

(2009) (2010) (2011)

# WASHINGTON PREVENTION SUMMIT RESOURCE GUIDE



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## WELCOME TO THE WASHINGTON PREVENTION SUMMIT RESOURCE GUIDE!

When the Attorney General's Office and the DSHS Division of Behavioral Health and Recovery launched the Spring Youth Forum three years ago as a follow-up to the Washington Prevention Summit, we imagined an event where we could:

- Recognize and reward students and advisors who worked to make a difference in our schools and communities.
- Give students the learning opportunity to share their projects, compete to be recognized in various categories and receive fun prizes.
- Encourage sustainability by building on the successes of existing student projects, recording the lessons learned and other details about these projects, and sharing with others developing projects in the future.

Over the last several years, the event we imagined has become a reality – and we thank each and every one of you for your help in bringing our dreams to life!

This guide is our effort to promote sustainability by providing detailed information about the teams who have participated in the Spring Youth Forum for the last three years. We hope you'll use it to find explore new ideas and explore new inspiration to make a difference in your own communities.

Inside you'll find:

- Contact information for the various youth groups and their advisors;
- A short description of their projects;
- Budget information; and
- Number of people impacted.

Thank you so much for your work to educate your peers about the dangers of destructive behaviors. You took the challenge, imagined the possibilities and made a difference in your communities.

You are true leaders and we are proud to assist in bringing you all together and providing resources to help you succeed in the future!

Have fun and good luck!

Sincerely,



**David A. Dickinson**, Director  
DSHS, Division of Behavioral  
Health and Recovery



**Rob McKenna**  
Attorney General

## 8th Grade Prevention Leaders (2011)

### Skyridge Middle School Camas School District

**PROJECT TYPE:** Anti-Tobacco, General Prevention

**DURATION:** 2-II months

**AUDIENCE:** 501+

**BUDGET:** Less than \$500

**CONTACT:** Linda Hutchins  
linda.hutchins@camas.wednet.edu  
360-833-5800  
5220 NW Parker Street  
Camas, WA 98607

**Project Description:** The 8th Grade Prevention Leaders were charged with two big projects this year. First they went to the Fall Summit and took part in track 2 - advocacy. After learning about the Hook, Line, Sinker approach for advocating for policy change they came back to Skyridge and started investigating where they could apply their knowledge. Camas School District has a tobacco policy but we felt it could be better. The students did their research and came up with some recommendations to present to the administration. The group presented to the local prevention coalition leaders, parents and principals. Then the principals took the recommendations to the Admin Council. The next step will be to present to the Camas School Board. The 8th grade leaders were also instrumental in overseeing and organizing the prevention efforts at Skyridge. Skyridge has over 750 middle school students. To maximize the number of students involved in prevention and to produce some great activities, the students formed 6 groups working

on various projects including TATU and TARX (Teens Aware of Rx Abuse), as well as 6th, 7th, and 8th grade Advisory Groups working on various awareness activities for the school, parents, and community. The group also hosted the 2nd annual PREVENT! 5K Walk/Run for Prevention.



## Adna TATU (Teens Against Tobacco Use) (2010)

### Adna High School

**PROJECT TYPE:** Anti-Tobacco

**DURATION:** On-going

**AUDIENCE:** 201-500

**BUDGET:** Less than \$500

**CONTACT:** Patrick Richardson  
prichardson@asdttatu.org  
(360) 748-8552  
PO Box 148  
Adna, WA 98522

**Project Description:** New group reached out to as many as 500 youth in the community and conducted two Teens Against Tobacco Use (TATU) trainings supported by the American Lung Association. One of the group's founders was awarded the American Lung Association's "Volunteer of the Week" award for beginning the prevention team.

## ADS and Subtract: Alcohol and Tobacco Advertising Action Day (2009)

### Clark County Youth House

**PROJECT TYPE:** Anti-Tobacco and Alcohol  
**BUDGET:** \$5,001 - \$10,000

**CONTACT:** Angela McKinney  
angela.mckinney@clark.wa.gov  
360-397-2130 ext. 5841  
PO Box 5000  
Vancouver, WA 98666

**Project Description:** Tobacco and beer ads are everywhere. Can we change that reality? YES!!! We will find out how these ads influence youth and adults and we will go out to stores and document examples of advertisements in Clark County using cameras and a survey. We will also come up with ways to fight back against these ads and make our community stronger. Participate in a youth-led training, eat tons of pizza, win some prizes and make a difference!



## Alcohol/Drug Prevention & Gang Awareness (2009)

### Wapato High School

PROJECT TYPE: Anti-Drug, Alcohol and Tobacco  
BUDGET: \$501 - \$2,000

CONTACT: Veronica Guizar  
veronicag@wapato.k12.wa.us  
509-930-5322  
PO. Box 38  
Wapato, WA 98951

### Project Description:

Our team has been working throughout the school district and community to promote drug, alcohol, and gang prevention.

## Ballard TATU (2010)

### Ballard Teen Health Center Swedish Medical Center

PROJECT TYPE: Anti-Tobacco  
DURATION: On-going  
AUDIENCE: 201-500  
BUDGET: \$501 - \$2,000

CONTACT: Kya Schnettler  
kya.schnettler@swedish.org  
206-386-3380  
747 Broadway  
Seattle, WA 98115

**Project Description:** Presented standard T.A.T.U. curriculum from the American Lung Association to two 5th grade classrooms at Salmon Bay Elementary school this year. Also launched social norms campaign at the high school by posting survey results throughout the school. Set up information tables at lunch, once before Winter break to promote how to have a tobacco free break, and once on Kick Butts Day. Handed out information, candy with tobacco facts and quit line cards, and displayed the smoke lungs for educational purposes.

### Ballard TATU (2011)

**Project Description:** The Ballard High School Teens Against Tobacco Use (TATU) team disseminates the curriculum created by the American Lung Association. Their main objective is to teach younger elementary students and peers at the high

school about the affects that tobacco, of any kind, has on one's body. Throughout the year, the team visited the local elementary schools, focusing on 3rd to 5th grade classrooms. During presentations, the team performs small interactive lessons to teach about what tobacco is, how big of an issue tobacco is, the affects of second-hand smoke, and how to stay smoke free. The high school students are a great role-model for the elementary students and the TATU team always makes sure to make personal statements about why they don't smoke. This helps the elementary students see that there are many reasons to stay tobacco free and they can find one too. The TATU team has also participated in health advocacy days at the high school including The Great American Smoke-Out in November and Kick Butts Day in March. During these events, the TATU team educates their peers during lunch by handing out information, setting up "smokers lungs" for students to see the affects of tobacco, and getting the message across that smoking is not the norm in the school. Posters help get the message across that smoking is not cool at Ballard.

## Be the Change (2011)

### Granite Falls Youth Coalition Granite Falls School District

PROJECT TYPE: Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter  
DURATION: Ongoing  
AUDIENCE: 501+  
BUDGET: \$501 - \$2,000

CONTACT: Mary Wysocki  
mwyscki@gfalls.wednet.edu  
360-283-4403  
PO Box 1976  
Granite Falls, WA 98252

**Project Description:** The Granite Falls “Be The Change” Youth Coalition is a youth led group focused on substance abuse prevention in Granite Falls. In order to get a variety of ideas and opinions, local middle school, high school, and alternative school students all attend. The group began meetings after participating in a program called “Challenge Day” which focuses on breaking down barriers between teens. Operating based on a quote by Gahndi, “Be the Change You Wish to See in The World,” the group’s mission is to provide education to youth, parents, and community members about substance abuse prevention. The team came up with the slogan “Just One Choice” (just one choice to make a change or to stay the same, to get high or to stay clean, to be a follower or to be a leader, etc). Utilizing multiple avenues to saturate the community with their prevention message, the group has implemented substance free dances and open gyms, and is currently working on two additional events, Voices of Youth in April, and a Fun Run in May. Voices of Youth

will be a local youth forum aiming to provide youth and adults the opportunity to work together to create a positive future. The youth are eager to have their voices heard and work with adults on solutions that will help create a safe, fun, and substance free community. The Fun Run will help raise funds to support junior athletics in an effort to have as many students as possible participate in youth sports programs.

## Choice and Consequences (2009)



### Chehalis Tribe

PROJECT TYPE: Anti-Tobacco and Alcohol  
BUDGET: \$2,000 - \$5,000

CONTACT: Lorrie Bonifer  
lbonifer@chehalis-tribe.org  
360-709-1717  
420 Howanut Rd  
PO Box 536  
Oakville, WA 98568

### Project Description:

Project was an event with real heart and lungs--some healthy, some diseased. A nurse presented the organs to show what happens when bad choices are made.

## Clark Digital Storytellers (2011)

### Clark County Department of Community Services Clark County Juvenile Recovery Centers

PROJECT TYPE: General Prevention  
DURATION: 2-11 months  
AUDIENCE: 51-200  
BUDGET: \$501 - \$2,000

CONTACT: Angela Zahas  
angela.zahas@clark.wa.gov  
360-397-2130  
PO Box 5000  
Vancouver, WA 98666

**Project Description:** Digital storytelling was selected as a project in the community to help diminish the stereotypes of youth in recovery, and to help youth look back on their struggles and successes with better understanding. A digital story is a short, first person video narrative created by recorded voice, still images, video, and music or other sounds. STASHA peer educators partnered with Juvenile Recovery Court to help make this happen. Between December 2010 and April 2011, three, 18 hour workshop sessions were offered. The workshops were taught by adult and youth facilitators. The completed stories were compiled into a public showcase, and screened on April 20th (4/20) also known as “smoke marijuana day.” This day was specifically chosen so that STASHA could “reclaim” the day to celebrate prevention, recovery, and the new insights youth have gained.

## DATAP (2010)

### Wahkiakum County Health & Human Services

PROJECT TYPE: ATOD & Leadership  
DURATION: Planning Meetings 3 Months-  
Event 3 Days  
AUDIENCE: 51-200  
BUDGET: \$10,000 or more

CONTACT: Linda Hartung  
hartungl@co.wahkiakum.wa.us  
360-795-8630 x115  
42 Elochoman Valley Road  
Cathlamet, WA 98612

**Project Description:** Youth Mobilization Campaign. Youth-to-youth prevention “boot camp” is an empowerment model creating a trusting environment where youth bond with school, healthy adults and upperclassmen, decreasing stress while increasing problem-solving skills and identifying positive personal characteristics. Trainers train other youth in leadership skills, workshop development and presentation styles providing opportunities for pro-social involvement--fun without substances.

## Dayton High School Drama Club (2010)

### Dayton High School Dayton Middle School

PROJECT TYPE: Gang/Violence/Pregnancy/  
Suicide Prevention  
DURATION: 2-II months  
AUDIENCE: 201-500  
BUDGET: Less than \$500

CONTACT: Shelly Franklin  
shellyf@dayton.wednet.edu  
509-382-4775  
614 S. 3rd  
Dayton, WA 99328

**Project Description:** Public service announcement in the form of a play, sharing with other students and adults in the community the warning signs of abusive relationships in a meaningful, yet entertaining way. Worked with local professionals who volunteered their time to teach the kids about abusive behavior. Play was a parody of the Dr. Phil Show. Students played well-known characters from cartoons, books and movies who were being interviewed because they each had been cited for some legal violation having to do with abuse. Also used video commercials by Safe and Respectful.org, on commercial breaks. Introduced local professionals, made wallet-sized cards listing warning signs and provided cards to patrons after the show. Show was presented to all the middle and high school students in our county and a special presentation was provided with a complimentary box lunch for local professionals and interested parents. Students were

asked to perform this program for several agencies outside our county and as a result we have formed a small group within our drama club committed to taking various serious issues and promoting education and awareness through drama.

## Dayton Jr. High TATU/SWAT Club (2010)

### Dayton Jr. High School

PROJECT TYPE: Anti-Tobacco  
DURATION: One year  
AUDIENCE: 51-200  
BUDGET: \$0

CONTACT: Peggy Gutierrez  
peggy.gutierrez@bluemtncounseling.org  
509-382-1164  
221 East Washington  
Dayton, WA 99382

**Project Description:** Tobacco Prevention Education Training to educate younger students about the dangers of using tobacco, including puppet shows for students and staff members in Dayton Elementary School on the effects of and chemicals in second-hand smoke as a health risk. Also prepared a PowerPoint presentation and met with the Columbia County Fair Board to promote a smoke-free county fair. Assisted with National Night Out in August of 2009 with an estimated 500 people in attendance receiving tobacco-free support materials.

## Dream Makers (2010)

### White Swan Arts & Recreation Community Coalition

**PROJECT TYPE:** Community Involvement  
(2010), Mental Health Promotion/Suicide  
Prevention (2011)

**DURATION:** One Month (2010), One year (2011)

**AUDIENCE:** 201-500 (2010), 501+ (2011)

**BUDGET:** Less than \$500 (2010),  
\$501 - \$2,000 (2011)

**CONTACT:** Nancy Flander & Joel Tannehill  
nancykf@mtadams.wednet.edu  
509-874-2686  
PO Box 57  
White Swan, WA 98952

**Project Description:** Community outreach projects: (1) During the Fall Prevention Summit, the Dream Maker Team participated in a Community Service Project at Rod's House homeless youth shelter. They then held a Rod's House Penny Drive in April and donated all proceeds to Rod's House. (2) During Spring Break --AKA Spring Jam—the Dream Makers held a carnival for roughly 200 youth who attended Spring Jam to give them a safe and drug free activity. Activity (3) Teens Against Tobacco Use: 8 members of the Dream Maker Youth Group received their certificates to implement the TATU program in the Mt. Adams School District, reaching approximately and they also held sessions at the Town Hall Meeting. (4) Click-It-or-Ticket: Group worked with Yakama Nation Tribal Police and the Washington State Traffic Commission to hold Click-It-or-Ticket events during Spring Jam including a pre- and post-seat belt usage survey and three Click It Events for the middle school and high school students during April and May.

## Dream Makers (2011)

**Project Description:** The White Swan Dream Makers chose to work on preventing suicide in their community. The suicide prevention project was modeled after and titled, "To Live to See the Great Day that Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults." Between June and October 2010, four youth in the community of White Swan committed suicide, and according to the 2010 Healthy Youth Survey, 22% of Mt. Adams Middle School and White Swan High School students seriously considered suicide in the past 12 months. The Suicide Prevention Project included the following activities: forming a suicide prevention planning team; youth training; selecting educational materials, and presentations. The suicide prevention project required the Dream makers to form collaborative relationships with many community organizations, work with school district administration to plan events, and to learn personal speaking skills.

## Empowering youth to T.E.L.L. each other the truth about drugs and alcohol (2009)

### Center for Human Services

**PROJECT TYPE:** Anti-Drug and Alcohol  
**BUDGET:** Less than \$500

**CONTACT:** Candance Hunsucker  
chunsucker@chs-nw.org  
206-818-8171  
22105 23rd Dr SE  
Bothell, WA 98021

**Project Description:** The prevention team at Timbercrest Junior High has accomplished a variety of projects throughout the year. They started with setting up a table during Red Ribbon Week, taking pledges from students and offering games, activities, and prizes. The team also facilitated classroom presentations and discussions on why student are choosing to be drug-free.





## Environmental Warriors (2011)

### Yakama Nation Wellness Coalition

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, General Prevention, Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention, Other  
**Holistic approach**  
**DURATION:** Ongoing  
**AUDIENCE:** 51-200  
**BUDGET:** \$1,000 or more

**CONTACT:** Mary Lee Jones  
maryleejones@live.com  
541-633-0893  
PO. Box 267  
Harrah, WA 98933

**Project Description:** The Environmental Warriors gathered together in the fall of 2010 to with three goals in mind. To provide a voice for the Yakama Nation on behalf of the youth; to develop prevention skills such as team collaboration, leadership, public speaking, digital storytelling, and awareness of community concerns; and to create a promise to be a healthy youth for the sake of the community. The project was a digital story of the past, present and possible future scenarios on the Yakama Reservation. The story shows the traditional past, and presently what Methamphetamine drug labs and dump sites have done to the reservation environmentally. The project required youth from three areas on the reservation -- Wapato School District, Toppenish School District, and Mt. Adams School District -- to

create a story line. In the process of creating the story line the students learned about tribal history not taught in the school system, and educated youth on how the "meth dumping" affects the community environmentally.

## ESD 101 Tobacco Policy Enhancement Grant (2009)

### Ritzville School District Educational Service District 101

**PROJECT TYPE:** Gang/Violence/Pregnancy/  
Suicide Prevention  
**DURATION:** 2-11 months  
**AUDIENCE:** 201-500  
**BUDGET:** Less than \$500

**CONTACT:** Shelly Franklin  
shellyf@dayton.wednet.edu  
509-382-4775  
614 S. 3rd  
Dayton, WA 99328

**Project Description:** The students at Ritzville High School were approached about working with the Tobacco Prevention Specialist from ESD 101 on a tobacco prevention policy enhancement grant during the 2008-2009 school year. This project began in December of 2008 with three presentations to the freshman and sophomore health classes. From those presentations, 15 youth registered for an

informational meeting about the project and to begin the planning. Since January 2009, the group has met at least once weekly to plan and build presentation materials for this project. The group is planning to do presentations regarding the connection between academic achievement and tobacco use for the Ritzville School District Staff, School Board, the Adams County Commissioners, Ritzville City Council and the Ritzville Chamber of Commerce. The ultimate goal of this project is to create awareness of the connection between tobacco use and academic achievement as well as to move forward with tobacco prevention policy work not only in the Ritzville School District but to the larger Ritzville community. We will also be creating a social norms campaign using the 2008 Healthy Youth Survey data to establish the norms that those that use tobacco are in the minority.



## Foss Youth Leading Change (2011)

### Safe Streets

PROJECT TYPE: Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention/ Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention  
DURATION: One month  
AUDIENCE: 5I-200  
BUDGET: Less than \$500

CONTACT: Mr. Melton  
kmclintock@safest.org  
253-272-6825  
623 Tacoma Ave South  
Tacoma, WA 98403

**Project Description:** Foss YLC created an awareness project called "Coke & Candy" that illustrated the dangers of drug and alcohol use. In order to appeal to their younger peers, they marketed their program in a fun and ironic way. The program began with an introduction, including PSA's that spoke about the dangers of drug use. Next, the YLC collaborated with their Drug and Alcohol Counselor to present the dangers of drugs including: meth, marijuana, cocaine, prescription drugs, heroin and alcohol. After the presentation the team asked members of the audience questions about the presentation. If called on the winner received a bag of candy and a Coca-Cola.

## Franklin Pierce High School S.A.D.D. (2010)

### Franklin Pierce High School

PROJECT TYPE: Alcohol Abuse  
DURATION: 2-II months  
AUDIENCE: 5I-200  
BUDGET: \$50I - \$2000

CONTACT: Shelly Anderson  
shanderson@fpschools.org  
(253) 298-3915  
11002 18th Ave. E.  
Tacoma, WA 98445

**Project Description:** Alcohol and tobacco advertising canvassing project. Team members spent two weeks learning about various marketing strategies, how those strategies are used both by the alcohol and tobacco industries and current Washington state laws related to alcohol and tobacco advertising. Canvassed approximately 50+ local alcohol retailers, making note of both the number and placement of alcohol and tobacco advertisements inside and outside of the establishment. Businesses with zero or limited advertising will be commended on a community coalition (FP Youth 1st) web site. All results presented by team members at a local town hall meeting for parents and other community members to increase the awareness of local business establishments and their advertising practices, and how those practices compare to other area businesses and ultimately to encourage and support businesses who choose to limit their alcohol and tobacco advertising.

## Gathering of Native American Youth (GONA) (2011)

### Yakama Nation

PROJECT TYPE: Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, General Prevention, Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention  
DURATION: One Year  
AUDIENCE: 5I-200  
BUDGET: \$50I - \$2000

CONTACT: Patricia Whitefoot  
dianetigerlily@hotmail.com  
509-731-7582  
PO. Box 151 Fort Road  
Toppenish, WA 98948

**Project Description:** For three Days in December 2010, the Yakama Reservation Community Coalition held a conference titled "Gathering of Native Americans (GONA)" for Youth Training. The GONA youth learned and practiced four values personally and in the community, the values of Belonging, Mastery, Interdependence and Generosity. For the value of Belonging, the youth all participated in the "Draw the line" campaign. Together they discussed how the effects of drug, tobacco, and alcohol abuse has destroyed many lives and committed to stop under age drinking. With Mastery as the next goal, the GONA learned to sing Christmas songs in native Yakama language. For Interdependence, the GONA youth made another commitment to life, making feathers that state "I commit to honor life through my goals of \_\_\_."

After filling the blank, the feathers were hung on a tree for the community to see. Finally, GONA youth showed Generosity to their elders, by singing Christmas songs in Yakama, giving gifts they made, and shaking the hands of their elders.

## Giving to Get (2009)

### Lewis County Social Services

PROJECT TYPE: Construction  
BUDGET: \$501 - \$2,000

CONTACT: Beatriz Mendez  
beatriz.mendez@lewiscountywa.gov  
360-740-1424  
184 NW Chehalis Ave  
Chehalis, WA 98532

**Project Description:** In October 2008, several of the Lewis County Youth Prevention Team members attended the State Prevention Summit in Yakima. They participated in a Service Learning Project at one of the local Elementary Schools cleaning up their play area and repainting the game areas and creating new ones so that more students could participate in game play during recess. Upon returning from the summit, the team members were motivated to do a project in their own community. Under the leadership of the senior member of the team the "Giving to Get" project was created. The team members felt strongly that they would like to help some of the schools who were severely impacted by the flooding in December 2007 who had not yet fully recovered. The Boistfort Elementary School which is one of the smallest school districts in the county was flooded with 4 feet of water in their school and 2-1/2 feet of water across their entire play field. The school was very fortunate to have insurance to repair the inside of the school but had not been able

to find the time and resources to finish the play area outside of their school. Another of the local elementary schools, Jefferson Lincoln, did not suffer damage directly to the school but had the largest number of students affected by the floods living in their district. The team identified this as another school whose students could benefit from an improved play area. At the time of this application, the project at Boistfort Elementary has been completed with the second project scheduled for April 26, 2009, at Jefferson Lincoln. The first project was a huge success and the team is looking forward to project number two.

## Growing Leaders (2009)

### Kittitas County Community Network Drug-Free Communities

PROJECT TYPE: Educational  
BUDGET: \$501 - \$2,000

CONTACT: Jessika Roe  
kcprevention@elltel.net  
509-962-9775  
104 W 5th Ave.  
Ellensburg, WA 98926

### Project Description:

A one-day training for professionals on youth culture and youth leadership. The training was video recorded and is being edited to use for additional training for specific organizations, using Growing Leaders Training materials.





## H.I.P. – Healing, Inspiring, and Preventing (2010)

### Center for Human Services

**PROJECT TYPE:** Prescription/Over The Counter Drug Abuse  
**DURATION:** 2-11 months  
**AUDIENCE:** 201-500  
**BUDGET:** Less than \$500

**CONTACT:** Krista Rose Cate  
kcate@chs-nw.org  
(206) 819-1640  
22105 23rd Drive SE  
Bothell, WA 98021

**Project Description:** Ryan's Solution is a pledge and a way of living, in honor of Ryan DePuy, an athletic, popular and academic Bothell High School 17-year-old who overdosed on prescription drugs and over-the-counter medicine two years ago. The Ryan's Solution school-wide event in collaboration with Scott DePuy, Ryan's father, reached 300 students with the reality of how using pills to get high can have major consequences to yourself, classmates and family. Scott recounted Ryan's story during all three school lunches. More than 300 students signed the Gold Standard pledge card, vowing to live clean, encourage their friends to be sober and speak up and tell a trusted adult if you know someone is using. Ryan's Solution continued at a school dance when students received a free pop or candy for showing their pledge card. The prevention team has completed other school prevention activities such as a school wide skit that taught refusal skills to resist peer pressure and is currently working on a fun and exciting Kick Butts Day activity that will reach

the entire school. Ryan's Solution was invited by Skyview's principal to do a larger scale presentation in Fall 2010 during a school wide assembly.

## HOPE Center Youth Leading Change (2010)

### Safe Streets

**PROJECT TYPE:** General Prevention  
**DURATION:** 2-11 months  
**AUDIENCE:** 201-500  
**BUDGET:** Less than \$500

**CONTACT:** Kristen McClintock  
kmcclintock@safest.org  
(253) 272-6824  
1501 Pacific Avenue, Suite 305  
Tacoma, WA 98402

**Project Description:** Youth from the Clover Park and Franklin Pierce school districts collaborated with several middle schools in the area to present an underage drinking awareness skit to middle school students and communicate the message that drinking is NOT cool. The skit touches on the issues of alcohol overdose, peer pressure, teen drug use when intoxicated, teen dating violence when intoxicated as well as drinking and driving. They are spreading the message to middle school students because they felt strongly that youth peer pressure to drink begins at the middle school level.

## Host Liability with Underage Drinking (2009)

### Naches Valley High School SADD Club

**PROJECT TYPE:** Anti-Alcohol  
**BUDGET:** Less than \$500

**CONTACT:** Dustin Shattuck  
dshattuck@naches.wednet.edu  
509-653-2725  
PO. Box 39  
Naches, WA 98937

**Project Description:** The Students Against Destructive Decisions (SADD) Club in partnership with the Washington State Patrol developed a personalized brochure making parents and students aware of penalties and liabilities of hosting an underage drinking party.





## JDDI (Just Don't Do It) (2010)

### Ritzville School District

PROJECT TYPE: SADD  
DURATION: One Day  
AUDIENCE: 1 to 50  
BUDGET: Less than \$500

CONTACT: Dawn West-Hurley & Neva Malby  
westurley@yahoo.com  
n\_malby@yahoo.com  
(509) 347-6478  
203 E. 5th Ave.  
Ritzville, WA 99169

### Project Description:

Community event to raise awareness of underage drinking and other issues teens face, such as peer pressure, dating violence and prescription drug use, including publicizing the availability of resources for teens and parents and encouraging collaboration amongst teens, parents, educators, police, and juvenile officers, etc.

## Kamiak (2010)

### Mukilteo School District

PROJECT TYPE: Anti-Tobacco  
DURATION: Classroom presentations during the school year, 1x per quarter  
AUDIENCE: 201-500  
BUDGET: Less than \$500

CONTACT: Cimbal Irwin-Rainey  
irwinraineyck@mukilteo.wednet.edu  
(425) 710-4381  
10801 Harbour Pt Blvd  
Mukilteo, WA 98275

**Project Description:** Peer-to-peer tobacco prevention education for middle school and high school youth in Mukilteo School District through fun interactive activities, using the curriculum developed by the American Lung Association. Teach dangers of second-hand smoke and how to communicate effectively to either family or peers about the harms and dangers tobacco brings. Efforts have reached nearly 630 students in Mukilteo School District this school year.

## Kick Butts Day, March 2009 (2009)

### Puget Sound Educational Service District

PROJECT TYPE: Anti-Tobacco  
BUDGET: Less than \$500

CONTACT: Terry Schores  
tschores@psed.org  
253-389-9441  
800 Oakesdale Ave. SW  
Renton, WA 98057

### Project Description:

Kick Butts Day  
National Campaign.



## Kitsap County RUaD Youth Council (2010)

### Kitsap County Prevention Services Count on Kitsap DFC Coalition

PROJECT TYPE: Alcohol Abuse (2010),  
Prescription/over the Counter Drug  
Abuse (2011)  
DURATION: Ongoing (2010), 2-11 months (2011)  
AUDIENCE: 501+ (2010 & 2011)  
BUDGET: \$501 - \$2,000 (2010 & 2011)

CONTACT: Mary Ellen de la Pena  
medelape@co.kitsap.wa.us  
360-337-4878  
614 Division St MS-23  
Port Orchard, WA 98366

**Project Description:** The Kitsap County RUaD Task Force Youth Council, made up of students in grades 7-12 from secondary schools in Kitsap County, engages youth in projects aimed at reducing underage drinking. The group sponsored many educational activities during the 2009-10 school year that culminated in their project to support the change in Washington State Liquor Control Board (LCB) rules for outdoor alcohol advertising. Activities included a RUAD Youth Conference (11/3/09), a leadership and advocacy training (12/12/09), an informal meeting with the LCB (12/1/09) on outdoor advertising rules, meetings with Kitsap legislators on Prevention Advocacy Day (1/18/10), and testimony at the LCB Hearing on outdoor advertising rules held in Olympia, (2/24, 2010). This is the first phase of an ongoing project that will focus on how Kitsap County implements these outdoor advertising rules. Community awareness, education, collaboration and partnership with our local LCB officers will be an important part of the next

phase of this project and we will also explore the potential for making similar changes in indoor alcohol advertising.

## Kitsap County RUaD Youth Council (2011)

**Project Description:** The Kitsap County RUaD Task Force Youth Council project focused on the reduction of prescription medication abuse through secure disposal of medication. The project involved a series of activities culminating in the promotion of National Take Back Your Medicine Day on April 30, 2011. During the annual RuAD Youth Conference, the Youth Council organized a brief written survey to assess the Prescription Drug abuse threat among youth. Half of the 70 youth, who answered the questions indicated that they know someone who is misusing medication. Next, the Youth Council met with a Kitsap County Solid Waste Recycling Coordinator to talk about the impact of pharmaceutical chemicals on the environment and statewide data showing an increase in medication overdoses, abuse and poisonings. The Youth Council then presented the data collected to their Legislators on Prevention Advocacy Day (Jan. 17). Legislators were also asked by the Youth Council to consider the benefits of creating a secure medicine Disposal System in Washington State. Finally, the Youth Council worked with community partners to promote National Take Back Your Medicine Day. In addition, they will extend their work on the Secure Medicine Disposal System by doing a community education event using social networking strategies and YouTube to promote the event among youth, partnering with the Kitsap County Sheriff's Office to manage a temporary "Take Back" site at the Kitsap Mall.

## Lady Bulldogs (2010)

### Orchard MS Youth Alcohol Prevention Coalition

PROJECT TYPE: Alcohol Abuse  
DURATION: Ongoing  
AUDIENCE: 501+  
BUDGET: \$501 - \$2000

CONTACT: Glenna Younkin  
younkin.g@mail.wsd.wednet.edu  
(509) 264-1014  
PO Box 3525  
Wenatchee, WA 98807

**Project Description:** Provided reusable bags with the Reduce Use! logo to raise awareness among youth and adults: 75 reusable grocery bags printed with a message to Orchard Middle School Parents at parent-teacher conferences; 50 bags Wenatchee School District parents at a high school meeting to discuss the new state test; 200 bags to Safeway shoppers at the store near our school. 1000 - 1500 bags to families during Youth Day on April 25th during Wenatchee's Apple Blossom Festival; 100 bags to families attending Town Hall meeting on May 4th. Group also designed, printed and distributed table tents to seven local restaurants. Youth also planned activities for other youth including distributing approximately 1000 flyers to youth during Youth Day on April 25th; and distributing flyers during lunch hours to all Orchard Middle School Students.

## Leadership for Life (2009)

### Midway High School

PROJECT TYPE: Anti-Drug and Tobacco  
BUDGET: \$2,001-\$5,000

CONTACT: Victoria Santos  
vsantos@ohsd.net  
360-279-5575  
200 SE Midway Blvd  
Oak Harbor, WA 98277

### Project Description:

Our Leadership class has decided to focus on educating ourselves and our community on the issues of drug and tobacco use. We coordinated a school wide assembly for over 700 students and are in the process of coordinating a school wide event for Kick-Butt day.



## Lincoln Youth Leading Change (2011)

### Safe Streets

PROJECT TYPE: Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention, Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention  
DURATION: One month  
AUDIENCE: 501+  
BUDGET: \$501-\$2000

CONTACT: Alissa Farias  
kmccclintock@safest.org  
253-272-6824  
622 Tacoma Ave South  
Tacoma, WA 98402

**Project Description:** Lincoln Youth Leading Change students were tasked with creating a project idea that would raise awareness about underage drinking in a fun and informative while involving their peers and the community. Their idea was to host a Draw the Line event after school much like a party. They included a poster contest, where they encouraged students to draw their own lines against underage drinking, with winner winning a gift card. During the event they drew the line, played team building games, listened to music, had a small talent show, and made Draw the Line t-shirts. The project was then carried on by the core group, and presented at a town hall meeting hosted by RuAD.

## Lopez Island DREAM Team (2011)

### Lopez Island School District

PROJECT TYPE: Anti-Tobacco, Alcohol Abuse, Illegal Drug Use, Prescription/Over the Counter Drug Abuse, General Prevention, Gangs/Violence/Bullying, Pregnancy/Teen Parenting, Mental Health Promotion/Suicide Prevention  
DURATION: Ongoing  
AUDIENCE: 201-500  
BUDGET: Less than \$500

CONTACT: Ben Redmond  
benredd@gmail.com  
360-468-3770  
PO Box 802  
Lopez Island, WA 98261

**Project Description:** Members of the D.R.E.A.M. (Drug Education and Advocate Mentors) Team are using an interactive game to further educate, youth, parents and community members about underage drinking. Based on the popular game show Jeopardy, this project was created to deliver correct and accurate information about underage drinking in a fun and engaging way. During a recent youth leadership summit organized by the D.R.E.A.M. Team, the game was used to share important information with future members about prevention facts and encourage them to "DRAW the LINE" between teens and drinking. The game was designed and created in 2008 by three ASB officers of Lopez Island School, under the direction of their school leadership advisor Jeanne Carter. The game was created for a Town Hall Meeting held in that year in which local students gathered community members to share

information and dispel myths surrounding youth and drinking. Upon forming a school club known as the D.R.E.A.M. Team, the game was adopted by its young designers and members of the Team have used this interactive game as an education tool at several different events.

## Maple Valley Youth Council – Maple Valley's Amazing Race (2009)

### Greater Maple Valley Community Center

**PROJECT TYPE:** Anti-Alcohol (2009), Youth Gambling/Alcohol Use (2010), Gambling Awareness (2011)

**DURATION:** 1 day event with an additional video and mural walked in a parade (2010), 2-11 months (2011)

**AUDIENCE:** 501+ (2010), 201-500 (2011)

**BUDGET:** \$2001-\$5000 (2009), \$5001-\$10,000 (2010 & 2011)

**CONTACT:** Kristiane Byers  
Kristiane.b@maplevalleycc.org  
(425) 432-1272  
22010 SE 248th Street  
Maple Valley, WA 98038

**Project Description:** The Maple Valley Youth Council has planned a community-wide event engaging their peers to think and not to drink alcohol. They have invited the adults in their community to participate in challenges that will drive the message home. The youth have enlisted the support of their local Chamber of Commerce, school district, faith community, and other social service organizations to be involved with the event and provide the challenges. The game will end with an award ceremony recognizing everyone involved. We are also having a sober and clean concert to rock the night out.

### Maple Valley Youth Council – Maple Valley's Amazing Race (2010)

**Project Description:** The Maple Valley Youth Council, a youth leadership program of the non-profit Greater Maple Valley Community Center will host the Maple Valley Amazing Race: Making Healthy Choices. The race is modeled after the TV

show, and features teams traveling around the Maple Valley community (instead of the world) competing in challenges. Each two-person team (at least one member of each team must be between the ages of 12 and 18) will compete in a different challenge at each of the race locations. At each "pit stop" five teams will be eliminated. The teams eliminated before lunch will have a chance to re-enter the race by completing the post test. This will enter them into a drawing at lunch where two teams will be selected to re-join the race. Each challenge lasts between 10 minutes and one hour and will feature information and tasks around making healthy choices, with a special focus on gambling awareness for youth. Through competing in the challenges, they will learn warning signs of problem gambling, many facts related to problem gambling, and what is legal and illegal when it comes to youth gambling. The mural will be one of the last challenges. The mural will depict a gambling awareness message and will be displayed at the community center and matched in the Maple Valley Days Parade. We will also hand out bracelets at the parade inscribed with our slogan, "Get a Handle on ur Gamble." In addition, we will add the website [www.addictionisagamble.com](http://www.addictionisagamble.com).

### Maple Valley Youth Council – Maple Valley's Amazing Race (2011)

**Project Description:** The Maple Valley Youth Council created an animated flip book video. The project involved two different artistic creations, merged in a unique way. One portion of the project involved the creation of several different flip books, which Maple Valley Youth Council members learned how to bind through the use of a specially made jig. The other portion of the project involved the creation of the video by Youth Council members incorporating the flip books. Multiple copies of the flip books were also made to be handed out at events. The flip books themselves provide interactive animation. The storyline for the video shows the journey of a group of friends who are starting to gamble, and features different flip books depicting messages focused on problem gambling awareness. These messages include the following: defining gambling, items of value, warning signs, and how to have a balance. Each flip book represents a different message, and the Youth Council believes this additional method of animation further emphasizes the messages depicted in the video. Youth Council members have, and will distribute the flip books to teenagers at Maple Valley Days, local schools, and at The Den youth center. The video and accompanying flip books define the, who, what, where, why and how of problem gambling. The final video will also be shown at lunch and in small groups in different schools in the Tahoma School District.



## Media Literacy & Prevention Posters Using Social Norms (2009)

### Orcas School: Orcas Island Prevention Project

PROJECT TYPE: General Prevention

CONTACT: Julie Pinardi  
jpinardi@orcas.k12.wa.us  
360-376-2287  
715 School Rd  
Eastsound, WA 98245

#### Project Description:

Our coalition invited 5th and 6th grade students county wide to attend a "Teach In". Students attended a full day hands on, educational and fun workshop all related to the field of prevention.

## Monkey Surprise's Cyber Safety Project (2009)

### Quincy CTC

PROJECT TYPE: Cyber Safety  
BUDGET: Less than \$500

CONTACT: Ray Horodowicz  
quincycctc@yahoo.com  
509-787-2350  
PO Box 1255  
Quincy, WA 98848

#### Project Description:

Using a combination of the 'Providing Information' & 'Enhancing Skills' strategies, the three 10th grade youth of Monkey Surprise will present info/training sessions on the topic of 'Cyber Safety'. Our target audience for these presentations is other high school youth. The presentations will be delivered to students taking a web/internet focused class in Business Education.



## Mt. Tahoma Youth Leading Change (2010)

### Youth Leading Change

PROJECT TYPE: Prescription/Over The Counter Drug Abuse  
DURATION: One Week  
AUDIENCE: 201-500  
BUDGET: Less than \$500

CONTACT: Lisa-Marie McDonald  
lmcdonald@tacoma.k12.wa.us  
(253) 571-3602  
4634 South 74th St.  
Tacoma, WA 98409

**Project Description:** The team worked together to create an average person's medicine cabinet, including unused prescription drugs. They researched prescription drug abuse facts, created prescription bottles filled with facts about the effects of certain drugs, created flyers and collected prizes that were given to students who could answer questions about things in the medicine cabinet. Finally they created an extra large prescription bottle that kids were encouraged to put in it their thoughts about what they do instead of abusing prescriptions. The club reached out to the entire school during both lunches and had more than 120 students respond by writing what they would rather do than abuse Rx drugs.

## Naches Valley High School TATU Club (2010)

### Naches Valley Community Coalition

PROJECT TYPE: Anti-Tobacco  
DURATION: Ongoing  
AUDIENCE: 501+  
BUDGET: No Cost

CONTACT: Dustin Shattuck  
dshattuck@naches.wednet.edu  
(509) 307-7267  
PO. Box 39  
Naches, WA 98937

**Project Description:** The Naches Valley High School TATU club is trained in anti-tobacco curriculum strategies in a partnership with the American Lung Association of Washington. They then present these interactive learning opportunities to the entire 5th, 6th, and 7th grades of Naches School District. This year they also educated the 4th and 5th grades at a neighboring elementary school. TATU club has served about 360 students per year and continues to look for other presentation opportunities-- all for very little to no cost once we initially purchased the presentation materials. The 2008 Naches Valley Healthy Youth survey revealed that zero percent of our 6th graders reported smoking a cigarette in the past 30 days.

## Nathan Hale Peer Mentor Program (2009)



### NE Coalition to Prevent Underage Drinking

PROJECT TYPE: Anti-Alcohol  
BUDGET: \$501-\$2000

CONTACT: Amy Briggs  
adbriiggs@seattleschools.org  
206-252-3745  
10750 NE 30th St.  
Seattle, WA 98125

**Project Description:** We have identified that freshmen look up to juniors and seniors and sometimes drink in order to fit in. We are starting a peer mentor program to promote safe sober activities. Juniors and seniors will be paired up with freshmen who have been identified as "at-risk." We will provide opportunities for students to attend activities such as bowling, movies and outdoor activities to promote positive safe interactions between peers.

## Natural Helpers – SHEO (Students Helping Each Other) (2011)

### Blue Mountain Counseling

PROJECT TYPE: Alcohol Abuse  
DURATION: 2-11 months  
AUDIENCE: 501+  
BUDGET: \$501-\$2,000

CONTACT: Peggy Gutierrez  
peggy.gutierrez@bluemtncounseling.org  
509-382-1164  
221 East Washington Avenue  
Dayton, WA 99328

**Project Description:** Dayton High School SHEO Club partnered with the newly formed Natural Helpers and Legislative Assembly to plan and implement the Draw The Line Campaign in Columbia County. A total of 38 students were actively involved in designing and implementing projects, including: 200 signed commitment cards, a local billboard, placing window clings in local businesses, hosting and facilitating "It's Never Too Late To Learn ~ Draw The Line Town Hall Meeting, decorating the County Courthouse lawn with blue ribbons, placing the Draw The Line Banner on 4 local web sites, lining High School sidewalk with Blue Duct Tape leading to the school, and meeting with elected officials. The "It's Never Too Late To Learn" ~ Draw the Line Town Hall Meeting targeted adults in the community to increase awareness on the issues of underage drinking. 24 students dressed in Draw The Line T-shirts sat on the front of the stage and every 15 minutes, 6 students got up and left. They were identified by name and the audience was told that they represented

the number of students that would die every 15 minutes in the average school day (compressed into the 1 hour Town Hall Meeting). In between the students leaving, facts from our local Healthy Youth Survey were presented. The evening concluded with a guest speaker, who gave a testimony of the pain endured by his family as a result of a drunk driving.

## Neighborhood House, Project HANDLE (2010)

### Neighborhood House

PROJECT TYPE: Alcohol Abuse  
DURATION: Ongoing  
AUDIENCE: 51-200  
BUDGET: \$10,000 or more

CONTACT: Steven Van  
stevENV@nhwa.org  
(206) 461-4522 x103  
825 Yesler Way  
Seattle, WA 98104

**Project Description:** Planned and hosted Teen and Alcohol town hall meeting to present the "Underage Drinking through Teens and Alcohol" skit to encourage group discussion in multi-ethnic (Vietnamese, Cambodian, and East African) communities and to reduce the underage drinking in these communities. Roughly 80 People attended the Teens and Alcohol Town Hall meeting (25 Youth and 53 adults). 42 people turned in evaluation. 95 percent rated the event as excellent or good. 67 percent reported they learned a lot. 88 percent pledged to take one or more actions to reduce underage drinking following the forum. 88 percent of the youth who took the pledge, pledged to not drink alcohol before age 21. 84 percent of adults pledged to talk with children about the danger of using alcohol.

## North Beach High School TADD (2011)

### North Beach High School

PROJECT TYPE: Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention  
DURATION: 2-11 months  
AUDIENCE: 201-500  
BUDGET: \$501-2000

CONTACT: Jodi Brown  
jbrown@northbeach.k12.wa.us  
360-289-3888  
PO Box 969  
Ocean Shores, WA 98569

**Project Description:** North Beach TADD organized a grim reaper activity utilizing a group of graduating seniors, who throughout the day would "die off" one-by-one as a result of drunk driving, as well as other students who represented the drunk drivers. In each instance, there was an announcement over the PA system with the 911 dispatch call along with the reading of the obituary by either a close friend or staff member. The students were put on a gurney and wheeled out of the room with a sheet over their bodies before returning to class in a black robe with their face painted white, and were not allowed to speak for the rest of the day. The drunk drivers were dressed in orange jump suits. After each "accident," the students involved gave up their cell phones and had no way of communicating. After the school day, the involved students were taken to a local resort where they stayed the night and participated in group bonding and awareness activities. While the students were away, their parents were visited by policemen who informed

them that their child had died, of course the parents are notified beforehand. The following day the school held an assembly with the entire student body, staff, students' parents, and other community members. The students read letters written the night before apologizing to their families, and then there was a slide show of baby and senior pictures.

## OHHS TATU (2011)

### Oak Harbor High School

PROJECT TYPE: Anti-Tobacco  
DURATION: Ongoing  
AUDIENCE: 501+  
BUDGET: Less than \$500

CONTACT: Andrea Thomas  
athomas@ohsd.net  
360-279-5721  
#1 Wild Cat Way  
Oak Harbor, WA 98277

**Project Description:** OHHS TATU's project was to reach out to peers and younger students to teach them about living tobacco free, using a peer-teaching model to teach young people about the dangers of tobacco use. The project helps youth understand and identify the positive aspects of being tobacco free and realize that the majority of teens and adults do not smoke. High school and middle school aged youth are trained to develop and deliver a presentation to younger students so they will make the healthy choice to stay tobacco free and be an advocate for tobacco control in our community. As a team, TATU challenges themselves to be interactive and informative during presentations to not only focus on the affects of tobacco use, but also peer pressure, tobacco advertising and the positive aspects of being tobacco free.

## Omak Street Team (2011)

### Okanogan County Community Coalition OBHC

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention, Gangs/Violence/Bullying, Pregnancy/Teen Parenting, Mental Health Promotion/Suicide Prevention  
**DURATION:** Ongoing  
**AUDIENCE:** 201-500  
**BUDGET:** \$10000 or more

**CONTACT:** Rob Poletti  
aervin@okbhc.org  
509-826-8454  
1007 Koala Street  
Omak, WA 98841

**Project Description:** The Omak Street Team is a collaborative effort between the Okanogan County Community Coalition and Omak Middle School. The mission of the Street Team is to implement a positive social norms campaign at the middle school, reducing 30-day marijuana use among middle school youth through risk and protective factors. The Coalition contracted ACTUALITY! to train students and adults to implement an evidence-based campaign. It was collectively decided that the Street Team would focus on pride, respect, and future goals of Omak Middle School Students. The result was the True Pride Inside (TPI) campaign. The Street Team currently consists of 12 middle schoolers who organize, plan, and implement all phases of the campaign. ACTUALITY! campaigns begin in stealth, using gorilla marketing techniques with the actual message revealed in stages, drawing and feeding on natural youth curiosity. During the several week rollout, the Street Team is stealth and unknown to the rest of the student-body. The campaign began with the Street Team students posting over 400 stickers around the school. As it developed, phases included 500 wrist bands, 600

pieces of candy, t-shirts, banners, and posters all displaying different phases of the TPI brand with the Street Team finally revealing themselves at an all-school assembly. The Street Team has been very successful in getting the message out to the students. Walking the halls of the middle school, you will hear students talking about "TPI" and "True Pride Inside" - and wearing their wristbands and carrying binders with the TPI stickers on the outside.

## Othello RUaD - Youth Action Team (2009)

### Othello Community Coalition to Reduce Underage Drinking

**PROJECT TYPE:** Anti-Alcohol  
**BUDGET:** \$10,000 +

**CONTACT:** Bob Richey  
brichey@othellowashington.us  
509-331-2742  
500 East Main Street  
Othello, WA 99344

**Project Description:** Othello is one of four communities in Washington State to receive funding for the EUDL (OJJDP) Rural Community Initiative grants to reduce underage drinking within the Othello School District. Our "Youth Action Team" has been a valuable component of our Community Coalition and their efforts in reducing underage drinking in our community.





## Panthers in Charge (PIC) (2011)

### Madrona K8

PROJECT TYPE: General Prevention  
DURATION: One Year  
AUDIENCE: 201-500  
BUDGET: \$501-\$2000

CONTACT: Natalie Wonder  
ndwonder@seattleschools.org  
206-252-3141  
1121 33rd Ave  
Seattle, WA 98122

**Project Description:** Panthers in Charge (PIC) is a group of 7th and 8th grade youth ambassadors who attend Madrona K-8 School. The group was formed in the spring of 2010 to address issues of drug and alcohol awareness and prevention at the school and within their local community. PIC is currently involved in a number of projects. This Spring they will be working with the Corridor of Peace Project; a collaborative effort between PIC, local businesses, schools, Therapeutic Health Services, The YMCA, and local residents to strengthen their community and promote a positive empowering environment through the development of multiple art installations throughout their school community and neighboring school communities. This project seeks to connect the youth and the local community through a unified vision of developing a safe space that focuses on maintaining a drug/alcohol/and violence free environment. PIC is also working on a variety of other projects including bringing the "Draw the Line" Campaign to their school and local community, as well as developing a set of monthly prevention themes to educate other middle school youth at Madrona K-8.

## Peace Out Community Education Forums (2009)

### Safe Streets Campaign

PROJECT TYPE: Anti-Gang and Violence  
BUDGET: \$2001 - \$5000

CONTACT: Mike Wilson  
mwilson@safest.org  
253-272-6824  
1501 Pacific Avenue  
Tacoma, WA 98402

**Project Description:** 30 Students at Lincoln and Mt. Tahoma High Schools in Tacoma planned, organized, publicized and led two community education forums to address the issues of gangs, drugs and violence in their schools and community. Mt. Tahoma High School has experienced the death of 5 students since September 2008, 1 suicide and 4 gang related deaths. Lincoln High School has experienced an increase in Latino gang activity. Both schools are across town from each other and face the constant pressure of being

in rival neighborhoods that compete for drug territory. The Peace Out forums successfully brought youth and communities together to address issues related to overcoming the affects of violence before it became too major to solve via intervention strategies.



## Point Blank, a chapter of SADD (2010)

### Orcas Island High School Orcas Island Prevention Partnership

**PROJECT TYPE:** General Prevention (2010),  
General Prevention, Distracted Driving (2011)  
**DURATION:** Ongoing (2010),  
2-11 months (2011)  
**AUDIENCE:** 201-500 (2010), 501+ (2011)  
**BUDGET:** Less than \$500 (2010),  
\$501-\$2,000 (2011)

**CONTACT:** Julie Pinardi  
jpinardi@orcask12.wa.us  
360-376-1553  
715 School Road  
Eastsound, WA 98245

**Project Description:** Point Blank, a chapter of SADD, offered a new presentation titled "Think About It ... Is It Worth the Risk?" – a new campaign presented through SADD and the Law partnership between SADD and the National Highway Traffic Safety Administration (NHTSA). The program provided our group with a way to create visibility, raise awareness and teach the consequential ripple effects of underage drinking to the island's teens, teachers, parents, community members and media. We demonstrated the real-life and legal consequences associated with underage drinking in a skit that introduces the audience to a group of teens who make decisions that will affect their future and the future of their parents, friends and complete strangers. We collaborated with a panel of adult professionals—including a superior court judge, a prosecuting attorney, a law enforcement officer, an EMT, a youth advocate from the domestic violence program, a prevention coordinator, and a probation officer-- to host an open discussion and answer the audiences' questions after the skit

## Point Blank, a chapter of SADD (2011)

**Project Description:** This year, Point Blank chose to focus on the risks of texting while driving and the tragic consequences this simple action can have. Concerned that teens too often have an invincible perspective, the group wanted an innovative way to get their message across, so they personalized it by creating a mock accident using some local high school students. Point Blank collaborated with the local fire department, police department, and towing company to set the stage, and the result was a very realistic car accident, resulting in an injury, a casualty, and a jail sentence. They've also scheduled an assembly with the goal of raising awareness about the real-life and legal risks of texting while driving and lower the percentage of students who die each year. The day of the assembly they will show the video made of the car accident, and have guest speakers available to answer questions. Once the presentation is over, everyone will have the opportunity to take a pledge that they will put their phone away while they are driving, and the opportunity to join Point Blank in adding their thumb print to a pledge banner. They will hand out thumb bands as a constant reminder in hope that the presentation will help to lower the rising number of casualties from texting while driving.

## Port Townsend High School Student Task Force (2011)

### Port Townsend High School

**PROJECT TYPE:** Anti-Tobacco, Alcohol  
Abuse, Illegal Drug Abuse, Prescription/Over  
the Counter Drug Abuse  
**DURATION:** The film can be used repeatedly  
**AUDIENCE:** 501+  
**BUDGET:** Less than \$500

**CONTACT:** Barbara Hansen  
bhansen@ptsd50.org  
360-774-1794  
1500 Van Ness  
Port Townsend, WA 98368

**Project Description:** The Port Townsend High School Student Task Force is developing a film. This film is part of a "Most of Us" campaign that began 3 years ago. The Student Task Force attended a Social Norms training three years ago and another training this spring. The students have learned that statistics consistently show that most the students at their High School do not consume alcohol, tobacco or other drugs. Most young people and adults believe the opposite, that "everybody is doing it." This belief encourages youth to engage in unhealthy behavior out of desire to fit in. In the film the STF members interview students, parents, teachers, politicians and community members and ask them what percentage of the students at Port Townsend High School do they believe are using alcohol, tobacco and other drugs. The end of the film will be interviews with experts who reveal the actual statistics. The next question for these experts is what leads to this perception that everyone is doing it. They then explain why these perceptions exist. The STF has chosen a Social Norms approach based on the fact that

research has shown it to be an effective approach. Teens want to fit into what they perceive as normal behavior for their age. By changing the accepted belief "everyone is doing it" there becomes less pressure to engage in these harmful activities. Likewise adults who believe that using drugs and alcohol are normal behaviors are more likely to either encourage or condone the use of these substances.

## Power of Place - YouthMADE (2010)

### Seattle Parks and Recreation

PROJECT TYPE: Gang/Violence/Pregnancy/  
Suicide Prevention  
DURATION: Ongoing  
AUDIENCE: 501+  
BUDGET: \$5,001 - \$10,000

CONTACT: Jeron Gates  
jeron.gates@seattle.gov  
(206) 255-4051  
104 17th Ave S.  
Seattle, WA 98144

**Project Description:** Seattle Parks POWER OF PLACE Youth Violence Prevention (YVPI) Team works to increase visibility for program participants by empowering a YouthVOICE. YouthVOICE gives purposeful engagement in their communities where they live, work and play, requiring high collaboration and youth leadership. Through activities based on self-actualization and peer mentoring, programs will focus on teaching participants to be productive and engaged young people capable of keeping their community a vital place in the city.

## Prescription Drug Abuse Prevention at the Middle School (2009)

### Henry M. Jackson High School

PROJECT TYPE: Anti-Drug  
BUDGET: No Cost

CONTACT: Lyn Lauzon  
llauzon@everettsd.org  
425-385-7178  
1508 136th St. S.E.  
Mill Creek, WA 98012

**Project Description:** Educate middle school students in our community on the harmful effects of prescription drug abuse.

## Prescription Drug Poster Contest - PC-DC Campaign (2009)

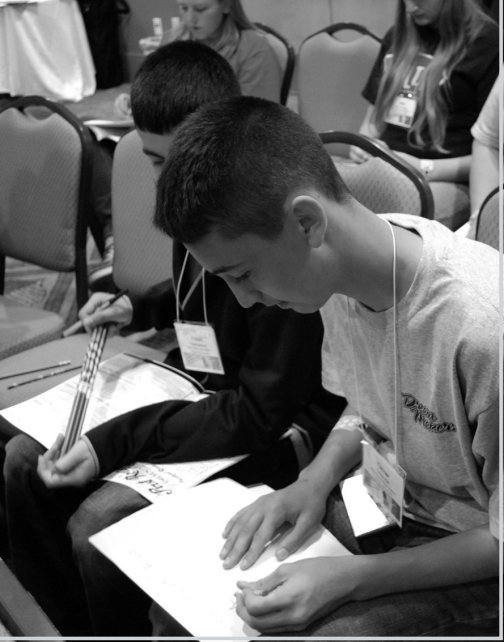
### Safe Streets Campaign

PROJECT TYPE: Anti-Drug  
BUDGET: No Cost

CONTACT: Mike Wilson  
mwilson@safest.org  
253-272-6824  
1501 Pacific Avenue  
Tacoma, WA 98402

**Project Description:** Students from Stadium High school where challenged to create a poster that raises community awareness around the issue of prescription drug use and abuse. The poster will be distributed county wide once completed and is intended to send a message to parents about the dangers kids face when confronted with prescription drug abuse.





## Prom Promise/Drug Free Celebration (2009)

### Making A Change

PROJECT TYPE: Anti-Drug and Alcohol  
BUDGET: \$501-\$2000

CONTACT: Leon Matz  
matzl@orting.wednet.edu  
320 Washington Ave. N.  
Orting, WA 98360

**Project Description:** High School MAC members made 20 presentations to elementary class rooms about Prom. Elementary students are asked to write a personal letter to an assigned high school student. All 660 high school students will receive a letter whether they are going to prom or not. The letters will ask the students to be drug and alcohol free for at least prom weekend.

## Prevent-A-Holics (2010)

### Toutle Lake School District

PROJECT TYPE: Anti-Tobacco (2010),  
Anti-Tobacco, Alcohol Abuse, Illegal Drug  
Use, Prescription/Over the Counter Drug  
Abuse, General Prevention, Gangs/Violence/  
Bullying, Pregnancy/Teen Parenting, Mental  
Health Promotion/Suicide Prevention (2011)  
DURATION: Ongoing (2010),  
Two Weeks (2011)  
AUDIENCE: 201-500 (2010 & 2011)  
BUDGET: Less than \$500 (2010 & 2011)

CONTACT: Leann Couch  
leann.couch@toutlesd.k12.wa.us  
360-274-6132  
5050 Spirit Lake HWY  
Toutle, WA 98649

**Project Description:** Contests for elementary students from first to sixth grade with age-appropriate tasks (drawing, poster, essay) on "What does tobacco use look like to you?" Our project goal is to teach kids that it is NOT cool to use tobacco as well as how unhealthy it is in all ways, making this activity personal to each individual student and hoping the students will understand the effects of their choices to use have on themselves as well as others around them.

### Prevent-A-Holics (2011)

**Project Description:** The Prevent A Holics planned and organized the "Youth Prevention Summit" for Cowlitz County this last fall. They designed the logo for use on T-Shirts and came up with topics for the guest speakers. Each session was 25 minutes long, and each student was able to choose three sessions. The Prevent A Holics helped chaperone students from the middle school as well as all the sessions. In addition, the group put together an animated presentation on "Teens Against Tobacco Use" for use at the elementary level. They

used props from their Prevention Counselor Such as Mr. Butt Head, Mr. Gross mouth, The Pig Lung, The tar Jar, and the Flem Jar. The Prevent A Holics plan to keep this program going each year to keep the students educated and equipped to make healthy choices.

## QSWAT-Quileute Students Working Against Tobacco (2009)

### Quileute Tribe

PROJECT TYPE: Anti-Tobacco and Alcohol  
BUDGET: No Cost

CONTACT: Ann Penn-Charles  
ann.penncharles@quileutenation.org  
360-374-2228  
PO. Box 279  
La Push, WA 98530

**Project Description:** The QSWAT team utilized positive peer pressure and public forums to speak out against the commercialization of tobacco and alcohol.



## RADD- Raiders Against Destructive Decisions (2011)

### Nathan Hale High School Prevention Club Partners in Prevention (PIP) Center for Human Services

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention  
**DURATION:** Ongoing  
**AUDIENCE:** 501+  
**BUDGET:** \$501 - \$2,000

**CONTACT:** Danielle Block-Grande  
dblock@chs-nw.org  
206-631-8804  
17018 15th Ave NE  
Shoreline, WA 98155

**Project Description:** RADD's goal was to educate Nathan Hale students and others about the dangers of drugs and alcohol by encouraging teenagers and others to think about their choices and what their future will be based on those choices. RADD organized free Fun Fridays (movie and pizza night at the school), Bowling night for RADD and Nathan Hale Students, attended youth education and prevention forum events, and organized Kick-Butts Day and The Great American Smokeout to train and educate younger youth about the negative effects of smoking. They also put together "Quit kits" for current smokers with the main target being grades 9-12 with occasional presentations to elementary and junior high students about smoking, and will be working with the Draw the Line campaign to let places who sell alcohol know about the new laws. The Nathan

Hale Community - students and parents - will receive knowledge about alcohol and other drugs in addition to what happens when adults buy alcohol for minors.

## Razas Unidas (2010)

### Garfield HS Prevention Team Central Seattle DFC, PIP and CHS

**PROJECT TYPE:** General Prevention (2010), Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, General Prevention, Gangs/Violence/Bullying (2011)  
**DURATION:** Ongoing (2010 & 2011)  
**AUDIENCE:** 501+ (2010 & 2011)  
**BUDGET:** \$501 - \$2000 (2010 & 2011)

**CONTACT:** Maria Medina  
dblock@chs-nw.org  
206-631-8804  
17018 15th Ave NE  
Shoreline, WA 98155

**Project Description:** Razas Unidas is coming together as sustainable Latino group, promoting healthy lifestyles and being alcohol, drug, and violence free. They attended the prevention summit in Yakima; are using a framework of change to address the issues in our school and community; are identifying problems; are meeting weekly during lunch and are becoming visible in our school and community to take steps using identified strategies to address our goals.

## Razas Unidas (2011)

**Project Description:** The purpose of Razas Unidas is to come together as a sustainable Latino group, involving school youth, school staff, the Central Seattle Drug Free Community

Coalition (CSDFCC), Latino Community Agencies, and other universal prevention clubs. Razas has hosted several youth/parent meetings at El Centro de la Raza, and also regularly participates for in the CSDFCC Steering team Committee meetings. Razas plans their activities around the monthly prevention themes, and these activities are promoted with posters at our schools as well as by making PA announcements on a regular basis promoting the prevention activities and projects. Currently, the team is sponsoring a "healthy food drive" for the local community church, and in the past, Razas raised over \$200 from a bake sale for the food bank. Razas primary focus is to promote healthy lifestyles, education and to be ATOD and violence free. Recently, for "Kick Butts" week, RAZAS hosted an activity table to create awareness about the dangers of smoking, took pledges and provided a place for people to sign in memory of someone who lost their lives to tobacco use. The RAZAS hosts a resource table once month to promote monthly prevention themes and recruit youth in their cause. Razas is also involved in the Draw the Line campaign as part of the CSDFCC. The team has worked on collecting over 200 signatures from the school and community

## RESPECT (2009)



### Youth Eastside Services BEST High School

PROJECT TYPE: Anti-Violence  
BUDGET: Less than \$500

CONTACT: Stephanie Robbins  
stefanier@youtheastideservices.org  
425-747-4937  
10903 NE 53 Street  
Kirkland, WA 98033

**Project Description:** Respect is a team of high school students dedicated to preventing teen dating violence. Member of the team become peer educators and present to middle school and high school Health and Life Skills classes.

## Ritzville School District Tobacco Prevention Project (2009)

### Adams County Health Department

PROJECT TYPE: Anti-Tobacco  
BUDGET: \$2001 - \$5000

CONTACT: Karen Potts  
karenp@co.adams.wa.us  
509-659-3320  
108 W. Main St  
Ritzville, WA 99169

**Project Description:** After attending the WA State Prevention Summit, a student action team (JDDI) was formed with a long-term goal of decreasing the number of students in the Ritzville school district who use tobacco.

## SAM (Student Awareness Movement) Club – Jr. High (2010)

### Pomeroy Jr. High School

PROJECT TYPE: Alcohol Abuse (2010),  
Community Sexual Assault Prevention (2011)  
DURATION: 2-11 months (2010),  
One Week (2011)  
AUDIENCE: 201-500 (2010), 51-200 (2011)  
BUDGET: Less than \$500 (2010 & 2011)

CONTACT: Tina Warren  
twarren@co.garfield.wa.us  
(509) 843-3412  
121 S. 10th St.  
Pomeroy, WA 99347

**Project Description:** Field Day designed to bring junior high students together with community adults for a day filled with interactive challenge activities which promote skill development in the areas of team-building, cooperation, communication, and collaboration. Students and adults identify a local issue, brainstorm ways to address the issue, and present their issue & solution to the larger group. Through this program design, students will gain a better sense of the larger community and adults will experience a new perspective working with the adolescents, both gaining a new appreciation and understanding of the community as a whole. As a result of this program, we believe that adults will be stronger advocates for youth prevention programs and youth will be more committed to maintaining clean and sober lifestyles.

## SAM (Student Awareness Movement) Club – Jr. High (2011)

**Project Description:** The Pomeroy Jr. High Student Awareness

Movement (SAM) club collaborated with the Community Sexual Assault Program to bring awareness to local youth and the community. The club organized a week long awareness project that provided education on this difficult subject to their peers. Kicking off the week with an assembly and continuing with competitions, dress up days, posters, banners, and presentations, students made the week both fun and educational. The SAM club concluded their project by drawing the community into the spirit with an evening Fun Walk. The walk helped in bringing youth and adults together to recognize a community problem.

## SAM (Student Awareness Movement) Club – Sr. High (2010)

### Pomeroy High School

**PROJECT TYPE:** Alcohol Abuse (2010 & 2011)

**DURATION:** 2-11 months (2010),

Two-day program (2011)

**AUDIENCE:** 201-500 (2010), 51-200 (2011)

**BUDGET:** Less than \$500 (2010 & 2011)

**CONTACT:** Dan Lewis and Tina Warren

twarren@co.garfield.wa.us

(509) 843-3412

121 S. 10th St.

Pomeroy, WA 99347

**Project Description:** The Spare Change Round-Up was a fund-raising project urging the community to donate spare change at 14 local businesses to give to the Garfield County Fair Board to replace funds raised through the Beer Garden at the Garfield County Fair. If the Fair Board accepted the money, they would agree not have a beer garden. If they didn't, the SAM Club would keep the dollars raised to be used for leadership projects. The club made presentations before numerous community groups to introduce and promote the project. The placed articles in the local paper and Human Services Newsletter. Garfield County Fair had never had a

Beer Garden until the 2009 Fair when they justified adding it as a means to generate additional funds. This project was designed to 1) replace the roughly \$1100 in funds generated by the beer garden; 2) provide the community an opportunity to show support for eliminating the beer garden; and 3) empower the students to learn about community collaboration and political issues. The successful project generated \$212.50 in the first month, creating a political controversy and forcing the project to be "pulled." The president of the fair board made complaints against the club advisor and the agency where she worked. The advisor was told to stop the project because "the agency could not afford to have their county contracts put in jeopardy" because of the "Spare Change Round-Up." Students learned that while sometimes we will run into obstacles, we must keep working toward our overall goal.

## SAM (Student Awareness Movement) Club – Sr. High (2011)

**Project Description:** The Pomeroy High School Student Awareness Movement (SAM) club brought underage drinking awareness to fellow students through the "Every 15 Minutes" Project. SAM students organized a two-day program that included 14 "living dead" students cutting all communication with family and friends in order to demonstrate the effects of losing a loved one to drunk driving. The "living dead" students were sequestered from their families for the night and participated in group activities and open discussions about underage drinking. SAM students also organized a school assembly that involved presentations from students and parents that were involved in the project, as well as a guest speaker, who shared his personal experience of loss from drunk driving.



## Shelton High School SADD Club (2010)

### Shelton High School

**PROJECT TYPE:** Alcohol Abuse (2010), Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention, Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention (2011)

**DURATION:** One week (2010), Ongoing (2011)

**AUDIENCE:** 501+ (2010 & 2011)

**BUDGET:** \$501-\$2000 (2010), \$2001-5000 (2011)

**CONTACT:** Gerald Apple  
GeraldAppl@yahoo.com  
360-480-5330  
3737 North Spring Rd  
Shelton, WA 98584

**Project Description:** SADD club week raised awareness of students at Shelton High School about the many destructive decisions that are sometimes made by teenagers and gave them the tools to deal with these decisions in a positive way.

### Shelton High School SADD Club (2011)

**Project Description:** The Shelton High School SADD club has developed a DVD on "Texting and Driving". In the different segments of the DVD, a student tells the listeners about the Washington state cell phone law and why people should not text and drive and SADD club students do a mock car crash at the Washington State Patrol headquarters where one of the students is texting and driving and hits a pedestrian who is killed; a Shelton policeman is shown arresting the driver at the end of this scenario. The DVD continues with the county coroner being interviewed by the students in front of a wrecked car that was driven by a nineteen year old girl who was texting on her way home from work; she hit a guard rail and

was killed instantly. In the final part of the DVD, the SADD club sponsored an assembly at the high school where they did many interactive activities with the audience using a deck of cards, scooters, cones and cell phones. Then a guest speaker addressed the student body about her own personal experience of texting while driving, after which the student body signed a big pledge sheet that said "Don't Text and Drive". The DVD will be sent to all thirty-one driver education schools in Educational Service District #113 and shown at parent nights to over ten thousand students/parents in the next two years. The video will also be shown to all the ninth graders in Shelton.

## Skagit Summit (2009)

### United General Hospital

**PROJECT TYPE:** General Prevention  
**BUDGET:** \$5,000-\$10,000

**CONTACT:** Lisa Mitchell  
lisa.mitchell@unitedgeneral.org  
360-856-7388  
2000 Hospital Drive  
Sedro Woolley, WA 98284

**Project Description:** The VOICE Youth Coalition assisted in producing the Skagit County Summit which provides a venue for Skagit County youth to be engaged in creating positive changes by providing the opportunity for free leadership and pro-social activities in a setting that honors family, community and diversity.





## Skykomish Prevention & Leadership Team (2009)

### Skykomish School District #404

PROJECT TYPE: Anti-Alcohol (2001), Illegal Drug Abuse (2010), Anti-Tobacco (2011)  
DURATION: 2-11 months (2010), One week (2011)  
AUDIENCE: 1-50 (2010), 51-200 (2011)  
BUDGET: No Cost (2009, 2010, & 2011)

CONTACT: Cindi Mack-Ernsdorff  
beareagle2@msn.com  
425-485-6541 ext108  
PO Box 325  
Skykomish, WA 98288

**Project Description:** The Skykomish Prevention Team partnered with adults to form a collaborative Adult Prevention Leadership Team to raise awareness of the danger of drugs and alcohol.

## Skykomish Prevention & Leadership Team (2010)

**Project Description:** Project Young Mentoring team goes into the K - 3rd grade classes acting as mentors to the younger children in the school. They hope to inspire the younger children of their school to be the best that they can be—clean and sober, to reassure the children there are people who care and will “show up” for them, and to help the children with their schoolwork. They chose this project because there are so many families who abuse drugs and/or alcohol in Skykomish and the other small towns around the area, and the students worry that these children--like them-- do not understand that they can make the choice to not use drugs/alcohol. They also remember how

they wanted to be able to talk to someone who could understand what it was like to live in such a household, too. The teacher reports the children not only look forward to seeing the team come in to help them, but believes that it is already making a difference for some of the children. She reported that one young man has told her that he “needs to work especially hard on his school work because it makes Chad proud of him when he tries.”

## Skykomish Prevention & Leadership Team (2011)

**Project Description:** The Skykomish Drug Prevention and Leadership Team put together a skit that lends awareness to one of the major drug issues -- one that has not declined over the years -- the issue of tobacco use among young people. The skit is primarily set-up to encourage elementary age students to stop and think about what it is in a cigarette, and then to see and to hear some of the implications that these ingredients can have on the user's life, and includes “cooking a cigarette.” Currently the team's goal is to continue with a focus on underage drinking in their home-base, but to add a feature of underage smoking as well.

## Skyridge Middle School Prevention Club (2010)

### Skyridge Middle School Camas School District

PROJECT TYPE: General Prevention  
DURATION: 2-11 months  
AUDIENCE: 501+  
BUDGET: \$501 - \$2,000

CONTACT: Linda Hutchins  
linda.hutchins@camas.wednet.edu  
(360) 833-5800 x79116  
5220 NW Parker St.  
Camas, WA 98607

**Project Description:** Skyridge Middle School's prevention leaders helped organize, host and support the first PREVENT! 5k Walk/Run for a healthy, thriving Clark County. The awareness event on Saturday, March 20th from 7:30am - 12:00 pm included a community fair with entertainment after the race. designed to build awareness of the prevention efforts in Clark County (primarily PREVENT!, Clark County's Substance Abuse Prevention Coalition). Skyridge Middle School was chosen as the site for the event based on the enthusiasm and support of the Prevention Club. We had 325 registered participants in the Walk/Run, from all over Clark County including adults, students and families. We had approximately 40 volunteers. We had 18 tables conducting outreach to youth and families. We had over 100 youth perform with their families and friends looking on! We had \$2,170 worth of donations in product, door prizes, and

donations. All in all, we had over 500 people in attendance at this wonderful celebration of the positive prevention work happening in Clark County. We ended up having a small media caption of the event and made the front page of the ESD112 web page. The prevention club assisted PREVENT! and Community Choices in making this happen.

## Stadium H.S. Youth Leading Change (2010)

### Safe Streets

**PROJECT TYPE:** Prescription/Over The Counter Drug Abuse (2010), Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention/Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention (2011)  
**DURATION:** Other: Planning and producing the PSA (1-2 months), then showing on TV, indefinite (2010), 2-11 months (2011)  
**AUDIENCE:** 501+ (2010), 201-500 (2011)  
**BUDGET:** \$2001-\$5000 (2010), No Cost (2011)

**CONTACT:** Sally Bright  
sbright@tacoma.k12.wa.us  
(253) 571-3037  
111 North E Street  
Tacoma, WA 98403

Colette Lease  
kmcclintock@safest.org  
(253) 272-6824  
622 Tacoma Ave South  
Tacoma, WA 98402

**Project Description:** The Stadium Youth Leading Change team created a public service announcement (PSA) slated to air on Click! Cable TV for one month, showing the effects that abusing prescriptions can have on a teenager's personal and social life. Also we ran a lunch room activity educating the youth about the different side effects of abusing prescription drugs. Our lunch room activity reached out and educated many teens who were not aware that prescription drug abuse was a problem. Our Public Service Announcement had the largest impact of any service project Youth Leading Change has done.

### Stadium H.S. Youth Leading Change (2011)

**Project Description:** During the summer of 2010 the Stadium Youth Leading Change chapter discovered that many of them had friends or family members who had attempted suicide. This became a strong common denominator for the group and it became their goal to educate their peers about teen suicide. Throughout the school year they had planned on a shocking presentation. However, they quickly hit some road blocks. After many set backs and readjustments, the group has organized a work shop that would educate their peers about the warning signs of suicide, the impact of the suicide itself and how to cope with

losing a loved one or assisting someone after they survive a suicide attempt. They aim to provide resources to peers and hopefully open up some doors for the issue to be discussed in a safe and supportive environment.

## STASHA Peer Educators (2010)

### Clark County

**PROJECT TYPE:** Alcohol Abuse  
**DURATION:** 2-11 months  
**AUDIENCE:** 51-200  
**BUDGET:** Less than \$500

**CONTACT:** Angela McKinney  
angela.mckinney@clark.wa.gov  
(360) 397-2130 ext. 5841  
P.O. Box 5000  
Vancouver, WA 98666

**Project Description:** We created and taught a one-hour, interactive workshop to 4th and 5th graders and their high school-aged mentors about the effects of alcohol and how to make healthier choices, including:

- Brainstorming/practicing refusal skills
- Considering healthy alternatives to drinking
- Discussing positive people to talk to about alcohol problems
- Learning about how alcohol effects the body.



## Steilacoom High School Youth Leading Change (2011)

### Safe Streets

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention/ Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention  
**DURATION:** 2-11 months  
**AUDIENCE:** 201-500  
**BUDGET:** Less than \$500

**CONTACT:** Kelly McClellan  
kmccllellan@steilacoom.k12.wa.us  
253-272-6825  
623 Tacoma Ave South  
Tacoma, WA 98403

**Project Description:** Steilacoom YLC created a project called 20 WA which signifies that 20 people die each day from tobacco related illnesses. 20 of the team members stood in their classroom each time the clock hit :20 during the school day. Each student had customized shirts that they wore, and all 20 of the students remained silent for the entire day to signify being dead from tobacco use. As a side project during this campaign, team members went to the popular “smoking corner” near their school and collected all of the cigarette butts, hung up posters, and held a “Teens Against Tobacco Use” training where team members handed out “kiss me I don’t smoke” pins and answered tobacco trivia. YLC also presented the pig lungs at lunch (one healthy pair; and one smoker’s pair), receiving lots

of interest and feedback. In the future, YLC plans on going to the elementary and middle school to educate the youth about the dangers of smoking, and how it does not make you “cool” to smoke or chew.

## Student Lives Always Matter (2009)

### Swedish Medical Center

**PROJECT TYPE:** Anti-Suicide  
**BUDGET:** Less than \$500

**CONTACT:** Paul Barry  
paul.barry@swedish.org  
206-784-2139  
1418 NW 65th St  
Seattle, WA 98117

**Project Description:** We conducted a social marketing campaign throughout the year aimed at students and staff, that utilizes a range of activities to heighten awareness of the problem of teen suicide and to give the members of the school community tools to use to help their friends or acquaintances who might be depressed or suicidal.

## Student Tobacco Use Prevention (2009)

### Lake Stevens School District

**PROJECT TYPE:** Anti-Tobacco  
**BUDGET:** Less than \$500

**CONTACT:** Dana Whitney  
dana\_whitney@lkstevens.wednet.edu  
425-335-1630  
8224 20th St SE  
Everett, WA 98205

**Project Description:** The Cavelero Colts Prevention Team held a variety of activities in their school throughout the year that focused on the prevention of tobacco use among their fellow peers.

## Sultan Every 15 Minutes (2010)

### Sultan High School

PROJECT TYPE: Alcohol Abuse  
DURATION: 2-11 months  
AUDIENCE: 501+  
BUDGET: Less than \$500

CONTACT: Rik Morris  
rik.morris@sultan.k12.wa.us  
(360) 793-9860  
13715 310th Ave. S.E.  
Sultan, WA 98294

**Project Description:** Every 15 Minutes someone in the US dies due to alcohol abuse. This program gave the high school a hands-on experience of what that would feel like—including a car crash, visits by the Grim Reaper every 15 minutes, mock deaths and obituaries of fellow “dead” students. The 20 “dead” students were removed from their regular lives for a night so their friends could see what it was like, a student was covered in blood and pulled from the crashed car by real fire personnel—with lights and sirens just like a real crash-- families received death notices and the school held a mock memorial the next day. At the conclusion of the assembly, the team challenged the school with a contract between themselves and their parents to help keep them safe when they are unable to drive while intoxicated. The personal impact of this project was shared within classes, and even on Facebook. This was a life-altering experience for many students--much more emotional than expected.

## TADD (2010)



### North Beach High School

PROJECT TYPE: General Prevention  
DURATION: On-going  
AUDIENCE: 201-500  
BUDGET: \$501-\$2000

CONTACT: Jodi Brown  
jbrown@northbeach.k12.wa.us  
(360) 289-3888  
PO. Box 969  
Ocean Shores, WA 98569

**Project Description:** Games and other fun activities about tobacco prevention where kids can answer questions and if they get them right, they can play the games for chances to win prizes. Also, we will have information about other drugs and alcohol.

## TATU (2009)

### Puget Sound ESD

PROJECT TYPE: Anti-Tobacco  
BUDGET: Less than \$500

CONTACT: Gail Nelson  
gnelson@tacoma.k12.wa.us  
253-571-6785

**Project Description:** Our team trained to provide TATU (Teens Against Tobacco Use). The goal is to educate students about the dangers of smoking cigarettes.



## The Magic of Rhythm...And Everyone Plays Their Part Conference (2009)

### Garfield County Human Services

PROJECT TYPE: General Prevention  
BUDGET: \$10,000+

CONTACT: Peggy Guitierrez  
pgutierrez@qbhs.org  
509-843-3791  
PO. Box 758  
Pomeroy, WA 99347

**Project Description:** Our core planning group invited 41 schools from around the region to participate in a middle school prevention conference. Our core planning team was involved in every aspect of the conference planning. They helped to decide the workshops, made public presentations, designed the theme, and all of the art design.

## T.E.L.L. - Timbercrest Encouraging Lifelong Lessons (2011)

### Center for Human Services Timbercrest Junior High

PROJECT TYPE: Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse

DURATION: 2-11 months

AUDIENCE: 501+

BUDGET: Less than \$500

CONTACT: Krista Rose Cate  
kate@chs-nw.org  
360-442-1429  
927 North 85th St. Suite B  
Seattle, WA 98103

**Project Description:** T.E.L.L. completed an original song to compete in the King County Draw the Line Youth Arts Contest. T.E.L.L. developed their own lyrics, vocals and piano music for the song titled, "Draw The Line." The song contains a very powerful message from youth looking at addiction from an outsider's point of view. The group worked after school many days in the music room and at home composing what would end up being the grand prize winner for group entry at the King County Draw The Line Art Contest. T.E.L.L. is using their original music to effect as many youth that want to listen and has been spreading their message by performing at a King County Open Mic event which many youth attended. The song has also been uploaded to social media outlets such as Facebook and YouTube. Currently a music video is being completed by T.E.L.L which will accompany the music the

team has put together. This music video will be shown to the entire Timbercrest Junior High and will also be shared on social media outlets, and possibly the local news.

## Teens Against Drugs and Alcohol (TADA) (2011)

### Neighborhood House

PROJECT TYPE: Alcohol Abuse

DURATION: 2-11 Months

AUDIENCE: 501+

BUDGET: \$501-\$2000

CONTACT: Mike Graham-Squire / mikegs@nhwa.org / 206-353-7945  
Project HANDLE  
825 Yesler Way  
Seattle, WA 98104

**Project Description:** Teens Against Drugs and Alcohol participated in the "Let's Draw the Line" campaign during the past year in a variety of ways including: surveying alcohol advertising in West Seattle and reporting violators to the Liquor Control Board, giving "Good Neighbor" awards to businesses that do not advertise for alcohol, creating "Let's Draw the Line" wristbands and distributing them in the community and schools, and organizing a community forum in White Center for 90 parents and youth about preventing underage drinking. For their community event they created a skit and printed a large banner that says "West Seattle Draw the Line Between Youth and Alcohol" and posted it along the major roadway that enters our community, seen by thousands of people.

## Teens Drawing the Line (2011)

### Longview Anti-Drug Coalition

PROJECT TYPE: Alcohol Abuse  
DURATION: One month  
AUDIENCE: 501+  
BUDGET: \$2001-\$5000

CONTACT: Patricia Andersen  
panderson@linkprogram.org  
360-423-6741  
PO. Box 2052  
Longview, WA 98632

**Project Description:** The teens affiliated with Youth and Family Link and Longview Anti-Drug Coalition are concerned with the amount of misinformation in their county regarding underage drinking. Therefore, the team decided to use an environmental strategy with a social norms concept to change the perceptions of the community. The team was able to get over 200 signatures from local citizens, including the entire city council, pledging their commitment to draw the line between teens and alcohol. Additionally, eighteen local businesses placed stickers in their window to support the cause. The businesses were grocery, convenience and even liquor stores. These stickers warned of the legal ramifications of buying or providing alcohol for minors. The next was to create a wall mural on a local business which was in a heavily trafficked area including the web address "letsdrawtheline.org." The purpose of the web address was to get people to draw their attention to the location and perhaps seek out more

information. The final step will take place over the summer, as yet another mural will be created that shows where choices may lead different individuals as they follow different paths in their lives.

## Tenino High School Students Against Destructive Decisions (2011)

### THS SADD

PROJECT TYPE: Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, Other: Distracted Driving  
DURATION: Ongoing  
AUDIENCE: 51-200  
BUDGET: No Cost

CONTACT: Kristin Robinson  
robinsonk@tenino.k12.wa.us  
360-239-4121  
500 W. 2nd Avenue  
PO. Box 4024  
Tenino, WA 98589

**Project Description:** THS SADD's main project is a Drug and Alcohol Community Forum including activities promoting responsible behavior. The group strives to put a spin on their forums so they aren't just a standard moderate forum about drug and alcohol use. By enhancing the forums and adding new things, THS SADD is always seeing an increase in the number of people they reach. Some events included in the forums are booths with information from various organizations, guest speakers, "Taking the Pledge," and awareness programs. Forums also include demonstrations and fun activities.

## The Leading Explorers (2011)

### Youth and Family Link

PROJECT TYPE: Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse  
DURATION: Two weeks  
AUDIENCE: 201-500  
BUDGET: Less than \$500

CONTACT: Patricia Andersen  
panderson@linkprogram.org  
360-423-6741  
PO. Box 2052  
Longview, WA 98632

**Project Description:** The youth in the 8th grade exploratory class at Mt. Solo Middle School in Longview, teamed up to make a difference in their school and community. After studying about the devastating effects of drugs on individuals in the community, the 8th graders decided it was time to make a change. The youth brainstormed many ideas for a new way to spread the word. After polling the school for a slogan and logo, the youth decided on a dinosaur and the words Drugs Influence No One. Finally, the decision was made to create a quilt. Each of the quilt squares was created by a member of the class. The class invited a few 6th grade students to join in and create a few squares as well. Upon the completion the quilt is hanging in the hall in their school. Many youth stop by to discuss the various squares and the message. As they do so, the members of the class encourage the 6th and 7th graders in thinking of a way to make a quilt themselves with a message of importance someday.

## The Preventors (2011)

### Kenmore Junior High School Center for Human Services

PROJECT TYPE: Anti-Tobacco, Alcohol  
Abuse, Illegal Drug Abuse, General  
Prevention

DURATION: 2-11 Months

AUDIENCE: 501+

BUDGET: \$501-\$2000

CONTACT: Rachel Houtman  
rhoutman@chs-nw.org  
425-408-6424  
20323 66th Ave NE  
Kenmore, WA 98026

**Project Description:** The “Too Smart to Start!” prevention project consists of breaking down different prevention topics on a month-to-month basis. In December, the Preventors held a drug prevention/ Red Ribbon week; January consisted of anti-tobacco week; March had an anti-marijuana week; April was alcohol awareness month; and May will focus on the prevention of ecstasy and club drugs. The Preventors make posters stating facts and statistics that they find through research, and put them up around the school each month. During their prevention weeks, the team has facts read aloud to the entire school every morning. They hold an activity table for each prevention theme where students get the chance to look at posters of different body parts that have been affected by drugs, alcohol, or tobacco, and also play games such as the

“Wheel of Misfortune” and “Tobacco Roulette” where students have fun learning about the different diseases that are related to drug, tobacco or alcohol use. Along with their activity tables, The Preventors always have some interactive way of giving students the opportunity to pledge their commitment to remain abstinent for drugs, alcohol, and tobacco, whether it be having students write down their anti-drug on red ribbons, having students sign an anti-tobacco constitution, or having students color in an anti-marijuana poster with their thumb prints. Finally, for the tobacco and marijuana prevention weeks, The Preventors created prevention videos that the entire school watched to either kick off or end prevention weeks.

## TMAC (Together Making Awesome Changes) (2010)

### Lewis County Social Services

PROJECT TYPE: Alcohol Abuse

DURATION: Ongoing

AUDIENCE: 501+

BUDGET: \$501 - \$2000

CONTACT: Beatriz Mendez  
beatriz.mendez@lewiscountywa.gov  
(360) 740-1424  
17 SW Cascade Ave  
Chehalis, WA 98532

**Project Description:** Planned several events to increase the community’s awareness about their team and prevention issues as well volunteering to help others in our community with their events. Participated in “The Spread the Word to End the Word” campaign that focused on ending the use of the word retarded. They educated individuals on how the word is demeaning to individuals with or without disabilities. They helped to gather more than 300 pledges from individuals who pledged to give up the use of this word. The team also adopted a family for the holidays, and were able to provide them with gifts of clothing and toys for Christmas. Wanting to create a better environment for youth in the community they picked up cigarette butts in one of the city parks and presented information to the city council to seek support for “Thank You for Not Smoking” signs in the children’s play area—and the city agreed!

Another important activity was honoring local law enforcement by visiting their departments and presenting them with certificates of appreciation. Other projects included volunteering at the Homeless Point In Time Count, a Big Brothers Big Sisters Fund Raising event and Relay for Life. The Law Enforcement agencies that were visited by the team really enjoyed being honored by our youth and local treatment agency. The youth were invited by the lead organizer for Relay for Life to participate in this year’s event by having a booth and distributing tobacco education materials. This has shown the team that others in the community are starting to be much more aware of what they do. The team has really stepped up to be the future leaders in our community.

## Tobacco Prevention Club (2010)

### Wahkiakum School District

PROJECT TYPE: Anti-Tobacco  
DURATION: 2-11 months  
AUDIENCE: 201-500  
BUDGET: less than \$500

CONTACT: Lisa Frink  
lfrink@esd112.wednet.edu  
(360) 795-3261  
PO. Box 398  
Cathlamet, WA 98612

**Project Description:** Saw a large jump of tobacco use from middle school to high on our past Healthy Youth Surveys and decided to focus our efforts on the middle school to decrease our tobacco use in high school. Implemented activities during lunch at the middle school, including contests, information at sporting events, and classroom activities to decrease tobacco use while giving students a chance to be leaders in their communities.

## TOGETHER! (2010)

### Thurston County

PROJECT TYPE: General Prevention  
DURATION: 2-11 months  
AUDIENCE: 501+  
BUDGET: \$501 - \$2000

CONTACT: Jesse Youckton  
jyouckton@thurstontogogether.org  
(360) 493-2230 x17  
418 Carpenter Rd SE, Ste 203  
Lacey, WA 98503

**Project Description:** Our team is creating an art mural in downtown Olympia with the theme "connected through diversity." The mural will bring together community members, uniting them in appreciating that it is our differences that make us unique and our diversity that makes our community beautiful. The mural will convey the interconnection of the human community, and our world. The mural will be in front of downtown Olympia's artesian well (a community gathering place) and across the street from many bars, nightclubs and music venues. There are multiple target audiences for the project, including the youth planning team, youth and adult volunteer artists, local community members, and Olympia visitors. Prevention is about more than just telling young people not to engage in unhealthy behaviors. To paraphrase Gandhi, the best way to change the world is to lead by example

and be the change we wish to see. This mural project reaffirms that all walks of life are welcomed and appreciated, and Olympia is a vibrant and diverse community that values art and fosters peace through understanding.





## Vashon Youth Council (2010)

### Vashon School District

PROJECT TYPE: Drug and Alcohol Use  
DURATION: 2-II months  
AUDIENCE: 201-500  
BUDGET: \$5001-\$10000

CONTACT: Amy Lea Ezzo  
amy.vyc@gmail.com  
(206) 463-7350  
PO. Box 143  
Vashon, WA 98070

**Project Description:** Documentary drama theatre to bring attention to and generate discussion around teen substance use. This two-hour production included on-stage interviews with youth who have used drugs and/or alcohol, youth who have not, school representatives and other adults. Following the production, the cast led conversation cafe discussions in small groups to discuss what was portrayed, concerns about youth substance use, adult contributions to use, community perceptions of use, community norms, and actions to be taken. Held four shows: Vashon High School, McMurray Middle School and two community presentations. Filmed the production for DVD and YouTube and developed a community discussion guide to accompany the DVD. Reached more than 500 individuals, both youth and adults through this production. Of those who completed the evaluation at the public performances (youth and adults), 70 percent indicated they will do something new to handle the pressures on youth to use alcohol and other drugs; 64 percent said they had

more information about the risks involved with middle and high school youth using alcohol and other drugs. Through participation on the Vashon Island Prevention and Intervention team, the team has since held various workshops, classes and presentations on topics including the effects of substance use on the teenage brain, Guiding Good Choices, and the power of parenting and communicating expectations with children. Based on this and other work as a community, Vashon received a Drug-Free Communities grant to support further work around substance use in our community.

## VOICE Youth Coalition (2010)

### United General Hospital - Community Health Outreach Programs

PROJECT TYPE: General Prevention (2010),  
Illegal Drug Abuse, General Prevention (2011)  
DURATION: 2-II Months (2010 & 2011)  
AUDIENCE: 201-500 (2010 & 2011)  
BUDGET: Less than \$500 (2010 & 2011)

CONTACT: Lisa Mitchell  
lisa.mitchell@unitedgeneral.org  
360-856-7388  
2000 Hospital Drive  
Sedro Woolley, WA 98284

**Project Description:** One-day event focused on educating younger youth (3rd-6th grade) about cancer prevention including a mini Relay for Life challenge at Lincoln Elementary School in Mount Vernon. VOICE youth facilitated interactive activity stations around the topics of tobacco prevention, nutrition education, physical activity, and sun safety. Total number of volunteers recruited was 12-15. Projected number of youth to be reached is 200+. Highly replicable (already have 2 schools interested in hosting a mini relay for life event). Good collaboration with local schools and American Cancer Society.

### VOICE Youth Coalition (2011)

**Project Description:** Methamphetamine abuse continues to be a prevalent problem in Skagit County. This year, the

V.O.I.C.E. youth coalition has collaborated with the Skagit Meth Action Team, to create and distribute information cards to local retailers who sell precursors that can be used for production of methamphetamine. By educating local retailers, business owners, and community members, youth hope to decrease Meth production and use in the community by preventing the purchasing of Meth precursors in excessive amounts. The retailer education cards have information pertaining to common Meth precursors, warning signs of suspicious activity, and local resources for retailer staff to contact for more information and/or how to make report. In addition, youth will also be presenting to local Rotary and Kiwanis groups to educate business owners and community members about the problem of methamphetamine abuse in Skagit County, and call to action steps they could take to help address the problem of Meth.

## Wahkia' Hi' Prevention (2011)

### Wahkiakum County Health & Human Services

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Perscription/Over the Counter Drug Abuse, General Prevention, Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention, Leadership  
**DURATION:** 2-11 months  
**AUDIENCE:** 51-200  
**BUDGET:** \$10000 or more

**CONTACT:** Linda Hartung  
hartungl@co.wahkiakum.wa.us  
360-795-8360  
42 Elochoman Valley Road  
Cathlamet, WA 98612

**Project Description:** Wahkia' Hi' Prevention Club consists of high school students who are taught the latest in prevention strategies by attending the Washington State Prevention Summit and CADCA Youth Summit. They learn Chemical Dependency theory and practice and how to develop a safe caring teaching environment from local experts. Students then provide their expertise in scheduling, planning and implementing a 3 day, 2 night activity that teaches all graduating 8th grade students how to prepare for high school and life in general. They educate their peers about being alcohol, tobacco and other drug free. They step out of their comfort zone to teach about sensitive topics such as dating violence, anti-bullying, leadership skills while bonding with each other and healthy adult role models.

## Waitsburg TATU Group (2010)

### Waitsburg Middle School

**PROJECT TYPE:** Anti-Tobacco  
**DURATION:** One day  
**AUDIENCE:** 51-200  
**BUDGET:** Less than \$500

**CONTACT:** Rosy Nechodom  
ranechodom@gmail.com  
(509) 337-9474  
605 Main Street  
Waitsburg, WA 99361

**Project Description:** Trained 8th graders on tobacco facts will prepare and present the information to all 6th and 7th graders in a health fair format to raise awareness of the danger of tobacco use and prevent youth from starting to use and/or reduce the number of youth who do use tobacco. The 8th graders took on leadership in the school and really learned the material more thoroughly to teach the younger students. The younger students were engaged in the health fair and the messages regarding tobacco ingredients, the impact of tobacco on the body and the deadly cost of tobacco use were communicated in a fun and educational way.

## Warden Cougs (2010)

### Warden High School WCC

**PROJECT TYPE:** General Prevention  
**DURATION:** Ongoing  
**AUDIENCE:** 201-500  
**BUDGET:** Less than \$500

**CONTACT:** Leigh Allison-Ray  
lallison@warden.wednet.edu  
(509) 349-2311 x1558  
101 W. Beck Way  
Warden, WA 98857

**Project Description:** Prevention day for middle school students, including several stations exploring the effects of drug use on the body. Activities were interactive and educational leaving a lasting impression on the importance of making healthy choices. Also worked with the Washington Traffic Safety Commission to implement the Click It and Ticket Project at the high school where youth observed teen drivers and passengers to get baseline data on how many students used seat belts. Then the team promoted seat belt use with posters and announcement. Working on the next step which is preparing to hold three ticketing events where youth wearing their seat belts will be rewarded. Team will hold a follow-up observation survey to measure any change in seat belt use.

## Washington State Music Mentors (2009)

### Gear up with Music Music Mentor Academies (MMA)

**PROJECT TYPE:** Anti-Drug and Violence (2009), General Prevention (2010)  
**DURATION:** 3 years  
**AUDIENCE:** 501+  
**BUDGET:** \$501-\$2,000 (2009), \$2001-\$5000 (2010)

**CONTACT:** Todd Denny  
info@ToddDennyMVR.com  
(360) 866-7140  
Music Mentor Academies (MMA)  
120 State Avenue NE #275  
Olympia, WA 98501

**Project Description:** Prevention education created by youth and for youth. Our songs are devoted to cultural awareness, student leadership, staying in school, violence and drug prevention.

### Washington State Music Mentors (2010)

**Project Description:** Music Mentor Academies (MMA) attracts students to the work of violence and substance abuse prevention by engaging them in the development of youth-to-youth prevention messages through the power of music. The "Music Mentors" format incorporates youth popular culture to involve students in a year-long commitment as addiction prevention peer educators. Youth learn how to write, record and perform their musical messages within their schools and community. Media campaigns are sustainable and designed to reach

thousands of youth. Music Mentor Academies (MMA) designed and facilitated the first Washington State Tribal youth addiction prevention academy and the first Yakama Tribal youth Meth prevention academy in 2009--450 Washington youth from 47 public schools have graduated from (MMA) trainings including 200 youth from the following Washington state tribes: Lummi, Swinomish, Tulalip, Muckleshoot, Nooksack, Yakama, Chehalis, Skokomish and Squaxin. WAMM team members have presented their music to more than 9,000 students and educators in their first two years including music keynotes at: The Washington State Youth Spring Forum, The Western Regional Conference on Problem Gambling, the Yakama Nation Youth Meth Summit, The Governors Juvenile Justice Conference, The Four Directions Tribal Problem Gambling Conference and the 4 Directions Tribal Youth Music Academy.

## Washington State Youth Suicide Prevention Project--Being a Lifesaver (2009)

### Tumwater High School

**PROJECT TYPE:** Suicide Prevention  
**BUDGET:** Less than \$500

**CONTACT:** Todd Caffey  
todd.caffey@tumwater.k12.wa.us  
360-709-7617  
700 Israel Rd SW  
Tumwater, WA 98501

**Project Description:** We present a power point which teaches youth the three main steps of suicide prevention for young people. 1 - Ask the question, 2 - Show you care, 3 - Get help. We were trained by a member of the WSPP - more information can be found at <http://www.yspp.org/> We have given this training to over 125 youth at the middle school level. The program is appropriate for high school students as well.



## Washington Youth Leading Change (2011)

### Safe Streets

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention/ Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention  
**DURATION:** 2-11 months  
**AUDIENCE:** 501+  
**BUDGET:** Less than \$500

**CONTACT:** Mrs. Tobias  
kmccclintock@safest.org  
253-272-6824  
622 Tacoma Ave South  
Tacoma, WA 98402

**Project Description:** Washington High School YLC was inspired to teach their peers about bullying/labeling when a member of YLC was bullied in the school lunchroom. After finding out about the incident, they decided to speak out against the bullying. They devised a plan to announce to their peers how hurtful bullying and labeling can be, yet how one can take that message and turn it into something positive. For their prevention project the students used multi-colored duct tape (each color represented a type of bullying: GLBT, dating violence, image issues, intelligence, racial etc.) and invited their peers to write the word that they were called or to simply wear the color for the entire day. Afterwards, the youth were told to bring the label back at the end of the day to create a poster of all the negative words people have been plagued with. After the poster was created (and the youth discussed how they are one big

family) they destroyed the poster and encouraged their peers to leave those labels behind and make new ones for themselves that they could keep with them.

## We Do Prevention on Alcohol, Tobacco, and Drugs (2009)

### Quincy CTC

**PROJECT TYPE:** Anti-Drug, Alcohol and Tobacco  
**BUDGET:** \$501- \$2000

**CONTACT:** Jodi Brown  
jbrown@northbeach.k12.wa.us  
360-289-3888  
PO. Box 969  
Ocean Shores, WA 98569

**Project Description:** This year, we are doing a mock car wreck and funeral right before prom. We have had two prevention assemblies: Kick Butts Day, and TATU with the grade schools in May.

## WHS Awareness Presentation Team (2010)

### Washington High School

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/Over the Counter Drug Abuse, General Prevention/ Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention, Other: Cyber predators  
**DURATION:** 2-11 months  
**AUDIENCE:** 51-200  
**BUDGET:** No cost

**CONTACT:** Cody Barnett  
codester012065@gmail.com  
253-298-4700  
12420 Ainsworth Ave S  
Tacoma, WA 98444

**Project Description:** The team performs in front of students from fourth to eighth grade about the affects of drugs and alcohol, discussing solutions of how to stay free from these substances and what problems it may cause in a person's life. The team will also perform "Pig lungs," which will show the children how a healthy lung would look compared to an unhealthy lung. The group gathers for inspections of slides every Thursday and has seen constant improvement.



## WHS SADD Team (2011)

### Franklin Pierce YOUTH FIRST!

**PROJECT TYPE:** Alcohol Abuse, Illegal Drug Abuse

**DURATION:** Ongoing

**AUDIENCE:** 501+

**BUDGET:** \$2,001-\$5,000

**CONTACT:** Deborah Cozzetti

judges5@comcast.net

253-209-5216

315 129th St. S

Tacoma, WA 98444

**Project Description:** The Franklin Pierce YOUTH FIRST!, Positive Community Norm Campaign, was started in the spring of 2010 to address the misperceptions of social norms around alcohol & marijuana use among students in the Franklin Pierce School District. The WHS SADD team used data from the 2008 Healthy Youth Survey to find the baseline for their project. After reviewing the data, the team knew that the perception of use among students in the district was much higher so they also administered a Youth Voice perception survey to 917 students from Washington High School and Franklin Pierce High School. The perception survey revealed the data needed to prove the exaggerated misperceptions among

students of their peer's use in a 30 day period. The team set out to create an environment that would consistently communicate the truth about what the students are really doing and what is the REAL norm of behavior among students in the district. Messages around the 2008 Healthy Youth Survey data were created and tested and banners designed to hang in the school cafeteria of both high schools. The goal was to close the GAP between real data and the perception of the students which in turn will change the perception of the district and positively influence individual behavior. In the fall of 2011 a billboard campaign will start using the messages and templates from the banners. In 2012 the campaign will extend to middle schools in the district working with newly formed SADD and prevention groups.

## Wilson High School Youth Leading Change (2010)

### PSSED

**PROJECT TYPE:** Dating Violence Prevention

**DURATION:** One week

**AUDIENCE:** 201-500

**BUDGET:** Less than \$500

**CONTACT:** Milagros Thompson

mthompson@psesd.org

(253) 571-6067

1202 North Orchard

Tacoma, WA 98406

**Project Description:** The "Youth Leading Change" team at Wilson High School distributed valentine-grams to students to raise awareness about teen dating violence. Their idea came from a personal story one of the members disclosed in a team meeting. The students cut out tons of heart-shaped pieces of paper with "Did you know?" statistics about dating violence.



## Wilson Youth Leading Change (2011)

### Safe Streets

**PROJECT TYPE:** Anti-Tobacco, Alcohol Abuse, Illegal Drug Abuse, Prescription/ Over the Counter Drug Abuse, General Prevention/ Gangs/Violence/Bullying, Mental Health Promotion/Suicide Prevention  
**DURATION:** 2-11 months  
**AUDIENCE:** 501+  
**BUDGET:** Less than \$500

**CONTACT:** Cheryl Ausboe  
kmccclintock@safest.org  
253-272-9824  
622 Tacoma Ave South  
Tacoma, WA 98402

**Project Description:** The Wilson YLC club decided that they were going to focus on teen suicide awareness as well as recruiting new members, and in order to reach freshmen students, they discussed their idea with a health teacher on campus. Excited to participate, the club was given 50 minutes to entertain, educate and promote YLC to some freshmen students. Focusing on a main goal of meeting new people, YLC also discussed why prevention was important and why it was important to discuss on campus. The students then played some Icebreakers including an icebreaker called "Cross the Line" where the point of the activity is to demonstrate commonality amongst their peers. Afterwards the students educated the class about teen suicide awareness. Their suicide project was a bit of a twist on the usual. Wilson students decided to focus on the idea that everyone is loved, and wanted to reiterate that everyone is worth something to someone. Playing off the To Write Love On Her Arms (TWLOHA) idea the students stumbled across doing research, they asked the

classes to write "LOVE" on their arms and they took pictures of them. The students used the picture to create a large "LOVE" in their sky bridge. They also designed t-shirts that they wore throughout the awareness days that had specific warning signs written on them. The idea was to grab young people's attention while teaching them about the reality of teen suicide.

## Yakama Nation Speak Out Youth Group (2010)



### Yakama Nation

**PROJECT TYPE:** Anti-Tobacco  
**DURATION:** 2-11 months  
**AUDIENCE:** 501+  
**BUDGET:** Less than \$500

**CONTACT:** Michael Sekaquaptewa  
dianetigerlily@hotmail.com  
(509) 865-2102 x686  
401 Buster Rd.  
Toppenish, WA 98948

**Project Description:** Native youth wrote, directed, produced and presented a PSA reflective of their thoughts towards tobacco abuse on the Yakama Reservation which taught them the productive and story-telling process of making a video; helped them respect the perspectives of Tribal peoples and build positive friendships; and developed the youth's voice and thoughts on a prevention message.

## You Think Most Kids Drink? You're Wrong! (2009)

### Huntington Middle School

**PROJECT TYPE:** Anti-Alcohol  
**BUDGET:** Less than \$500

**CONTACT:** Darcy Wishard  
darcy.wishard@kelso.wednet.edu  
360-501-1707  
500 Redpath  
Kelso, WA 98626

**Project Description:** Our leadership team worked together to come up with some fun bookmarks for our elementary schools and we also made a public service announcement for our local radio station. Our message matched our STOP coalition's message to local youth. "You might think most kids drink, but they don't!"

## Youth Action (2011)

### Readiness to Learn Communities that Care

PROJECT TYPE: General Prevention  
DURATION: One Week  
AUDIENCE: 201-500  
BUDGET: \$501-2000

CONTACT: Maristella Webley  
mwebley@qsd.wednet.edu  
(509) 787-4548  
119 D St NW  
Quincy, WA 98848

**Project Description:** Quincy Youth Action's project was "Shattering the Myths" during National Drug Facts Week. The National Institute on Drug Abuse (NIDA) sponsored Drug Facts Week as a health observance week that aims to shatter the myths teens may have about drugs and drug abuse. The Youth Action's event in Quincy was at the Jr. High School and they had three teams of four Youth Action members. Each team led interactive activities during two class periods at the Jr. High, and to keep it fun and engaging, they used game style learning. About a week before the project day, the teachers surveyed the Jr. High students to see what they already "knew" about drugs. The Youth Action students then tailored the content of their activities to meet the needs of each class and to shatter specific myths the students had. Games played included: "Drug Facts Jeopardy" where students earned points by demonstrating their knowledge in the categories of alcohol, marijuana, and tobacco; "Rap and Rhyme" where students filled out

a rap the Youth Action students wrote about what drugs do to you and the people around you; and "Fact vs. Myth Line-up" where small groups of students were read a statement about drugs. They then moved under the Fact sign or the Myth sign. Later, Youth Action was able to do a follow up presentation to parents using the same game style activities.

## Youth Empowered with Leadership Strengths (YELS) (2011)

### High Point Neighborhood House

PROJECT TYPE: Alcohol Abuse  
DURATION: 2-11 months  
AUDIENCE: 51-200  
BUDGET: Less than \$500

CONTACT: Aparna Rae  
aparnar@nhwa.org  
206-588-4900  
6400 Sylvan Way SW  
Seattle, WA 98126

**Project Description:** The Youth Empowered with Leadership Strengths (YELS) program at the High Point Neighborhood House participated in the Let's Draw the Line campaign by creating a video about the dangers of underage drinking that was presented at the King County Let's Draw the Line Youth Arts Contest. They are revising the video and plan to show it to younger kids in the next two months to raise awareness about the Let's Draw the Line campaign.

## Youth Leadership Initiative Conference (2009)

### Snoqualmie Valley Community Network

PROJECT TYPE: Anti-Drug and Alcohol  
BUDGET: \$2,001-\$5,000

CONTACT: Laura Smith  
learningepiphanies@hotmail.com  
206-226-5287  
17626 315th Ct NE  
Duvall, WA 98019

**Project Description:** The Riverview Youth Council worked with the SnoValley Youth Council to host an event that focused on: building & recognizing leadership skills, learning the strategic prevention framework, and exploring the manipulation that media uses in trying to attract youth to use drugs/alcohol. More than 70 youth from East King County attended this event and nine youth from the councils participated as facilitators for the event. Youth (and adult mentors) left feeling inspired and ready to mobilize!

(2009) (2010) (2011)

# WASHINGTON PREVENTION SUMMIT RESOURCE GUIDE

