

## Behavioral Health Youth/Families Work Group – December 2023

**Participants:** Brooke Sterns, Nicole Mathias; Ann Kee; Shasta Garrison; Ryan Jaramillo; Mark Funkhouser

### Challenges, Focus Areas, and Gaps:

- Existing issues to address would be substance use, violence, vaping tobacco cessation
- “Strengthening Families/Parental Engagement,” – challenge with engaging parents and youth, especially together.
- Get buy-in and engagement from youth and families and community backing and support.

### Programming:

- This is Not About Drugs (TINAD) was also noted as a program in other counties.
- Work involving drug and tobacco free events, earth day, Fall Festival; Second Steps (elementary), and other possible programs with the tribe in Schurs Elementary.
- 4H camps – basketball/youth sports, summer programming, camps, and baseball. Tobacco cessation program and funding were mentioned as well as abstinence programs (CNHD).
- Note *Project Magic youth take some of the work back into the families*. Project Magic (for truancy and delinquency) one or twice per quarter (Nicole).
- Community Chest (Brooke) and Extension (Ryan): working with Jr./HS youth. Would like to move to working with groups along with strength based, “too good for drugs/violence”.
- Coping skills and classes and engagement of youth and parents, e.g., parenting classes, home visiting (0-5), life skills for 6, 7, 8 grades, and the roll out of building developmental, strength-based assets for middle school youth.
- Explore health district programs and Shasta will following up on that programming and funding. We also discussed using QR Codes, Swag, T-shirts, and bracelets.

### Goals and Objectives:

- 1. Extend an invitation to Boys and Girls Club, Chamber of Commerce, faith-based/groups.**
2. Connect and support current programs and existing work vs. starting with new programs.
3. Improve promotion and marketing and utilization of programs, e.g., school and community programs, Boys and Girls Club, After School and summer activities 4H.
4. Finding creative ways to increase utilization and connection between youth and opportunities to reinforce programming
5. Utilize community agencies and the new school websites for communication and mass notice and promotion of events through social media and apps.
6. Existing or new evidence-based programs and other areas around suicide screening and crisis intervention, behavioral health, and substance use-misuse.
- 7. Promoting NAMI Online Chat and Teen Text and “Ending the Silence” to support telehealth and in-person work. This peer support will assist youth, parents, and teachers.**
- 8. Violence prevention and conflict resolution are needed to address anger and trauma-informed aspects and the deeper work involving bullying. Note SAFE Talk**
- 9. Address gang-like culture by finding speakers with lived experience and peer support to change attitudes and the culture to increase belonging.**
- 10. Education/Event: parenting in the cyber age, use of technology and social media. Use mentors and role models and de-escalation, e.g., Youth Mental Health First Aid & enhance pro-social behaviors.**

**11. Engaging the community in a common language to make adults and youth more aligned is important. Building unity and trust as a community issue results in changing the culture.**

Existing Programs and Ideas and Resources:

<https://toogoodprograms.org/>

<https://cdc.thehcn.net/promisepractice/index/view?pid=991>

<https://opioid-resource-connector.org/program-model/this-is-not-about-drugs-tinad>

Strengthening Families Program:



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<https://namiwesternnevada.org/resources/nevada-teen-peer-support-text-line/>



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fentanyl-crisis-emoj  
i-drug-code-red-wit

<https://www.imom.com/a-guide-to-teen-drug-slang/>