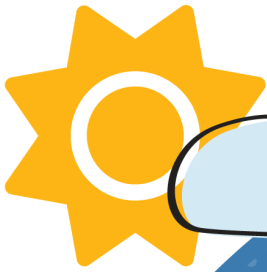
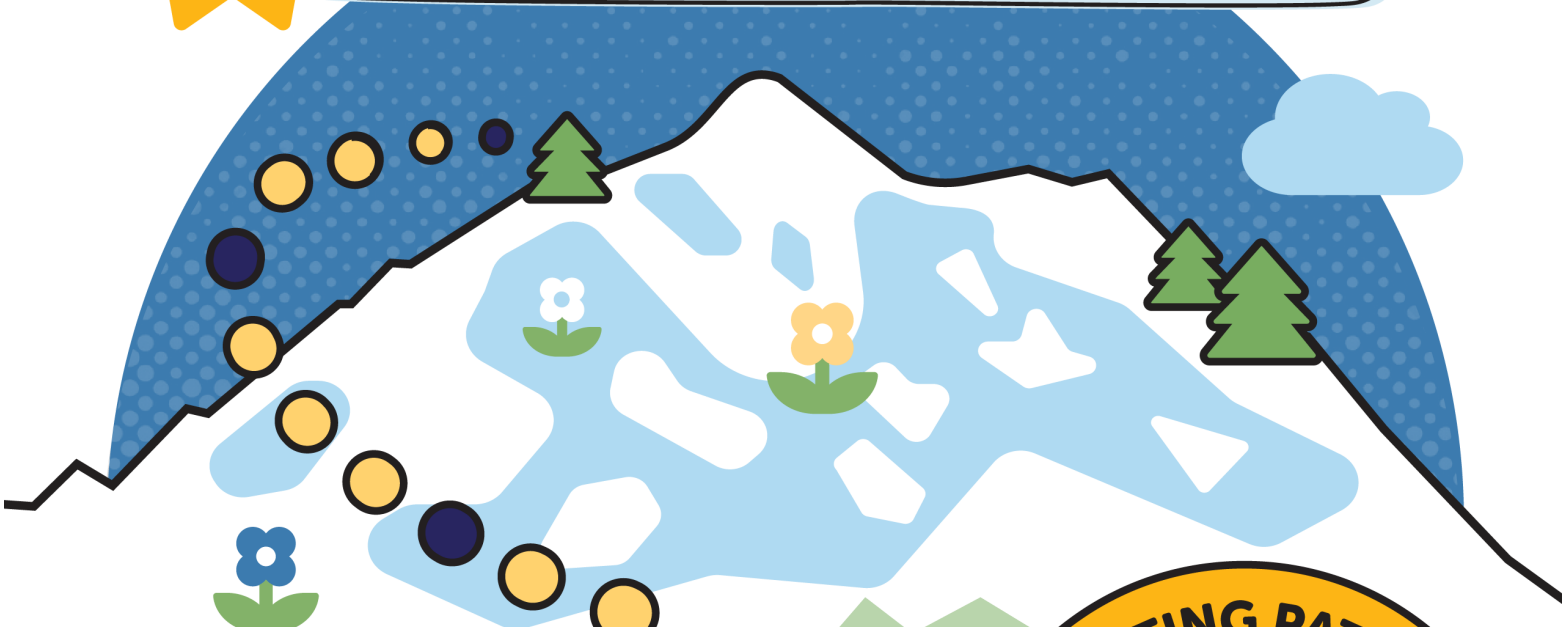


[www.springyouthforum.org](http://www.springyouthforum.org)

# 2026 SPRING YOUTH FORUM



CASCADE OF **CHANGE**



**MAY 19, 2026**  
Great Wolf Lodge  
Grand Mound, WA



Washington State  
Health Care Authority

# ● ● ● ● ● ● Table of Contents



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# Agenda (Check-In/Registration)

MAY 18, 2026 | MONDAY

TIME	ACTIVITY	LOCATION
10:00 AM - 9:00 PM	Teams may check-in with hotel to obtain Water Park passes only*	Hotel Lobby
10:00 AM - 9:00 PM	Team Recognition Reward: Enjoy a Splash at the Water Park!	Water Park
2:30 PM - 7:30 PM	Team Check-in & Team Photos	Conference Center Lobby
4:00 PM	Hotel Room Check-In Begins	Hotel Lobby
10:00 PM	Hotel Curfew	Hotel Rooms

**\*Please note:** Water park passes will be provided by the hotel during hotel check-in. The passes are good on Monday from 10:00 AM through Tuesday until 9:00 PM. Although teams are not able to access hotel rooms until 4:00 PM on Monday, the hotel will provide Water Park passes starting at 10:00 AM for those teams that are able to arrive early. All teams will be able to use their passes starting on Monday through Tuesday evening.



**ADAI** Clearinghouse

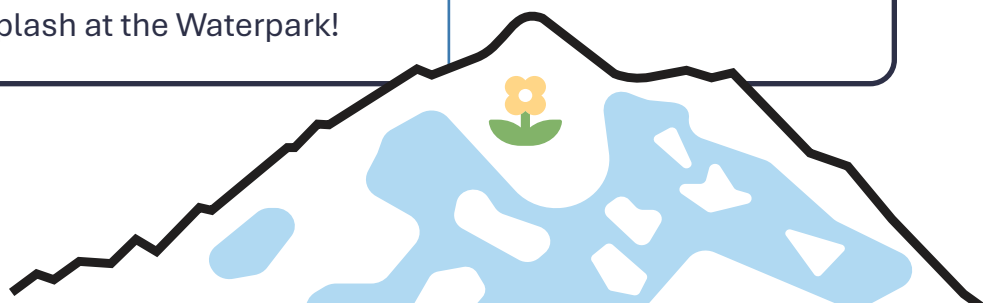
Addictions, Drug & Alcohol Institute | University of Washington

**Special thanks to the Truth Initiative and University of Washington's Addictions, Drug & Alcohol Institute (ADAI) Clearinghouse for providing various participant items and resources for youth teams accepted.**

# Agenda

MAY 19, 2026 | TUESDAY

TIME	ACTIVITY	LOCATION
7:00 AM - 8:00 AM	Team Check-In & Photos (Late Check-ins)	Conference Center Lobby
7:00 AM - 8:00 AM	Buffet Breakfast & Backpack Drop-off	Grand Ballroom
7:15 AM - 7:45 AM	Team Adult Advisor & Chaperone Meeting	Fallen Timbers
8:00 AM - 8:50 AM	Welcome & Introductions	Grand Ballroom
8:55 AM - 9:15 AM	Break	Transition to Presenting Rooms
9:15 AM - 12:00 PM	Youth Team Presentations	See Signs for Location
12:00 PM - 12:10 PM	Break	
12:10 PM - 1:00 PM	Buffet Lunch	Grand Ballroom
12:50 PM - 1:20 PM	Keynote Presentation	Grand Ballroom
1:20 PM - 1:30 PM	Four Team Finalists Announced	Grand Ballroom
1:30 PM - 1:50 PM	Break & Finalist Prep	
1:50 PM - 2:35 PM	Finalists' Presentations Session I	Grand Ballroom
2:35 PM - 3:00 PM	Afternoon Snack Break	Conference Hallway
3:00 PM - 3:45 PM	Finalists' Presentations Session II	Grand Ballroom
3:45 PM - 4:15 PM	Youth Team Reflections - Success Stories	Grand Ballroom
4:15 PM - 4:30 PM	Break & Transition to Dinner	
4:30 PM - 5:30 PM	Buffet Dinner	Grand Ballroom
4:35 PM - 4:45 PM	Evaluations - Distribute during dinner	Grand Ballroom
4:45 PM - 5:05 PM	Presentation of Youth Team Awards	Grand Ballroom
5:30 PM	Spring Youth Forum Adjourns	
5:30 PM - 9:00 PM	Team Recognition Award Enjoy a Splash at the Waterpark!	



# Special Thank You ● ● ● ● ● ● ● ● ● ● ● ●

## to the Planning Committee Members & Application Reviewers

### Health Care Authority (HCA)

#### Division of Behavioral Health and Recovery (DHBR)

**Antonio Edwards-Lenton** | Prevention System Manager & Conference Chair

**Geethika Kodukula** | Prevention Fellow

**Isaac Derline** | Prevention System Manager

**Isaac Wulff** | Prevention System Manager

**Jaymie Bockelman** | Prevention Research & Evaluation Manager

**Jeremy Whitaker** | Problem Gambling Prevention Coordinator

**Kasey Kates** | CPWI and School-Based Services Supervisor

**Kersten Tano** | Prevention System Manager

**Megan Stowe** | Section Administrative Assistant

**Sarah Cook-Lalari** | Tribal Prevention Coordinator, Office of Tribal Affairs (OTA)

**Sarah Mariani** | SUD Prevention & Mental Health Promotion Section Manager

**Tania Santiago Callejas** | Prevention Fellow

### Department of Health (DOH)

**Adriana Avelar** | Substance Use Health Educator

### Washington State Liquor and Cannabis Board (LCB)

**Kristen Haley** | Public Health Education Liaison



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

# Team Room Assignments

## Chehalis Salon D

### Youth Team Name

Stevens Middle School Wellness Club  
Teen Advocacy Coalition (TAC) Raymond Wellness  
Axe of Kindness  
Cle Elum Prevention Club  
GHS Prevention Club  
Mustang Thrive  
Sunnyside High School Prevention Club  
The 2026 B.A.D.D. Initiative  
White Swan Dream Makers

### Team Adult Advisor

Sal Michael  
Lyndsey Owen  
Athena Priddy  
Jessica Cranefield  
Angela Kruger  
Brittany Aguilar  
Lino Sanchez  
Carrie Van Lith  
Soledad Nanez

## Chehalis Salon E

### Youth Team Name

Concrete Prevention Posse  
WEB Crew Prevention Squad  
CAMP - Cubs Advocating for Mental Health & Prevention  
Darrington Youth Coalition  
Granger Wellness Club  
Prevention Promise  
Sunnyside United  
Tiger CLAWS  
TADD

### Team Adult Advisor

Stephanie Morgareidge  
Lindsey Worley  
Jill Sprouse  
Marree Perrault  
Nellie Padilla  
Kristin Kowalkowski  
Holly Elizondo  
Käaren Flint  
Jodi Brown

# Team Room Assignments



## Chehalis Salon F

### Youth Team Name

D.R.E.A.M. Team  
Clark County Teens for Tomorrow  
Youth Advisory Board  
EHS Together Prevention  
It Only Takes One  
PSA - Peers Spreading Support & Awareness  
TADAA  
Warriors Unidos Prevention Club

### Team Adult Advisor

Jennifer Kirby  
Alaina Green  
Eden Blooms  
Tyler Douglas  
Adolfo Vela  
Brandee Jackson  
Liz Lester  
Deisi Gonzalez



## Fallen Timbers

### Youth Team Name

Harrison Prevention Club  
STACC - Students Taking Action for Community Change  
CMS Prevention Club  
Let's Talk Peer-2-Peer Support Group  
RADD  
The GREAT Prevention Club  
Washington High School Prevention Club  
WHS Ambassadors  
GCFD 7 Cadet Prevention Taskforce

### Team Adult Advisor

Steve Jimenez  
Brittany Kersten  
Rick Miranda  
Gregory Montague  
Amanda Sanders  
Alizz Quarles  
Corey Paine  
Alexander Cook  
CW Forrest

## Check in with yourself:



Have I stretched recently?



Have I eaten?



Am I hydrated?



How am I really feeling?



How have I been treating myself and others?



Did I get enough sleep?

**YOU  
CAN**

# Competition Overview

Congratulations on being one of the 35 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 35 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. All other youth teams and both adult judges will vote immediately following each team presentation. The team scoring the highest in each of the four presenting rooms will proceed to the finalist round for a chance to win the Grand Prize.

## Finalist Round

One team from each of the four presenting rooms scoring the highest in each will present during the finalist round. Each finalist will have up to eight minutes to present information about their project to all youth teams and all adult judges in attendance. All youth teams and eight adult judges will vote immediately following each team presentation. The finalist scoring the highest will be the Grand Prize winner.

## Category Winners



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

- Innovation
- Sustainability
- Impact
- Presentation Style & Professionalism
- Collaboration & 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 America (CADCA) Mid-Year or 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. The award for any other category will go to the team with the next highest eligible score.

# Voting and Categories

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 to 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?

### COLLABORATION & PARTNERSHIPS

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

### PRESENTATION STYLE & PROFESSIONALISM

Team presentation is easy to follow and clearly communicated.

# SELF-CARE

## THIS OR THAT

**Waking up early**

**Reading a book**

**Hanging with friends**

**Meditating**

**Cooking a meal**

**Staying indoors**

**Sleeping in**

**Listening to music**

**Hanging with family**

**Journaling**

**Getting takeout**

**Heading outdoors**

**YOU  
CAN**

# TAKE BACK YOUR CONTROL FROM VAPES.



The 2Morrow Health app is proven to help teens quit.



Scan the QR code or visit

[ChooseYouWA.org](https://ChooseYouWA.org)

to learn more.

CHOOSE  
YOU



**We're excited to announce the 2026 Washington State Prevention Summit—mark your calendars!**



**Location**

Hotel Murano  
1320 Broadway  
Tacoma, WA 98402



**Annual Provider Meeting: October 27, 2026**  
**Prevention Summit: October 28–29, 2026**

The Prevention Summit is an enriching training and networking opportunity for professionals, youth and volunteers engaged in health promotion and the prevention of substance misuse, violence, and other high-risk behaviors, in a setting that promotes cultural humility. The summit provides high-quality workshops, forums, and hands-on learning opportunities designed to meet a variety of needs, including professional development for prevention professionals.

A dedicated youth track provides young participants with their own space to build skills, share experiences, network, and grow as effective prevention advocates.

Stay tuned for more details, including registration and agenda updates:  
[www.preventionsummit.org](http://www.preventionsummit.org)



The WA State Youth Prevention Summit is brought to you by the Washington State Health Care Authority's Division of Behavioral Health and Recovery and event coordination provided by En Route.

# Keynote Speaker & Emcee



## Joseph Sojourner

Joseph Sojourner (Sojo) is an Atlanta-based strategist & communicator known for crafting unforgettable moments for audiences. With nearly two decades of experience, he's partnered with brands like Google, Maxwell Leadership, Disney, NBC, Chick-fil-A, and even hosted YouTube's Dude Perfect summer tour. Sojo launched Infinite Stage in 2025 — a public speaking coaching service built to help people speak with confidence and own every stage.

---

## The Luminous Leader: Why Real Influence Doesn't Need a Spotlight

**Not all leadership is visible – but it's always felt.**

In this engaging and interactive keynote, youth will discover The Science of Unseen Leadership by exploring the difference between wattage (external pressure) and lumens (internal impact). Through the Lumen Audit, participants will reflect on the everyday decisions that define their character, even when no one is watching. This powerful keynote will challenge youth to stop performing and start leading from within, because the brightest lights don't wait for attention – they create it!





# Stay Connected!

## Concrete Prevention Posse

### *Positive Childhood Experiences*

**Sedro-Woolley, Washington | Stephanie Morgareidge: [stephanie.morgareidge@unitedgeneral.org](mailto:stephanie.morgareidge@unitedgeneral.org)**

The Concrete Prevention Posse partnered with the Concrete Resource Coalition and Concrete School District to conduct a yearly Positive Childhood Experiences survey with all 7th-12th graders. This survey asks yes-or-no questions about the seven PCEs. In the 2023 data, the CPP noticed that only 72.2% of students had attended a community event. Knowing that more than 25% of students were not engaging in community traditions, they decided to start new teen- and family-focused events, and to partner with established community events to increase teen participation. They also wanted to match more youth with trusted adults. In 2023, 83.3% of 7th-12th graders reported having at least 2 non-parent trusted adults in their lives. Between January 2025 and April 2026, the CPP had eight events. Of these eight events, three were in partnership with existing events, and 6 were CPP planned.

## D.R.E.A.M. Team

### *Prevention Convention: The Way to Wellness*

**Battle Ground, Washington | Jennifer Kirby: [jennifer.kirby@preventtogetherbg.org](mailto:jennifer.kirby@preventtogetherbg.org)**

Prevention Convention: The Way to Wellness is a full conference experience designed by DREAM Team members to promote social, emotional, and physical wellness among middle school students. DREAM Team members prioritized workshop topics based on challenges they felt their peers were experiencing and areas they wanted to learn more about, then issued a call for proposals to recruit qualified presenters. The event brought together nearly 150 students for a full-day immersive event featuring eight interactive workshops, including three led by trained high school prevention peer educators and five led by adult professionals. Topics included coping with stress, communication skills, emotional awareness, goal setting, and healthy habits like sleep and nutrition. The event also featured a nationally recognized prevention leader and CADCA youth educator as the keynote speaker. DREAM Team members led planning, promotion, and logistics, ensuring authentic youth voice while maintaining high-quality, skill-based prevention education.

## Darrington Youth Coalition

### *Better The Community Project*

**Darrington, Washington | Marree Perrault: [marreencfs@gmail.com](mailto:marreencfs@gmail.com)**

Better the Community Project is a youth-led outreach campaign focused on strengthening community connections and promoting positive decision-making among teens. The project empowers young leaders to design and host engaging events that foster safe, supportive environments. Key initiatives included Teen Night, which provided a fun, substance-free space for youth to connect through games, music, open gym and crafts; and participation in National Night Out, where teens collaborated with local organizations and law enforcement to build trust and community pride. These events encouraged healthy relationships, increased awareness of risk factors, and promoted protective behaviors. A key component of the campaign is the inclusion of resource tables at each event, where participants can access information on vaping and its health impacts, along with prevention tools and support services. By combining education with community engagement, the project empowers youth to take an active role in shaping healthier environments.

# Stay Connected!

## EHS Together Prevention

*Together Prevention: Small Town Roots, Big Impact*

**Ellensburg, Washington | Tyler Douglas: [tyler.douglas@esd105.org](mailto:tyler.douglas@esd105.org)**

This year, our prevention club worked together to make our school a more positive and supportive place. Through monthly awareness activities, we focused on mental health, bullying prevention, substance use prevention and encouraging healthy choices. We created space for peer support, getting involved, and building real connections so students feel seen and supported. We hosted a student resource fair, collaborated on the Friends for Life campaign, shared our work with the school board, and participated in the Ellensburg Healthy Youth Coalition Key Leader event. With support from our school and community partners, we worked to build a stronger, more connected school culture. Our project highlights how student-led efforts can create real change by promoting resilience, positive relationships, and healthy decision-making.

## GHS Prevention Club

*“Hunt for Health” Vape Prevention Scavenger Hunt*

**Goldendale, Washington | Angela Kruger: [angela.kruger@gsd404.org](mailto:angela.kruger@gsd404.org)**

The Hunt for Health vape prevention scavenger hunt is a youth-led prevention project designed to increase awareness about the risks of vaping among middle school students. High school Prevention Club members partnered with middle school leadership students to review prevention lessons and identify messages that would be most relevant and meaningful for younger students. Together, they designed an interactive scavenger hunt that students and their parents could complete together. Stations throughout the hunt shared facts about vaping risks, nicotine addiction, and common myths while including discussion prompts that encouraged families to talk about substance use and healthy choices. Resources were also provided to help families continue these conversations at home. Supported by school administrators and the CPAKC coalition, the project combines peer leadership, interactive learning, and family engagement.

## Granger Wellness Club

*Fuel for the Body, Facts for the Mind :)*

**Granger, Washington | Nellie Padilla: [nellie.padilla@esd105.org](mailto:nellie.padilla@esd105.org)**

“Fuel for the Body, Facts for the Mind” is a community-driven prevention initiative focused on reducing underage substance use and drinking. Students partnered with our local radio station, KDNA, and 2nd Harvest to engage directly with community members by distributing food alongside informational materials at our monthly food drives. Students distributed materials using social norming strategies to correct misconceptions about youth substance use, while offering practical resources, conversation starters, and guidance for supporting youth.

This year, Granger student volunteers played a pivotal role in monthly outreach, bridging the gap between peer leadership and community support. Grounded in research showing that prevention is most effective in family-centered and trusted community settings, this project combined outreach, education, and service to promote healthier choices and community well-being and a more informed environment for local youth.



# Stay Connected!

## Harrison Prevention Club

### *Christmas Family Night*

**Sunnyside, Washington | Steve Jimenez: [steve.jimenez@sunnysideschools.org](mailto:steve.jimenez@sunnysideschools.org)**

The Christmas Family Night was a school-based community event designed to bring students, families, and staff together in a positive, engaging environment. The event featured activities such as holiday crafts, games, music, and food, as well as opportunities for families to connect with school resources and staff. Its purpose was to strengthen relationships, promote a sense of belonging, and encourage family involvement in students' education. By creating a safe and welcoming space, the event supported positive youth development and reinforced healthy behaviors. The Christmas Family Night also provided an opportunity to share important information and resources with families while celebrating the holiday season as a community.

## It Only Takes One

**Waterville, Washington | Adolfo Vela: [avela@waterville.wednet.edu](mailto:avela@waterville.wednet.edu)**

Our student-led peer support project connects high school mentors with elementary students to foster belonging, confidence, and positive relationships across the elementary grade levels. Twice a week during 7th period, mentors meet with their assigned students outside the classroom to read together, play games, and provide encouragement in a supportive, low-pressure environment.

Designed by our leadership team, the program focuses on students who may be struggling socially or emotionally, helping them build connections with positive role models. Mentors receive guidance on active listening, empathy, and inclusion, allowing them to create meaningful, consistent interactions.

In our small rural school community, this initiative strengthens school-wide unity while promoting mental wellness and peer support. The program not only benefits younger students, but also empowers high school mentors to develop leadership, responsibility, and compassion.

In our small rural school community, this initiative strengthens school-wide unity while promoting mental wellness and peer support. The program not only benefits younger students, but also empowers high school mentors to develop leadership, responsibility, and compassion.

## Let's Talk Peer-2-Peer Support Group

### *Notes to Myself (insightful prevention quotes)*

**Seattle, Washington | Gregory Montague: [gpmontague@seattleschools.org](mailto:gpmontague@seattleschools.org)**

Students participated in a competition to create a prevention message or phrase that would positively impact their peers. Over 20 students provided quotes and short, insightful phrases aimed at capturing the attention of their classmates. These quotes were then used as content for the students to create a booklet in Adobe InDesign. Additionally, a select group of students produced a video reciting the quotes in the Spoken Word genre. Finally, students voted and chose one quote as the most impactful, then made a T-Shirt using Cricut Vinyl Cutter technology and their companion Design Space software.

# Stay Connected!

## Mustang Thrive

### *After Prom*

**Prosser, Washington | Brittany Aguilar: [brittany.aguilar@prosserthrive.org](mailto:brittany.aguilar@prosserthrive.org)**

Mustang Thrive youth members led the planning and implementation of our After-Prom event, creating a safe, fun, and substance-free space for their peers. Designed by students, for students, the event takes place immediately after prom and includes activities like games, music, food, and interactive entertainment that reflect what youth actually want. The goal is to keep the celebration going in a positive way while reducing the likelihood of risky behaviors. Youth take ownership in choosing activities, organizing logistics, and promoting the event to their classmates. The event continues to be highly attended, with over half of prom attendees participating, showing that students value having a safe and engaging option created by their peers.

## Prevention Promise

### *Clean Lung Promise*

**Sultan, Washington | Kristin Kowalkowski: [kkowalkowski@voaww.org](mailto:kkowalkowski@voaww.org)**

Post a minimum of 3 posters at the middle school and 3 posters at the high school per semester emphasizing positive social norms of vape non-use and awareness of vape use harm. Smaller versions of the posters are posted in bathroom stalls and at Osprey Park, as these areas were identified as places where vaping occurs most often. Posters will include information reflecting Healthy Youth Survey results and positive social norms, such as what percent of students do not vape. Tabling occurs once every other month during the school year. Students fill out a survey about their vape use/perceptions and are offered a quit kit provided by Snohomish County with tools such as journals, gum, flavored toothpicks, coloring materials, and tips/resources

## PSA - Peers Spreading Support & Awareness

### *Peers Spreading Support & Awareness*

**Auburn, Washington | Brandee Jackson: [bjackson@auburn.wednet.edu](mailto:bjackson@auburn.wednet.edu)**

PSA (Peers Spreading Support & Awareness) is a student-led group in a high school that gives space for the student body to voice their concerns about difficulties they face, and their peers then take action to support and/or create change for those affected.

## RADD

### *To Vape or Not to Vape*

**Port Angeles, Washington | Amanda Sanders: [pahealthyouth@gmail.com](mailto:pahealthyouth@gmail.com)**

Our wellness club, RADD (Roughriders Against Destructive Decisions), wanted to better understand why vaping is happening at our school and what might actually help prevent it. We are collecting student feedback to learn both why some teens choose to vape nicotine and why many choose not to. We are also using positive social norms messaging to reduce peer pressure. Based on local data, 89% of 10th grade students at Port Angeles High School do not vape nicotine. We are sharing this number around campus to remind students that not vaping is the norm.

One part of our project is an interactive poster board with thought bubbles. Students can write their reasons for choosing not to vape and add them to the display. This helps show real voices from our school and makes prevention visible and student-led.



# Stay Connected!

## STACC - Students Taking Action for Community Change

### *Speak Up and Stay Strong*

**Republic, Washington | Brittany Kersten: [tmisner@republicsd.org](mailto:tmisner@republicsd.org)**

Our STACC students kicked off the school year by leading a powerful Red Ribbon Week initiative focused on prevention, student voice, and school-wide engagement. Activities included themed dress-up days, guest speakers from the community, and a school-wide drug-free pledge, creating a visible and unified message around healthy choices.

A key component of this project was gathering direct student input. STACC members asked peers two questions: What is the biggest challenge our students face right now? and What would make the biggest positive difference for students at our school this year? Using this feedback, STACC students identified needs and planned additional activities throughout the year to provide that targeted support. This student-driven approach not only increased awareness but empowered youth voice, strengthened connections, and ensured prevention efforts were relevant, meaningful, and responsive to the needs of our school.

## Stevens Middle School Wellness Club

### *Building a Culture of Wellness Project*

**Port Angeles, Washington | Sal Michael: [smichael@portangelesschools.org](mailto:smichael@portangelesschools.org)**

Students engaged with community experts to learn coping strategies, stress management, and peer support skills, then applied this knowledge by leading activities that reduced stigma and encouraged help-seeking. Students led mental health and substance use prevention events, extending impact across the student body and fostering a more supportive school environment.

## Sunnyside High School Prevention Club

### *Prevention Loteria: Coping Skills*

**Sunnyside, Washington | Lino Sanchez: [lino.sanchez@esd105.org](mailto:lino.sanchez@esd105.org)**

Adults always talk about coping skills to help deal with life problems; the problem is not everyone has the resources to try different coping skills. During this event youth got the opportunity to practice multiple of the most talked about coping skills. This included, mindful coloring, journaling, painting, crafting and working out. Loteria was also played with custom made playing cards featuring different coping skills. This night was also a time to bring awareness to the fact that youth problems are real and encourage asking for help when needed. Over 130 participants showed up for this event.

## Sunnyside United

### *Youth Solutions for Youth Problems*

**Sunnyside, Washington | Holly Elizondo: [holly.elizondo@sunnysideschools.org](mailto:holly.elizondo@sunnysideschools.org)**

The topic of mental health often gets overlooked in rural communities. There is a stigma where people believe that you should not talk about your problems and parents often overlook or ignore signs that youth need help. By going live on the radio station, youth wanted parents/youth to hear about the struggles that youth are facing to bring awareness to the issues and problems that may arise from not addressing those problems. Youth also shared how they navigated those challenging times and how they were able to ask for help. Local resources were highlighted so the community knows they can go for more help and guidance.

# Stay Connected!

## TADAA

### *Time for Teams*

**Klickitat, Washington | Liz Lester: [liz.lester@klickitatsd.org](mailto:liz.lester@klickitatsd.org)**

Time for Teens is a youth-led prevention strategy developed by TADAA to strengthen protective factors and reduce youth substance use risk. Monthly teen nights provide a safe, supervised, substance-free space that promotes positive peer connections, belonging, and prosocial engagement. These events address risk factors such as social isolation and limited access to safe activities. Youth also deliver peer-to-peer prevention messaging by sharing drug facts, local data, and resources, increasing perceived risk of harm. This evidence-based approach builds youth leadership, supports healthy development, and enhances community capacity for sustained prevention outcomes.

## TADD Planning for 2027

**Ocean Shores, Washington | Jodi Brown : [kkowalkowski@voaww.org](mailto:kkowalkowski@voaww.org)**

## Teen Advocacy Coalition (TAC)

### *Peers Spreading Support & Awareness*

**Raymond, Washington | Lyndsey Owen: [lowen@raymondk12.org](mailto:lowen@raymondk12.org)**

PSA (Peers Spreading Support & Awareness) is a student-led group in a high school that gives space for the student body to voice their concerns about difficulties they face, and their peers then take action to support and/or create change for those affected.

## RADD

### *After Prom Party*

**Port Angeles, Washington | Amanda Sanders: [pahealthyyouth@gmail.com](mailto:pahealthyyouth@gmail.com)**

The After Prom Party is a community-supported, substance-free event designed to provide a safe and engaging environment for high school students following prom, a time identified as high risk for underage alcohol use. Guided by the Strategic Prevention Framework (SPF), the project uses local data to address risk factors such as access to alcohol and peer pressure, while strengthening protective factors including adult supervision, positive peer connections, and community involvement.

The event features structured, pro-social activities, incentives, and supervision by trained adults and community partners to ensure a safe environment. By offering an appealing alternative to unsupervised gatherings, the project reduces opportunities for substance use and reinforces community norms that discourage underage drinking. The After Prom Party supports youth in making healthy decisions while fostering a sense of belonging and connection.



# Stay Connected!

## The 2026 B.A.D.D. Initiative

### *The 2026 B.A.D.D. Initiative*

**Waterville, Washington | Carrie Van Lith: [carrie@togethercd.org](mailto:carrie@togethercd.org)**

Our student-led substance use prevention project focuses on educating middle school students about mental health, healthy relationships, and coping skills as protective factors against substance use. Club members lead interactive classroom discussions in small groups, using open-ended questions to encourage participation and reflection.

To reinforce these messages, we run an active social media campaign that shares consistent, youth-friendly content on mental wellness and healthy decision-making. We also hosted a community Key Leader event featuring a panel of individuals with lived experience, substance use treatment professionals, and mental health experts to provide real-world perspectives and increase awareness. To expand our efforts, we are working to establish a middle school version of our club, empowering younger students to take an active part in prevention efforts and continue building a positive, informed school culture. To expand our efforts, we are working to establish a middle school version of our club, empowering younger students to take an active part in prevention efforts and continue building a positive, informed school culture.

## The GREAT Prevention Club

### *Nar-CAN saves lives and so can you*

**Vancouver, Washington | Alizz Quarles: [Alizz.Quarles@VanSD.org](mailto:Alizz.Quarles@VanSD.org)**

Our student-led initiative addresses opioid overdose prevention through comprehensive, evidence-based education and response training. Recognizing that opioid misuse poses a critical threat to youth health, our club implemented a three-year project using SAMHSA's Strategic Prevention Framework (SPF) to build school-wide capacity.

Year 1 established foundational training: club members received Narcan administration and overdose recognition certification, then trained peers and community members. Year 2 expanded reach through curriculum integration and multimedia: the team created professional educational videos for both staff and students, embedded overdose education into all required health classes aligned with state standards and learning targets, and established regular training sessions. Year 3 solidified sustainability: new club members received standardized training, videos were deployed school-wide to staff with annual refresher protocols, and classroom intervention resources were finalized for students who witnessed or experienced overdose events. This cyclical approach transformed isolated efforts into a sustainable, measurable prevention program.

## Tiger CLAWS

### *B-EHS Community Closet*

**Sunnyside, Washington | Käaren Flint: [kaaren.flint@unitedgeneral.org](mailto:kaaren.flint@unitedgeneral.org)**

The B-EHS Community Closet is a school-based resource designed to ensure all students have access to essential items needed for daily life and success. It provides free clothing, shoes, hygiene products, and basic supplies in a welcoming, stigma-free environment. The closet is accessible during the school day, allowing students to discreetly select items that meet their needs.

# Stay Connected! ● ● ● ● ● ● ● ● ● ● ● ●

## Warriors Unidos Prevention Club

### *Prevention Starts en Casa*

**Mattawa, Washington | Deisi Gonzalez: [deisi.gonzalez@esd105.org](mailto:deisi.gonzalez@esd105.org) / [degonzalez@wahluke.net](mailto:degonzalez@wahluke.net)**

Our Prevention Starts en Casa is a youth-led initiative designed to bridge the communication gap between parents and students. Recognizing that strong family bonds are a primary protective factor against substance use and risky behaviors, our team leads interactive sessions that include yoga, arts, and sports to teach coping strategies. Their project allows it to be student-led working alongside professionals, creating a low-pressure environment for students and parents. This project reduces risk factors and builds a resilient community foundation where healthy choices become the family standard.

## Washington High School Prevention Club

### *The power of prevention with parents and students.*

**Tacoma, Washington | Corey Paine: [cpaine@psed.org](mailto:cpaine@psed.org)**

We created a PowerPoint that will be shown to the student and parent when the student is caught on campus vaping and parents are notified.

## WEB Crew Prevention Squad

### *Creating an Environment Where Everyone Belongs*

**Castle Rock, Washington | Lindsey Worley: [lworley@crschools.org](mailto:lworley@crschools.org)**

This year, our team worked on several projects to make our school a place where everyone feels like they belong. We used an evidence-informed prevention approach. We taught classmates about drugs and alcohol, held events to promote kindness, and helped others learn about neurodiversity. Each month, we also did lessons in sixth grade classes about mental health, time management, and decision making. In March, we ran a communication workshop at our Regional Youth Leadership & Prevention Summit and helped make it a successful event. All our activities were meant to help students feel included, supported, and valued. We hoped that by fostering a positive and welcoming school culture, our efforts strengthened protective factors that help prevent substance misuse and encourage positive decision-making.

## White Swan Dream Makers

### *Vaping Social Norming Campaign*

**Harrah, Washington | Soledad Nanez: [snanez@masd209.org](mailto:snanez@masd209.org)**

The social norming campaign focused on vaping at White Swan High School. By addressing widespread misconceptions about peer behavior. Many students overestimate how common vaping is, which can increase pressure to conform. By highlighting real statistics and authentic student values, the initiative empowers individuals to make informed choices rather than follow assumed trends. Through posters, announcements, and student-led messaging, the campaign reinforces that choosing not to vape is the majority behavior. As these true norms become more visible, the social pressure to engage in vaping decreases. Starting within the school creates a strong foundation for expanding the effort across the broader community, promoting a culture of awareness, honesty, and healthier decision making among youth.



# Stay Connected!

## WHS Ambassadors

*Connected, Skilled, and Sober: WHS Ambassadors Building a Culture of Health*

**Washougal, Washington | Alexander Cook: [alex.cook@washougalsd.org](mailto:alex.cook@washougalsd.org)**

WHS Ambassadors is a youth-led prevention coalition operating five distinct action groups within Washougal High School and the surrounding community.

Club Unite! builds community and health/refusal skills for 60-120 middle schoolers weekly through peer mentoring and structured skill practice. Breathe Easy addresses vaping through cessation kits and school-wide resource campaigns. Clarkcadia Connect creates belonging for part-time students often excluded from school culture. Teens in the Driver's Seat uses peer-administered surveys and a distracted driving curriculum to reduce traffic fatalities. H.Y.P. Squad delivers skill-building modules to middle schoolers to develop self-efficacy and assertiveness.

Together, these groups form a coordinated, community-embedded prevention ecosystem, led entirely by youth who show up weekly, working to achieve their individual prevention outcomes.

## Youth Advisory Board

*Photovoice - Youth Perspectives on Cannabis and Tobacco Advertising in Chimacum Washington*

**Port Hadlock, Washington | Eden Blooms: [eden@jeffersonteencenter.org](mailto:eden@jeffersonteencenter.org)**

Chimacum is a small rural town with a unique challenge: at its central four-way stop, half of the surrounding businesses are involved in the sale of cannabis or tobacco products. This concentration creates an environment where youth are regularly exposed to substance-related advertising and messaging which is often unintentionally enticing to this population. The Jefferson Teen Center, located a just short walk from the four way stop, serves as a safe haven for local teens, but the proximity to these businesses raises important questions about environmental influence and community norms.

This photovoice project invites youth to document and reflect on how cannabis and tobacco are represented in their daily lives. Through photography and storytelling, teens will highlight the advertisements, signage, and messaging that stand out to them, whether it's a billboard, a storefront, or a product display. Their perspectives will help illuminate how these influences shape perceptions, behaviors, and community identity.

The goal is to use these youth-generated insights to inform human-centered policy that reflects the lived experiences of those most impacted. This project serves as a community assessment tool, helping us understand what kinds of policies are needed, what approaches will work best, and how to build support for change. By centering youth voices, we aim to challenge harmful norms, promote health equity, and foster a safer, more responsive environment for all.

## GCFD 7 Cadet Prevention Taskforce **Planning for 2027**

*GCFD7/Soap Lake Prevention Coalition*

**Soap Lake, Washington | CW Forrest: [cwforrest@gcfd7.org](mailto:cwforrest@gcfd7.org)**









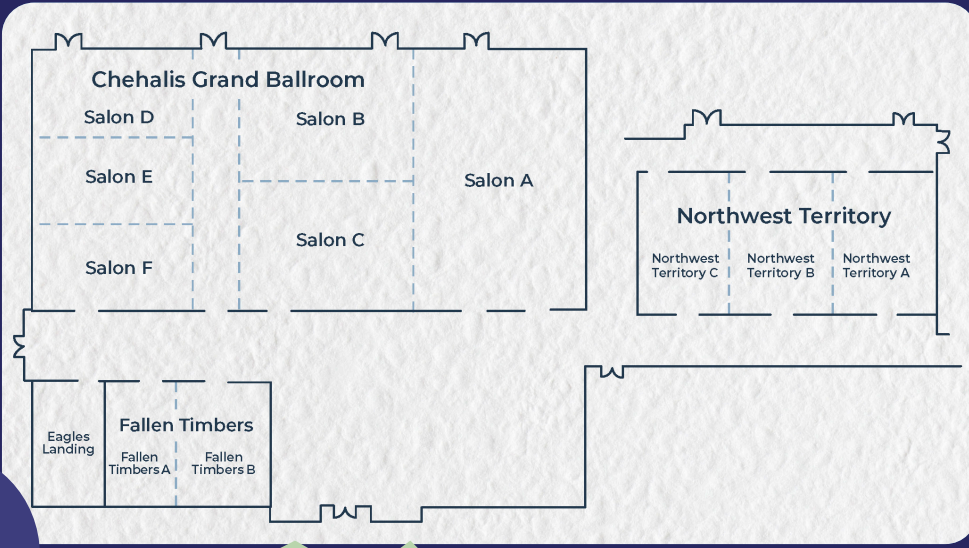
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Washington State  
**Health Care Authority**

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



Conference Coordination by En Route Event Services