

2019

Coalition for Auburn and Lincoln Youth
RAISING PLACER
DRUG FREE



TEEN WELLNESS & PREVENTION
COMMUNITY REPORT

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CALY DIRECTOR'S MESSAGE

Dear CALY friends and partners, 2019 marks the end of our third year as a Drug Free Communities Coalition and it's been a great year! This report highlights some of our collective success in preventing youth substance use and increasing capacity for prevention, shaping systems and policy, empowering youth, and promoting resiliency in the communities we serve. The Coalition for Auburn and Lincoln Youth has become a dynamic and influential force in our communities with involvement from key community leaders, decision makers, service providers, parents and youth. By the time of this report we are over 120 members strong.

It is the commitment and tenacity of our coalition members and partner organizations that fills me with so much hope to realize our vision and mission.

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.



SHELLEY ROGERS
CALY PROGRAM DIRECTOR

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GRANITE WELLNESS CENTERS MESSAGE FROM CEO

THE MISSION OF GRANITE WELLNESS CENTERS IS TO PROMOTE WELLNESS AND QUALITY OF LIFE

This year has marked tremendous change for Granite Wellness Centers (GWC), formerly Community Recovery Resources (CoRR). Change, though, is a hallmark of this organization, a constant in our 45 years of continuous service. Maya Angelou wrote: "Do the best you can until you know better. Then when you know better, do better." As we face one of the greatest threats to our community's welfare, Granite Wellness is committed to doing the best—and then doing better.

We recognize that more needs to be done, more resources mobilized, more people educated, more access created to change and save lives of individuals and families threatened by substance use disorders.

We embraced a new name this year that is more reflective of our expanded services, and unwavering commitment to the wellness of children, families, and communities. Prevention is central to this commitment. Granite represents the strength we recognize in the individuals, families, and communities we serve, and in our partners. Wellness affirms that our mission is not to simply support reduction of problematic substance use, but also to prevent it from ever beginning by supporting resilient children and teens; to promote physical and mental health, improved family and community connections, and support people to find meaning and purpose in their lives to be contributive citizens. Centers reflects not only multiple service locations, but a range of services and opportunities offered at each location.

Granite Wellness is the fiscal agent for the Coalition for Auburn and Lincoln Youth (CALY). We are grateful for all the partners that strengthen CALY's critical work.



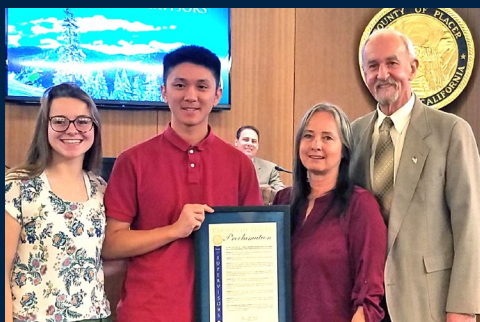
ARIEL LOVETT
GRANITE WELLNESS CENTERS
CHIEF EXECUTIVE OFFICER

LOCAL



AUBURN TAKES ACTION ON TOBACCO PREVENTION/VAPE POLICY

The Auburn City Council unanimously adopted new public health and safety policy to establish a tobacco retail licensing program, distance requirements for tobacco retailers, and enforcement for minors in possession of tobacco products. The new policy goes into effect on January 1, 2020. Thank you to Auburn city leaders and police department for prioritizing the health and safety of our youth and community.



IMPAIRED DRIVING PREVENTION MONTH IN PLACER COUNTY

Thank you to the Placer County Board of Supervisors for declaring December Impaired Driving Prevention Month. In December of 2018, CALY and Placer County Youth Commissioners launched the Impaired Driving Prevention Campaign working in partnership with Auburn Police Department, Trevor D. Keller Scholarship Corp. and the Coalition for Placer Youth. The campaign raises awareness about the different types of Impaired Driving and the importance of youth and adults being safe behind the wheel.

COMMUNITY CHANGE: SYSTEMS & POLICIES

SCHOOL SYSTEMS & POLICIES

TUPE

The Tobacco Use Prevention Education Program (TUPE) is funded by the California Department of Education. Managed by the Placer County Office of Education (PCOE), TUPE oversees the adherence to the Tobacco-Free Campuses policy on Placer County school sites, supports schools to administer the California Healthy Kids Survey (CHKS) and provides technical assistance on tobacco-related issues. With this funding, PCOE recently hired a practitioner to provide direct tobacco prevention education to districts and families in Placer County.



PREVENTION CURRICULUM

CALY worked with schools to make EVERFI's evidence based digital prevention and mental wellness curriculum available for all of PUHSD and WPUUSD. The modules are classroom-ready lessons for educators to integrate into classroom instruction. Students learn how to make healthy decisions, coping skills for mental wellness and builds confidence in supporting friends in need and reaching out for help if they need it.



STUDENT ASSISTANCE PROGRAM

Granite Wellness Centers (GWC) 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. This positive partnership with schools and community-based treatment nonprofits is an important systems change. GWC currently offers this program in 10 Placer County schools.

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INCREASING CAPACITY FOR PREVENTION



VAPING: ADDRESSING YOUTH USE

In response to the youth vaping epidemic, CALY and partners from the schools, law enforcement, city leaders, Placer County Tobacco Control Program and TUPE are working together to respond and prevent youth use. Hip hop artist and motivational speaker, RAZA, shared his story and inspired youth at middle schools in Auburn and Lincoln to think for themselves and make healthy choices resisting substance use.



Each of These Factors Increase the Risk of Mental Illness for Youth Who Use Cannabis (THC)



AGE OF ONSET

The adolescent brain is in a high level state of construction until about 25. This makes it vulnerable to lasting changes with any substance use. Early use of THC increases these risks.



THC POTENCY

The potency of THC (the psychoactive chemical in marijuana/cannabis) has increased from 1-3% THC in the 1960s to some products today that contain 100% THC.



FREQUENCY OF USE

Frequent use of THC increases risk of mental illness and lifetime risk of substance use disorders.



FAMILY HISTORY

A family history of mental illness compounds risks for youth who use cannabis.

Thanks to our Raising Placer partner, Christina Ivazes, and Placer County Public Health for this important research and resource.

LAW ENFORCEMENT ARE KEY PARTNERS IN PREVENTION

Auburn PD received a tobacco grant which supports them taking action to prevent youth use. Local law enforcement agencies work with CALY, schools and the community to facilitate hands on educational activities to prevent impaired driving and keep our youth and roadways safe. Law enforcement also lead facilitation of Rx Take Back Day and National Night Out, an annual community-building campaign to make our neighborhoods safer, more caring places to live.

RX AND OPIOID ABUSE PREVENTION

Granite Wellness Centers and CALY support countywide efforts to prevent Rx and opioid abuse and save lives. In partnership with the Rx Drug Safety Coalition, collective efforts focus on expanding access to treatment, including Medication Assisted treatment, reducing access, and preventing overdose deaths. Key strategies include establishing curriculum in schools, promoting safe prescribing practices, and introducing outreach and awareness campaigns, including Lock, Monitor, Take Back to promote safe disposal and reduced access.

**SOMEONE'S
DAUGHTER**

**Overdose is
Preventable**

TREATMENT WORKS

Ask about
Medication Assisted
Treatment

www.granitewellness.org



TRAINING & ADVOCACY AT OUR NATION'S CAPITOL

Raising Placer Coalitions including 4 local youth and 7 adults travelled to our Nation's Capitol for the Community Anti-Drug Coalitions of America's (CADCA) National Leadership Forum. Attendees learned about best practices to prevent mental illness and substance use disorders from our nation's leading researchers and scientists and successful coalitions from across the country. On Capitol Hill Day, our youth leaders had the opportunity to share with our Congressional and Senate representatives about the mental health and substance use challenges happening in our schools and community. Youth returned home and immediately began to put what they learned into action, making a positive impact on our communities.


YOUTH EMPOWERED: OUR GREATEST ASSETS



RAISING PLACER SUMMER LEADERSHIP RETREAT

The summer of 2018 was one to remember for Placer County youth and adults attending the day-long Leadership Retreat. Odyssey for Youth facilitated team building activities in the morning. Afternoon workshop topics included the power of connection in mental health, how nutrition and other lifestyle factors affect mental health and wellness, overcoming anxiety prompted by social media, and impaired driving prevention.

UNDERAGE SUBSTANCE USE TOWN HALL & COMMUNITY FORUM



featuring...

CHIEF RYAN KINNAN
Police Chief, Auburn Police Department

CHRISTINA IVAZES
Health Educator, Placer County HHS

ALEX WRIDE
Coordinator, Placer County Tobacco Prevention Program

TOWN HALL ON UNDERAGE ALCOHOL AND OTHER DRUG USE

The Placer County Youth Commission and Raising Placer Coalitions partnered to lead a Town Hall on underage alcohol and other drug use. This youth led event focused on helping the community understand current trends of underage alcohol and other drug use and raised awareness about teen party laws in Placer County.



FRIDAY NIGHT LIVE (FNL) YOUTH SUMMIT

CALY staff and 4 high school students attended the FNL Youth Summit in Santa Clara, CA. The Summit provided youth with prevention training including how to plan, develop and implement a process to solve community problems. Youth from across the state came together to share, connect, create and empower one another to make their local communities safer.

MEASURING CHANGE

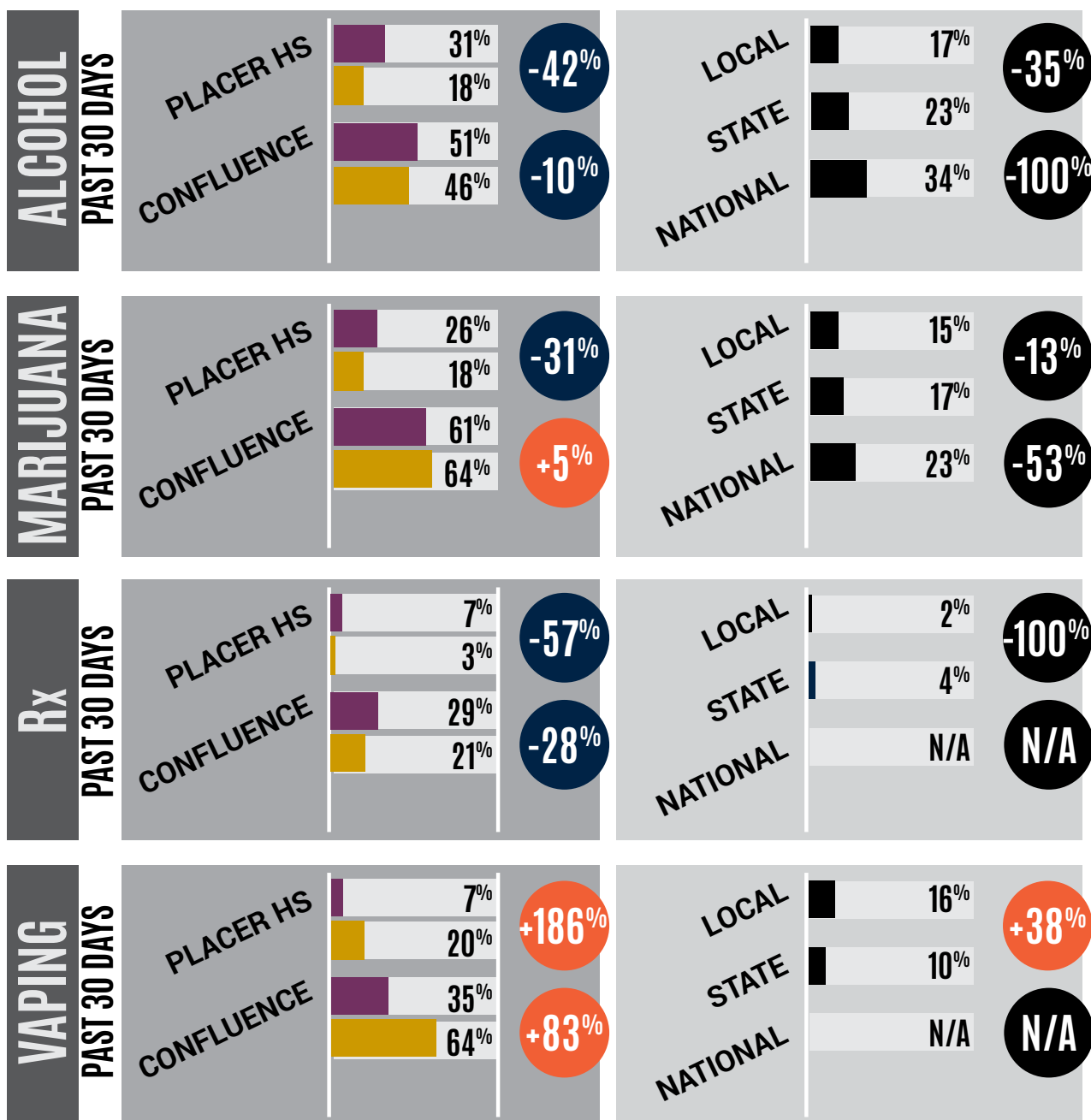
CALIFORNIA HEALTHY KIDS SURVEY (CHKS)

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.

U.S. Surgeon General
issues advisory on
E-CIGARETTES emphasizing
the importance of
protecting our children
from a lifetime of
nicotine addiction.

11TH GRADE STUDENTS

2016-17 2018-19 COMPARISON*



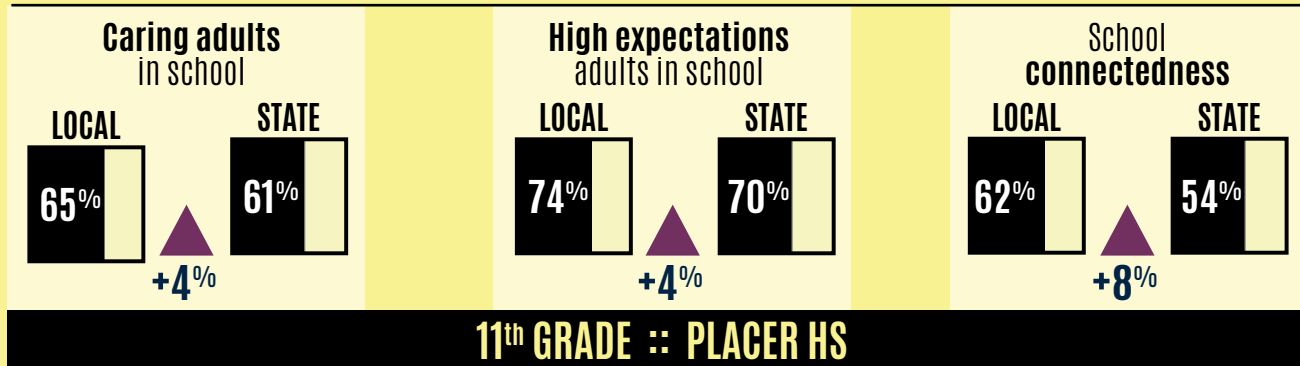
* Comparison statistics represent the most current 11th grade data for local (PHS & LHS), state, and national.

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RESILIENCY FACTORS



MOVING UPSTREAM

Health starts in our home, schools, workplaces, neighborhoods, and communities. Social determinants of health are conditions in the environments people live, learn, work, play, worship, and age that affect health risks and outcomes. Resources that enhance quality of life can significantly influence population health outcomes. Examples of these resources include safe and affordable housing, access to education and healthcare, public safety, and availability of healthy foods. These social determinants of health (SDOH) are considerations to address resulting health inequities and can be incorporated in public health and prevention work. ***Embedded in CALY's mission is our focus on promoting healthy environments and supporting promising futures through prevention strategy.***



Mental health is at the heart of many of the challenges we face including adverse childhood experiences (ACEs) and toxic stress. Research shows that the adversity we experience as children can affect us into adulthood and manifest in depression, suicide, and substance misuse. The good news is, the earlier we can identify that a child is experiencing these symptoms, the sooner children and families can be connected to resources. Addressing social determinants of health and improving community conditions can reduce mental health and substance use challenges and promote resilience.

TAKE THE PLEDGE!

2 PROMOTE HEALTHY BEHAVIORS & COPING SKILLS FOR TEENS IN PLACER

AS PARENTS AND CARING ADULTS, #WEPLDGE2

- Be informed. Learn about the latest research & trends in teen substance use.
- Have meaningful conversations with teens about risks & why you don't want them using alcohol, marijuana or other drugs.
- Model & teach healthy coping skills for stress & feelings.
- Have family dinners to encourage sharing & family communication.
- Provide a safe environment at home by not allowing teens to use alcohol, marijuana, tobacco or other substances.
- Provide opportunities for fun and healthy teen activities.
- Share my expectations with parents where my child/teen is spending time to provide a safe/fun place for teens free from alcohol or other drugs.

AS TEENS, #WEPLDGE2

- Reach out to a friend or trusted adult if feeling stressed, unhappy, or anxious.
- Talk to parents about peer pressures and ask for help.
- Support peers to make healthy choices when dealing with stress. For example: go for a hike, mindfulness, yoga, sports or talking to a counselor or other trusted adult.
- Be informed. Learn about research & risks of teen use of alcohol, marijuana and other drugs. (Seek out credible resources where the research is *not* sponsored by the industry of substance.)

#WHAT'S YOUR PLEDGE?

RAISING PLACER DRUG FREE **WE PLEDGE2**

The **WEPLDGE2** campaign message is about promoting healthy behaviors and coping skills for teens. Reinforcing that it takes a village and we all have a role to play in supporting healthy and resilient youth.

RAISING PLACER

Coalition for Auburn and Lincoln Youth
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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
Pastor Dan Beltran
Jennifer Cook
Carol Feineman
Doug Lee
Jensen Lockard
Michael Lombardo

Serenity Madison
Annie Mascorro
Chris Mireles
Lisa Swisley
Lily Trundy
Claudia Warner
Kris Wyatt

ADVISORY MEMBERS

Jeff Brown – Director
PC Health & Human
Services

Ariel Lovett – CEO
Granite Wellness
Centers

STAFF

Shelley Rogers –
Program Director

Renee Berg –
Coalition Coordinator

COMMUNITY PARTNERS

- Granite Wellness Centers (GWC)
- Raising Placer
- 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
- Chapa De
- Gold Country Media
- 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 Control Program
- Placer County Mental Health Advisory Board



Coalition Strategies



Providing
Information



Enhancing
Skills



Providing
Support



Changing
Physical Design



Enhancing Access/
Reducing Barriers



Changing
Consequences



Modifying/
Changing Policies



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