

# Team Information

## **Anyone Against Abuse**

*Wahkiakum High School*

*Kellyn Hazen: khazen@wahksd.k12.wa.us*

## **Cocoa and Conversations**

Project Description: Cocoa and Conversations is a collaborative effort with students and community professionals to promote cultural change and mindset shifts through youth-led and adult-guided conversations around topics such as mental health, substance abuse, and bullying. This project brings students and professionals together in a non-threatening environment to have organic conversations around one identified topic per event. The purpose of this project is to help dispel myths around these topics, increase community norm messaging around behaviors with Healthy Youth Survey Data, and connect students to caring adults and service providers in the community.

## **BADD Club**

*Waterville High School/Waterville Drug-Free Community Coalition*

*Mondo Davila: togetherad@nwi.net*

## **Peer-to-Peer Prevention**

Project Description: The Waterville High School BADD Club prepared a peer-to-peer vaping/nicotine prevention presentation to teach to the junior high 6th, 7th and 8th grade students. With the help of the school counselor, health teacher, and coalition coordinator, the BADD Club was able to develop and implement the materials.

[Click here to see our poster](#) and [meet the team](#).

## **C.C.A.N. (Connecting to Compassionate Aspiring Navigators) Prevention Club**

*A.C. Davis High School*

*Gerry Galindo: galindo.gerry@yakimaschools.org*

Meet the Team!

## **Safe Space/Chill Room**

Project Description: The C.C.A.N. (Connecting to Compassionate Aspiring Navigators) Prevention Club at A.C. Davis has made it their mission to change their environment to that of a safe and healthy atmosphere. The club has recognized that during lunch hours, their fellow students appear disconnected and without a space to socialize and/or decompress. The club is willing to work with A.C. Davis principals, teachers, staff, and internal programs to identify a space/area for students at A.C. Davis High School to decompress and reconnect with those that are willing to offer a helping hand.

[Click here to see our poster](#).

## **Cascade Middle School Prevention Team**

*Puget Sound Educational Service District/ Highline Schools*

*Liliana Caracoza Lopez: Lcaracoza@psed.org*

## **Cascade Prevention Team – Hicklin Lake Park**

Project Description: Cascade Middle School Prevention Team is working directly with King County Parks at White Center Hicklin Lake Park. The Prevention Team continued implementation of the park project including plantation of native plants, keeping our parks clean, and being active advocates for the park's safety. Hicklin Lake park safety is a

concern to students and community members. Students are sharing their voices at a local level in collaboration with the Coalition for Drug-Free Youth and participating in newsletters, community gatherings, and writing letters of concern to individual local authorities. We will be implementing park gatherings with peers and community partnerships.

### **Chargers in Action**

*Cedarcrest Middle School*

*Terry Howard: [thoward@bethelsd.org](mailto:thoward@bethelsd.org)*

### **Looking Beyond the Bullying Question**

Project Description: Our prevention club wanted to know more about bullying than what the HYS stated for our school. We wanted to know what types of bullying happen, who does it, what bystanders do and do kids know adults at our school who can help them.

### **Chief Umtuch Dream Team**

*Prevent Together: Battle Ground Prevention Alliance*

*Kathy Deschner: [kathy.deschner@clark.wa.gov](mailto:kathy.deschner@clark.wa.gov)*

### **We Don't Vape Because...We Have a Life to Live!**

Project Description: Our Dream Team consists of thirty 5th-8th grade students. We are worried about how many youth are vaping. We decided to create a school-wide campaign to reach our peers, spanning over the school year, using many different approaches. One activity is a school-wide "Why I Don't Vape" video contest, featuring youth doing what they love and showing how important it is to have good health to do these things now and in the future. To culminate the campaign, we are also coordinating a fun, prosocial Youth Night Out event called "Drug-Free Island Spree."

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### **Clark County STASHA Peer Educators**

*Clark County*

*Alaina Green: [Alaina.Green@clark.wa.gov](mailto:Alaina.Green@clark.wa.gov)*

### **Youth Advocacy**

Project Description: On January 20th, we visited Olympia and met with six legislators to share youth voices on policies proven to decrease youth alcohol use. We discussed how restricting alcohol access at social events and restricting alcohol discounts at ALL AGE events/venues are proven youth substance prevention strategies. We shared our concern about the growing number of ALL AGE events/venues in our county and how that has increased youth alcohol access and increased favorable alcohol norms. We wanted to leave our legislators with information to consider when future legislation relates to alcohol access at ALL AGE events.

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### **Concrete Prevention Posse**

*Concrete School District*

*Mitchell Metcalf: [mmetcalf@nwesd.org](mailto:mmetcalf@nwesd.org)*

### **Student Health Day**

Project Description: Concrete Prevention Posse students organized, promoted and implemented a 7-12th grade student health promotion day. Students attended their typical classes but instead of science and history, students learned about mindfulness, yoga,

sports injury prevention, making healthy snacks and smoothies, suicide prevention, coping skills, and more!

### **CPC Youth Team**

*Cascade Prevention Coalition*

*Cathie Songer: songerc@cersd.org*

### **Vaping Sucks**

Project Description: Educating elementary and middle school students on the dangers of smoking and vaping through mentoring, positive role models, and mentors.

### **Crescent United Prevention Club**

*Crescent United Coalition*

*Melissa Thetford: mthetford@csd313.org*

### **Crescent Connect**

Project Description: Our Prevention Club decided to focus on creating positive connections between peers in order to increase resilience and positive influences. Our small school had a large number of students report that they felt left out, and we wanted to change that because we know that some students might turn to drugs and alcohol if they feel as if they do not belong. We collaborated with our Girl Scout Troop as well as our school's Hope Squad Suicide Prevention to increase student involvement with our regular prevention activities, and reinforced our presence in our community.

[Click here to see our poster.](#)

### **Darrington Youth Coalition**

*North Counties' Family Services*

*Marree Perrault: marreencfs@gmail.com*

### **Prevention Connection with Colombia (PCC)**

Project Description: The PCC was created by DYC with two distinct components that complement ongoing prevention projects, allowing for completion of one component to meet the March 13th deadline and a new component that focuses on prevention that hits close to home for Darrington residents: disaster preparedness. First, the creation and implementation of positive community norms messaging shared with the school and greater Darrington community. Second, connecting with schools across Colombia sharing expertise in volcanic and disaster preparedness which our community is lacking. Youth have Skyped, sharing evacuation protocols and community outreach techniques in case of volcanic eruption.

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### **East Valley Youth Coalition**

*East Valley Community Coalition*

*Kirsten Fuchs: kfuchs@esd101.net*

### **Do You Know the Facts? Vape's Not Safe!**

Project Description: EVYC implemented a school-wide social norms campaign that aimed at correcting the misperceptions regarding vaping at their high school. Utilizing Healthy Youth Survey data and student input via an anonymous survey, EVYC members developed a message that was disseminated in a variety of ways including social media, school-wide announcements, posters and flyers.

### **Harrah Dream Makers**

*White Swan Community Coalition*

*Chestina Dominguez: [dwatkins@masd209.org](mailto:dwatkins@masd209.org)*

#### **“We Love Our O’s”**

Project Description: Through this project we are using a prevention skit program called “Samantha Skunk.” There are three skits, with the main skit we are using called “I love my O’s.” This skit talks to grades K-2nd about not smoking anything, as it could have negative effects on a person’s health and family.

[Click here to see our poster](#) and [meet the team](#).

### **Harrison Cubs**

*Sunnyside United Unidos*

*Eveth Padilla: [eveth.padilla@sunnysideschools.org](mailto:eveth.padilla@sunnysideschools.org)*

#### **Sunnyside Above the Influence**

Project Description: With the increase of substance use in our community we decided to host a run in our community “Sunnyside Above the Influence” to raise awareness on the dangers of underage drinking and promote a healthy lifestyle. This event was open to our entire community and all ages were able to participate. We had people participating wear “Sunnyside Above the Influence” shirts and there were signs around the route stating why people were walking/running. We also recorded the event and created a video which was shared on our newscast with a prevention message.

### **Helping Out Teen Society (HOTS)**

*San Juan Island Prevention Coalition*

*Hailey Henderson-Paul: [haileyhendersonpaul@sjisd.org](mailto:haileyhendersonpaul@sjisd.org)*

#### **Mental Wellness @ FHMS**

Project Description: We worked on a mental wellness campaign in our middle school. We made an informational video about how mental wellness affects people and how people can help students cope with mental unwellness. We also made a poster asking students about what helps them get through hard times so other students could get ideas about how to cope. We also hung suicide prevention cards on all lockers so that students had information about how to get help.

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### **Highland Prevention Club**

*Highland High School*

*Staci Beat: [sbeat@highland.wednet.edu](mailto:sbeat@highland.wednet.edu)*

#### **Mental Health Wellness**

Project Description: The Highland Prevention Club has completed several projects in this first year but their focus has been on raising awareness to reduce the stigma on mental illness among students. During “We Day,” they went to the Washington State Capitol and did a presentation to Senator Curtis King and Representatives Chris Corey and Gina Mosbrucker. We informed them about the lack of mental health support for youth in our community and described how mental illness and lack of positive coping skills has led to many youth turning to substance use to cope.

[Click here to meet the team](#).

### **Key Connection Kamiakin Team: Love Yourself Club**

*Key Connection*

*Bradi Morris: kristi.prevention@gmail.com*

#### **Kindness Overload**

Project Description: We began by surveying participating freshmen and sophomores. The survey asked questions relating to bullying and self-image. The next week, random acts of kindness were completed everyday including handing out Random Act of Kindness Kits (RAK Kits), passing around positive messages on sticky notes, handing out candy and greeting students as they came into school. The same survey was then given to the same students at the end of the week to see if there was a change in self-esteem and bullying.

[Click here to see our poster.](#)

### **Key Connection Regional Team: Mall Display Makes a Difference**

*Key Connection*

*Jennifer Dorsett: jennifer.dorsett.sac@gmail.com*

#### **Mall Display Makes a Difference**

Project Description: Our regional team is working on projects that effect more than just their local town. The Tri-Cities are made of up three linked communities and several rural areas that surround us. Our Team takes into consideration that often we share places to shop, places we do recreation, and have family and friends that live in all the Tri-City area. We are excited to share what projects we are working on next year, when youth forum returns to Grand Mound!

[Click here to meet the team.](#)

### **Lopez Island Youth Council**

*Lopez Island Prevention Coalition*

*Katherine Bryant Ingman: katherine.ingman@unitedgeneral.org*

#### **A Space for Youth**

Project Description: The Lopez Prevention Coalition and the Lopez Island Youth council have implemented a Youth Center in the middle of town to provide prosocial experiences and alternatives to use for the middle and high school students on Lopez Island. Here, students are welcome to come after school and grab a snack, work on homework, play a game and be greeted by a loving adult who is speaking positive messages into their lives. This project was youth-led and implemented and is ongoing as we continue to evaluate best use.

### **Mt. Adams Middle School Dream Makers**

*White Swan Community Coalition*

*Julie Schillreff: dwatkins@masd209.org*

#### **“Don’t Get Hooked on Tobacco”**

Project Description: We are bringing education and fun together in a game called King/Queen of the Court. We wanted to continue the education with our schools on the dangers of nicotine products. The game will show them an alternative to smoking/vaping/chewing, as well as getting the facts they need to have in understanding the danger of nicotine products.

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## **Mustang Thrive**

*Prosser Thrive*

*Erika Wassom: ewassom.prosser@yahoo.com*

### **“Escaping the Cloud”**

Project Description: “Escaping the Cloud: A Parent’s Guide to the Youth Vaping Epidemic” is a two hour long community event geared for parents and other adults in our community. It is designed to empower them with knowledge regarding the risks of youth vaping, how to recognize different vaping devices, and why it is important to have open and honest conversations with our youth about vaping. It is also an opportunity to remind parents they are the number one influencer in the lives of youth.

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## **Our Klickitat Youth Council**

*Our Klickitat Community Coalition*

*Rita Pinchot: rita.pinchot@whitesalmonschoools.org*

### **Building Connections**

Project Description: The Building Connections project is the start-up of the first ever Klickitat County Youth Council. This project started to unite young people in our diverse rural communities in an effort to overcome obstacles in accessing services and build stronger community connections. Our project has helped us learn more about what is happening in other communities throughout our county and brought young people together to unite previously isolated prevention efforts.

## **PEP Unite!**

*Unite! Washougal*

*Megan Kanzler: megan.kanzler@washougalsd.org*

### **Youth Unites People (Yup) Awards**

Project Description: Positively Empowering People (P.E.P) Unite! is a newly formed group of diverse students that lead and engage our high school and community. P.E.P. brings positive empowerment to our community and shows that youth really do care. P.E.P. feels for our community and to grow in connection, we need to encourage positive relationships between our youth and adults. They created the Youth Unites People (Y.U.P.) Awards as a way to recognize local businesses and community mentors for their efforts in positively empowering youth to choose health and wellness for themselves and their families.

## **PGK's Action Squad**

*Franklin Pierce Youth First/ Franklin Pierce SD*

*Jessica Gonzalez: jegonzalez@fpschools.org*

### **Game Over**

Project Description: Due to increased teen vaping use across our state and misunderstanding of the harms on the teenage body, health, and brain, our prevention club took action to inform our peers about the dangers of vaping and tobacco use cause to the developing adolescent. Our project consisted of pre- and post-surveys and educational PowerPoint slides shown to each advisory in our school. These slides were to inform our peers of the dangers and risk associated with vaping and tobacco use, tips on how to stand up to peer pressure, and refusal skills.

### **Pomeroy Link Crew**

*Pomeroy Partners for Healthy Families*

*Kellie Lassiter: [klassiter@esd123.org](mailto:klassiter@esd123.org)*

### **Pomeroy 1st Annual Fall Festival**

Project Description: The Pomeroy Link Crew created an all-ages, substance-free Fall Festival to support our local food bank, engage in healthy alternative activities, and to provide the community with substance-free, positive messaging. The success of the festival has led to continuing this event annually.

[Click here to meet the team.](#)

### **R.O.Y.A.L. Recognizing Our Youth as Leaders**

*Denny Intl. Middle School- SW Seattle Youth Alliance*

*Danielle Bock: [dmbock@seattleschools.org](mailto:dmbock@seattleschools.org)*

### **Leaders of Change**

Project Description: The goal of ROYAL is to promote health alternatives to using substances to our peers, connect our peers to supporting adults, peers and organizations, provide structured activities in our social and emotional learning education and to promote the value of being drug and alcohol free.

### **Rock Solid**

*San Juan Island Prevention Coalition*

*Debbi Fincher: [fincher@rockisland.com](mailto:fincher@rockisland.com)*

### **Student IDs Printed with Suicide Prevention and Escape the Vape Hotlines on Back**

Project Description: We successfully got printed on the back of every Student ID. Almost 500 middle & high school students in our district now have easy, quick access (in the palm of their hand) to National and Regional Suicide Prevention and Escape the Vape hotlines (in English and Español), chat lines, text lines, quitSTART app, and our San Juan Island Prevention Coalition website. We added a message from our prevention team, with “Rock Solid Support.” Collaboration with our school administration and community helped us reach our goal. We completed Peer 2 Peer Training to teach workshops to 8th graders promoting these healthy choices.

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### **S.T.A.N.D. Out**

*Center for Multicultural Health*

*Kerry Holifield: [kmholifield@cschc.org](mailto:kmholifield@cschc.org)*

### **Speaking Truth and New Direction**

Project Description: STAND’s 2019/2020 project is a three-part Anti-Marijuana media campaign; tailored specifically for the African and African American communities. This campaign features three themes represented by trending youth slang. Receipts: addressing common misconceptions about marijuana; Mood: an exploration of financial literacy in relation to drug habits, their toll on your wallet, and prosperity; and Period: Marijuana usage isn’t worth it, PERIOD. Each of these themes was explored via webisode, podcast, and accompanying themed social media posts.

### **SAFE Club**

*Mercer Island High School/ Mercer Island Youth & Family Services*

*Tambi Cork: [tambi.cork@mercergov.org](mailto:tambi.cork@mercergov.org)*

### **Pop Quiz About Overdose**

Project Description: The SAFE Club sponsored lunchtime events. The first focused on the dangers of binge drinking and the symptoms of an overdose. The club created an interactive “Pop Quiz” that challenged teens to accurately identify the signs and symptoms of an overdose. Club members also created wallet sized cards imprinted with the steps of how to call for help under the Good Samaritan Law.

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### **Students Taking Action for Community Change (STACC)**

*Republic Youth Action Coalition*

*Theresa Misner: tmisner@republicsd.org*

#### **Get on Board**

Project Description: As the first implementation of an ongoing strategy, our team hosted a fun-filled “board game night” as a healthy alternative to underage drinking for middle and high school students. The event featured various tournaments, door prizes, free pizza, and music, and it included several prosocial adults who helped officiate tournaments and taught game rules and strategies to new players.

### **Sunnyside Prevention Club**

*Sunnyside United Unidos*

*Nellie Padilla: eveth.padilla@sunnysideschools.org*

#### **Lunch & Learn**

Project Description: With the increase of prescription drug misuse in our community, SHS Prevention Club decided to team up with Sunnyside United Unidos and the Central Washington Opioid Consortium to host a unique opioid summit. This event targets 3 different age groups: adults 18 and older, youth 6th-12th grade, and younger kids 5th grade and below. The club will host an audience specific workshop for the three tracks. They are inviting leading experts to educate adults on opioids. As for the two youth tracks, they will talk about medicine safety and managing emotions in a healthy manner.

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### **TADAA**

*KLASAC*

*Megan Winn: Megan.winn@esd112.org*

#### **#Joinus**

Project Description: TADAA did a positive community norms campaign to create awareness that most young people in their community were not drinking alcohol.

### **TEA (Teaching Everyone Awareness) Club**

*Omak High School/Okanogan County Coalition*

*Nicole Roach: occn Nicole@gmail.com*

#### **Vaping Prevention Project**

Project Description: The club developed a Vaping Prevention for 7th and 8th grade students. The presentation educated students on what is being vaped (marijuana, nicotine, and non-stimulant flavored oils) and the health risks associated with each. They provided students with information concerning “What is a consumer?”, how tobacco companies target youth, marketing tricks used by vaping/tobacco companies, and information on the types of advertising used. They provided students with information on Tobacco 21, gave out the



Washington Poison Center's number, and provided cessation resources. To help keep students engaged, a Kahoot game was played and prizes were given to top scoring students.

### **TECH (Teens Encouraging Community Health)**

*Influence the Choice*

*Katie Moeller: [katie@influencethechoice.org](mailto:katie@influencethechoice.org)*

#### **Influence the Choice Video Contest**

Project Description: The Video Contest engages students across the Issaquah School District, allowing students to advocate and educate their peers to make positive decisions around substance misuse and mental health promotion. Influence the Choice encourages the students participating in the contest to use the Healthy Youth Survey. These sources show that MOST students are not misusing. We also explore the student's local statistics or trends in the community, and personal stories.

### **Teens Leading Change (TLC)**

*Vashon Alliance for the Reduction of Substance Abuse (VARSA)*

*Suzan McMann: [suzanmcmann@gmail.com](mailto:suzanmcmann@gmail.com)*

#### **Behind Our Eyes**

Project Description: TLC's Team Organization Agency, VARSA, received a Youth Marijuana Prevention & Education Program mini-grant. There are five moving parts to this project: an environmental scan and photos of our community's marijuana messaging; production of a map of our community's hot spots for youth use; a presentation of our findings to Vashon Key Leaders; creation of a social media campaign and posters to show activities sometimes associated with marijuana use as activities that can be done while not under the influence; a youth activity; and giving a team-led social media awareness training at a local middle school.

### **The Falcons**

*Sunnyside United Unidos*

*Ramon Chavez: [eveth.padilla@sunnysideschools.org](mailto:eveth.padilla@sunnysideschools.org)*

#### **Substance Use and Athletes**

Project Description: With the increase of substance use among our peers, especially athletes, we decided to give an informational presentation using evidence based data and resources to educate our athletes about how substance use impacts performance. We touched base on marijuana, alcohol, tobacco and performance enhancing drugs. This presentation was given to athletes before each season along with a pre- and post-survey.

### **TLH (Taking Leaders Higher)**

*Toutle Lake Schools*

*Leann Couch: [lcouch@toutlesd.org](mailto:lcouch@toutlesd.org)*

#### **"Three For Me" Decision Making Skills**

Project Description: We will be implementing strategies to focus on social problem-solving skills among children. Our Project will build social and personal skills of young people by having high school students teach using interactive approaches via group exercises that give younger students the opportunity to practice newly acquired decision making skills and help them to engage in prevention education.

## **Viks Unite**

FCCLA

Michelle McCartney: [Michellemccartney@selahschools.org](mailto:Michellemccartney@selahschools.org)

## **Taking Down Substances**

Project Description: Our project was to go and present information to younger students to inform them about what substances can do to you. Not only did we present to younger aged students, but we also presented to the adults of our community and other members.

## **Wahkiakum County Teen Community Health Advocates**

Wahkiakum County HHS/Wahkiakum Community Network

Meadow Meeder: [hakeg@co.wahkiakum.wa.us](mailto:hakeg@co.wahkiakum.wa.us)

## **Positive Motivational Quotes**

Project Description: Posted inspirational and motivational quotes in both girls and boys high school bathrooms as well as in the girls high school locker room.

## **Walk Away Young Life**

Walk Away City Collaborative

Michael Passian: [info@walkaway.city](mailto:info@walkaway.city)

## **Walk Away Anthem**

Project Description: The youth of Walk Away City Collaborative have come together to infuse positive peer pressure in their song and video. It's ok to walk away!

## **Wapato We Are Enough Club**

Wapato High School Prevention Club

Amanda Boyer: [amandab.sap@gmail.com](mailto:amandab.sap@gmail.com)

## **Project Be Blunt**

Project Description: Project Be Blunt brings awareness to the entire student body and community regarding the truth of using marijuana. The project focuses on social peer interaction and influential change. The truth of marijuana is presented through facts and statistics on how marijuana affects the developing brain and body. Have you ever thought about how you would say "NO" if offered marijuana?

## **White Swan Dream Makers**

White Swan Community Coalition

Danielle Watkins: [d Watkins@masd209.org](mailto:d Watkins@masd209.org)

## **Shocking the Community One Sticker at a Time**

Project Description: White Swan Dream Makers began shocking the community one sticker at a time. We took alcohol and marijuana impaired driving facts and placed them on stickers. We then placed the stickers on soda cups, deli bags in our community's local stores, as well as our milk and water cups in our school's lunch room.

[Click here to see our poster](#) and [meet the team](#).

## **WISH Club**

United General District 304

Hailey Wright: [hailey.wright@unitedgeneral.org](mailto:hailey.wright@unitedgeneral.org)

## **Vaping Education Parent Night**

Project Description: Our group collaborated with the middle school counseling team to plan and host a Middle School Parent Night around adolescent vaping and how to communicate

with your youth about substance use. Free childcare and dinner was offered in order to engage families. Our group was in charge of advertising for the program and creating the “Communicating With Your Youth” content.

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### **Youth Action Interact**

*Quincy Partnership for Youth*

*Adriana Luna-Reyna: [adrianaluna93@outlook.com](mailto:adrianaluna93@outlook.com)*

### **Strengthening Families Program: For Adults & Youth 10-14**

Project Description: Strengthening Families Program would help with reducing family conflicts, as well as substance abuse in youth. Our project also teaches youth some skills for dealing with stress and peer pressure that could lead to risky behavior. Strengthening Families Program helps youth to see school as a better place to learn, and for adults they are less distracted at work. Both youth and adults will have less negative involvement with the law.

### **Youth Action Team**

*Moses Lake High School*

*Leigh Allison-Ray: [lallison@mlsd161.org](mailto:lallison@mlsd161.org)*

### **Equality in Discipline**

Project Description: It was brought to our attention by the Moses Lake Health District that our school has higher rates of behavioral exclusions than other schools in our area. We collected data and opinions of students regarding our disciplinary process for substance use violations at Moses Lake High School. We suggested alternative suggestions rather than suspension to help students.

[Click here to see our poster](#).

### **Youth Against the Puff**

*Safe Futures Youth Center*

*Natorius Ezell: [Natorius@sfyc.net](mailto:Natorius@sfyc.net)*

### **Marijuana Prevention**