

TEEN WELLNESS & PREVENTION COMMUNITY REPORT

2024



Coalition for Auburn and Lincoln Youth
RAISING PLACER
DRUG FREE

GRANITE
WELLNESS CENTERS

CALY's efforts focus on mobilizing the community to plan and implement strategies that prevent youth substance use. We track our efforts, gather, and analyze data to monitor and share progress. This report highlights some of our collective efforts in 2024. We look to the year ahead with optimism. Optimism nurtures resilience, fosters creativity, and aids in problem solving. On behalf of the coalition, I thank you for being a part of this important work supporting promising futures for youth. ~ Shelley Rogers, CALY Program Director

BUILDING CAPACITY FOR PREVENTION

COALITIONS IDEAS FAIR

We were invited to participate in our first Coalitions Ideas Fair Poster Presentation at this year's CADCA National Leadership Forum. We chose to highlight the 1 Pill Can Kill Placer Campaign, which is a multi-sector effort to reduce poisoning and overdose deaths from fentanyl. Our Coalition worked in collaboration with Placer County HHS, Placer County District Attorney, Granite Wellness Centers, and local bereaved parents to develop this campaign with the goal to ensure that every parent and teen is aware that fentanyl is flooding our community and dealers are targeting young people on social media.



PLACER 4 MENTAL HEALTH WELLNESS FAIR



Placer Campaign for Community Wellness hosted the Placer 4 Mental Health Wellness Fair with more than 650 youth and families attending. CALY and Granite Wellness Centers, along with 40 other providers and partners, shared resources and facilitated workshops. We presented on the intersection between mental health and substance use and shared the Screenagers film. Other topics included restorative sleep, mindfulness, yoga, and empowering youth mental health.

DATE: Wed., January 17, 2024
TIME: 6:00 p.m.
WHERE: Regal - 500 Nevada Street
Auburn, CA 95603
TICKETS: screenagers-placer.eventbrite.com

SCREENAGERS UNDER THE INFLUENCE

FREE Popcorn & Drinks

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

Thank You to Our Sponsors

RAISING PLACER DRUG FREE | **Lincoln Community Foundation** | **Sutter Health** | **Granite Wellness Centers** | **PCOE** | **GOLD IN EDUCATION** | **YOR CALIFORNIA** | **PLACER UNION HIGH SCHOOL DISTRICT**

Middle and high schools in Auburn and Lincoln share impactful Screenagers films with students, parents, and the community.

Granite Wellness Centers is excited to broaden its services with a focus on culturally responsive care, incorporating community-defined traditional practices. Our new program, "Raices," aims to integrate traditional healing methods within the Latino community. We launched the program with a vibrant cultural celebration, featuring a blessing from the Ocelotecame Danza group, delicious food from local vendors, free haircuts from local barbers, and stunning cars from the Callejeros car club, celebrating all facets of Hispanic culture.

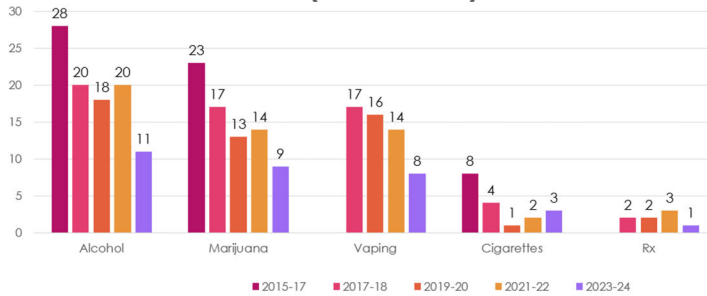
~ Victoria Blacksmith, CEO



MEASURING CHANGE

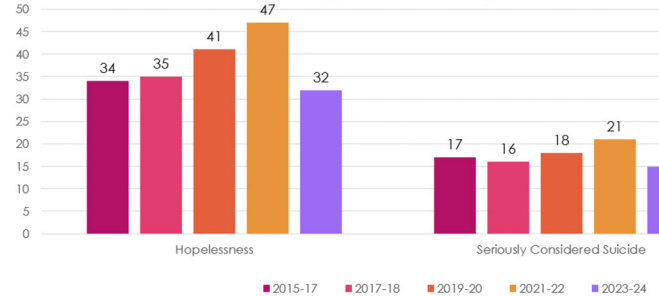
Youth Substance Use 30 – Day Use Rates

(11th Graders)



Risk Factor Hopelessness and Suicide Ideation

(11th Graders)



California Healthy Kids Survey Data reveals **very positive trends** where students in CALY's area of service report **significantly less substance use** over time. Additionally, we see **improvements in mental health and resiliency factors**. Increased resilience factors can act as a buffer against substance use, helping students navigate challenges and stress in healthier ways. Overall, these findings highlight the importance of ongoing efforts to promote resilience and reduce substance use among youth.

YEAR IN REVIEW

\$158,777

**IN KIND &
RESOURCES MATCHED**

Amount that CALY volunteers and partner agencies donated with their time and resources to support coalition efforts throughout the year.

1,600

VOLUNTEER HOURS

Number of hours that CALY volunteers spent attending meetings, providing information, participating in events, tabling, participating in the leadership team and so much more.

22

**TRAINING & PREVENTION
EDUCATION PROVIDED**

CALY and partners provided trainings on fentanyl awareness, harm reduction and prevention education for youth, parents and community members.

13

OUTREACH EVENTS

CALY staff and volunteers tabled at community events sharing valuable prevention information and resources with members of the 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

Ryan Kinnan
Christina Lasich
Serenity Madison
Chris Mireles
Rob Oldham
Danielle Scallin
Kris Wyatt

ADVISORY MEMBERS

Christina Lasich,
Physician - Substance
Use Disorder Specialist

Rob Oldham, Director
Placer County Health &
Human Services

STAFF

Shelley Rogers –
Program Director

Renee Berg –
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
- Raising Placer
- Resilient Placer
- Rx Drug Safety Coalition
- Sierra Native Alliance
- Western Placer Unified School District



Restorative Sleep: How to Get It

- 1 Get plenty of outdoor natural light every day to boost melatonin, serotonin, and Vit. D.
- 2 Get plenty of physical and aerobic exercise every day to clear stress from your body and increase healthy hormones important for sleep and mental health.
- 3 Avoid sodas with caffeine or other sugary drinks or foods after Noon. Caffeine and marijuana have a long half life. Avoid these & other substances like nicotine, alcohol, etc. which all prevent Restorative Sleep functions, even when you are asleep.
- 4 Turn off all screens, devices & notifications before getting into bed. Move phone at least 6-10 ft away from your bed before sleeping.
- 5 Sleep in a cool, dark, quiet place. Use an eye mask and/or earplugs if necessary.
- 6 Go to bed earlier & at same time every night. Do relaxing things before bed like taking a warm shower, reading books, writing in a journal, or listening to music. (Turn off audio while sleeping.)
- 7 If you are unable to sleep, practice a breathing exercise and repeat until you fall asleep.

*National Sleep Foundation

County of Placer
Public Health
Prevent the Blood Crisis (SBDC)

RAISING PLACER.ORG
United for Healthy & Resilient Youth

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CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

GRANITE WELLNESS CENTERS

CADCA