



Placer County Youth Commission 2015-2016 Annual Report





Mission Statement

The Placer County Youth Commission integrates youth voice into local policy by researching youth issues and concerns, relating findings and positions to local policy makers, and engaging the community to create positive change.

Goals

- To advise the Board of Supervisors and other decision makers on youth related issues
- To serve as a recognized community forum to discuss youth related concerns, ideas, and solutions
- To represent and raise the profile of Placer County youth
- To initiate and maintain positive change in the community and its youth
- To promote positive activities, provide service opportunities, and encourage youth involvement in the community
- To better prepare youth to become responsible and active citizens

VOICE!

2015- – 2016 Placer County Youth Commissioners

July, 2015 - June, 2016

Tyler Tate
President
District 1

Kathryn Sobczak
Vice President
District 1

Sahfa Aboudkhil
Secretary
District 2

Shawn Wang
Treasurer
District 4

Robin Boparai
Outreach Officer
District 4

Caitlyn Jordan
Public Relations Officer
District 4

Henry Low
Technologies Officer
District 2

Carley Cramer
Historian
District 5

Jason Headington
District 1

James Provins
District 1

Epsa Sharma
District 1

Katelyn Swanson
District 1

Kaela Dandeneau
District 2

Vivian Chang
District 3

Henia Mackenroth
District 4

Ivy Liu
District 4

Claire Breckenridge
District 5

Brendyn Ikeda
District 5

2015 – 2016 Placer County Youth Commission Active Ambassadors

Kristin Pischel
District 5

Jarod Heng
District 2

Sam Didier
District 2

Eric Liu
District 2

Kaitlyn Ziarkowski
District 1

Allyson Ikeda
District 2

Ardith Chavez
District 2

2015-16 Placer County Youth Commission Advisor

Kara Sutter

Placer County HHS:

Children's System of Care, Substance Abuse Prevention

A great start set the stage for a great year!

Even before the official Placer County Youth Commission (PCYC) meetings began, this term's Commission members were called together for a crash course session to bring new members up to speed on the previous years' work and quickly organize who would be able to present at the Roseville City Council to support the Social Host Ordinance (SHO) that PCYC had brought to Roseville the previous May. By acting straight from the start and participating in some special training activities, we began to mold PCYC 15-16 into a team with a strong belief in our ability to work together to effect change.

THE



An early day retreat activity provided a chance to get to know and respect our fellow commissioners. We gathered at Image Pathways in Newcastle, a wonderful local resource that allows visitors creative expression via unlimited, unique art supplies. The day's agenda combined the hands on artistic aspect of the International Hexagon Project (started by an Arts Council in Pennsylvania) with concepts from Leadership for Impact. The



hexagon project is an annual international art submission project that uses the hexagon as a metaphor for interconnectedness.

Using the Leadership for Impact model - we each imagined and described an imagined personal dream project in the community that could be very successful. Then we asked these questions: Why did we feel good about it, how were actual lives better due to its success? How did people feel as a result? Thinking about that, we identified our "Stand"— basically a one-word key motivator for our leadership work. Stepping forward and clearly introducing ourselves with our "stand" was empowering and unifying. The Stands of PCYC are with our portraits on www.placeryouth.com as well as listed in Appendix 1 of this report.



PCYC OUTREACH ACTIVITIES



NEW PCYC LOGO AND T-SHIRTS:

This year, PCYC needed to order new t-shirts so we decided to update our logo at the same time. Plenty of designs were brought to the plate, but in the end we kept a similar colorful theme of raised hands (as a universal sign of youth engagement). However, we updated our design and text to convey more of a feeling of unity and creativity—elements that reflect both PCYC and youth in general.

For the t-shirts, we decided to add the new mountain and river logo of Placer County to the front pocket area to convey our connection with Placer County government. On the back, we featured our colorful logo over a word list we felt exemplified a strong community and correspondingly, what we want to reflect in our own operations as a Youth Commission.



Our new t-shirts were a magnificent success! They are an eye catching design we wear proudly - friends and strangers immediately notice that we take part in their county as youth leaders. Also, by wearing them around the community, the shirts spur conversations as people will be curious about PCYC and our activities. We



think the new shirts will both help us connect to the community and even help us to recruit new commissioners/ambassadors.

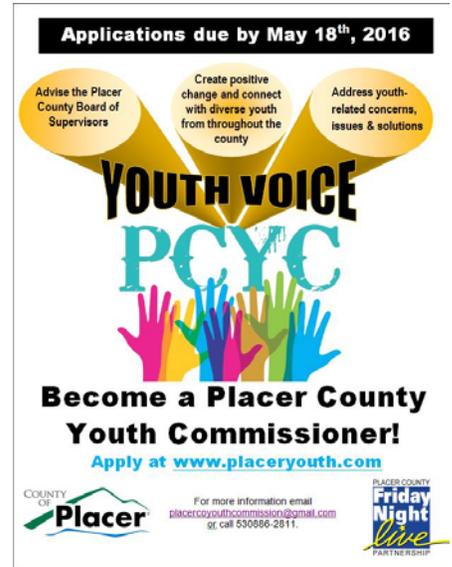
WEBSITE

In the 2015-2016 school year, the Placer County Youth Commission worked to maintain and improve the commission website (placeryouth.com). We utilized the website as a digital platform for promoting positive community change and as a tool for facilitating our projects. Online forms and surveys were hosted on the PCYC website, including the online application for the annual Youth Impact Awards. The website was regularly updated to share information regarding community events, local volunteer opportunities, and relevant non-profit organizations. Information regarding the major commission projects was included on the website. An animated introduction page was added to enhance site aesthetics and create an appealing user interface. In addition, a commissioner profile page featuring member “personal stands” was incorporated to the site. The menu system was refined to improve users’ ease of navigation.

A Google Analytics account was established to track website traffic and obtain data regarding user demographics. Site traffic has increased significantly throughout the year, and statistics indicate that the website is reaching large amounts of youth throughout Placer County. The PCYC site has also been shared with several counselors at local schools.

RECRUITMENT

The Youth Commission utilized several strategies to recruit new members for the 2016-2017 year. One method by which the commission spread the word was posting flyers at local high schools and other places youth congregate. A recruitment message was posted in school bulletins. In February, several members of the commission gave a presentation to Placer Hills 4-H Club. The commission also used social media to recruit. In addition to this, events such as the Youth Awards publicized the commission to the community. Overall, the number of people in the community who have an awareness of the commission has increased.



SOCIAL HOST ORDINANCE

2015-16 brings further success in enacting local Social Host Ordinances and student data shows a positive impact.

Overview:

Over the course of the 15-16 term, the Youth Commission was a strong advocate for county wide adoption of Social Host Ordinances (SHO). Since these ordinances were pieces of legislation that had direct consequences for the youth in our community, many of us felt dedicated to spreading the word of the SHOs in order to prevent tragedies or dangerous situations that we ourselves may have experienced. Social Host Ordinance Subcommittee Chair, Shawn Wang, along with a highly motivated team of commissioners led efforts towards supporting adoption of SHOs. Our success included not just passing SHO in Roseville, Placer County's most populous jurisdiction, but also educating the public and increasing our collaboration with local partners.



SHO ROSEVILLE



This year, the Placer County Youth Commission collaborated with Roseville City police officials and lawmakers to help pass a Social Host Ordinance. Aimed at preventing underage drinking, this ordinance institutes fines for party hosts that allow teenagers to drink alcohol. Several commissioners researched the ordinance, wrote personal arguments, and presented to the Roseville City Council in support of the ordinance. Representing teen voices, the commissioners conveyed personal stories and genuine concern for their peers and friends. Ultimately, the city council

voted in favor of the ordinance, and the Commission was recognized by the council and local news publications such as the Sacramento Bee and KCRA3 as an instrumental force in its passage.



LINCOLN SHO

The Commission spoke in favor of Social Host Ordinances at a Lincoln city council meeting over the 15-16 term. We had been preparing for this event for a long time, and we reused material that we had presented at a meeting with local law enforcement agencies not too long before. Each person went up to the podium and spoke about a specific part of Social Host Ordinances, illustrating why the ordinances are beneficial for the city, community, etc. We explained that although

providing alcohol to minors is illegal, current laws aren't fully preventing underage drinking, making SHO a valuable tool without criminalization. Our presentation itself went fabulously. However, it was what followed that made the Lincoln SHO meeting so memorable. The council was, for the most part, in favor of the idea of Social Host Ordinances. However, there were one or two council members who spoke out against the idea of adoption in the city of Lincoln. The 45-minute debate between the two sides that followed our presentation was interesting. One of the more memorable moments was when a councilmember against Social Host Ordinances compared this potential piece of legislation to the restrictions imposed upon citizens in well-known authoritarian states such as China and North Korea. PCYC was challenged by this extreme comparison, but confirmed that the Youth Commission was not in fact trying to oppress the residents of Lincoln. After the debate, Lincoln decided to consider adoption of SHOs and the Commission is due to speak again at another city council meeting at a date that will be determined.

OFFICE OF TRAFFIC SAFETY GRANT – Youth creating change around underage drinking

In the fall, PCYC applied for and was awarded an Office of Traffic Safety grant that gave us some fiscal support and we thereby were able to team up with local high school programs. We partnered with Whitney High School Broadcasting to create public service videos highlighting the dangers of



underage alcohol abuse as a social norm and even as a rite of passage (and let the community know about their social host ordinance).



CREATED BY:



“IT’S SHO TIME”

On March 9th, the Placer County Youth Commission hosted a community meeting that educated and advocated for action to prevent underage drinking via Social Host Ordinances (SHO). Attendees from law enforcement, city government, school districts, and community based organizations were provided resource packets to help them craft and adopt local social host ordinance in their jurisdictions. The youth opened the meeting with a presentation on what social host ordinances are, the need, their impact, and why, as youth, they feel social host ordinances can make a difference.

Officers Trent Jewell, (Rocklin PD), Jason Bosworth (Roseville PD) and Sarah Rodriguez (Truckee PD) shared their experience regarding recently adopted Social Host Ordinances in their communities. The Officers reported strong community support for the ordinances and no problems in implementation. All commented on the benefit of utilizing SHO as an opportunity to educate the community and shift norms. As Lieutenant Jewell stated, “Ideally, it’s a preventative ordinance that changes behavior so no citations are needed.” PCYC introduced Placer County’s local Drug Free Coalitions to highlight the work they do and share how they can partner and help SHOs have an impact. At the conclusion of the meeting, attendees noted that they are looking forward to using the expertise of PCYC and resources of the Coalition for Placer Youth in Rocklin (CPY), the Coalition for Lincoln and Auburn Youth (CALY) and Tahoe Truckee Future without Drug Dependence (TTFWDD).



The Youth Commission is happy with the outcome of the “SHO Time” meeting. A Lincoln City Council member attended and PCYC was invited to Lincoln. Both the unincorporated County areas and the City of Auburn are working on moving SHO forward in their jurisdictions and will use PCYC youth support. The large majority of Placer County residents do not allow underage drinking parties at their homes and support efforts that prevent irresponsible and illegal hosting that endangers many.

PRESS CONFERENCE

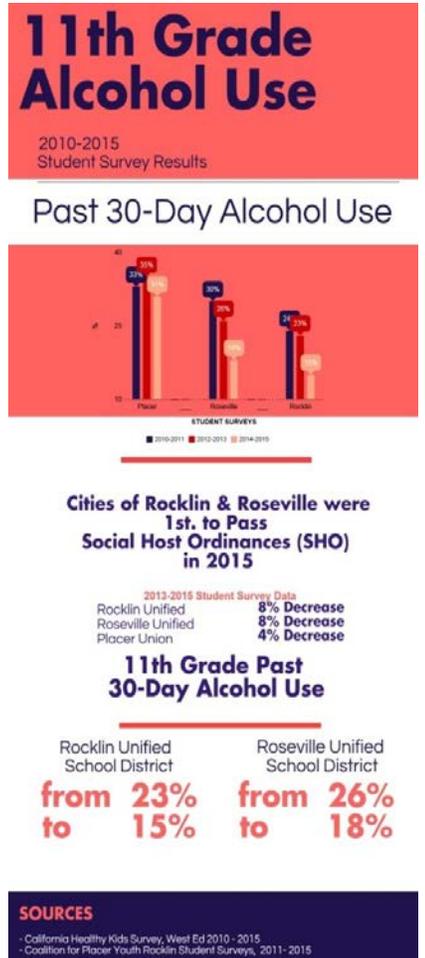
The Whitney High School Press Conference was the product of the Youth Commission's application for a grant from the Office of Traffic and Safety. The conference was formed to inform the community of the impact that alcohol has on youth and the work young people are doing to change social norms and prevent youth alcohol use. With this starting point, the commission began to plan the conference, working with the County Public Information Office and the Whitney High School multi-media program. PCYC and Whitney collaborated to create PSA's regarding the new Social Host Ordinance and youth drinking in general. Finally, our team completed the preparations for the conference and invited various community leaders and news firms to view the press conference. The conference itself was executed smoothly. Setup and rehearsal occurred on the steps of the Whitney High School theatre. There were students, police representatives, county officials, and adult spectators in attendance. The conference was also streamed to the community via the live streaming service Periscope. An article was released in the Placer Herald. Reflecting on the outcome of the conference, the execution was seamless and the intended message was well portrayed. With more exposure, any future press conferences organized by the youth commission are sure to find success similarly to this experience.



COALITION FOR PLACER YOUTH:

PCYC's partnership with the Coalition for Placer Youth has been vital in improving the health and wellbeing of youth in Placer County. PCYC members were heavily involved in the drug free coalition's projects and events as both groups aim to address the issue of youth substance use and abuse in Placer County. Both the Coalition for Placer Youth and PCYC strive to promote the wellbeing and health of Placer's young people. CPY also works with PCYC in encouraging youth to engage in positive activities and to lead healthy lives. The drug free coalition also promotes community partnership between youth, schools, county officials, parents, and other groups within Placer. The commission is grateful to have partnered with CPY to encourage our community members to act in the best interest of Placer youth.

Commissioners contributed time to assist in the county's Medication Take Back events and partnered with CPY to educate county residents about stress and the risks of marijuana use. PCYC members volunteered at community forums to improve awareness about substance use and abuse. CPY also contributed greatly to educating the community about recently adopted legislative measures aimed at reducing youth addiction and substance use among teens. They



assisted in PCYC's efforts to raise awareness about the Social Host Ordinance through community campaigns. Commissioners also provided a youth perspective on issues relating to substance use and youth access to controlled substances, and CPY included youth input in its position papers.

The members of PCYC intend to continue collaborating with CPY in the future with increased involvement as addiction and substance abuse remain significant issues among Placer's teens. The commission also looks forward to assist CPY in its community education efforts as they have proven successful in the past. As a result of the partnership between CPY and PCYC, the youth of Placer are leading healthier lives. For this reason, the members of the Youth Commission intend to work with CPY in the future to protect the health of teens.



The Youth Commission's participation and impact was formally recognized with awards by the Coalition for Auburn and Lincoln Youth and the Coalition for Placer Youth –Rocklin. We look forward to continuing our partnership and being a youth voice in the community's substance abuse prevention efforts.



ENVIRONMENTAL SUSTAINABILITY

The Youth Commission started a workgroup to research the impact and feasibility of installing water bottle filling stations together with (or in place of) school drinking fountains. These are filtered and often chilled water units that allow students cleaner, better tasting water, encourage water instead of sugary drinks, and reduce wasteful plastic through-away water bottle consumption. Carly Cramer and the workgroup gathered information, spoke with school nurses and County Public Health staff, and heard strong student feedback in support of the idea. We hope to continue looking at this issue next year. Students would be grateful if we could bring more schools water bottle filling stations.

PROMOTING MENTAL HEALTH

This year, the Mental Health Awareness Committee participated for the first time in the NAMI Mental Health Awareness Walk in Sacramento. The walk took place on May 7, 2016. The Committee wanted to do an event together that helped increase our involvement in community events on mental health awareness. Committee members and some parents participated in the walk as well as volunteered with the snack and water station throughout the walk. In addition to this, the Mental Health Awareness Committee raised over 200 dollars through the NAMIWalks' website that will be used by NAMI to provide mental health awareness services across the nation and continue efforts in educating the



community about mental health illnesses. Overall, the event was a great experience for all that attended and the Committee enjoyed participating as caring youth of the community. The Mental Health Awareness Committee is excited for more opportunities to participate in community-wide events such as the walk next year.

Commissioner Kathryn Sobczak's continues to reduce stigma around mental illness via the Ending the Silence program. NAMI's Ending the Silence provides clear, engaging education about mental illness and a chance for students to be able to hear first-hand from young adults who have successfully dealt (and perhaps continue to deal with) mental health challenges and ask candid questions. The NAMI Ending the Silence program is presented by local volunteers. While the interest of schools is strong, it continues to be a struggle to find enough young, lived experience speakers to offer the program. Kathryn was persistent in her requests to NAMI and by pooling resources, Woodcreek to reduce stigma and help ensure young people get the help they need earlier than later.

PCYC also helped an Ambassador member with concept and outreach in creating a Directing Change Video. Mental health remains high on the PCYC list as a priority issue for young people.

SECOND ANNUAL PLACER COUNTY YOUTH IMPACT AWARDS, 2016 *Highlighting Youth Engagement*

Continuing the tradition set last year, the Placer County Youth Impact Awards was again a successful project of this term's Youth Commission. The Youth Impact Awards are a set of five awards presented to local Placer County high school students for exemplary achievements in the categories of Overcoming Adversity, Community Impact, Leadership, Applied Talents & Knowledge, and Community Service, with a runner up in each category. In addition to a unique aluminum plaque, each winner was awarded a \$100 scholarship reflective of the community's appreciation for their hard work and dedication.

PCYC President Tyler Tate was again chair of the Impact Awards. Given the overwhelming success of the project last year the commission decided to keep the rules and categories of the awards the same. Continuing to use the same structure of the awards allowed the commission to begin to brand the awards in way that has become recognizable throughout the county. Like last year, local small business owners were given the opportunity to sponsor the scholarships for our future leaders. The scholarships consisted of \$100 each, and were generously donated by Joe Flores, the owner of J.H. Flores & Associates Insurance, California Transmissions, & The Coalition for Placer Youth.



All applicants were an inspiration, from service in Mongolia, to raising funds for great causes, to creating local sports camps for youth with mental disabilities - the decisions were very difficult. The 2015 outstanding honorees were as follows:

2016 Placer County Youth Impact Award Recipients

Leadership

- Garret Smith
- *Madison Devine -Honorable Mention*

Community Service

- Neha Joshi
- *Nikita Bhat -Honorable Mention*

Applied Knowledge

- Srinjay Saayan Verma
- *Julian Haladus-Henke-Honorable Mention*

Overcoming Adversity

- Alize Hartke
- *Aubrey Clement-Honorable Mention*

Community Impact: Group Award

- The Oakmont Viking Visitors
- *Colfax High School Leo Club -Honorable Mention*



Commission Meetings, Support, Guests, and Officers

Our meetings were generally held the first Wednesday of the month in the Board of Supervisors Chambers in Auburn and every third Wednesday at the Rocklin Library. Meetings were run using parliamentary procedure. President Tyler Tate led the meetings. A wonderful County update was provided monthly by Supervisor Holmes' aide, Leah Rosasco! We also want to thank our special guests that included

- Supervisor Jim Holmes, District 3
- Susan King, Pathways to Prevention
- Christina Ivazes, Coordinator of the Coalition for Placer Youth
- Mike Lombardo, Placer County Office of Education
- Mike Romero, Placer County Tobacco Prevention
- Dede Cordell, Placer County Public Information Officer
- Shalini Chatterjee, Placer County Network of Care
- And all others...



PCYC Member Reflections 2016-17

I learned there are many little-known resources in my community and that most public officials are eager to work with youth.

I learned how to get a project moving!

I further developed my teamwork skills and gained experience working on real-world projects.

I gained a lot of perspective on different issues in the county.

I enjoyed how professional it was. I felt very respected - - especially being a teen. I was surprised at how great we were treated.

I enjoyed the meetings and the planning and the laughter!

We always had something important going on. Once we finished a big event, we moved on to the next.

I loved meeting the other commissioners and working together on projects.

It was amazing to see that we are making real change!

APPENDIX 1

PCYC “STANDS”

Hi my name is and I stand



for **respect** for myself and others.

for **connection** for myself and others.

for **dignity** for myself and others.

for **happiness** for myself & others

for **unity** for myself and others.

for **kindness** for myself and others.

for **creativity** for myself and others.

for **integrity** for myself and others.

for **equality** for myself and others.

for **involvement** for myself and others.

for **inclusion** for myself and others.

for **perseverance** for myself and others.

for **independence** for myself and others.

for **opportunity** for myself and others.

for **prosperity** for myself and others.

for **confidence** for myself and others.

for **responsibility** for myself and others.

for **charity** for myself and others.

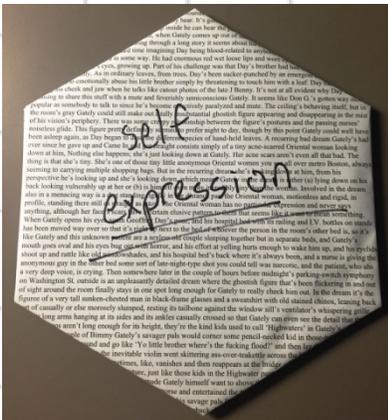
for **recognition** for myself and others.

for **self-expression** for myself & others.

for **resilience** for myself and others.

for **personal responsibility** for myself and others.

for **belonging** for myself and others.



“We must either learn to live together as brothers or we are going to perish together as fools...as nations and individuals, we are interdependent.

- Martin Luther King, Jr.