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ADVANCING PREVENTION:
CONNECTION
— AND —
HOPE

MAY 10, 2023 | HYBRID

Washington State
Health Care Authority



STATE OF WASHINGTON
HEALTH CARE AUTHORITY
626 8th Avenue SE • P.O. Box 45502 • Olympia, Washington 98504-2698

April 18, 2023

Dear Prevention Champions,

Welcome to the 2023 WA State Spring Youth Forum! It's been a long three years but nothing's stopping us now – we have finally made it back in person! We have heard the calls and are excited to be back in- person for 2023, learning and sharing ideas together, peer-to-peer, to make lasting connections with each other.

This year marks the 15th annual Spring Youth Forum and I'm proud to welcome you and thank you for all your prevention efforts to improve the health and well-being of Washington State youth, families, and communities! Today, we will recognize and celebrate youth voices through connection and hope with everything we do!

The conference planners have accepted 40 passionate and engaged youth teams to this year's conference – congratulations on being part of one!

I have been impressed to see so many young people in Washington State finding positive ways to cope during these intense last few years. You have prioritized and worked on one of the most important efforts out there: PREVENTION. Today, we will hear from you as you prepare to present prevention projects and compete for a grand prize scholarship to CADCA Youth Leadership. If you have made it here today, remember, you are all winners!

On behalf of the Washington State Health Care Authority and our state partner, the Washington Department of Health, I want to thank you for all the hard work that you have done with your friends and families in your communities this year.

And to the Team Adult Advisors and Chaperones present with us today, we can all make a difference in the lives of our youth by teaching and reinforcing hope. Thank you for being our greatest influence on young people's decisions!

Reflecting on the 2022 Prevention Summit's theme, Advancing Prevention: Connection and Hope, I'd like to share a few thoughts:

- The work you have done in your communities is truly impressive. Your dedication and drive to make a difference is an inspiration to all of us and gives us hope for a brighter future.
- You are the future of prevention. Your efforts to promote prevention show that you are already leaders in your communities. As you continue to grow and develop, you will become even more influential in creating positive change.
- Your work makes a real difference. The impact of your prevention projects on the health and well-being of our families, and communities cannot be overstated. You are the change agents that we health care professionals envision, and we are grateful for your contributions.

Once again, thank you for joining us for the 2023 WA State Spring Youth Forum! I hope you have a great learning experience together!

Sincerely,

A handwritten signature in blue ink that reads "Susan E. Birch".

Susan E. Birch, MBA, BSN, RN
Director

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AGENDA

WED 5/10/23

**7AM-8AM | TEAM CHECK-IN & TEAM PHOTOS
(LATE CHECK-INS)**

Conference Center Lobby

**7AM-8AM | BUFFET BREAKFAST/BACKPACK
DROP-OFF**

Grand Ballroom

8AM-8:50AM | WELCOME & INTRODUCTIONS

Grand Ballroom

8:50AM-9AM | BREAK

Transition to Grand Ballroom

9AM-11:05AM | YOUTH TEAM PRESENTATIONS

See Program & Onsite Signs for
Assigned Location

11:05AM-11:15AM | BREAK

Transition to Grand Ballroom

11:15AM-12:10PM | YOUTH TOWN HALL

Grand Ballroom

12:10PM-12:50PM | BUFFET LUNCH

Grand Ballroom

12:50PM-1:20PM | KEYNOTE PRESENTATION

Grand Ballroom

**1:20PM-1:30PM | SEVEN TEAM FINALISTS
ANNOUNCED**

Grand Ballroom

1:30PM-1:45PM | BREAK & FINALIST PREP

**1:45PM-2:35PM | FINALISTS' PRESENTATIONS,
SESSION I**

Grand Ballroom

2:35PM-2:50PM | AFTERNOON SNACK & BREAK

Hallway Outside of Grand Ballroom

**2:45PM-3:35PM | FINALISTS' PRESENTATIONS
CONT. – SESSION II**

Grand Ballroom

**3:50PM-4PM | BREAK & TRANSITION TO YOUTH
DEVELOPMENT WORKSHOPS**

4PM-5PM | YOUTH DEVELOPMENT WORKSHOPS

See Program & Onsite Signs for
Available Workshops

5PM-5:50PM | BUFFET DINNER

Grand Ballroom

**5:10PM-5:30PM | PRESENTATION OF YOUTH
TEAM AWARDS**

Grand Ballroom

6PM | SPRING YOUTH FORUM ADJOURNS

6PM-9PM | TEAM RECOGNITION AWARD

Enjoy a Splash at the Water Park or
Return Home Safely

Special Thank You

Antonio Edwards-Lenton, Conference Chair, HCA Division of Behavioral Health and Recovery

Endalkachew Abebaw, HCA Division of Behavioral Health and Recovery

DeeSha Connor, Department of Health

Isaac Derline, HCA Division of Behavioral Health and Recovery

Tynisia Hanson, HCA Division of Behavioral Health and Recovery

Alicia Hughes, HCA Division of Behavioral Health and Recovery

Kasey Kates, HCA Division of Behavioral Health and Recovery

Sarah Mariani, HCA Division of Behavioral Health and Recovery

Nikki Meline, Department of Health

Ky Parrot, HCA Division of Behavioral Health and Recovery

Sonja Pipek, HCA Division of Behavioral Health and Recovery

Kersten Tano, HCA Division of Behavioral Health and Recovery

Kendra Wilson, HCA Division of Behavioral Health and Recovery

Michael Langer, HCA Division of Behavioral Health and Recovery

Keri Waterland, HCA Division of Behavioral Health and Recovery

Isaac Wulff, HCA Division of Behavioral Health and Recovery

Mercedes Zahler, Department of Health

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

Funding provided in part by:



springyouthforum.org



YOU CAN

BE A FORCE FOR GOOD.



Whether it's in moments of creativity or time spent with the people who matter. Marijuana can get in the way—making you lose interest in the things and relationships you care about most.

Learn more about keeping your mind, body, and relationships healthy at [YouCanWa.Org](https://www.YouCanWa.Org).

**YOU
CAN**

Team Room Assignments

TEAM NAME

8 to Skate
 ALAS (Ambassadors of Lakeview Achieving Success)
 AWWA
 Bulldog Prevention Club
 Chief Umtuch DREAM Team
 Claws with a Cause
 Club Unity
 Community Action Club
 Concrete Prevention Posse
 Connecting to Compassionate Aspiring Navigators (CCAN)
 Prevention Club
 Crescent Connect Prevention Club
 Darrington Youth Coalition
 GHS Spartans
 Goldendale High School- Breaking Barriers Club
 INFANTRY
 Mabton Prevention Club
 One Baker Voice
 Pirate Partners
 Prevention Club
 Reardan W.D.F.Y.
 SAFE Club
 Seaview Leadership Club
 SHS Prevention Club
 STACC (Students Taking Action for Community Change)
 SVMS Prevention Club
 TADAA (Teens Advocating for Drug and Alcohol Awareness)
 TEA (Teaching Everyone Awareness) Club
 Teens for Tomorrow
 The Great Prevention
 Together Prevention Squad
 Wahluke Youth Coalition
 Waterville BADD Club
 We Our Only Human
 White Salmon Valley Sources of Strength
 White Swan Dream Makers
 WHS Action Squad
 WHS Ambassadors
 Youth Action Interact
 Youth Leading Change

TEAM ADULT ADVISOR

Jones, Drea
 Aparicio, Raymond
 Mendez, Nikita
 Korslund, Kristie
 Kirby, Jennifer
 Zavicar, Breanna
 Bautista, Olga
 Plumpe, Annemarie
 Guildner, Alicia
 Galindo, Gerardo (Gerry)

 Thetford, Melissa
 Perrault, Marree
 Aguilera, Alyssa
 Kruger, Angela
 Garibaldo, Zaira
 Chavez, Ramon Nicolas
 Slette, Kristi
 Snyder, Wendy
 Priddy, Athena
 Mattozzi, Darren
 Harnish, Chris
 Sanders, Amanda
 Padilla, Nellie
 Misner, Theresa
 Padilla, Eveth
 Crapper, Sheila
 Eiffert, Lesa
 Green, Alaina
 Stokes, Tabby
 Douglas, Tyler
 Sanchez Torres, Lino
 Van Lith, Carrie
 Songer, Cathie
 Cray, Caitlin
 Zintzun, Soledad
 Morales, Rebecca
 Cook, Xander
 Luna-Reyna, Adriana
 Benton, Yolanda

ROOM

Northwest Territory A
 Northwest Territory B
 Northwest Territory C
 Fallen Timbers AB
 Chehalis D
 Chehalis E
 Chehalis F
 Northwest Territory A
 Northwest Territory B
 Northwest Territory C

 Fallen Timbers AB
 Chehalis D
 Chehalis E
 Chehalis F
 Northwest Territory A
 Northwest Territory B
 Northwest Territory C
 Fallen Timbers AB
 Chehalis D
 Chehalis E
 Chehalis F
 Northwest Territory A
 Northwest Territory B
 Northwest Territory C
 Fallen Timbers AB
 Chehalis D
 Chehalis E
 Chehalis F
 Northwest Territory A
 Northwest Territory B
 Northwest Territory C
 Chehalis D

Competition Overview

Congratulations on being one of the 40 teams selected to participate in this year's Washington State Spring Youth Forum Program! In recognition of your efforts over this last year, your team is one of 40 teams awarded the opportunity to participate in the Washington State Spring Youth Forum, including education sessions, keynote, lodging, meals, free water park passes at the Great Wolf Water Park, as well as inclusion in the Spring Youth Forum program – a value of more than \$600 per team member alone!

You will have the opportunity to compete for awards, including scholarship assistance to attend The National Youth Leadership Initiative or the Community Anti-Drug Coalitions of America (CADCA) Leadership Conference.

First Round

Each team attending the Spring Youth Forum will be assigned to one of seven breakout rooms for the initial round of presentations. Each team will have up to eight minutes to present information about their project to other youth teams. Teams will vote on presentations immediately following each team presentation.

Winning teams from each of the seven rooms will proceed to the final round of the competition where they will present again to all participants at the Spring Youth Forum for a chance to win the Grand Prize.

Category Winners

Awards will be provided to the teams with the highest scores in each of the five categories:

- Innovation
- Sustainability
- Impact
- Presentation Style and Professionalism
- Collaboration and Partnerships

Category winners will be announced at the awards ceremony at the end of the day. Teams must participate for the entire program to win.

Grand Prize & First Runner Up

The Grand Prize for the winning youth prevention team presentation includes scholarship assistance to attend The National Youth Leadership Initiative or the Community Anti-Drug Coalitions of America (CADCA) Leadership Conference.

Please Note: Teams will not be awarded multiple awards. In the event that a team wins in more than one category, they will receive the highest rated award and the award for any other category will go to the team with the next highest eligible score.

Voting & Categories

Voting

Adult judges and teams will score the presenting teams. Teams will be scored in the first rounds and the final round in the same way. Instructions and scorecards will be provided. The percentages of scoring are as follows:

25 percent (25%) - Adult judging on-site

Adult judges not affiliated with a competing team will vote in both the preliminary and final rounds of the presentation competition.

50 percent (50%) - Team voting on-site

Teams will receive one team ballot per team (youth and chaperone) to vote on each presentation in the preliminary and final rounds. Teams will not vote on their own presentations.

25 percent (25%) - Application in advance

The remainder of the team score is awarded based on the quality and completeness of the team's application.

Categories

All teams will be judged on the following criteria:

Innovation

Project is unique, creative and innovative. Presentation clearly details what new and exciting ideas, techniques or activities have been implemented.

Sustainability

Project includes steps the team has taken to keep this project sustained when the core group graduates. How does the team make sure that this can be replicated year-to-year no matter which group of students is participating?

Impact

Project has broad outreach. Team can demonstrate the impact that occurred as a result of this project. Did the team use an evidence-based prevention program or approach?

Presentation Style and Professionalism

Team presentation is easy to follow and clearly communicated.

Collaboration and Partnerships

Team describes collaborations/partnerships with other local groups, organizations or agencies that the team developed to increase the impact of this project.

Master of Ceremonies

Albert Gay

National Trainer and Consultant in the field of substance use prevention



Albert Gay, M.S. has over twenty years of experience in community work. Albert began as a youth pastor in a local church in Gary, Indiana. Since that time, he has continued to influence communities with prevention services through his various roles at youth servicing agencies, nonprofits, and coalitions. Albert Gay is a consultant with both private and governmental agencies. As a national trainer in substance use prevention, Albert has trained the behavioral health workforce, the United States military, diverse population groups and community coalitions in the public health approach to drug reduction. Locally, Albert has leadership roles in coalitions that serve the city of Gary and the Northwest Indiana region. Besides prevention, his other areas of interest include faith-based initiatives, mental health promotion, societal and health disparities, cultural competence, historical trauma, and strategic planning.

Keynote

Preventing Pain as a Pathway to Prescription Drug Misuse and Opioid Addiction

Hey there, Community Changers! Are you ready for an amazing learning opportunity? This is not your typical lecture, because we're going to talk about a really important topic that affects many young people like yourselves. We're going to talk about pain and how it can sometimes lead to prescription drug misuse and addiction to opioids. But don't worry, we're not here to scare you! We're here to empower you with knowledge and tools to make a difference. We'll explore the unique challenges that young people face when it comes to managing pain. You might not know it, but there's often a stigma around asking for help with pain, and sometimes prescription drugs are too available to young people who shouldn't be taking them. But we can all work together to change that! Our speaker is going to show us the power that we have as young people in the fight against the opioid epidemic. We can be leaders in raising awareness about the dangers of prescription drugs and providing resources for our friends and communities.

So, get ready to be inspired and empowered, because we can make a real difference in the world.



KEEP YOUR **WELL-BEING** SAFE FROM VAPES.



Informed by teens across Washington State, the new Choose You campaign breaks down how the nicotine in vapes impacts your mental and physical health, offers healthy ways to cope with stress, and provides resources that are proven to help teens quit vapes.



Scan the QR code or visit

ChooseYouWA.org

to learn more.

**CHOOSE
YOU**

Youth Development Workshops

Engaging Youth in Prevention Efforts (Adult Only Session)

Getting started, make it grow, keep it strong!

Jennifer Dorsett, WA-SAPST Trainer

Room: Northwest Territory A

There are many avenues to engage youth in prevention efforts. Youth Coalitions or Clubs as well as community based prevention work through community groups. This workshop will give on the ground examples of how to recruit, engage and retain youth over time. We will share strategies that are best practice for this work and wrap up with direct connections to the SPF, as it is the framework for prevention around WA State.

Impaired Driving

Addressing Impaired Driving with Health Prevention Frameworks

Lisa Minjares-Kyle, M.S., MCHES, Program Manager of the Youth Transportation Safety Program at the Texas A&M Transportation Institute (TTI)

Christine Yager, CPPE, Regional Representative for the Teens in the Driver Seat (TDS) program of the Youth Transportation Safety Program at the Texas A&M Transportation Institute (TTI)

Room: Northwest Territory B

This workshop will focus on exploring prevention across the social ecological model and highlight related risk and protective factors surrounding the issue of impaired driving. In addition, the workshop will touch on valuable behavior change strategies (informed by the Theory of Planned Behavior) to help youth understand decision making surrounding impaired driving and tools for meaningful prevention beyond the old school mentality of "just say no." Lastly, the workshop will highlight youth's role in their community and provide information on the free peer-led youth traffic safety outreach program available for schools or community groups to affect real change within their communities.

Youth Development Workshops

Youth Leadership Development

Leadership 201: The Power of Print

Vincent Perez, Executive Director of Equity Institute

Room: Northwest Territory C

The Power of Print is an engaging workshop designed for students who want to learn how to lead using the written word and visual imagery. Explore different types of writing and creative projects to make connections, address important issues, share stories, and make a difference. This workshop provides invaluable tools, templates, and sentence stems for navigating scholarship applications, letters of recommendation, essays, PSA's, and thank you notes, empowering students to harness the power of the written word for leadership, social justice work, and personal growth.

Underage Drinking & Marijuana Prevention

Using your Voice on Social Media – Strategic Social Media

Zoe Hammes-Hefti, Behavioral Health Communications Consultant at WA State HCA

Melissa Thoenke, Behavioral Health Communications Manager at WA State HCA

Room: Fallen Timbers AB

The goal of this workshop is to show youth how to engage with social media in a way that can affect behavior in a positive way and learn how to create messaging on social media that is impactful. We want them to be empowered and aware of the social media environment and learn ways to respond to peer pressure on social media, as well as knowing when to disengage. The attendees will have a chance to practice these skills with a live Menti exercise and open conversation. Youth will engage with an active statewide campaign that targets underage drinking and seeks to prevent marijuana use, Start Talking Now!

Youth Development Workshops

Problem Gambling Prevention

Preventing Gambling-Related Harms

Tana Russell, SUDP, NCTTP, WSCGC-II, CGT - Assistant Director at the Evergreen Council on Problem Gambling

Room: Chehalis F

Let's play a game, to talk about gaming and gambling. This will be an interactive session with a trivia game between teams. Test your knowledge on gaming, gambling, and the prevention of problems from excessive play. Consider the amount of gambling that is all around us in our communities, schools, online, and in video games. Do you know what to look for? How much is too much? What should we consider for prevention programs? If you are an advocate for health and change, do you already know enough to be a champion of this cause? No prizes but bragging rights.

Mental Health Promotion

How can I help? Tips for Talking with Friends about Mental Health

Dr. Ashley Hall, Assistant Professor with Washington State University

Room: Chehalis D

Have you ever wondered how you can help a friend who might be struggling with a mental health challenge? If yes, this workshop is for you! We will talk about signs and symptoms of mental or emotional struggles in teens and we will learn ways to approach our friends or peers when we recognize those signs and symptoms. We will also work together to create a customized resource guide for each participant to use outside of class. We will finish up with tips on how to take care of ourselves using a personal journal that will be provided to each teen participant.

Focus on⁺ making memories

When you build strong friendships, you discover more about who you are and feel accepted for who you are. So, spend this time connecting with one another. Cheer each other on. And help one another through the stressful times. There's nothing you can't overcome, together.

Learn more about how alcohol can impact important relationships at [FocusOnYouWA.org](https://www.FocusOnYouWA.org)⁺

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Stay Connected!

8 2 Skate

SW Seattle Youth Alliance

Drea Jones: djones1@seattleschools.org

8 2 Skate- Skating to be Great

Project Description:

8 to Skate is a unique program that focuses its messages through the physical act of roller skating. Learning a new skill and/or developing your skill set is the programs caveat. We will do this on skates through our identified 8 points of focus.

ALAS (Ambassadors of Lakeview Achieving Success)

Pasco Prevention Network

Raymond Aparicio: aparicior@pasco-wa.gov

ALAS Next Generation

Project Description:

The ALAS group has recently rekindled, mostly with Freshmen and Sophomores and now includes a few middle schoolers. It is a student run program with mentors who serve as advisors. The events and programs the members are involved in are decided by the students and implemented by the students. The students learn how to be active in the community, public speaking, planning, implementation, discipline and confidence.

AWWA

Wahlake High School/ ESD 112

Nikita Mendez: nikita.mendez@esd112.org

Wahkiakum Health Fair

Project Description:

Our club put on our schools first health fair. Our health fair provided the ability for all students to have access to more information on topics that they have shared they would like more support and information on. The topics included: Physical Health(hygiene, exercise), Safe dating, domestic violence/abuse, Fire/water safety, EMT and CPR, Community Health Care advocates, Nutritional Health/Eating disorders, Substance Use, Mental Health, Suicide Prevention, anti bullying/harassment, and law enforcement.

Bulldog Prevention Club

County Youth and Family Coalition

Kristie Korslund: kkorslund@esd123.org

Bulldog Strong Windows

Project Description:

Bulldog Bold peer leaders were designated a strength and color of the Sources wheel, designation was done by chose of peer leader or nominations. Peer leaders mingled amongst students during the passing periods in the front commons of high school and the middle school courtyard. They spoke with students about the designated strength and then asked them to write on a colored sheet of paper (color is according to strength designation) an example of what gives them strength in that area. These strengths were then placed on the side door windows in the entrances of both school buildings.

Community Action Club

Community Action Club

Annemarie Plumpe: anplumpe@seattleschools.org

Reporting in Our School

Project Description:

We recognize that every day schools encounter difficult situations that require resolution by their administration. To help solve these problems, and keep the school safer and healthier, administration relies on information and reports from students. We are developing a strategy to help students feel more comfortable reporting issues in our school early.

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Chief Umtuch DREAM Team

Prevent Together: Battle Ground Prevention Alliance

Jennifer Kirby: jennifer.kirby@cityofbg.org

[Igniting Student Sparks](#)

Project Description:

Upon returning to school fulltime post pandemic, the DREAM Team identified a pervasive problem which was that student's mental health was impacted by time spent isolating at home and they were missing a sense of connection. To build connection and create opportunities for pro-social involvement, the DREAM Team chose to focus on helping middle school students in the Battle Ground school district identify their "spark," find or create opportunities to develop their spark, and connect them to caring adults who will help teach and/or share in their spark.

Claws with a Cause

Coalition For A Benton City

Breanna Zavicar: BentonCity123@gmail.com

[Positive Affirmation Jars](#)

Project Description:

This project was created by Claws with a Cause to shine a light on positive self-talk, mental health promotion, and whole health throughout our small rural community. The youth gathered jars, made flyers online, met often to create, collaborate with community members, and began creating hundreds positive affirmation cards. Since the jars were free, prefilled with affirmations, positive affirmations were everywhere you looked in Benton City the entire month of May.

Club Unity

Club Unity at Highland High School

Olga Bautista: olga.bautista@esd105.org

[Marijuana Prevention by Club Unity](#)

Project Description:

Our marijuana prevention project aims to reduce the use of marijuana among youth by implementing evidence-based prevention strategies. Our approach includes education, parent involvement, school-based programs, and community-wide initiatives that create a supportive environment for healthy choices. We will work closely with schools, parents, and community organizations to provide resources and information about the risks associated with marijuana use, including its impact on brain development, mental health, and academic achievement. We will also provide youth with the skills and resources they need to resist peer pressure and make informed decisions about their health and well-being.

Crescent Connect Prevention Club

Olympic ESD / Crescent School District

Melissa Thetford: mthetford@csd313.org

[Student Led Policy Change](#)

Project Description:

Crescent Connect Prevention Club project started during the CADCA summer institute- the focus was to address vaping on-campus by recommending changes to the existing school policy through coalition, board and staff information presentations, as well as on campus student awareness. Our student leaders presented to the Crescent United Coalition in October, to the School Board in January, and most recently they presented to the entire staff on March 01, 2023. As of February 23, 2023, the Crescent School District has adopted a new Vaping/Nicotine Procedure, 4215P.

Connecting to Compassionate Aspiring Navigators (CCAN) Prevention Club

Yakima Community Coalition (A.C. Davis High School/ESD 105)

Gerry Galindo: galindo.gerry@ysd7.org

[Middle School Prevention Club Mentorship](#)

Project Description:

CCAN is looking to mentor a middle school in starting their own prevention club. CCAN will be scheduling a series of presentations on Prevention Science 101 topics to introduce the concepts and the CCAN prevention club.

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Concrete Prevention Posse

United Grand District 304

Alicia Guildner: alicia.guildner@unitedgeneral.org

[Positive Norms in Concrete, WA](#)

Project Description:

The Concrete Prevention Posse will be gathering input from their peers on what matters to them, especially things that adults may not be aware of, then incorporating it into posters and other media to be displayed at school along with positive social norms messages drawn from our HYS results highlighting that most of our youth do not use alcohol or drugs.

Darrington Youth Coalition

Darrington School District

Maree Perrault: marreencfs@gmail.com

[Red Ribbon Week Project](#)

Project Description:

DYC implemented the Red Ribbon Week (RRW) Campaign in the Darrington School District (DSD) and community. DYC partnered with the SAP, leadership class, and ASB to complete the project objectives. DYC followed the national campaign and implemented these components: pledge to live drug free; a 'Red Ribbon Day' during the DSD Spirit Week; tulip planting throughout the DSD and community; "Caught in the Act," a kindness campaign where students were 'caught' doing kind things and recognized for their efforts; a RRW assembly in the middle school where DYC, ASB and the SAP gave information to the students; a skit in the HS assembly before the homecoming game; and a poster contest. DYC also created a safe space to plan the campaign: Erik's Place.

GHS Spartans

Educational Service District 105 - Granger High School

Alyssa Aguilera: alyssa.aguilera@esd105.org

[Samantha Skunk - Love your O's](#)

Project Description:

Samantha Skunk, Love your O's is a 30 minute presentation aimed for early elementary grades. In this presentation the characters act out the presentation and talk about the dangers of "Smoking Anything". Refers to SMOKING anything – we don't mention either tobacco or marijuana – just refer to "smoking anything". Core Messages are still simple - but more sophisticated than just "smoking stinks": Instead of Smoking is Yucky... we are now teaching the audience the message that "it slows you down and makes it harder to do sports". They are taught: • Os = Oxygen • Your muscles use Os to exercise • Smoking ANYTHING makes it hard to get Os to your muscles. • Smoking ANYTHING slows you down

Mabton Prevention Club

Mabton Community Coalition

Ramon Nicolas Chavez: nicolas.chavez@esd105.org

[Education To Our Next Generation](#)

Project Description:

5th and 6th grade school assembly of prevention education, and interactive games, bingo and loteria.

Goldendale High School- Breaking Barriers Club

Goldendale High School (CPAKC Coalition - Student Assistance Program ESD 112)

Angela Kruger: angela.kruger@gsd404.org

[How we developed and implemented our own survey- Student led, Student driven data collection](#)

Project Description:

After attending the Fall Prevention Summit, the Breaking Barriers students learned of the importance of using the Strategic Prevention Framework. The students committed to plan prevention events and activities that are data driven, effective and sustainable.

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INFANTRY

D.D Eisenhower High School/ESD 105

Zaira Garibaldo: zaira.garibaldo@esd105.org

[What I Wish My Admin and Teachers Knew](#)

Project Description:

What I Wished My Admin and Teachers Knew is a project that utilizes numerical data to express to school officials the importance of how influential and impactful protective factors are when it comes to students' resiliency, including how resiliency is a preventive tool for substance abuse and mental health.

Prevention Club

ESD 112

Athena Priddy: athena.priddy@esd112.org

[Plant the Promise](#)

Project Description:

Prevention Club implemented the Plant the Promise campaign during Red Ribbon Week. Plant the promise is a project where prevention members prepared packages of red tulips that were given to students and parents that helped to symbolize healthy choices and lifestyles, as well as encouraging parents and students time to connect as a family to engage in a healthy activity.

One Baker Voice

Whatcom Family & Community Network

Kristi Slette: kristi.slette@wfcn.org

[Summer Prevention Fellows](#)

Project Description:

One Baker Voice with Mt. Baker Community Coalition partners hosted and participated in a two-week summer prevention and youth leadership development experience called "Summer Youth Prevention Fellowship: Learn, Serve and Earn." We participated in summer of 2022, but are now working to plan the summer 2023 program. Youth Fellows learned about prevention science and trauma informed, resilience and wellbeing practices, including suicide prevention, and then applied them in summer projects and in planning for youth coalition efforts.

Pirate Partners

Pomeroy Partners for Healthy Families

Wendy Snyder: wsnyder@psd.wednet.edu

[Starting A Youth-Led Sustainable Youth Coalition In Our School](#)

Project Description:

Our project was to start a new youth coalition at our school as a senior project. At our school, completing a senior project is a graduation requirement and they are required to submit benchmarks monthly to their advisor. Two seniors took on this project and completed Red Ribbon Week, Kindness Week, Mental Health Week, media campaigns, healthy activities for peers, as well as recruiting other classmates to join. The youth coalition now has 70 members, as well as juniors, sophomores and even freshman who are interested in taking on this project when they are seniors.

Reardan W.D.F.Y.

WDFY Chapter (Reardan High School)

Darren Mattozzi: dmattozzi@reardansd.net

[Join the Movement](#)

Project Description:

The team met various times to work through the Positive Social Norms model when creating their campaign. We started with reviewing the Healthy Youth Survey to guide their topic selection. They knew that vaping was increasing but they also recognized that their peers thought the problem was worse than it was. Therefore, they created a campaign to address the perceived norms about vaping.

Stay Connected!

SAFE Club

Mercer Island High School

Chris Harnish: chris.harnish@mercerislandschools.org

I Donut Drive Impaired

Project Description:

"I Donut Drive Impaired" The event was held during lunches at Mercer Island High School (MIHS) and had students sign donut shaped pledge cards promising to not drive under the influence of alcohol, marijuana or other drugs. Data from the Wa State Traffic Safety Commission and the Healthy Youth Survey were used to emphasize the fact that the majority of teens are not driving under the influence.

Seaview Leadership Club

Port Angeles School District / PA Healthy Youth Coalition

Amanda Sanders: kaysanders5@outlook.com

Growing Healthy Food; Making Healthy Choices

Project Description:

The Seaview Leadership Club would like to address food insecurity issues that affect Seaview families and beyond. We would like to grow vegetable starts for families that attend Seaview Academy which is an online hybrid section of Port Angeles School District. Many students come to a physical location multiple times a week for tutoring, electives, and now to attend Seaview Leadership Club.

SVMS Prevention Club

Sunnyside United Unidos

Eveth Padilla: eveth.padilla@sunnysideschools.org

Let's Stick Together and End Bullying

Project Description:

With the increase in bullying and suicide rates in our community, the Sierra Vista Middle School Prevention Club decided to team up with the Media Production Club to create a bullying PSA to bring awareness to the issue and encourage other students to speak up. The video includes the long-term impacts of bullying on the victim and the aggressor. To reach the entire student body, the Sierra Vista Middle School Club also teamed up with administration and faculty to ensure this video is shown in advisory classes to impact all 700 students.

STACC (Students Taking Action for Community Change)

Republic Youth Action Coalition / Republic School District

Theresa Misner: tmsisner@republicsd.org

Real Changes

Project Description:

"Real Changes" is a project that is focused on enhancing connections with people around us. From bullying to fighting, from vaping to substance use, we knew these issues would rise if we didn't help change the school atmosphere with positive pro-social activities for youth to do with positive pro-social adults. We want to lead our school in the right direction, and we want real changes. Real Changes offers monthly activities for students in our school and community to come together with adults in our school and community and do something fun.

SHS Prevention Club

Sunnyside High School

Nellie Padilla: nellie.padilla@sunnysideschools.org

SHS Focus on You Friday's

Project Description:

With the decrease of youth engagement and increase of substance use led by pop culture and social media influence, the SHS Prevention Club decided to team up with Sunnyside United Unidos and Admin to implement Focus on you Friday's. The club hosted an activity and provided alternatives every Friday to remind students of the importance of keeping alcohol out of their lives and included some mental health resources as well. The admin team assisted by sharing HYS facts and mental health resources in the morning announcements.

Stay Connected!

TADAA (Teens Advocating for Drug and Alcohol Awareness)

KLASAC (Klickitat Lyle Against Substance Abuse Coalition)

Sheila Crapper: sheila.crapper@esd112.org

[Klickitat County Resource Fair](#)

Project Description:

We have used the Strategic Prevention Framework (SPF) to plan a resource fair for our community. We had learned about the SPF and did some activities around it during our meetings. We decided to hold a resource fair so that we could not only share substance use/misuse information and resources with our peers and community members, but also bring needed resources to them.

TEA (Teaching Everyone Awareness) Club

The TEA; Okanogan County Community Coalition (OCCC) and the Omak Middle School

Lesa Eiffert leiffert@omaksd.org

[Light Up Your Year With Clear Lungs](#)

Project Description:

The Club initially developed a Vaping presentation for all Omak Middle School 7th and 8th grade students and have presented to 7th grade students annually since 2020. The presentation educates students on what is being vaped (marijuana, nicotine, and non-stimulant flavored oils) and the health risks associated with each.

Teens for Tomorrow

Clark County

Alaina Green: alaina.green@clark.wa.gov

[A Youth-Led Educational Poster Contest and Mentoring Project](#)

Project Description:

In celebration of Red Ribbon Week, Teens for Tomorrow designed and facilitated a 3-day event that included interactive workshops and a poster contest to teach 1st-5th graders about making healthy choices and building healthy coping skills. Our project goal was to teach healthy emotional regulation to elementary students in a fun, effective, and age-appropriate way and to provide participants with protective factors in the form of positive peer support and mentorship.

The Great Prevention

Vancouver Public Schools

Tabby Stokes: tabby.stokes@vansd.org

[Student Appreciation Day](#)

Project Description:

Student Appreciation Day was the name of our largest event to increase bonding, connectedness and belonging and it was part of a series of events we designed to celebrate and honor students at our school. We planned these events in partnership with other clubs, ASB and staff at the school to provide activities and events during both lunches to hand out swag, candy and other items to let students know that we appreciate them and invite them to participate in the games we had set up. Student Appreciation Day we modified the school day and set up various activities around the school and had all staff involved in leading games and activities around the school to appreciate students

Together Prevention Squad

SURG/CPWI

Tyler Douglas: tyler.douglas@esd105.org

[Bulldog Resource Walk](#)

Project Description:

Students organized an event to have the entire student body walk the track or the gym. There will be mental health and substance use resources from their community. Students will be able to access these resources and learn more about the services within their community. Collaboration and partnerships with mental health counselors, programs, substance use providers, clinics, Helen House, Apoyo, Hope Source, and Central Washington University.

Stay Connected!

Wahluke Youth Coalition

Wahluke High School and Wahluke Community Coalition

Lino Torres Sanchez: lsanchez@wahluke.net

[Positive Norms About Vaping](#)

Project Description:

This project revolved around positive norms messaging involving vaping. A video was created showing that the majority of Wahluke High School students are not vaping and we also shared how vaping may impact students particularly if they are active in sports and such things. This was done by playing the positive norms video in hallways so that students could see it and was shared on social media. The youth group also got the opportunity to present in some of the teachers' classrooms.

Waterville BADD Club

Waterville High School (Together! for Youth: Waterville)

Carrie Van Lith: carrie@togethercd.org

[wsbc_2024](#)

Project Description:

Our project is a social media campaign that our students and local community members will follow and receive positive information from in the form of photos, personal account videos and statistical data that informs. Our team will use facts and tips on how to identify triggers that adolescents and young adults face, connection to others, and healthy habits that prevent substance use and abuse through holistic wellness.

We Our Only Human

Cle Elum School District

Cathie Songer: songerc@cersd.org

[We Are Only Human](#)

Project Description:

Our project is made up of a multitude of smaller projects, determined and directed by focusing on areas of issue within our district by students of our organization. We focus on everything from outreach and affirming words through handouts during holiday events, and educating and sympathizing with our student population by doing presentations on substance abuse and generalized mental health, as well as creating presentations surrounding specific points of the generalized youth mental health crisis, including self harm and counseling or therapy.

White Salmon Valley Sources of Strength

K-Link Community Group (White Salmon Valley School District/White Salmon CPWI)

Caitlin Cray: caitlin.cray@whitesalmonschools.org

[We Belong Here/ Pertencemos Aquí](#)

Project Description:

We created varied opportunities for all students and all staff to reflect upon what it feels like to belong, to think of a strength they contribute to our community, and to publicly share their reflections and strengths. Clubs and Spring Sports Teams took turns facilitating lunchtime mixer activities. Peer Leaders created a survey for staff and students to share ideas about how to make indoor and outdoor spaces on campus more inviting for people to connect in person.

White Swan Dream Makers

White Swan Dream Makers

Soledad Zintzun: Szintzun@masd209.org

[Wellness Walk and Resource Fair](#)

Project Description:

The wellness walk and resource fair is a community event that we use to promote mental health and support services. The event is scheduled to be at a neutral location in the town and partnering agencies are going to table resources at the event. The event is promoting mental health services along with other services that could possibly help reduce social stressors.

Stay Connected!

WHS Action Squad

Franklin Pierce Youth First

Rebecca Morales: Rmorales@fpschools.org

[Is OK to not be OK!](#)

Project Description:

Our project consists in the development of posters created by youth. The increase of youth vaping and using cannabis in our community has increase in the past years. FPYF's Prevention club youth created a series of posters containing mental health, vaping, and cannabis use awareness messages that are relevant with the daily struggles that their peers are facing.

WHS Ambassadors

Unite! Washougal Community Coalition

Xander Cook: alex.cook@washougalsd.org

[High School-Where YOU belong!!](#)

Project Description:

WHS Ambassadors - A fosters a sense of belonging and connection for first-year students through the support and guidance of upperclassman. Potential upperclassmen mentors are identified, invited, and trained on their roles. The program matches first-year high school students with trained upperclassmen. These leaders provide academic and social-emotional support to their first year students, helping them develop skills and confidence to succeed in the high school setting.

Youth Action Interact

Quincy Middle School

Adriana Luna-Reyna: adrianaluna93@outlook.com

[Dangers of Vaping](#)

Project Description:

Our project is focused on informing the Middle School students on the harms of vaping. Not only do we want to inform them of the dangers but also inform them about quitting resources to show them that we care. Students will be answering questions about what they know about vapes and then we will provide education and/or information about the risks, harms, and long term effects.

Youth Leading Change

Safe Streets Campaign

Yolana Benton: ybenton@safest.org

[Hygiene Carts](#)

Project Description:

Youth Leading Change is excited to advocate for their peers who may be struggling with getting essential hygiene items. The hygiene carts around the school have toothpaste, socks, pads, and other everyday toiletries and supplies. YLC is connecting with others in their community to help contribute, as they wish to keep this project inclusive and ongoing. The students are planning to place hygiene carts around the school as the students would like to maintain confidentiality and trust among their peers.



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