



WEST VAN FOR YOUTH

2/12/19

Discovery Middle School - The Gallery #220

4pm-5:30pm

Present: Brenda (youth-serving), Christopher (substance prev.), Kali (youth), Carmen (school), Russ (mental-health), Kaitlyn (youth), Delena (substance prevention), Sam (school), Jim (substance prev), Angela (gov), Sam (healthcare), Austin (youth-serving), Alex (business), Chris (youth-serving), Daython (youth), Jacob (school), Madison (youth), Logan (school), Amber (youth-serving), Lisa (healthcare), Leann (substance prevention), Mahayla (civic), Tina (school), Brian (faith-based), Norm (civic)

Community Brainstorm Discussion

Reflection:

Think of a group (good or bad) that you belonged to as a teen. How did you know you really belonged?

Unpack: Why do people use substances?

- Curiosity
- Connection
- Coping
- Celebration

Why do people use substances? (Group 1)

- **Curiosity**
 - Rebellion
 - Adrenalin
 - Not believing info
 - Not believing addiction
 - Risk taking
 - Push boundaries
 - Developmental
 - Tolerance
 - Boredom
- **Connection**
 - Rebellion
 - Attention - peer and adult
 - Belonging
 - Family dynamics
 - Negative attention

Vision: Engaged community. Healthy youth. Bright futures.

Mission: West Van for Youth builds community to promote healthy choices and reduce substance abuse among youth so our young people can grow into thriving and productive adults.



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- Romantic relations
- Self-esteem
- **Coping**
 - Rebellion
 - Stress
 - Anxiety
 - Mental health
 - Trauma
 - School
 - Family
 - Communication
 - Adrenalin
 - Genetics
 - Sleep
 - Travel
 - Disease
 - Finances
- **Celebration**
 - Holidays
 - Religion
 - Super Bowl - sports
 - Accomplishments - school job
 - Funerals
 - Births
 - End of things
 - Cultural

Reasons why people use substances ... (Group 2)

- **Curiosity**
 - Coping with boredom
- **Connection**
 - Friends

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- Family
- Fitting in
- Behavioral
- **Coping**
 - Behavioral
 - Social
 - Biological
 - Cultural
 - Functioning
- **Celebration**
 - Lows and highs
 - Friends
 - Biological reaction
 - Bad norepinephrine cortisol

Reasons why people use substances ... (Group 3)

- **Curiosity**
 - Availability/ease of access
 - Rite of passage
 - Family shame
 - Glamorized
 - Movies, TV, media
 - Talked about as scary/dangerous
 - Pushing boundaries
 - "Marijuana cures everything"
- **Connection**
 - Rite of passage
 - Family norms
 - Career norms
 - Fitting in
 - Getting to know someone, bonding, dating ritual
 - Peer pressure, passing it around

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- **Coping**

- Pain - physical and emotional
- Anxiety
- Depression
- Escape, numb
- Fitting in
- Boredom
- Fear
- Lack of control in life
- Homelessness

- **Celebration**

- Holiday
- Snow day, day off
- 18th birthday (tobacco)
- Beer gardens during running events, fairs
- 21st birthday (alcohol) - any birthday
- Religious, traditional, cultural significance

The “PROBLEM”

Youth are using substances (alcohol, cannabis, nicotine, vaping, opioids, etc.)

How do we know what kids are doing, really?

(Data ... data ... and more data)

- Social media
- ER stats
- HYS
- CPWI
- Key informant interviews
- Surveys
- Environmental scans

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What is West Van doing already?

*At your tables, discuss current activities and where they fit in the 7 Strategies of Change

7 Strategies of Change (Group 1)

- **Provide information**
 - Annual community survey
 - POP campaign
 - Parade
 - Orientation
- **Enhance skills**
 - Guiding Good Choices
 - IY program
 - Orientation
- **Provide support**
 - School-based prevention
 - POP campaign
 - Orientation
- **Enhance access/reduce barriers**
 - School-based prevention
- **Change consequences**
 - School-based intervention
- **Physical design**
 - Red Ribbon Campaign?
 - Positive Community Norms
- **Change policies**
 - Key leader event
 - Prevention policies

7 Strategies of Change (Group 2)

- **Provide information**
 - Key leader event
 - Coalition

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- Community norms
- Red Ribbon
- Resource tables
- **Enhance skills**
 - Key leader event
 - Coalition
 - Training community
 - Parent classes
- **Provide support**
 - Prevention intervention specialists
 - Parent classes
- **Enhance access/reduce barriers**
 - Training community
- **Change consequences**
 - Parent classes
- **Physical design**
 - Point-of-purchase campaign
- **Change policies**
 - Positive community norms

7 Strategies of Change (Group 3)

- **Provide information**
 - Key leader orientation
 - Coalition
 - Meetings
 - Training
 - Information dissemination
 - Positive community norms
- **Enhance skills**
 - Coalitions
 - Training
 - Parent education classes

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- **Provide support**
 - Coalitions
 - Parent education classes
- **Enhance access/reduce barriers**
 - Information dissemination
- **Change consequences**
 - Training
 - Intervention specialists
- **Physical design**
 - Red Ribbon Week
 - Billboard
 - Advertising
 - Point-of-purchase info
- **Change policies**
 - Key leader event
 - Positive community norms

Ideas! (Group 1)

- High school credit for youth who access mental health and substance use disorder treatment
- Everyone gets mental health services at school, not just Medicaid
- School admin, all involved in prevention staff
- Vaping curriculum in all health classes
- Provide transportation
- Change norms around accessing services for mental health and substance use disorder treatment
- Trauma-informs → beautiful spaces for treatment services - sensory
- More participation - youth and adult
- Pot of money for gap of young adults (18-24) to access services
- Empower young people to ask questions of adults
- Treatment providers (inpatient and outpatient) – re-envision, nebulous, seek data

Ideas! (Group 2)

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- Youth recognition
- New construction--require locked cabinet
- Substance use disorder and mental health treatment services available in middle schools
- Increase availability to NARCAN in middle schools
- Policies regarding youth-based use, alternatives to suspensions - staff training, education
- Integration of services
- Expanding pathways to youth and their families
- Early intervention ACEs and early childhood education
- Youth voice in policy
- Youth-led positive norms in community

Ideas! (Group 3)

- Stronger Vancouver identity, culture with events (dream)
- After school dances, events once a month for Discovery → partner with community
- Showers and beds for homeless students
- Resources for parents in Spanish, Russian, etc. and culturally specific programs
- Boys and Girls Club staff → resources, trainings, belonging around non substance use-related activities
- PAL, YWCA and PPCW presentations incorporate substance abuse prevention work → refusal skills applied broadly
- Parenting classes for free, ongoing and all the time
- Middle and high school classes that teach mental health, mindfulness, and coping skills
- Bringing people into schools (policies, adults who have overcome substance abuse) and bringing students into community (mental health centers, prisons, job centers, veterans hospitals, etc. to talk with people who have overcome substance abuse)
- More STASHA “parties”, alternatives to other parties
- More swag (who doesn't like swag?)
- NARCAN (opiate OD drug) training at schools
- More prevention, intervention events, dances, block parties, chili cookoffs, etc.
- Student support for those who aren't 18 and don't have parent support
- Contact college instructors with ACED and BASHS programs for their input on counseling and social services
- More point-of-purchase info (fliers, etc.)
- SWARC coalition and Recovery Cafe as resources

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Take a break and take our survey! (surveyMonkey.com/r/westvan2019)

Your answers will be used to design projects, choose priorities and engage community members (like you!) to build West Van's network and capacity. Thank you!

Next Coalition Meeting 3/12/19 (4-5:30 pm) at Discovery Middle School in The Gallery

Upcoming Meetings, Events, Trainings:

- **2/18 Prevention Policy Day Rally** at 11 am at Washington State Capitol Campus in Olympia, WA. Register today!
- **3/12 Coalition Meeting** 4-5:30 pm at Discovery Middle School in The Gallery

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