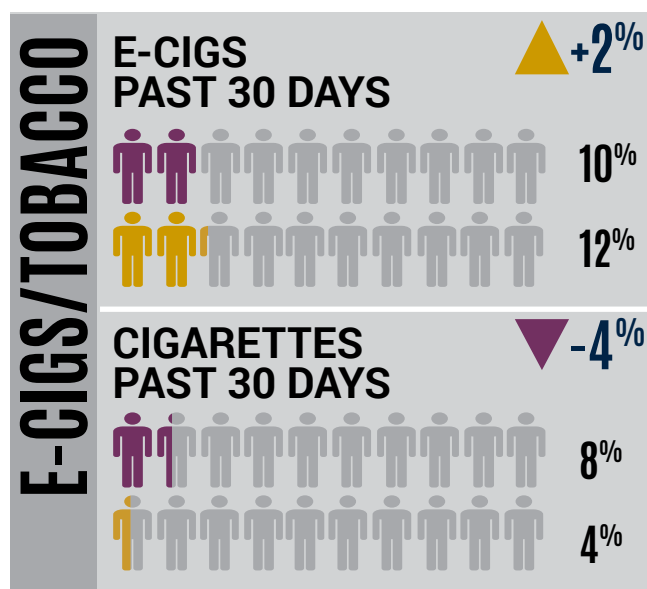
2015-17 2017-18



While an average of 69% of 11th graders say it's easy to obtain **ALCOHOL**, and 72% say it's easy to obtain **MARIJUANA**, it has become more difficult.

### E-CIGS, TEENS WHO VAPE ARE 3X MORE LIKELY TO SMOKE CIGARETTES ONE YEAR LATER

While current use of alcohol, marijuana, and cigarettes has decreased from last year, **E-CIGARETTE** use & **VAPING** among teens is increasing. This concerning trend supports the need for continued prevention education with teens and parents.



### 2018 SPRING Rx TAKE BACK DAY

1,455 lbs. of Rx medications  
collected in Auburn and Lincoln  
dropped off by 698 cars.

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# RAISING PLACER DRUG FREE

Coalition for Auburn and Lincoln Youth

*Thank you for the commitment and dedication of our Coalition members and partners to help prevent youth substance use, promote healthy environments and support promising futures.*

## LEADERSHIP TEAM

Sharon Behrens  
Michael Lombardo  
Jennifer Cook  
Chris Mireles  
Kris Wyatt  
Jensen Lockard

Pastor Dan Beltran  
Lily Trundy  
Lisa Swisley  
Annie Mascorro  
Claudia Warner  
Carol Feineman

## ADVISORY MEMBERS

Jeff Brown – Director  
PC Health & Human  
Services

Ariel Lovett – CEO  
Community Recovery  
Resources

## STAFF

Shelley Rogers –  
Program Director

Renee Berg –  
Coalition Coordinator

## COMMUNITY PARTNERS

- Community Recovery Resources (CoRR)
- Coalition for Rocklin Youth
- Placer County Board of Supervisors
- Placer Nevada Medical Society
- Rx Drug Safety Coalition
- Lincoln Community Foundation
- Auburn Hip Hop Congress
- Parkside Church
- KidsFirst
- Koinonia Family Services
- Team Giving
- Chapa De
- Gold Country Media
- Auburn Elks
- Lighthouse Counseling Services
- Core Connectivity
- Placer Union High School District
- Western Placer Unified School District
- Auburn Union School District
- Placer County Office of Education
- Auburn Police Department
- Lincoln Police Department
- Placer County Sheriff
- Placer County Probation
- Placer County District Attorney
- Boys and Girls Club
- Friday Night Live
- Placer County Youth Commission
- Placer County Health & Human Services
- Placer County Children's System of Care
- Tahoe Truckee Future without Drug Dependence Coalition
- Placer County Tobacco Prevention Coalition



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