

Clark County STASHA

Strong Teens Against Substance Hazards & Abuse

Peer Education Program

2017-18 Annual Report



A program of Clark County Community Services, Youth House



What is STASHA?

Our mission is to help prevent substance use and encourage Clark County youth to make healthy decisions through nonjudgmental youth-to-youth advice and/or suggestions.

We are a nonjudgmental group made up of youth, ages 12-19. We work to prevent substance use among our peers and within our community, using our own words, and in our own way.

We seek to represent the diverse geographic regions and populations of the county. We are a group comprised of youth who have never used drugs and alcohol, youth with past experimentation/use, and youth who have completed treatment and are now in recovery. We are appointed to a one-year term (September to June) and can choose to continue our position until the end of our first year of college (if we are attending school locally).

We meet the first and third Monday of each month from 6-8 pm at the Clark County Youth House. In order to successfully carry out our project ideas, we also meet for subcommittee meetings. We typically volunteer about 4-8 hours each month.

What do STASHA peer educators do?

- ▶ Promote awareness through outreach and educational programs, while serving as a resource for our peers at school and/or one-on-one.
- ▶ Advise various community groups on how to best prevent youth substance use at a community level.
- ▶ Support programs and policies that minimize youth substance use and encourage youth to pursue positive behavior changes and participate in a healthier Clark County.

What makes STASHA work?

Our work is rooted in the Risk and Protective Factor theory developed by Hawkins and Catalano (1992). According to this theory, a goal of prevention is to reduce the amount of risk factors a young person is exposed to, and increase the amount of protective factors a young person has.

We seek to reduce the following risk factors:

- ▶ Attitudes, norms or laws favorable toward substance use
- ▶ Low neighborhood and community attachment
- ▶ Friends and/or self engaging in substance use

Our efforts aim to develop or enhance the following protective factors:

- ▶ Healthy beliefs and standards: Develop and support clear standards about youth substance use
- ▶ Bonding: Increase opportunities for bonding among peers, adults and the community
- ▶ Create healthy communities: Promote activities for citizens to engage in a healthy community



**Look for the
Risk and Protective Factor connection
throughout the annual report!**

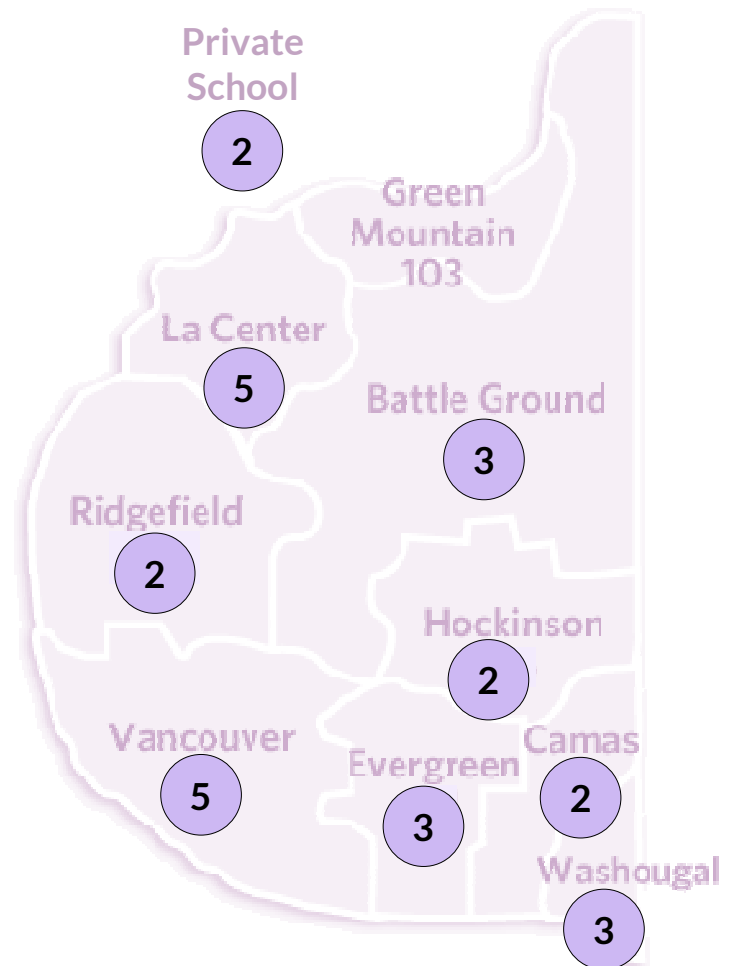
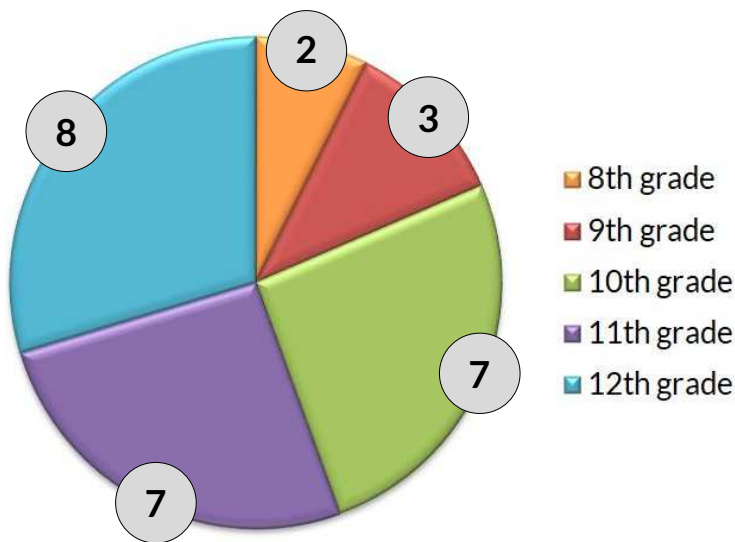
Who are we?

Our membership is diverse by gender, sexuality, age, school, ethnicity, and direct or indirect experience with drugs or alcohol. We see the issue of substance use and prevention from many different perspectives, allowing us to reach out and appeal to different groups more effectively.

We strive to have member representation from each school district in Clark County. Our outreach and recruitment efforts support this mission as we build relationships within all parts of the county.

We each volunteer between 4-8 hours each month, working on projects that seek to reduce substance use in Clark County.

Collectively, we donated 1,786 hours over the 2017-18 year (July 2017 to June 2018), which has a volunteer value of \$54,401.56 (Independentsector.org).





Outcomes

We took a survey at the beginning and end of the year to help us celebrate and track areas of increased knowledge and personal growth as a group. Highlights include:

According to the Search Institute's research on the 40 Developmental Assets of Adolescent Development, the more assets a young person has, the less likely they are to engage in risky behaviors such as substance use and the more likely they are to thrive (2004).

At the end of the year, the average STASHA peer educator had 30 assets.

Since the beginning of the year, the average STASHA peer educator gained 5 assets. The most common were:

- ▶ Believing young people are given useful roles in the community.
- ▶ Believing that adults in the community value youth.
- ▶ Knowing how to plan ahead and make choices (time management skills).
- ▶ Knowing how to resist negative peer pressure and dangerous situations.
- ▶ Serving one or more hours in the community each week (on average).

95% of us know about a group of volunteers in our community, other than us, who are working to reduce youth alcohol and other drug use.

"STASHA changed my life by giving me new friends and new experiences. My life is fuller now." - Miriam

"Being a part of STASHA means the world to me because it makes me feel like I'm making a change in my state. It makes me feel like I'm inspiring the leaders of tomorrow." - Kevin

Fall Training (September 2017)

Over the course of two days, new and returning members participate in an 18-hour training. Offering this training ensures we have the opportunity to build group cohesiveness, begin visioning for the upcoming year, generate shared agreements and norms, identify prevention strategies, build a common prevention education foundation, and have fun together. Staff from the Youth House support the training, as well as facilitate workshops. This is the first opportunity we have to work together as a team and get energized about the upcoming year. It is fun, challenging, informative and exhilarating! We develop a strong understanding and connection with what it means to be a part of community change. This year, workshop topics included: Risk and Protective Factor Theory, Youth and Drugs of Abuse, Identity Development, The Mental Health & Substance Misuse Connection, team building workshops, and Adverse Childhood Experiences (ACES).



The Risk and Protective Factor Connection



This annual training addresses the risk factor “friends and/or self engaging in substance use,” and the protective factors “healthy beliefs and standards” and “bonding.”

Prevention Summit (November 2017)

Washington State Division of Behavioral Health and Recovery (DBHR) hosts a statewide prevention summit each fall, offering workshops to youth and adults on current prevention work and research. The conference also offers keynote speakers and time to brainstorm local project ideas. For us, the conference is an opportunity to network with other young people who are excited about, and dedicated to prevention. We find it very motivating and inspiring to be surrounded by hundreds of teens who share the same passion about youth substance use prevention as we do. It is also an opportunity to learn and work alongside other prevention coalition representatives. At this summit, some of our favorite workshops included the following: “What Can Youth Do About Rx Drug Abuse?” “Developing Poetry,” “Marijuana 101,” and “A How to Workshop on How to Make a Prevention Project.”



The Risk and Protective Factor Connection



This annual conference addresses the protective factors: “healthy beliefs and standards,” “bonding” and “create healthy communities.”

STASHA-led Workshops

(November 2017)

Public Speaking

Two STASHA members, Rahul and Bridgette, presented a workshop to us about public speaking, including how to organize a speech so it flows, what filler words are and how to stop using them, and how to adjust our speaking style to match our audience.

Drug Take Back as a Prevention Strategy

Jaelyn presented what she learned at the Prevention Summit (page 5) regarding how Drug Take Back events are used to prevent youth substance misuse. This nationwide event occurs in October and April, and several sites are hosted around Clark County.

Teambuilding activity

Kianne and Bridget led an activity called “The Human Knot” to teach us skills for teambuilding, problem solving and effective communication.



The Risk and Protective Factor Connection



These workshops addressed the risk factor “attitudes, norms or laws favorable toward substance use,” and the protective factors “healthy beliefs and standards,” “bonding” and “create healthy communities.”

Advocacy Training

(December 2017)

We participated in an advocacy training in Washougal where we learned how to become a successful advocate for prevention issues. We learned how to make a difference with prevention and how to become an effective advocate for what we’re passionate about, how to build relationships with elected officials and their staff (and met Representative Paul Harris), and how the legislative process works.

We later used what we learned from the advocacy training to talk with local elected officials about vaping laws as a part of Prevention Policy Day (page 7).

Below is a picture of Emily who spoke about her experience as a page for Senator Annette Cleveland.



The Risk and Protective Factor Connection



This annual event addresses the risk factor “attitudes, norms or laws favorable toward substance use,” and the protective factors “healthy beliefs and standards,” “bonding” and “create healthy communities.”

Prevention Policy Day

(January 2018)

A Thurston County based organization called "TOGETHER!" coordinates this day of service that connects youth with their state legislators. Youth prevention groups have the opportunity to network and celebrate their work. At this event, we scheduled brief meetings with local lawmakers to discuss prevention-related legislation, and to talk about current trends in Clark County.

The theme for this year was "SPEAK TRUTH OUT LOUD." We chose to focus on regulating vaping and tobacco advertisements, and consider matching them with marijuana advertising regulations. We spoke with our legislators (Representatives Monica Stonier, Brandon Vick and Vicki Kraft, and Senators Ann Rivers and Annette Cleveland) about our concerns and specifically recommended:

- (1) requiring tinted or covered windows
- (2) not allowing characters or cartoons in illustrations or allowing store employees to wear appealing or fun character costumes and dance around outside the store
- (3) having a minimum distance requirement of 1,000 feet from educational facilities, parks, and any place where young people under the age of 21 hang out.

We took turns sharing how vape shops in our neighborhoods use cartoons and bursts of color and the influence it has on our friends and siblings.



STASHA PEER EDUCATORS



Who Are We?
STASHA (Strong Teens Against Substance Hazards and Abuse) is a group of young people representing all legislative districts in Clark County, who focus on youth substance abuse prevention.

LEGISLATION reducing access to substances is **PREVENTION!**

Our Concerns

- ⇒ E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014.¹
- ⇒ 14.4 million youth are exposed to E-cigarette advertisements at retail stores. Retail stores were the most frequent source of this advertising followed by the internet T.V., movies, magazines, and newspapers.¹¹
- ⇒ There are 13 vapor product delivery sales and 197 retail vapor stores in Clark County.¹¹¹
- ⇒ In 2016 more than 2 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.3% of middle school students and 11.3% of high school students.¹¹²

We Are Your Prevention Ally

Alaina Green, Prevention Specialist/STASHA Coordinator
alaina.green@clark.wa.gov 360-397-2130 ext. 5841
*Sources on reverse



Sources:
¹ E-cigarettes. Surgeongeneral.gov, Surgeon General Report on E-Cigarettes
¹¹ The Truth Initiative
¹¹¹ Liquor and Cannabis Control Board Research
¹¹² E-Cigarettes, Center for Disease Control and Prevention

17 th Legislative District	
Tobacco and Vape Retailer Mary Jane's House of Glass: 212 NE 164th Ave #19, Vancouver, WA 98684	Cannabis Retailer The Herbery: 212 NE 164th Ave #11, Vancouver, WA 98684
18 th Legislative District	
Tobacco and Vape Retailer Bubba's Vapor & Tobacco Shop: 713 W Main St #109, Battle Ground, WA	Cannabis Retailer Cannabis Country Store: 1910 W Main St, Battle Ground, WA
49 th Legislative District	
Tobacco and Vape Retailer House of Smoke: 6721 NE Fourth Plain Blvd, Vancouver, WA	Cannabis Retailer New Vansterdam: 6515 Mill Plain Boulevard, Vancouver, WA

Prevention Policy Day



The Risk and Protective Factor Connection



This annual event addresses the risk factor “attitudes, norms or laws favorable toward substance use,” and the protective factors “healthy beliefs and standards,” “bonding” and “create healthy communities.”

Put Youth First! (February 2018)

Put Youth First! brought principals, school boards, policy makers, coalition representatives and other key leaders together to share with one another how to keep youth healthy and to learn about substance prevention research and what local coalitions are implementing in our community to support youth and families.

STASHA peer educators Sara and Bridgette presented to a large room of key leaders about the STASHA program, the experiences we offer, and the efforts we do to encourage Clark County teens to make healthy decisions through nonjudgmental, youth-to-youth advice, suggestions and support.



The Risk and Protective Factor Connection



This event addressed the risk factor “attitudes, norms or laws favorable toward substance use,” and the protective factors “healthy beliefs and standards” and “create healthy communities.”

Teens Care Too (TC2) Summit

(March 2018)

We partnered with Connect Evergreen coalition to give 168 middle and high school students in prevention clubs, in treatment, in recovery, new leaders, and youth who may have experienced trauma a chance to stand up and give their opinions and build their skills as youth leaders. The Teens Care Too summit focuses on healthy lifestyle choices and gives teens the ability to be leaders in prevention.

We designed summit goals, social media marketing, the décor, workshop learning objectives, speakers and even the theme: “_____Own It.”
 “Prevention, Own it.”
 “Mental Health, Own it.”
 “Vulnerability, Own it”
 “Courage, Own it.”

Our ultimate goal was to help youth connect and relate mental health and wellness to youth substance prevention.



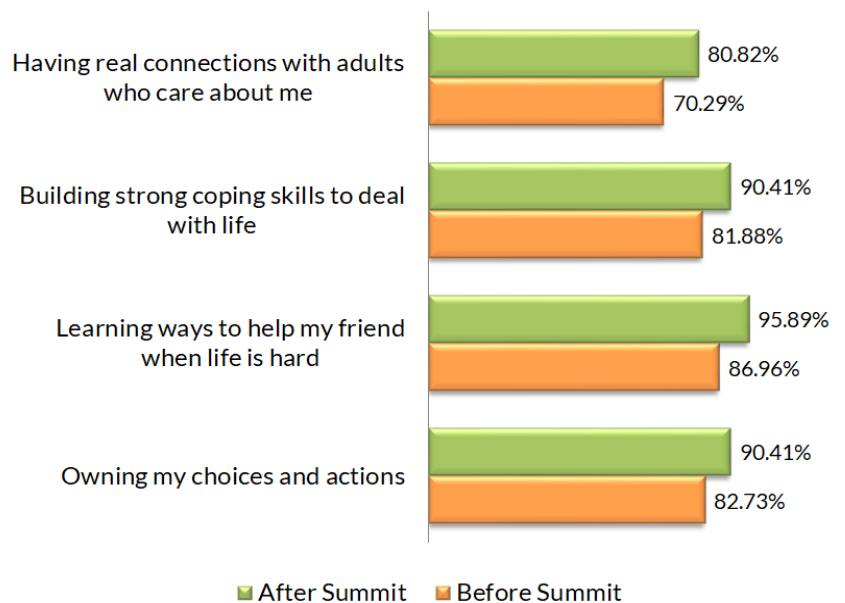
168 STUDENTS
Owning their voices and choices

Community Donations
\$12,000

10 Skill Building WORKSHOPS

Committed Volunteers
29

How important are these things to you?



The Risk and Protective Factor Connection



This conference addresses the risk factor “friends and/or self engaging in substance use,” and the protective factors “healthy beliefs and standards,” “bonding” and “create healthy communities.”

Good Friends in Hard Times Workshop

(March 2018)

Being a friend to others is a day-to-day task, but do you know how to have the tough conversations? We created this workshop so our peers could learn skills to help people they care about cope during tough times without using substances and learn how to start difficult conversations.

We recognize that we are all experts and we each have a lot of wisdom to share so, in this workshop everyone—including participants—learned from each other.

We learned :

- ▶ how to know when someone needs help
- ▶ how to help
- ▶ what to say
- ▶ what we can do
- ▶ how to take care of ourselves
- ▶ who can help if the conversation is bigger than we are

This related to the theme of the Teens Care Too Summit, “Own It,” because one of the first ways to be confident in yourself is by learning. This includes learning about yourself, your friends and the community around you.

We would like to thank Youth Now Initiative and Prevent Coalition for allowing us to share its toolkit, “Cannabis Conversations: Friend to Friend.”

Script available online! Use or modify in your own community, school, or class. Found at: www.youthnow.me



The Risk and Protective Factor Connection



This workshop addressed the risk factor “friends or self engaging in substance use,” and the protective factors “healthy beliefs and standards” and “bonding.”

PREVENTION IS A PARTY!

(April 2018)

We hosted our seventh annual PREVENTION IS A PARTY! (PIAP) event this year. In partnership with the Firstenburg Community Center staff and the “Teen Late Night” program, this event was offered to all Clark County middle and high school students. The goal was to provide a fun, safe and positive event for youth while providing them with substance prevention information and resources.

This event included the following: dancing, a live DJ, swimming, basketball, video games, table games, food and prizes!



The Risk and Protective Factor Connection



This annual training addresses the risk factor “friends and/or self engaging in substance use,” and the protective factors “healthy beliefs and standards” and “bonding.”

YOU'RE INVITED:

PREVENTION IS A PARTY!

A drug and alcohol free celebration.
Friday, April 20 from 8-10:30 pm
Firstenburg Center
700 NE 136th Ave., Vancouver

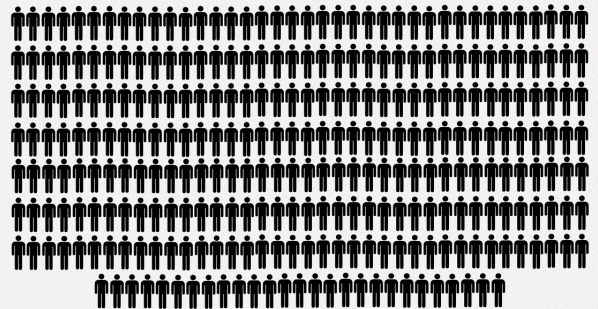
Free food, swimming (bring own locks for lockers), basketball, live DJ, video games, table games, giveaways and prizes! Open to all Clark County middle and high school students.



HOSTED BY STASHA PEER EDUCATORS & FIRSTENBURG'S TEEN LATE-NIGHT.

Contact Alaina Green: Alaina.Green@clark.wa.gov or 360.397.2130, ext. 5841. Must present a valid school identification, Youth Opportunity Pass or Firstenburg membership pass upon admission. Food and prizes limited. Sponsored by Clark County Community Services. Not sponsored or endorsed by any Clark County public school district.

293 youth participated



35 schools represented



Washington State Spring Youth Forum (May 2018)

We were selected to present at the Washington State Spring Youth Forum. To present at this forum, youth groups from across the state submit an application detailing the work they accomplished within that project year. Projects and presentations must include the following categories: innovation, sustainability, impact, presentation style & professionalism, and collaboration and partnerships. Youth groups have the opportunity to showcase their projects at this event, which is held at Great Wolf Lodge (Grand Mound, WA). This forum, hosted by the Washington State Division of Behavioral Health and Recovery, brings together some of the strongest and most innovative youth prevention teams from across the state. This year, we presented our work designing *Teens Care Too Summit* in partnership with Connect Evergreen, and the design and presentation of *Good Friends in Hard Times* workshop. STASHA placed as a top seven finalist at the Spring Youth Forum!



The Risk and Protective Factor Connection



This annual forum addresses the protective factors “healthy beliefs and standards,” “bonding,” and “create healthy communities.”

Instagram @ClarkCountySTASHA (all year)

In 2018, we launched our Instagram account, @ClarkCountySTASHA, to educate young people in Clark County about substance misuse. Our goals and values around our new social media account include:



The Risk and Protective Factor Connection



Our social media platform addresses the protective factors: “healthy beliefs and standards,” “bonding,” and “create healthy communities.”

National Prescription Drug Take Back Day

(October and April)

Every October and April, we participate in our community's National Prescription Drug Take Back Day.

This event is a great opportunity for community members to prevent youth substance use by safely getting rid of unused and/or expired prescription medication at one of several locations around the county.

In October 2017, our area collected 3,549 lbs from 1,321 participants. In April 2018, our area collected 4,683 lbs of prescription medication from 1,451 participants.



The Risk and Protective Factor Connection



This biannual event addresses the risk factor “attitudes, norms or laws favorable toward substance use,” and the protective factor “create healthy communities.”

Growing youth leadership

STASHA has opened doors for us to further develop our leadership skills and help us feel more confident in seeking out other opportunities in our communities and even opportunities on a national level.

In addition to being a part of STASHA, many of us serve as STASHA liaisons for local youth substance use prevention coalitions where we use our experiences as teens to provide youth voice to these groups and bring information back to STASHA.

One STASHA peer educator, Madi, became a National Youth Ambassador for Tobacco-Free Kids and another peer educator, Bridgette, became a National Youth Trainer for Community Anti-Drug Coalitions of America (CADCA) this year.



Accomplishments

Top Seven Finalist at Washington State Spring Youth Forum



Certificate of Appreciation from Connect Evergreen for partnership



Thoughts from STASHA peer educators

“To me, to be a part of this group means you are part of something bigger than yourself so you have to work together to try and reach that goal that we are looking for in STASHA.” - Tom

“I think that the biggest thing that I have taken away from STASHA this year is the ability to be both a leader and a follower.” - Chase

“I learned the importance of teen voices in the community and how teens can have such huge effects on the development and help around the community.” - Joseph

“I have been given the opportunity to meet so many new people and increase my public speaking skills. I've become more aware of drugs and alcohol, and their effects. I've also learned to become a more caring person and more in touch to people's emotions.” - Jaelyn

“It's important because I'm surrounded by people of similar passions and hopes for Clark County, as well as a support system of friends if I ever need help” - Jane

“It is important to share youth voice because, as youth, we may bring in new ideas that may not have been thought of. We have the voices of the future and have a heavy say in what may happen.” - Kianne

Thank you for helping us do more!

A special thanks to our partners for their willingness to collaborate with us and, in many cases, guide us on youth substance use prevention projects.

Connect Evergreen
La Center United
Prevent Coalition
Prevent Together: Battle Ground Prevention Alliance
UNITE! Washougal Coalition
Vancouver Parks and Recreation: Teen Late Night at Firstenburg
Washington State Division of Behavioral Health and Recovery
West Van for Youth

For more information about STASHA, please contact:

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Follow us on Instagram @clarkcountystasha