

TEEN WELLNESS & PREVENTION COMMUNITY REPORT

2025



Coalition for Auburn and Lincoln Youth
RAISING PLACER
DRUG FREE

GRANITE
WELLNESS CENTERS

This year's report highlights the people and partnerships that are the heart of our work: the prevention champions, the youth and coalition members who show up and take action. We continue to track our progress, analyze the data, and to share the outcomes of our collaborative efforts and shared commitments to supporting promising futures for youth. Thank you for being part of this journey. ~Shelley Rogers, Program Director

BUILDING CAPACITY FOR PREVENTION

Prevention Champions

Christina Ivazes

In every coalition there are people whose presence and leadership shape the heart of the work. Christina Ivazes is one of those people for CALY. Her commitment to public health and prevention is not just professional, it's deeply personal. Christina is passionate about the wellbeing of youth, and she has a way of inspiring young people to get involved in prevention. Her research into restorative sleep, and the impacts of cannabis use among youth, has led to some of our most effective and stigma-free approaches to prevention education. We are proud to honor Christina as a Prevention Champion and grateful for the heart she brings to this work.



Youth

Big shout out to Stefanie, Dayanara, Madison and Dayton! Your leadership as peer mentors and peer educators is making a lasting impact. From creating powerful prevention messages to launching a creative social media campaign about healthy restorative sleep habits and showing up for your community at events, you're inspiring your peers and the next generation. We're grateful for your energy, ideas, and commitment. **#NothingForYouthWithoutYouth**



What's Sleep Got to Do With It?

CALY and Placer County Public Health were honored to present at the CADCA National Leadership Forum. We shared the connection between sleep and youth substance use prevention. Our presentation focused on Restorative Sleep research and the Peer Educator Model we piloted with local youth. As a coalition committed to prevention and youth wellness, we recognize that **restorative sleep is more than just a health habit, it's a protective factor.** Research shows that lack of sleep in youth increases the risk of substance use, anxiety, depression, and other health challenges. By educating youth, parents, and schools about the importance of sleep, and advocating for healthy habits like (like reduced screen time), we're not just promoting sleep, **we're building resilience.**

SUBSTANCE USE AND MENTAL HEALTH: WHAT'S SLEEP GOT TO DO WITH IT? AN INNOVATIVE PRIMARY PREVENTION FRAMEWORK

Christina Ivazes, MPH, CHES & Shelley Rogers, CCPS

BACKGROUND

Lack of sleep in youth is a risk factor for substance use and mental health challenges.

RESEARCH

30% & 34% OF 11TH GRADERS REPORT GOING TO BED AT **12am** OR LATER

3x & 4x AS MANY AS ADULTS

REFERENCES

• Bick, R. (2022). Understanding the Impact of Youth Substance Use on the Adolescent Brain. NIDA, NIH, Indiana.

• CDC. Center for the Developing Adolescent (2022). Sleep. (1). What's New? Talk to Your Adolescent Sleep. Retrieved November 1, 2022. from <https://www.cdc.gov/developing-adolescent-and-adult-adolescent-mental-health/>

• Placer County, California Healthy Kids Survey, 2021-2023. When Report: San Francisco. Hosted by the California Department of Education.

• Sleepy Monday: Placer County Restorative Sleep Pilot Survey, 2024/25

IMPLEMENTATION

- Studied research on the connection between sleep, substance use, mental health.
- Conducted key informant interviews with youth, school staff, and parents.
- Developed risk cards with youth input & review on content, design.
- Developed presentation with youth input & review.
- Presented to youth, parents, and providers through coalition 12-sector partnerships.
- Conducted peer surveys after youth presentations.
- Piloted youth peer educator training model.
- Provided opportunities for peer educators to participate in outreach events.
- Work with youth to develop engaging activities and social media content.
- Refine training materials with youth feedback.
- Continue to monitor and evaluate with youth.

RESULTS

Q6: "As a result of watching this presentation, I learned some things that could help me get more restorative sleep."

YES	NO
24 PRESENTATIONS	0
5 PARTNER CROSSES	0
5 SCHOOLS	0
12 DIRECT OUTREACH EVENTS	0
4 PEER EDUCATOR YOUTH TRAININGS	0
10 STUDENTS AGES 12-24 SURVEYED	0

Q7: "As a result of watching this presentation, I am motivated to share this information with others."

VERY LIKELY	LIKELY	NEITHER LIKELY OR UNLIKELY	UNLIKELY	VERY UNLIKELY
100%	0%	0%	0%	0%

Q8: "As a result of watching this presentation, I am more motivated to make some changes to improve restorative sleep for myself and/or my family."

VERY LIKELY	LIKELY	NEITHER LIKELY OR UNLIKELY	UNLIKELY	VERY UNLIKELY
100%	0%	0%	0%	0%

Impaired Driving Prevention: Hands-On Experience at Placer High School



CALY partnered with Placer High School and Law Enforcement partners from Auburn Police Department and the District Attorney's office to host an engaging Impaired Driving Prevention event for high school students. The full-day activity reached all students with hands-on experiences that simulated the impairment effects of alcohol, marijuana, and other substances. Students navigated pedal carts through coned courses while wearing simulation goggles. Additional stations included cup stacking challenges, and interactive games, all designed to show how coordination and judgment are impacted when impaired. Experiencing impairment in a safe and educational setting allowed students to gain valuable insights into the risks of driving under the influence. Thank you to all the partners that participated in making this a meaningful experience for the students.

YEAR IN REVIEW

IN-KIND &
RESOURCES
MATCHED

\$187,500.00

VOLUNTEER
HOURS

2,334.50

TRAINING &
PREVENTION
EDUCATION
PROVIDED

32

OUTREACH
EVENTS

25

PRINTED
AND DIGITAL
MATERIALS
DEVELOPED
IN ENGLISH
AND SPANISH

58

WPUSD Powerful Start to the School Year in Lincoln

This fall, Western Placer Unified School District kicked off the school year with two major milestones that reflect its deep commitment to student success and family engagement:

The HUB: Family Resource Fair

This year, The HUB hosted its first ever Resource Fair, drawing over 500 families and marking a powerful start to the school year. The incredible turnout made it clear that WPUSD has built deep trust and connection with families and students in the Lincoln community. Nestled between Lincoln High School and Phoenix High School, The HUB Family Resource Center is a place for academic support, health and wellness services, and meaningful community partnerships. Families have access to many resources, from shelf-stable food and fresh produce to hygiene kits, school supplies, and college and career guidance. We were thrilled to participate and are grateful to all the staff, organizations and volunteers who made this event possible. The fair's success reflects The HUB's commitment to whole-child development and family well-being.

Phoenix and Atlas Learning Academy

We also celebrate the grand opening of the stunning new **Phoenix and Atlas school building**, a major milestone for Lincoln High School. Big things are happening, and we're excited for what's ahead. It's an honor to be part of such a caring, connected, and forward-thinking community.



RAISING PLACER

Coalition for Auburn and Lincoln Youth DRUG FREE

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
Jennifer Cook
Amanda Cozington
Michele Dickerson
Stephanie Estrada
Carol Feineman
Christina Ivazes

Serenity Madison
Chris Mireles
Rob Oldham
Andrew Ross
Danielle Scallin
Kris Wyatt

ADVISORY MEMBER

Rob Oldham, Director
Placer County Health &
Human Services

STAFF

Shelley Rogers –
Program Director

Saddiqa Popal –
Coalition Coordinator

COMMUNITY PARTNERS

- Auburn Hip Hop Congress
- Auburn Police Department
- Auburn Union School District
- Boys and Girls Club
- Briar Patch Food Co-op
- Chapa-De Indian Health
- Coalition for Rocklin Youth
- The Foundry
- Friday Night Live
- Gold Country Media
- Granite Wellness Centers (GWC)
- KidsFirst
- Koinonia Family Services
- Latino Leadership Council
- Lighthouse Counseling & Family Resource Center
- Lincoln Community Foundation
- Lincoln Police Department
- Parkside Church
- Placer County Board of Supervisors
- Placer County Children's System of Care
- Placer County District Attorney
- Placer County Health & Human Services
- Placer County Mental Health Advisory Board
- Placer County Office of Education
- Placer County Probation
- Placer County Sheriff
- Placer County Tobacco Control Program
- Placer County Youth Commission
- Placer Nevada Medical Society
- Placer Union High School District
- Police Sheriff Activity League
- Resilient Placer
- Rx Drug Safety Coalition
- Sierra Native Alliance
- Western Placer Unified School District



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