

PREVENTION WORKS!



June/July 2017

“Education’s purpose is to replace an empty mind with an open one.”

– Malcolm S. Forbes



"You Rock" Awards Night 2017

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Yolo County Friday Night Live Partnership (YCFNLP) held their Annual Awards Night to honor students for their participation in Friday Night Live (FNL), Club Live, FNL Mentoring, and Yolo County FNL Youth Council for the 2016-2017 school year. The event took place at River City High School’s Career Center in West Sacramento on Thursday, May 4th, 2017. There were 130 people in attendance, including students and their parents. Also present were Oscar Villegas from the Yolo County Board of Supervisors Office, Yolo County Sheriff, Ed Prieto, Ryan Couzens and Diane Ortiz from the Yolo County District Attorney’s Office. Students who participated in these alcohol and drug prevention programs not only learned about the dangers of alcohol and drugs, they also had opportunities for leadership and advocacy in their communities. They learned new skills while building caring and meaningful relationships with peers and adults in a safe environment.

INSIDE THIS ISSUE:

“How Friday Night Live Impacted Me” By Rogelio Davila	2
Effects of Marijuana on the Growing Teen Brain	3
Meet Your Elected Officials	4
DUI Trial at Winters High School	4
Graduating Class of 2017	4
CHP Presentation on Bicycle Safety	5
How FNL Mentoring impacts Youth	6

Others recognized were advisors, volunteers and community members for their outstanding contributions to FNL programs within Yolo County. Youth also took this opportunity to share how Yolo County Friday Night Live programs have made a positive impact in their lives. Participants enjoyed a slide show capturing many memorable moments from FNL program sessions, activities and events throughout the year. 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!

Thank you to everyone involved in making this year of Friday Night Live programs a huge success in Yolo County. Your dedication knowledge, and skills make a difference. We truly appreciate your time and efforts.



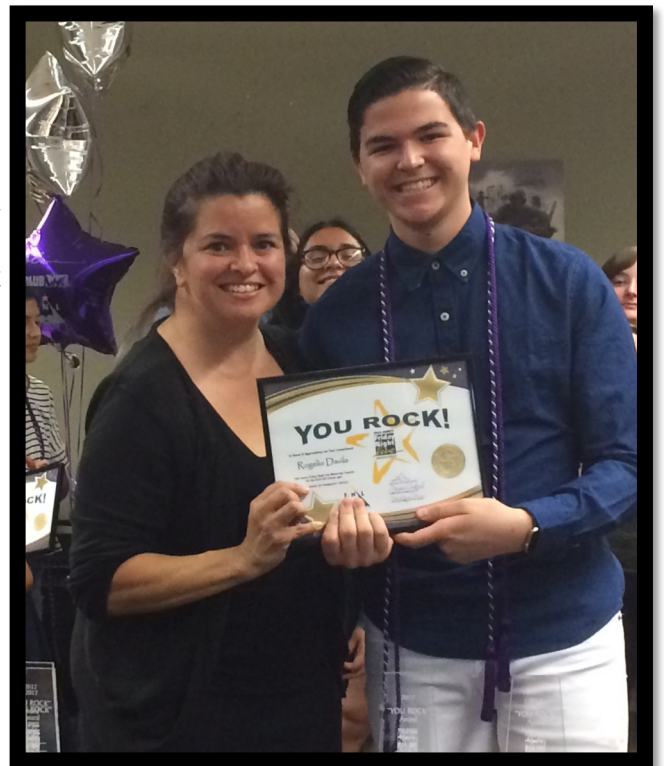
Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by July 20th for the Aug/Sept 2017 edition of the Prevention Works newsletter!
Submit your newsletter contributions to:
elena.jaime@yolocounty.org

“How Friday Night Live Impacted Me”

by Rogelio Davila, Senior at River City High School

Hello everyone, my name is Rogelio Davila I am a senior here at River City High School. This is my second year as a Friday Night Live (FNL) mentor and a FNL youth council member. Friday Night Live has been such a positive contribution in my high school career. I am truly going to miss everyone and I am so grateful that I had the chance to meet each and every one of you. The camaraderie that is built in this program is solemnly incredible. Friday Night Live is an incredible program that encourages students to have a prosperous and successful life knowing the consequences of alcohol and other drugs. FNL is not only a prevention program but it's a place where everyone can be their authentic selves.

There is not a moment of negativity when we are together; there is always a positive energy and that's what FNL provides. A safe environment for students to express how they truly feel without being judged or belittled. It gives students the opportunity to share and express how they are doing in their day to day lives. Friday Night Live to me is a foundation of encouragement. This program helped me become more outgoing and made me prioritize my education. FNL helped me become more organized in my daily life and how to manage my time. Friday Night Live to me is dedication,



acknowledgment, and empowerment. I want to give a special thank you to our leaders Angela Angel, Debbie Carrion-Clifford, Elena Jaime-Pacheco and Estella DeLaTorre. Without these incredible women I wouldn't be here today. To me they are my teachers, advisors, my mentors but most importantly they are my family and I know that I have a home with them. They guide every student to a successful path. What I love most about these women is the potential that they see in every one of us even when we don't see it. I am truly grateful I had the opportunity to meet empowering people like them. Thank you again for the dedication you provide for us.

Effects Of Marijuana On The Growing Teen Brain

It's important for parents to talk with their teens about drugs because with the passing of Proposition 64 there seems to be many youth under the impression that marijuana is not a harmful substance because it has been legalized. Proposition 64 was passed in November of 2016 and it's the Adult Use of Marijuana Act, known as AUMA, which provides legal non-medical use of marijuana for people 21 and over, but local government can add and enforce some guidelines.



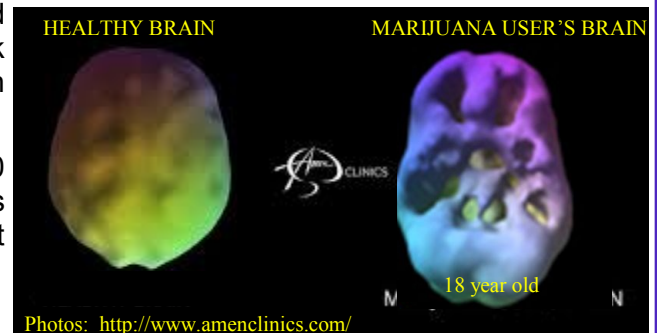
A teen's brain continues to develop until about age of 25. Therefore, if a teen begins using marijuana at an early age they are more likely to have:

- A range of developmental and social problems
- Poorer school performance & higher drop-out rates
- Increased risk of addiction
- Slower processing speed
- Lower verbal comprehension
- Worse problem solving skills
- Less control of emotion
- Lower motivation
- Increased risk of mental health issues - heavy marijuana use is linked to depression, anxiety and personality disturbances, there is also a risk of psychosis with use of marijuana especially if mental illness runs in the family

MARIJUANA IS ADDICTIVE!
1 in 6 youth who use marijuana by age 14 become dependent!

Changes can be permanent and IQ can drop by up to 8 points and not raise again. To the right is an image from the Amen Clinic that shows a healthy brain scan and one of a 18 year old who uses marijuana 4 times per week for the past 3 years. Holes are areas of the brain with decreased function.

The marijuana of today is much stronger than it was 20 years ago, so youth who look at their grandparents as examples that turned out "ok" may not realize that it's not the same marijuana.



Credits: Marijuana Brain Scan: Daniel G. Amen, and the Mind Place;

<https://healthcare.utah.edu/healthfeed/postings/2017/02/marijuana-teens.php>, www.samhsa.gov/SHIN; <http://www.livescience.com/53644-marijuana-is-stronger-now-than-20-years-ago.html>, Potent Pot: Marijuana Is Stronger Now Than It Was 20 Years Ago; "NIDA: National Institute on Drug Abuse, "NIDA InfoFacts";, December 2010, Drug Facts

SIGNS & SYMPTOMS – HOW TO TELL IF SOMEONE IS USING?

- Bloodshot eyes
- Pupils that are smaller or larger than normal
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Seizures without a history of epilepsy
- Deterioration in personal grooming or physical appearance
- Impaired coordination, injuries/accidents/bruises that they won't or can't tell you about-they don't know how they got hurt
- Unusual smells on breath, body, or clothing
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination
- Sudden loss of interest in other activities
- Begin to hang out with others who smoke marijuana

Meet Your Elected Officials

On Thursday, March 30th, 2017, River City High School's (RCHS) Friday Night Live Mentoring and MEChA students hosted a "Meet Your Elected Officials" meeting in the RCHS Career Center. In attendance were Yolo County District 1 Supervisor, Oscar Villegas, City of West Sacramento Council Member, Quirina Orozco and Yolo County Sheriff, Ed Prieto. Elected Officials shared about their background, experiences growing up, education and how they came to be in their positions. Students had the opportunity to ask them questions about themselves, current events and laws.



Congratulations to Our 2017 FNL Graduates!

We are so proud of you!

PIONEER HIGH SCHOOL

- Jorge Aguilar
- Jenny Bocanegra
- Alisha Hairston
- Francis Heredia
- Gaby Laurel
- Naisa Navarro
- Monica Ramos

WINTERS HIGH SCHOOL

- Luciano Arce
- Arianna Berry
- Kaitlyn O'Neil
- Gabi Svozil

NATOMAS CHARTER PFAA

- Katie Olivares

RIVER CITY HIGH SCHOOL

- Karina Barrera
- Rogelio Davila
- Jenny Gordiano
- Maria Holguin
- Alfonso Jimenez
- Cristal Mejia



DUI TRIAL AT WINTERS HIGH SCHOOL

On Friday, May 12, 2017, Winters High School Friday Night Live (FNL) partnered with Yolo County District Attorney's (YCDA) Office to bring an actual DUI trial to Winters High School (WHS) in an effort to educate the students about the consequences of receiving a DUI. WHS students were eyewitnesses to what can happen if they are arrested and prosecuted for driving under the influence of alcohol. Conducting a DUI trial at a high school is a strategy to help reduce community alcohol problems, including motor vehicle crashes. Thank you to YCDA Matt DeMoura, WHS FNL Advisor Olivia Rodriguez, Winters High School Principal Nicole Reyherme and Yolo County Friday Night Live Staff Debbie Clifford for making this happen!



2017

CHP, FNL KIDS & BICYCLE SAFETY



Bicycle riding is fun, healthy and a great way to be independent. But it is important to remember that a bicycle is not a toy; it's a vehicle! On May 24, 2017, FNL Kids and the Afterschool Program at Waggoner Elementary had special presentation from CHP Officer, Rodney Fitzhugh, on "Safe Bicycle Riding Tips." May is known as Bicycle Safety month. All students received a new bicycle helmet, bike safety coloring book and a CHP sticker!

Officer Fitzhugh's "Top Tips" for all the 1st, 2nd and 3rd graders were:

1. Wear a properly fitted helmet. It is the best way to prevent head injuries.
2. Use hand signals and follow the rules of the road!

Officer Fitzhugh taught all the youth the proper hand signals for "stop," right and left hand turns. Other important tips to know are:

- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
- Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you to be seen.
- Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.





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Yolo County Department of
Health & Human Services Agency
PREVENTION PROGRAMS

“TO BUILD YOUTH-ADULT PARTNERSHIPS
WHICH PROMOTE POSITIVE
COMMUNITIES”

HOW FRIDAY NIGHT LIVE MENTORING IMPACTS YOUTH...



In the Yolo County FNL Mentoring program, high school students mentor middle school students once a week for 20 weeks. At the end of their FNL Mentoring experience, students are surveyed about the impact that this program has had on them. These responses are anonymous.



“FNL Mentoring made me look at life a different way and it makes me realize a lot of stuff. FNL made me look at life a different way because when you guys showed us what the effects of smoking and doing cocaine, etc. It made me think ‘I don’t want to turn out like those people.’ I also thought how disappointed their parents must be and if I were to do that, how disappointed my parents would be. FNL made me realize that I don’t want to be like those people that smoke or do drugs. FNL helped me decide what I want to be when I grow up. Thank you FNL for making me choose the right path.”

“FNL Mentoring allows me to feel like a child. Growing up I had to grow up at an early age. My sister would harm herself and would often run away. I spent endless nights waiting for her. In FNL Mentoring, I get to hang out with middle school students and have a laugh, and it allows me to do something productive in life. If it wasn’t for FNL, I would be doing drugs and following in my sister’s footsteps. Thank you Elena, Debbie and Angela. Where would I be without you guys?”

“FNL Mentoring helps me learn about the consequences of drugs. They also taught me a lot of teamwork skills. They taught me to be organized in my schedule so I can make room for FNL. They helped me with being better at talking in front of crowds and with being open to talking to new people that I don’t already know.”

“FNL Mentoring gives me a different view on things like drugs, tobacco and alcohol. So it has a big impact on what I used to think about things and what I think about them now. It also impacts my communication skills. I am now able to talk to people easier. I got to meet new people and socialize.”

“FNL Mentoring has made me into a better person, because of it I am all around happier as a person and I have a greater appreciation for the people around me and for the place I live in. Mentoring has helped me make numerous new friends and it helped me become more outgoing. Before FNL, in general, I was much more closed off and shy person. The people in the program have shaped me into the person I have become and am still becoming. It’s made me more willing to go out and make change, even if it’s only in one person’s life. FNL Mentoring made me more willing to go and start a conversation with someone new, give a simple, “how are you?” and check if someone is okay even if I’ve never met them before. I’m even more outgoing when it comes to working, getting a new job or helping someone. My life will forever be changed and improved because of this experience. Thank you.