



May 18, 2021

Spring Youth Forum

ENVISION THE POSSIBILITIES
Virtual Conference



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AGENDA-AT-A-GLANCE

10:00 am - 11:00 am	Opening and Keynote
11:00 am - 11:10 am	Break
11:10 am - 11:45 am	Youth Team Video Presentations
11:45 am - 11:55 am	Break
11:55 am - 12:30 pm	Youth Team Video Presentations continue
12:30 pm - 1:00 pm	Lunch
1:00 pm - 1:50 pm	Youth Development Workshops
1:50 pm - 2:00 pm	Break
2:00 pm - 2:50 pm	Team Reflections
2:50 pm - 3:00 pm	Team Recognition and Closing



A SPECIAL THANK YOU

Antonio Edwards-Lenton

Conference Chair, Washington State Health Care Authority

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Washington State Health Care Authority

The Washington State Health Care Authority's Division of Behavioral Health and Recovery provides funding and oversight for the Spring Youth Forum and prevention services statewide.

Washington State
Health Care Authority



Washington State
Liquor and Cannabis Board

This year, Youth Teams will showcase their completed prevention projects by developing a presentation video that will be displayed during the Spring Youth Forum. Each Youth Team will be assigned to one of three breakout rooms where their recorded video presentation will be displayed. Youth Teams have been allotted up to eight (8) minutes to showcase their video presentation. Conference volunteers will be available to introduce each Youth Team and their video presentation during the Spring Youth Forum.

Team Adult Advisors (TAAs) assisted their Youth Teams in developing a video presentation that illustrates the prevention project implemented within the community using the following five categories:

- **Innovation:** Project is unique, creative and innovative. Video presentation clearly details what new and exciting ideas, techniques or activities have been implemented.
- **Sustainability:** Video presentation includes steps the Youth Team has taken to keep this project sustained when the core group graduates. Presentation includes efforts the team makes to ensure the project can be replicated year-to-year no matter which group of students is participating.
- **Impact:** Project has broad outreach. Team illustrated the impact that occurred as a result of their project.
- **Presentation Style & Professionalism:** Youth Team video presentation is easy to follow and is clearly communicated with appropriate illustrations and editing tools used.
- **Collaboration and Partnerships:** Youth Team illustrates collaborations/partnerships with other local groups, organizations or agencies that the team developed to increase the impact of this project.

The following are some general guidelines and tips Youth Teams used to create successful video presentations for their prevention projects:

- **Narrow in on your topic.** Pinpoint the mental health or substance use prevention topic your group wants to focus on.
- **Develop the key messages you want your audience to absorb.** Are there current events or news stories that make some topics particularly relevant?
- **Research the topic.** Make sure that any data or claims you plan to include in the video presentation are backed by research and evidence.
- **Identify your audience.** Clarify whom the video presentation's main message is for. Researching and understanding what this audience cares about can help target your message and final video.
- **Create an outline.** Write down the major points to convey and which team members will present them in the video presentation as you begin to structure the flow of the video. Also, decide on an appropriate length for the video presentation, ensuring it does not exceed 8 minutes in length.
- **Write a script.** Write the narration and dialogue for the video presentation, including the full cast of team members to stay organized. Use simple, conversational language. Keep your sentences concise and to the point. Read your script aloud and time its length to make sure you're on target.
- **Film the video presentation.** Gather available equipment to record video and audio (e.g., video camera with microphones). You can certainly use a smart phone or tablet device, but a video camera and microphones usually result in better quality. Before recording, practice using the equipment so you know how to use them. Film in a quiet place and make sure the lights are bright enough to see the person but not too bright that they appear washed out.
- **Review and prepare for submission.** Begin to utilize tools that will help create a final cut of the video and fix any issues with sound, video, or delivery. Some video editing tools available are iMovie, Windows Movie Maker, Animoto, Adobe Spark, and Adobe Premiere Rush. Ensure video presentation is in an MP4 format and no more than 8 minutes in length.

Amy Kocek

Amy Kocek Kreative



Amy Kocek is a writing coach, speaker, and ghostwriter who has helped business leaders, influencers, students, entrepreneurs, consultants, and overall world-changers create thoughtfully engaging content by removing mental barriers to create limitless freedom in the writing process.

Her transformational coaching approach guides individuals to create deeper connections, unlock mental barriers and define clarity in their life's message to create unstoppable confidence to share their stories.

Amy has published 25 books, and worked with people such as Kevin Harrington (the original shark from Shark Tank), Forbes Riley (author, speaker, TV host), and Caleb Maddix (18 year old millionaire).

**KEYNOTE:
Shifting Your Perspective – Change Your Reality, Change Your World****Amy Kocek**

Amy Kocek Kreative

In a world that has felt chaotic and is changing at a rate that feels overwhelming, there can be an increase in teen mental health issues while a decreasing morale, and overall motivation. It is in the moments where chaos surrounds us, and uncertainty becomes our reality that we can feel the most out of control and hopeless. But at the same time, it becomes an incredible opportunity to shift perspectives and find solace in creating one's own reality. And when that occurs, youth leaders can bring change to their inner circle and those they influence. Those small changes become bigger changes that can impact the world. With the increase of mental health issues and internal struggles many youth are currently tackling, providing strategies that allow them to utilize tools that are research based and proven to improve overall moods can give them more agency over their own mindset and mental health.

Your Incredible Brain: How gaming, gambling and addiction affect the brain, and how to take good care of the only brain you'll ever have**Tana Russell**

Evergreen Council on Problem Gambling

Learn the parts of the brain using your hand, and get some answers to frequently asked questions: How exactly does playing a video game or gambling, affect and change the brain? Why are Dependency Disorders considered diseases of the Brain? Can a damaged brain become healthy again? How can young people take good care of their super-powered brains?

Making A Difference-Helping Other People Everywhere (M.A.D.-H.O.P.E.)

Danielle Humphreys & Alexandria Scott

Whatcom Family and Community Network

You are the eyes and ears of your peers! This interactive workshop will empower you to know how and when to intervene on behalf of a struggling friend. Learn how to start the conversation, connect with a Trusted Adult, and build upon your own healthy coping skills. You have the power to help prevent youth suicide!

Prevention – From the Inside Out

Nigel Wrangham

City of Hillsboro

Real prevention is a lot more than ribbons, posters, and speeches. Real prevention means diving under the surface of problems to determine and address their underlying conditions and root causes. In this workshop we'll take a courageous look at money, power, injustice, and other factors that create the problems we face, and we will share ways to make true change that lasts.

Youth Voice and Advocacy 101

Rinn Cronin Kleinman

The Mockingbird Society

Let's hone your skills in youth advocacy through tools, guides and discussions. This interactive workshop will include a queer 101 segment, learning how to keep questions and comments in check, how to turn down and call in unchecked questions, preventing peer pressure and youth exploitation and how we can work towards allyship. This session will have open discussions, use of teamwork, practice using your advocacy skills and plenty of time for questions and feedback.

CHIEF UMTUCH DREAM TEAM

Prevent Together: Battle Ground Prevention Alliance

Advisor: Jennifer Kirby

Emoji Trading Card Campaign

The project involved the creation of twelve emoji themed trading cards that were designed by the DREAM Team and distributed on a weekly basis in the free sack lunches through the school district. About 1,000 lunches were being distributed per day, so by the end of the project, we distributed over 12,000 cards. The cards featured one emotion/emoji per week and included information on how to identify the highlighted emotion and positive ways to manage it, as well as a link to resources on mental health support for students and families. Students were able to turn in cards for prizes.

CLARK COUNTY STASHA PEER EDUCATORS

Clark County

Advisor: Alaina Green

Better You Bingo: A Healthy Coping Challenge

Our project is a social media campaign found on our Instagram @ClarkCountySTASHA called, "Better You BINGO: A Healthy Coping Challenge for Youth by Youth". Better You BINGO (BYB) is an interactive way to help youth practice healthy coping skills to prevent unhealthy coping with substance use. The campaign launched on 4/20 to counter social media posts glamorizing substance use.

The BINGO Card and the healthy coping challenges with in the card intentionally encourage connection (safe-social distanced) to positive peers, adults and organizations. The campaign messages include benefits of healthy coping and normative education – correcting misperceptions about youth marijuana use.

CONCRETE PREVENTION POSSE

Concrete Resource Coalition

Advisor: Stephanie Morgareidge

Alone Together

The Concrete Prevention Posse implemented ways to compete with the social isolation youth were facing in remote learning. They hosted different themed trivia nights twice a month and launch a weekly online club called Alone Together every other Wednesday from 2-3 pm. They created their own motto "This isn't forever this is just for now. We are not alone; we are alone together."

CRESCENT CONNECT PREVENTION CLUB

Crescent United Coalition/ Crescent School District

Advisor: Melissa Thetford

Red Ribbon Week, 2020 Style

Red Ribbon Week, 2020 Style. Like each group represented at Spring Youth Forum, we had to make changes to how we did prevention this year. We couldn't meet on campus to take part in Red Ribbon activities, so our Prevention Club took Red Ribbon Week out into our community. We reached out to our local businesses to get their support in decorating the town in the same way we would have decorated campus, and we worked with our school food service program to get activity bags into every meal box delivered or picked up between October 23rd and 31st.

CUBS & FALCONS UNITED

Sunnyside United Unidos

Advisor: Eveth Padilla

Don't Fog Up Your Life

With the increase of vape use among teens, we decided to create a video PSA about how vaping can Fog up your life and not only affect you, but those around you. You may have seen our PSA as an ad in between snaps, Tik Tok videos or by scrolling on your Instagram feed.

DARRINGTON YOUTH COALITION

Darrington Prevention Intervention Community Coalition

Advisor: Marree Perrault

DYC - Keep Moving Forward

The DYC wanted to support the current prevention efforts and adapt the messaging campaign to allow for completion during the global pandemic. We planned scavenger hunts that families or friends could do together that tied in positive prevention messaging facts as clues. Our final scavenger hunt will take place on April 24, 2021 which also highlights our takeback event of the spring. DYC members met virtually to create the clues and facts used in the scavenger hunts and helped purchase prizes for the winners.

DREAM MAKERS

White Swan Community Coalition

Advisor: Danielle Watkins

Don't Roll Into Nicotine

Our project will bring awareness to our community and our students about the effects Nicotine has on a persons body and brain, especially youth. We delivered this through care packages, Kahoot/Blooket games, and Samantha Skunk. Our project targeted our youth grades K-12th.

EAST VALLEY YOUTH COALITION

East Valley Community Coalition

Advisor: Kirsten Fuchs

Do You Know The Facts? Vapes Aren't Safe!

Our project aims to reduce misperceptions about vaping and encourage healthy choices among East Valley High School students. Most students are making healthy choices, but many believe that their peers are making unhealthy choices- we aim to reduce that misperception.

HOTS (HELPING OUT TEEN SOCIETY)

San Juan Island Prevention Coalition

Advisor: Hailey Henderson-Paul

Week Of Wellness

This year, HOTS hosted a school-wide "Week of Wellness" event, which focused on promoting mental wellness. To start the week, HOTS made a video to show students different coping skills to deal with stress. We then put the strategies to use by giving out coloring pages, posting coping skill posters in the hallways, hosting a lunchtime hangout session at lunch where people could connect and get to know each other, collected/posted poetry from students, and led the school in a mindfulness minute over the morning announcements.

MOSES LAKE YOUTH ACTION TEAM ALONG WITH OMAK TEA CLUB

Moses Lake High School and Omak High School

Advisor: Leigh Allison-Ray

Vape Awareness

Collaboration in Virtual Times! Moses Lake High School's Youth Action Team and Omak High School's TEA (Teaching Everyone Awareness) Club met virtually to plan and present a vape awareness presentation to Omak Middle School students. The presentation educated students on what is being vaped (marijuana, nicotine, and non-stimulant flavored oils) and how tobacco companies are targeting youth. Youth Action Team and TEA Club provided students with information about what is a consumer, marketing tricks, and different types of advertising. They additionally provided students with information on Tobacco 21 law, symptoms of nicotine poisoning and the Washington Poison Center phone number, and resources to contact to quit vaping. To help keep students engaged in learning the Kahoot game was played and prizes were given students that won the game.

PGK'S ACTION SQUAD

Franklin Pierce Youth First & Franklin Pierce School District

Advisor: Rebecca Morales

The Impact Of Substance Use & Mental Health On The LGBTQ+ Community

The Impact of substance abuse and mental health on the LGBTQ+ community is higher than individuals who do not identify as LGBTQ+. Our team this year focused on educating our school peers on the importance of using proper pronouns, gender vocabulary, the inequities of substance use/abuse, and mental health challenges that LGBTQ+ youth face. This presentation was presented in all advisory classes to make sure we educated as many students as possible. Students were informed of school and community resources they could use for support and common warning signs to look for if they or a friend needed support.

ROCK SOLID

San Juan Island Prevention Coalition

Advisor: Debbi Fincher

Peer 2 Peer Training

Peer 2 Peer Training - Rock Solid team members, 8th through 12th graders, teach essential topics to our 6th-grade health classes in our "Wellness Workshops." Youth leading youth in conversations and content to support a healthier school community. Our topics included: Social Norms, Media Literacy, Healthy Youth Survey data to correct any misperceived norms with youth marijuana use. We created a game show-style quiz, "Test Your Knowledge on Marijuana," to engage and chat about the facts of marijuana and the developing brain. We end each workshop with a Youth Panel to build a bond with our younger peers.

SHS PREVENTION CLUB

Sunnyside United Unidos

Advisor: Nellie Padilla

Calm Your Soul

Due to Covid-19 we had to get creative and implement a project where we followed social distancing guidelines and got members of our community involved. Together we were able to host a drive in movie event where we showed the movie Soul and talked about the importance of mental health.

TEA CLUB (TEACHING EVERYONE AWARENESS)

Omak High School

Advisor: Lesa Eiffert

Vaping Prevention Presentation

TEA (Teaching Everyone Awareness) Club developed a Vaping Prevention presentation last school year then this school year they formed a team with the Moses Lake Youth Action Team (YAT) and presented to 7th grade Omak Science class students over Zoom. Students learned what is being vaped, how tobacco companies target youth, what is a consumer, marketing tricks, and types of advertising. Students were provided information on Tobacco 21, nicotine poisoning and the Washington Poison Center phone number, and resources to contact to quit vaping. Students were further engaged in learning by playing the Kahoot game for prizes to the winner.

UNITE! WASHOUGAL YOUTH-P.E.P.

Unite! Washougal Community Coalition

Advisor: Margaret McCarthy

"Love Your Life"- Alcohol Use Reduction

Our goal is to reduce the use of alcohol in Washougal by reducing alcohol advertising and changing positive community norms about perceptions of acceptance of alcohol use.

YAI AND SOS

Quincy Partnership for Youth

Advisor: Austin Foglesong

Youth Community Hope Wall

Quincy Partnership for Youth is sponsoring a Youth Prevention Project in the city of Quincy. Two of our local youth clubs, Youth Action Interact and Sources of Strength, are coming together for this exciting project. This project is youth-led and adult guided. The youth have elected to work together with community partnerships to create a message of hope within the community via a community mural to be publically displayed in town. It is our hope this mural will bring hope, connectedness, and a positive prevention message to the whole community.

Focus on⁺ making yourself a priority.



We all face stressful, overwhelming moments—especially during this pandemic. Remember to make space for yourself. Get outside. Take a break from social media. Talk to others about how you feel. And leave alcohol out of the picture—like 4 out of 5 WA teens do.

Learn more about keeping your mind, mood, and body healthy at FocusOnYouWA.org⁺



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The College of Business
AT THE UNIVERSITY OF NEVADA, RENO

CONFERENCE
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For more information, contact us at conferenceteam@unr.edu or call 775-682-8545.