

# PREVENTION WORKS!



**August/September 2016**

"Be the change you wish to see in the world." ~ Mahatma Gandhi

## "You Rock" Awards Night 2016



On Wednesday May 11th, 2016 the Yolo County Friday Night Live Partnership (YCFNLP) held its annual awards night at the West Sacramento Collings Teen Center. The evening recognized advisors, youth, volunteers and community members for their outstanding contributions to all Friday Night Live (FNL) programs within Yolo County.

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Programs that were highlighted include: Friday Night Live, Club Live, Friday Night Live Mentoring and Yolo County Youth Council. Youth took this opportunity to share how Yolo County Friday Night Live programs have made a positive impact in their lives and were presented with a certificate of appreciation.

Participants enjoyed a slide show capturing many memorable moments from Friday Night Live (FNL) program sessions, activities and events. YCFNLP staff would like to say that it has been a pleasure to be a resource to all the young people and families we served this school year. We look forward to partnering with all of you next year!

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Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by Sept 20th for the Oct/Nov 2016 edition of the Prevention Works newsletter! Submit your newsletter contributions to: [elena.jaime@yolocounty.org](mailto:elena.jaime@yolocounty.org)

# Chapter Highlights From 2015-2016 School Year

**FRIDAY  
NIGHT**

*live*®

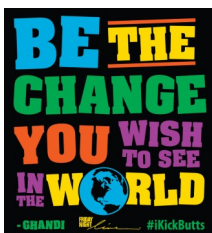


**Yolo County Friday Night Live (FNL) Youth Council** - Youth Council members were very busy this past 2015-2016 school year attending Saturday meetings, conferences and hosting a middle school “Unlock Your Potential” conference on February 27, 2016 at the Collings Teen Center in West Sacramento. This chapter also did an Adopt-Family Project in December 2015 where they helped 17 families (equaling 59 people) from Yolo County communities who were in need during the Holiday season with gifts and food. Youth Council members also attended the California Office of Traffic Safety Youth Summit in Anaheim to represent Yolo County and showcase Yolo County prevention work.

**Winters H.S. Friday Night Live** – FNL Members continued to work on a Tobacco Retail License (TRL) policy for the City of Winters which was adopted on January 5, 2016. The policy will require stores that sell tobacco to purchase a license. The fees from the license will only go towards the cost to enforce the license with the purpose of reducing sales of tobacco to minors. This chapter also hosted a week long of lunch time activities in October for Red Ribbon Week and in March for Kick Butts Day. They had a banner where WHS students pledged to be drug free. Resource tables with alcohol, tobacco and other drug information were available. FNL Members also did a cigarette butt clean-up at the Winters City Park and at Rotary Park where they picked up a combined total of 488 cigarette butts in 2 hours! Lastly, FNL members hosted an informational table at the Winters Healthy Kids Health Fair on April 17<sup>th</sup>.

**Esparto RISE Club Live** - This chapter met monthly on Mondays at the RISE Inc. office located next to the supermarket. Members attended the Unlock Your Potential middle school conference in West Sacramento. At monthly meetings they discussed topics such as communication, goal setting, distracted driving and consequences of drinking alcohol and using other drugs.

**Pioneer H.S. / Douglass M.S. FNL Mentoring** - High school mentors were matched with middle school mentees in a cross-age mentoring experience. This chapter met every Tuesday from 3:30 until 5:00pm in the cafeteria at Pioneer High School. In addition to FNL Mentoring, this high school chapter met monthly to work on a social norms campaign and focused on positive peer pressure in order to decrease underage drinking amongst youth peers. They completed the “Be The Change” campaign inspired by the Ghandi quote, “Be the Change you change you wish to see in the world.” They also completed Casey’s Pledge at Pioneer High School where students pledge not to drink or get in the car with someone who has been drinking, and to make the healthiest choices possible. One mentor’s perspective on FNL Mentoring: “Friday Night Live means a positive and friendly environment in which we can share ideas. It is a place in which I can meet new people and make new friends. It is a place where I can learn about my community and its issues and help our youth. To me Friday Night Live means that I can make a positive impact on our community and possibly that of my peers.”



**River City H.S. FNL Mentoring** – High school mentors were matched with middle school mentees in a cross-age mentoring experience. This chapter met every Thursday from 3:30 until 5:00pm in the Career Center at River City High School (RCHS). High school mentors said that what they liked best about the program was being able to help younger students and being a role model.

# Mentoring End Of Year Fieldtrip

During the 2015-2016 school year students from River City High School and Pioneer High School took the time to mentor middle school students from Westmore Oaks Elementary and Douglass Middle School. They gave an hour and a half of their time to give back to the youth in their community, while learning new skills. They were thanked for their dedication by an end of the year fieldtrip to John's Incredible Pizza.



# YCDA's Tobacco Enforcement Decoy Program

Persons between the ages of 15 to 20 are able to participate in a unique experience by collaborating with the Yolo County District Attorney's Office as members of the Decoy Program. Undercover decoys attempt to buy tobacco products in Yolo County to investigate whether businesses are complying with state tobacco laws. Earlier this year, California raised the legal age for purchasing tobacco products from 18 to 21, allowing the program to recruit decoys up to age 20.

An investigator from the District Attorney's Office is always nearby when decoys attempt to purchase tobacco from a store and becomes involved in the interaction once the retailer decides how to respond to the decoy's request. If a retailer agrees to sell to the under-age decoy, they may temporarily have their license to sell tobacco revoked and may face other punitive actions.



Decoys volunteer during the weekend or after-school hours and visit stores in Davis, Woodland, Winters and unincorporated Yolo County. Transportation to and from the sites can be provided by the District Attorney's Office upon request. Additionally, one free meal is provided for the decoys when they go out on extended operations. For youths under 21 who want to participate in community service, this is an opportunity to make a difference in our community and stand up in the fight against tobacco all while actively working with the District Attorney's Office in the field.

Young adults and teens between the ages of 15 and 20 are eligible to participate. Please contact Decoy Coordinator and Enforcement Officer Barbara Hubert at (530) 661-2739 if you are interested in the program. For more information about the Yolo County District Attorney's Office, visit [www.yoloda.org](http://www.yoloda.org). DECOYS NEEDED!!

## **Congratulations to Our 2016 FNL Graduates!**

*We are so proud of you!*



Pioneer High School

Victoria Vidales

Sasha Watchman

Winters High School

Ethan Layne

River City High School

Carmen Moreno

Kiara Perez

Judy Reyes

Veronica Spicer

Seraphima Stevens





# **BACK TO SCHOOL TIPS**

## **The new school year is coming!**



***Get organized now for the best school year ever!  
Use these ideas to prepare your home and family for the busy days ahead.***

### **Create Routines**

The first day of school is no time for a drastic adjustment of household sleep schedules. Instead, ease children back into a school year routine gradually. During the last two weeks of summer, re-introduce a school year bedtime. Begin waking late sleepers earlier and earlier, closer to the hour they'll need to rise when school begins. Plan meals and snacks to accustom little ones to rituals of the school day before the school year begins.

### **Create a Centralized Calendar**

Choose a centralized calendar format that works for your family. Color-coding entries by family member helps keep busy lives straight. Post the family event calendar in a public place near the telephone. Use magnets to attach the calendar to the refrigerator, or tack it to a bulletin board. Add other calendars to Calendar Central such as school lunch menus, class assignment sheets, sports practice schedules. Calendar all family events such as: school functions, scout meetings, music lessons, family events, after-school activities, volunteer work, practice schedules, field trips and church programs.

### **Plan before you shop**

August is the second-biggest sales month for clothing retailers. Back to school clothing sales begin as early as July! An informed shopper is a savvy shopper, so prepare before you shop. Take an afternoon and assess each child's clothing needs. Empty drawers and closets of outgrown or worn-out clothing, and either store or donate unwanted items. Working with your child, clean and organize clothing storage before new garments are added--and cut down on school morning calls of "Mom! I don't have any clean . . . ." Develop a wardrobe needs list for each child. Check for possible hand-me-downs from older siblings as you make your list. If you discuss the needs list and the family budget with your children before you shop, you'll avoid in-the-store tantrums. Similarly, ask the school for classroom supply lists before shopping for school supplies. Shop early! With back-to-school sales beginning in mid-July, tardy shoppers have a tough time locating needed supplies among September's Halloween costumes and Christmas decorations.

### **Gather your papers**

School entry may require documentation from immunization records to report cards from the previous school year. Athletes need proof of medical examination. A little preparation can prevent frantic last-minute searches for a birth certificate or registration confirmation. Call your child's school or check the school district Web site beforehand to find out what paperwork will be required--then find it! You won't be sorry come registration day.

### **How will they get to school?**

The first day of school is no time to find out it takes ten minutes--not five--to walk to the nearest bus stop! Before school begins, make a practice run to get children to the school on time. If they'll walk, help them learn the route they'll take and note the needed time. Car-pooling? Make sure the dry run accounts for early-morning traffic! Bus riders will need to be familiar with the location of the bus stop; print and post the bus schedule to prevent a missed bus.

Happy New School Year! Time to swing into a new school year--from an organized home.

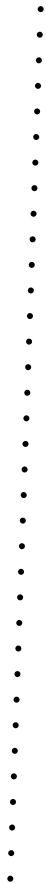
*Adapted from organizedhome.com "Do It Now! Tips To Get Ready For Back-To-School," 2016 by Cynthia Ewer*



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"TO BUILD YOUTH-ADULT PARTNERSHIPS  
WHICH PROMOTE POSITIVE  
COMMUNITIES"

Yolo County Department of  
Health & Human Services Agency  
PREVENTION PROGRAMS



**TO:**

YOLO COUNTY HEALTH AND HUMAN SERVICES  
ADULT AND AGING BRANCH

**FREE TRAINING!**

OPEN TO ALL INTERESTED INDIVIDUALS  
YOLO COUNTY HEALTH & HUMAN SERVICES  
STAFF , PROVIDER STAFF AND  
COMMUNITY VOLUNTEERS



**QUESTION—PERSUADE—REFER  
“ Q-P-R ”**

SUICIDE PREVENTION TRAINING  
THURSDAY, SEPTEMBER 8, 2016  
9:00 a.m. - 11:00 a.m.

COMMUNITY ROOM A (#162)  
500 A JEFFERSON BLVD., WEST SACRAMENTO

**A SECOND SUICIDE PREVENTION TRAINING  
WILL TAKE PLACE IN WOODLAND**

FRIDAY, SEPTEMBER 9, 2016  
8:30 a.m. - 10:30 a.m.

Walker/ Thomson Conference Rooms | Bauer Building  
137 N. COTTONWOOD ST., WOODLAND, CA

To register for this free class, e-mail your contact information to  
[MHSA-MHTrainings@yolocounty.org](mailto:MHSA-MHTrainings@yolocounty.org)

Questions? Call 530-666-8712

**We can all save lives.**

"The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know." —

[www.qprinstitute.com](http://www.qprinstitute.com)

**Youth Mental Health First Aid classes:**

September 22 & 23, 2016  
8:30 am to 12:30 pm both days  
Location is YCOE  
1280 Santa Anita Court  
Woodland, CA 95776

**&**

October 26 and 27, 2016  
8:30 am to 12:30 pm both days  
Location is YCOE  
1280 Santa Anita Court  
Woodland, CA 95776

Contact information

[MHSA-MHTrainings@yolocounty.org](mailto:MHSA-MHTrainings@yolocounty.org)



**MENTAL  
HEALTH  
FIRST AID®**

