

A decorative graphic consisting of several overlapping, curved bands in shades of purple, orange, red, and yellow, arranged in a circular pattern. Interspersed among these bands are several solid-colored circles (red, purple, orange, yellow) and semi-circles, some containing white curved lines that resemble smiles or partial arcs.

2024
SPRING YOUTH FORUM

**LEADING
PREVENTION
TOGETHER**

May 8, 2024

Great Wolf Lodge | Grand Mound, WA



**STATE OF WASHINGTON
HEALTH CARE AUTHORITY**

626 8th Avenue, SE • P.O. Box 45502 • Olympia, Washington 98504-5502

April 18, 2024

Dear Prevention Champions:

Welcome to the 2024 Washington State Spring Youth Forum. We are thrilled to gather once again, to foster a vibrant atmosphere of learning and sharing ideas.

This forum is a unique opportunity for peer-to-peer engagement, where we can forge meaningful connections and inspire one another. Let's embark on this journey of leading prevention together.

This year marks the 16th annual Spring Youth Forum and I'm proud to welcome you and thank you for your prevention efforts to improve the health and well-being of Washington State youth, families, and communities.

Today, we will recognize and celebrate the insightful voices of our youth. Through connection and leadership, every action we take will be a testament to the vibrant spirit and innovative ideas they bring to our community. The conference planners have accepted 40 passionate and engaged youth teams to this year's conference – congratulations on being part of one!

It has been truly inspiring and a source of pride to witness the youth in Washington State actively champion prevention and leading the charge in cultivating healthy, dynamic communities.

Today, we will hear from you as you prepare to present your prevention projects and compete for the grand prize scholarship to assist in attending the Community Anti-Drug Coalitions of America National Youth Leadership Initiative. 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 the hard work that you have done in your communities this year. 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.

In reflecting on the 2023 Prevention Summit's theme, *Leading Prevention Together*, I'd like to share that this year I was proud to journey with 5 of our Tribal Nations to Iceland to see a country wide prevention model in motion. The Icelandic Prevention Model (IPM) led by Planet Youth has a very active youth council at the heart of their prevention system that is ingrained throughout many facets of their country. They reminded me of how you are the heart of Washington's youth prevention efforts.

Once again, thank you for joining us for the 2024 Washington State Spring Youth Forum! I hope you have a great learning experience together.

Sincerely,

Susan E. Birch, MBA, BSN, RN
Director

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Agenda

Wednesday 05/08/224

7:00am - 8:00am	Team Check-In & Team Photos (Late Check In's) <i>Conference Center Lobby</i>		
7:00am - 8:00am	Buffet Breakfast & Backpack Drop-off <i>Grand Ballroom</i>		
8:00am - 8:50am	Welcome & Introductions <i>Grand Ballroom</i>	1:40pm - 1:50pm	Break & Finalist Prep
8:50am - 9:00am	Break <i>Transition to Grand Ballroom</i>	1:50pm - 2:50pm	Finalists' Presentations Session I <i>Grand Ballroom</i>
9:00am - 11:30am	Youth Team Presentations <i>See Program & Onsite Signs for Assigned Location</i>	2:50pm - 3:00pm	Afternoon Snack & Break <i>Hallway Outside of Grand Ballroom</i>
11:30am - 12:30pm	Buffet Lunch <i>Grand Ballroom</i>		
12:00pm - 12:30pm	Keynote Presentation <i>Grand Ballroom</i>	3:00pm - 4:00pm	Finalists' Presentations Continued - Session II <i>Grand Ballroom</i>
12:30pm - 12:40pm	Break	4:00pm - 4:10 pm	Break
12:40pm - 1:30pm	Healthy Youth Survey Town Hall <i>Grand Ballroom</i>	4:10 pm - 5:00pm	Problem Gaming and Gambling Town Hall <i>Grand Ballroom</i>
1:30pm-1:40pm	Seven Team Finalists Announced <i>Grand Ballroom</i>	5:00pm - 5:50pm	Buffet Dinner <i>Grand Ballroom</i>
		5:10 pm - 5:30pm	Presentation of Youth Team Awards <i>Grand Ballroom</i>
		6:00pm	Spring Youth Forum Adjourns <i>Enjoy Waterpark!</i>



Special Thank You

Endalkachew Abebaw (Chair), *HCA Division of Behavioral Health and Recovery*
Leah Marcotte (Co-Chair), *HCA Division of Behavioral Health and Recovery*
Sarah Mariani, *HCA Division of Behavioral Health and Recovery*
Tsion Beshah, *HCA Division of Behavioral Health and Recovery*
Carola Brenes, *HCA Division of Behavioral Health and Recovery*
Isaac Derline, *HCA Division of Behavioral Health and Recovery*
Antonio Edwards-Lenton, *HCA Division of Behavioral Health and Recovery*
Jennifer Giuntini, *HCA Division of Behavioral Health and Recovery*
Heidi Glesmann, *Department of Health*
Marie Gray, *Department of Health*
Erika Jenkins, *HCA Division of Behavioral Health and Recovery*
Kasey Kates, *HCA Division of Behavioral Health and Recovery*
Nikki Meline, *Department of Health*
Lucilla Mendoza, *HCA Division of Behavioral Health and Recovery*
Gavin Mina, *HCA Division of Behavioral Health and Recovery*
Sonja Pipek, *HCA Division of Behavioral Health and Recovery*
Rebecca Ruiz, *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*
Roxane Waldron, *HCA Division of Behavioral Health and Recovery*
Isaac Wulff, *HCA Division of Behavioral Health and Recovery*
Yonathan Zerfu, *HCA Division of Behavioral Health and Recovery*

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

Share your story

Sharing your story is a great way to process difficult emotions and learn more about yourself, your values, and your boundaries. It also lets others learn from your experiences.

Visit the **You Can + Focus On** tables to share your story and enter for a chance to win **AirPods Pro** or a **\$50 Amazon gift card**.



Get started now by sharing your story in our survey

Follow us on social!

 @YouCanWA

 @YouCanWA

 @YouCanWA

YouCanWA.org

 @FocusOnYouWA

 @FocusOnYouWA

FocusOnWA.org



Team Room Assignments

TEAM NAME	TEAM ADULT ADVISOR	ROOM
EHS Together Prevention	Tyler Douglas	Chehalis Salon E
Washington HS Action Squad	Coreyann Paine	Chehalis Salon E
Concrete Prevention Posse	Stephanie Morgareidge	Chehalis Salon E
Sunnyside Prevention Club	Lino Sanchez	Chehalis Salon E
Glenwood HS	Aaron Oldenburg	Chehalis Salon E
PSA Prevention Club	Brandee Jackson	Chehalis Salon E
We Are Only Human	Cathie Songer	Chehalis Salon E
Club Unity	Olga Bautista	Chehalis Salon E
Castle Rock Care Coalition	Tricia Duus	Chehalis Salon E
Mt. Adams Dream Makers	Soledad Zintzun	Chehalis Salon E
Stand Up 4 Teens	Riley Hershberger	Chehalis Salon D
One Baker Voice	Darcy Allen	Chehalis Salon D
Wahluke Youth and Prevention	Oscar Herrera	Chehalis Salon D
Youth Leading Change	Yolanda Benton	Chehalis Salon D
The Aki Wish	Rinn Ramcke	Chehalis Salon D
Kitsap Black Student Union	Jewel Shepherd-Sampson	Chehalis Salon D
B.A.D.D. Club	Carrie Van Lith	Chehalis Salon D
Clark County Teens For Tomorrow (TFT)	Alaina Green	Chehalis Salon D
STACC	Theresa Misner	Chehalis Salon D
Republic High School STACC	Mandy Undziakiewicz	Chehalis Salon D
Mustang Thrive Club	Brittany Aguilar	Fallen Timbers
Community Awareness Peer Educators	Jessica Aws	Fallen Timbers
Crescent Connect Prevention Club	Melissa Thetford	Fallen Timbers
LCHS Empowering Teens Club	Christine Valdez	Fallen Timbers
White Salmon Sources of Strength	Michelle Ward	Fallen Timbers
Pirate Partners	Wendy Snyder	Fallen Timbers
The Sonic Avocado	David Cruz	Fallen Timbers
Nexus: Mental Health Hub For Schools	Bharath Kumar Arekapudi	Fallen Timbers
Youth Action Interact	Adriana Luna-Reyna	Fallen Timbers
Mabton Prevention Club	Nicolas Chavez	Fallen Timbers
WHS Ambassadors	Alexander Cook	Chehalis Salon F
Youth Action Team	Matt Paluch	Chehalis Salon F
The GREAT Prevention	Alizz Quarles	Chehalis Salon F
Darrington Youth Coalition	Marree Perrault	Chehalis Salon F
Chief Umtuch DREAM Team	Jen Palmer	Chehalis Salon F
Tukes Valley DREAM Team	Jennifer Kirby	Chehalis Salon F
206 Aki Leaders	Veronique sage Van Leuven	Chehalis Salon F
ALAS Renewed	Tanya Longston	Chehalis Salon F
Let Them Help Energize Me	Tyra Williams	Chehalis Salon F
Washington State 4-H Health Equity Team	Anna Zagelow	Chehalis Salon F

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 41 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!

Your team 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) Mid-Year Training Institute.

First Round

Each team attending the Spring Youth Forum will be assigned to one of four 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 immediately following each team presentation.

Winning teams from each of the four 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 Community Anti-Drug Coalitions of Americas (CADCA_ Mid-Year, National Youth Leadership Initiative 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 and 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%) - Scholarship 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 sustain this project 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



Marli Williams, M.Ed.

Master Facilitator, Leadership Trainer & Joy Instigator

Marli Williams is an international speaker, leadership trainer, courage cultivator, joy instigator, and play activist who first fell in love with transformational leadership as a camp counselor. She has a Master's Degree in Education along with 20 years of facilitation and leadership experience. Marli now works with incredible people and organizations who are ready to elevate their energy, step into their purpose and show up for themselves in a bigger way so they can be the changemakers and leaders they've always wanted to be. When she's not speaking, training leaders, or consulting with impact-driven organizations, you can find Marli hiking on the trails with her dogs Summit & Journey. She is the host of the Let's Lead Together Podcast which hit the Top 5% of all Podcasts Globally within just a month of launching. She is also creator of The Connect Deck™, a card deck that provides prompts for shockingly easy and meaningful conversations and has been used by communities worldwide. To learn more about Marli, go to www.marliwilliams.com

Keynote Presentation: The Art & Science of Human Connection: How to Confidently Connect with Anyone

In a world focused on digital interactions, the essence of true human connection often gets lost in the shuffle. Yet, it's through genuine connections that we foster understanding, empathy, and support—essential elements in the journey towards building healthier communities.

This interactive keynote experience is designed to unlock the secrets to building meaningful connections in both personal and community settings. Together we will explore the dynamics of human interaction and empower youth with the tools to navigate social landscapes with confidence and authenticity.

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 Town Halls

Healthy Youth Survey Town Hall



- Maayan Simckes, PhD, MPH - Population Survey Supervisor (WA DOH)
- Hannah Gorman, MPH - Epidemiologist (WA DOH)
- Rebecca Ruiz, MPH - Prevention Research and Surveillance Project Manager (WA HCA)
- Kristen Haley, WA State Liquor and Cannabis Board
- Doua Kha, WA Office of Superintendent of Public Instruction
- Tyler Watson, WA State Liquor and Cannabis Board



Washington State
Liquor and Cannabis Board

Problem Gambling & Gaming



- Tana Russell, SUDP, NCTTP, WSCGC-II, CGT - Deputy Director (Evergreen CPG)
- Paulina Zyskowski, MPH - Prevention and Community Outreach Specialist (Evergreen CPG)



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)⁺

Washington State
Health Care Authority



Stay Connected

OneBakerVoice

Bellingham, Washington

Darcy Allen: mbcoalition@wfcn.org

Learn, Serve, and Earn

OneBakerVoice partnered with the Mt. Baker Community Coalition to present the Learn, Serve, and Earn summer youth fellowship program. The fellowship program provided youth in the Mt. Baker area to gain experience in volunteering, connecting with other youth and trusted adults in the community, as well as increasing access to protective factors. The two week-program was dual language in English and Spanish.

Nexus: Mental Health Hub for Schools

Woodinville, Washington

Bharath Kumar Arekapudi: abharathkumar@gmail.com

Nexus: Mental Health Hub for Schools

Imagine a world where every student has access to trusted, reliable mental health support, right at their fingertips. This is the vision behind Nexus, a groundbreaking online platform designed to revolutionize how we address youth mental health needs. An online platform designed to empower students with self-management tools for mental well-being. By increasing access to support and reducing stigma, Nexus aims to lessen the burden on counselors and equip students to proactively manage their mental health.

Community Awareness Peer Educators (CAPE Club)

Coupeville, Washington

Jessica Aws: jaws@nwesd.org

Field Day

The project involves all students and staff at the high school whereby they will engage in a Field Day similar to elementary schools Field Day. There will be over twenty different activities including something for everybody.

Club Unity

Cowiche, Washington

Olga Bautista: olga.bautista@esd105.org

Club Unity Wellness Walk

Club Unity will be promoting mental health/behavioral health awareness during the month of May by having a Wellness Walk during school. We will ask the student body to participate by wearing a shirt the color of what awareness topic they are supporting; purple for Suicide Prevention, Orange for Bullying Prevention, Green for Mental Health Awareness, Red for Substance Use Prevention, etc.

Youth Leading Change

Tacoma, Washington

Yolanda Benton: ybenton@safest.org

Stop It/Don't End It

The youth are surveying students at Washington High School anonymously during the homeroom period. The Suicide Prevention survey questions will help to measure depression and mental health. This survey will be used for more accurate research and statistics regarding youth attending Washington High School.

Stay Connected

206 Aki Leaders

Veronique sage Van Leuven: vjsagevanleu@seattleschools.org

206 Aki Leaders

Our youth project entails the development of an Instagram platform dedicated to promoting mental health awareness and the prevention of harmful behaviors. Unlike conventional approaches that emphasize the negative consequences of substance use or other problem behavior, our initiative focuses on fostering positive alternatives and effective coping mechanisms.

Mabton Prevention Club

Yakima, Washington

Nicolas Chavez: Nicolas.chavez@esd105.org

Education to Our Next Generation

Providing education on substance use to our upcoming middle school students about substance use and learning how to cope without the need to use any harmful substances.

WHS Ambassadors

Camas, Washington

Alexander Cook: alex.cook@washougalsd.org

Unite! Washougal Washougal High School Ambassadors "Breathe Easy"

WHS Ambassadors is a youth led prevention program of 35 students. Students were trained on leadership and substance use protective factors: Recognition for Prosocial Behaviors, Academic Success, Clear Expectations of Non-Use, Opportunities for Prosocial Behaviors, and Strong School/Peer Connections. Students chose to join one of 5 different action teams centered around each factor.

The Sonic Avocado

Seattle, Washington

Greg Kusumi: gregk@nhwa.org

Mental Health Peer to Peer Connection Campaign

The "Mental Health Peer-to-Peer Connection Campaign" is a 5-minute video project. The video incorporates empowering messages from our school leaders delivered in peer to peer format. This peer-to-peer format is important to creating a welcoming and open environment revolving around mental health in the community.

EHS Together

Ellensburg, Washington

Tyler Douglas: tyler.douglas@esd105.org

School and Community Prevention Networking

We network with local agencies within our community to bring together a second annual Resource Fair in our school to provide awareness of resources.

Castle Rock Care Coalition

Castle Rock, Washington

Tricia Duus: tduus@crschools.org

Know the Dangers of Fentanyl: So You Think Before You Act

We identified cross contamination of Fentanyl in other substances as a risk in our community. We decided to do some research and present information in two different forums. We hosted breakout sessions at the Cowlitz County Regional Youth Leadership & Prevention Summit and educated 6th graders from eight different schools on the dangers of Fentanyl.

Stay Connected

Clark County Teens For Tomorrow (TFT)

Vancouver, Washington

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

Use Your Voice: A Youth Advocacy Training

Teens for Tomorrow youth designed and led "Use Your Voice," a 5-hour, interactive advocacy training. We created this training for Washington State youth ages 12-18 interested in mental health, substance prevention, policy change, or improving public speaking skills.

Wahluke Youth and Prevention

Mattawa, Washington

Oscar Herrera: oherrera@wahluke.net

Teaching Coping Mechanisms

"Teaching coping Mechanisms" aims to provide students with effective strategies and techniques to handle stress, anxiety, and other difficult emotions. It focuses on equipping students with practical tools to navigate through life's challenges and maintain their mental well-being. By teaching coping mechanisms, this project empowers students to develop resilience and lead healthier, happier lives.

Stand Up 4 Teens

Stevenson, Washington

Riley Hershberger: riley.hershberger@esd112.org

Stevenson High School Awareness Campaign

Our High School prevention club, Stand Up 4 Teens, decided to spread awareness to their fellow classmates through various school wide events. There were 3 main events, spring of 2023, fall of 2024, and spring of 2024. All of these events reached the majority of the Stevenson High School students.

PSA Prevention Club

Auburn, Washington

Brandee Jackson: bjackson@auburn.wednet.edu

PSA - Peers Spreading Support & Awareness

Our team's project was to start a group for prevention awareness and support from scratch in our school. PSA's mission statement is "to educate and support all students at Auburn High School affected by substance use to create a judgement-free community where seeking help is destigmatized".

Tukes Valley DREAM Team

Battle Ground, Washington

Jennifer Kirby: jennifer.kirby@cityofbg.org

Prevention Fun with BINGO

Our team collaborated with Tukes Middle School in Battle Ground, Washington to launch Prevention Bingo – an educational activity aimed at promoting nicotine prevention and encouraging a drug-free lifestyle among students. The Bingo cards featured key prevention words, with daily morning announcements sharing corresponding prevention facts.

Ambassadors of Lakeview Achieving Success ALAS Renewed

Kennewick, Washington

Tanya Logston: pasconetwork@gmail.com

Engaging In Prevention Summits Helped Me Be More Outgoing With My Peers and Community

The ALAS students have planned, coordinated, and implemented activities in their Lakeview community to provide the other students and families with safe activities that are free from tobacco, drugs, and alcohol.

Stay Connected

Concrete Prevention Posse

Sedro-Woolley, Washington

Stephanie Morgareidge: stephanie.morgareidge@unitedgeneral.org

CANS (Community Assessment of Neighborhood Stores)

Concrete Prevention Posse members used CANS surveys and visited seven local stores within our school district's borders. The first surveys were conducted in November 2023, with four members attending each store. After the assessment, the CPP met in December to review the findings. In January, they drafted letters sharing positives about each store and making suggestions for improvement.

Youth Action Interact

Qunicy, Washington

Adriana Luna-Reyna: adrianaluna93@outlook.com

Throwback Friday

Throwback Friday is an event that we created to provide a safe and fun environment for the high school students by playing games that we use to play in the elementary schools. We launch this event on March 22, the day right before conferences. Many students were stressed about grade and about going into their conferences. We provided a space where the students can relieve some of their stress in a health way.

Glenwood High School

Glenwood, Washington

Aaron Oldenburg: aaron.oldenburg@glenwoodsd.org

Glenwood MS and HS Healthy Youth Survey Support Team

Our Sources of Strengths students, along with Glenwood High School ASB members are studying the 2023 HYS data/results for 6th, 8th, 10th, and 12th grades. Our students are looking at the results and problem solving how we can add supports where our students tested "at risk" or higher than the state averages for high-risk behaviors/health/mental health. Students will be presenting our results to the MS and HS students at an assembly/workshop and we will in small groups with facilitators on how we can confront these issues, and work on prevention/intervention.

STACC

Republic, Washington

Theresa Misner: tmisner@esd101.net

Real Changes

Real Changes is a project that is focused on enhancing connections with the people around us. To do this we planned monthly activities for students in our school and community to come together for pro-social activities. Students can bond with adults and have regular fun activities that promote emotional resilience and positive coping skills.

Let Them Help Energize Me (L-THEM)

Seattle, Washington

Felicia Oh: feoh@seattleschools.org

How to Connect Mental Health and Physical Health

Through short interviews with Aki MS student athletes, teachers and staff and young amateur boxers, we will create a video educating our school community on how mental health and physical health (via physical activity) are related and can have an impact on each other.

Stay Connected

Washington HS Action Squad

Tacoma, Washington

Coreyann Paine: cpaine@psed.org

Drop the Vape

We are making a documentary on vaping on school grounds, where students vape. We conducted interviews with students, staff and administration on their views with student vaping products.

Chief Umtuch DREAM Team

Battle Ground, Washington

Jen Palmer: palmer.jen@battlegroundps.org

Our 'Soul' Purpose For Prevention

The Chief Umtuch Dream Team organized a drive-in movie event to raise awareness about vaping and promote positive peer norms among youth in Battle Ground. By featuring the movie "Soul," they tied the movie's theme of finding one's purpose into their existing efforts to encourage connection through the discovery of students' "Sparks," or passions, in the promotion of pro-social opportunities to prevent risky behaviors.

Darrington Youth Coalition

Darrington, Washington

Marree Perrault: marreencfs@gmail.com

Darrington Youth Coalition Peer 2 Peer and Know Your Why Project

The Darrington Youth Coalition Peer to Peer Training Project is a youth cannabis and tobacco prevention program created by United General taught by NYC to Darrington peers and community members. The training consists of five lessons: perceptions, 'factuals', media literacy, coping skills, and refusal skills.

The GREAT Prevention

Vancouver, Washington

Alizz Quarles: alizz.quarles@vansd.org

Nar-CAN save lives: so can YOU!

The students received training and certification to administer Naloxone/Narcan and as certified Opiate Overdose Response Trainers by (SWACH & DOH). In connection to building awareness on Opioid related issues in our community, we received education from the WA State Friends for Life Prevention Overdose Campaign.

Aki Wish

Seattle, Washington

Rinn Ramcke: rmramcke@seattleschools.org

1,000 Strength Cranes

In this project, we will be creating an interactive community art piece made out of 1,000 folded paper cranes. Each paper crane has a handwritten note about each of the sources of strength (mentors, spirituality, positive friendships, etc) that is displayed as a chandelier in the library at Aki Kurose Middle School.

Kitsap Black Student Union

Port Orchard, Washington

Jewel Shepherd-Sampson: kitsapbsu@hotmail.com

Just Breathe with Kitsap BSU

We identified very early that our BIPOC youth are in constant need of ways to decompress. "Just Breathe" allows youth to "Ground through Nature" includes yoga, outdoor activities, urban gardening, youth restorative circles and mental health referrals. The project prioritizes mental health, destigmatizes the stereotypes of assistance, and introduces early coping methods for marginalized youth.

Stay Connected

Sunnyside Prevention Club

Sunnyside, Washington

Lino Sanchez: lino.sanchez@esd105.org

Family Prevention Loteria

Family Prevention Loteria was chosen as a way to bring the community together to learn about trends in substance use in the community. Using data from the Community Survey and Healthy Youth Survey, facts were attached to calling cards, as the cards are read out loud so will the facts.

Pirate Partners

Pomeroy, Washington

Wendy Snyder: wsnyder@psd.wednet.edu

Pirate Partners Youth Coalition: Sustaining and Building Upon Youth-Led Prevention

Our project was to build and sustain a youth coalition that was started just 1 year ago as a senior project. With 1 successful year under our belt, we wanted to build upon the project by continuing the working, continuing the focus of sustainability, building up new leaders and trying new things.

We Are Only Human

Selah, Washington

Cathie Songer: Songerc@cersd.org

We Are Only Human

Our project is made up of a multitude of smaller projects, determined and directed by focusing on areas of issue within our district and community by students of our organization. We have a few traditions that we continue each year for the purpose of community outreach.

Crescent Connect Prevention Club

Joyce, Washington

Melissa Thetford: mthetford@csd313.org

Nervous, Excited, and Me

Our project aims to show the younger generation that they have the ability to make healthy choices. We achieved this by creating a children's book in order to reach out to the elementary students in our K-12 school. This book explores ideas for handling stressful situations in a healthy way, based on the problems that we have seen in our community.

Republic High School STACC

Republic, Washington

Mandy Undziakiewicz: mundziakiewicz@republicsd.org

Republic Prevention Summit

Hosting a Mental Health and Substance Use Prevention Summit for grades 7-12, we were aiming to educate and empower youth. The event featured expert speakers, interactive workshops, and resource booths covering topics like stress management, healthy coping strategies, and substance awareness

LCHS Empowering Teens Club

La Conner, Washington

Christine Valdez: cvaldez@lc.k12.wa.us

Who are your Trusted Adults?

Our project is about creating a definition of trusted adults based on what people in our community say, which we gathered through a schoolwide survey. One for youth and one for adults, so we can compare.

Stay Connected

B.A.D.D Club

Wenatchee, Washington

Carrie Van Lith: carrie@togethercd.org

B.A.D.D. Club and Beyond

Our project this year was intended to provide substance use activities that are free to attend for our students. We focused heavily on team and school bonding.

White Salmon Sources of Strength

White Salmon, Washington

Michelle Ward: michelle.ward@whitesalmonschools.org

Positive Connections

The group started within the schools by mentoring middle school students and not only sharing the protective factors of Sources of Strength but practicing and creating hope, help and strength for their peers by talking the talk and walking the walk.

Prosser High School's Mustang Thrive Prevention Club

Prosser, Washington

Brittany Aguilar: brittany.aguilar@prosserthrive.org

"After Prom" Party

Students from Prosser High School's Mustang Thrive Prevention Club will host a pro-social event that will take place on April 20th directly after their spring Prom. The event will include free food and drinks, laser tag, games, a photo booth, and other activities.

Youth Action Team

Moses Lake, Washington

Megan Watson: mlwatson@grantcountywa.gov

Cope For Hope

Cope for Hope is a pocket size booklet that includes a page to write down personal support system, ideas for self-care, crisis resources, science of the brain and substance use, word search, mad lib, goal setting, breathing techniques, anxiety information, mood tracker, coloring page, cognitive behavior activities, and positive quotes.

Washington State 4-H Health Equity Team

Moses Lake, Washington

Anna Zagelow: alzagelow@gmail.com

Washington State 4-H Health Equity Team

Our team wanted to provide an alternative after school activity that was drug free in nature, supported friendships, and provided some direct information regarding how to care for ourselves and our mental health. They identified a need for activities especially those that support friendships and create community to help prevent out of school drug and vaping usage. The team focused on a social event following a 4-H summit

Harrah/Mt. Adams Dream Makers

White Swan, Washington

Soledad Zintzun: szintzun@masd209.org

The story of Samantha Skunk and how she loved her O's

The story of Samantha Skunk and how she loved her Os is a play that uses seven students to teach the lesson to the audience by acting out a play. The students play the role of two narrators, a magenta skunk, a green skunk, a panda, penguin, and parrot characters. The lesson includes teaching students how smoking affects a healthy and active lifestyle.

It's not all about gaming and screen time.



This is actually what I'm doing.

Outside
for a

Spin



Have fun in your free time. What activities do you enjoy?

If you or a friend are struggling with gambling, contact the Washington State Problem Gambling Helpline.

Call, text, or chat **1-800-547-6133** Available 24/7

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