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|  | **MEETING MINUTES**  **Douglas County Healthy Youth Coalition** Online Virtual MeetingOctober 14th, 2020 – 11:00 am-1:00 pm | | |
| **ACTION ITEMS** | | **RESPONSIBLE** | **Target Due Date** |
| Share with Curtis contacts to be added for newsletter distribution lists for a chance to win $25 gift card for the most names! | | All members | 09/09/2020  LATE! |
| 1. Email Curtis to volunteer to become treasure!!! | | Pending Volunteer | PENDING |
| 1. Share with DCSD and Sheriff department counseling resources to fill ask for addiction treatment in schools | | Restorative Justice Committee/All members | PENDING |
| 1. Implement Strategic Prevention Framework in Schools & work with community (parents) | | E-cigarette/vaping Committee | PENDING |
| 1. [Review and reflect on data and its implication to youth wellness and substance abuse](https://www.coloradohealthinstitute.org/research/CHAS) | | All members | PENDING |
| 1. Get involved as much as you can! | | All members | ON GOING |
| 1. Email Curtis if desiring to join the group that will explore the pros and cons of moving the coalition to a non-profit status. | | All members | ON GOING |
| 1. Dig more into issue of racism: Get educated and reflect on your own personal knowledge, behavior, and unconscious biases on issues of discrimination around race. | | All members | ON GOING |
| 1. Find ways to reach out to diverse communities to hear their perspectives and increase minority representation within the coalition. | | All members | ON GOING |
| 1. Search and suggest to the coalition external support from people who work on equity practices to help refine our bylaws and make coalition practices more inclusive. | | All members | PENDING |
| 1. Pursue and recommend training for the Coalition Members to become more informed on issues of discrimination and to help enhance coalition practices of inclusion. | | All members | - |
| 1. Fill out survey for major topics on Parent Journey Blog. | | All members | - |
| 1. Email Curtis to be part of the press committee and for ideas for the newsletter and parenting blog. | | All members | PENDING |
| 1. Email Curtis to be part of the group working on the Sustainability Plan. The group would love everyone’s input on strategy, funding ideas, prioritization of tasks. | | All members | PENDING |
| **DETAIL NOTES** | | | |
| **Welcome / Introductions:** Curtis Hanock (coalition coordinator) welcomes and thanks everyone in the group for their participation in the meeting. | | | |
| **Minutes of the Meeting:** Lesley Casillas makes a motion to approve and Haley Foster seconds it. Minutes are approved and will be filed at workstation. | | | |
| **SAMSA 920:** Curtis informs that report for SAMHSA funding is due at the end of the month. He is filing in activities and lots of other details that need to be entered at this first year. The report will be submitted to Tri-Country fiscal agent by the end of the month and then turned over to project officer who reviews it and asks us to fill in any missing pieces. Curtis shares that he’s confident that we will get approval. While there have been challenges to keep the work going under Covid-19 restrictions, we are still getting things done across the various committees. | | | |
| **Substance abuse prevention month:** October is substance abuse prevention month. Red ribbon week is the 21st to the 31st. While many in person activities are deferred due to Covid-19, there’s still lots going on. Drug take back is taking place at various locations. Takeback at Skyridge Hospital is on Saturday the 24th. Look at www.takebackday.eda.gov for other options. Turning medications is a good prevention strategy to decrease youth access as it helps reduce youth access to control substances. Kevin shares that while they are not going to schools for Red Ribbon this year, they are doing a photo context with schools decorating doors, hallways, or office spaces and submitting photos for context. State of Colorado is running the contest and there is a cash price for the first 5 schools, 500 dollars for first school | | | |
| **Newsletter:** Newsletter is scheduled to be released on evening of November 13th. It will include topics on issues around vaping data, showing how improvement is possible when preventive work done across school district, Tri-County and with the whole community. We will share this collective, combined effort win. This is an accomplishment we can celebrate especially because at a National level there has been increase in vaping among youth.  While the Healthy Kids Survey data shows successes, it also points to concerns around increased alcohol consumption and mental health issues. Data points to a significant percentage of youth facing mental health challenges, with numbers being worse for LGBTQ+ community with 30% having put a plan together for suicide in the past year. There has also been a 10% increase in Youth putting a plan together for suicide for LatinX youth. It is important for the coalition to look at these numbers and find ways to address it.  One of the ways we are looking at addressing it is through creating a family connection source that includes various prevention resources. The school district has education materials and campaigns available for parents, including material on mindfulness. The family connection resource will also create a space where parents can hear from peers and from experts and engage in learning.  Natalie and Lesley who are on the communication marketing team are leading the effort. Curtis also thanks Laurie who has contributed with a story on mindfulness. Curtis encourages everyone to contribute to the newsletter and parent resource website, the team would greatly appreciate help. The Newsletter will be approved by the coalition leadership team. It will not be approved or endorsed by Tri-County or the school district.  Curtis encourages everyone to reach out to neighbors to share the newsletter and collect emails for sending it. There will be a gift card award every month. | | | |
| **Marketing and Operational Material:** Tri County Health department will help with funds on Survey Monkey and zoom license going forward. The coalition is grateful for Tri-County continuous financial support. | | | |
| **Cultural Competence & Inclusion:** Nara shares an update on the Path to Equity Workshop that happened on September 24th. Forty-seven people, parents, students, district staff, district leadership, teachers, principals across Douglas County Schools attended the workshop. The purpose of the workshop was to create a courageous space, not free of discomfort but free of judgement, for dialogue regarding issues of racial inequality where people can learn from one another’s experience to create shared understanding and allow us to work together towards implementing community wide practices that will help build a community where everyone belongs. People left the workshop feeling they had learned, been challenged to grow, felt supported, inspired to do more. Nara shares that by engaging in conversations this summer she learned to recognize there is a strong connection between the lack of equity and inclusion for minorities in our community and mental health issues that our youth faces. Nara says the unintentional message we send our kids, by staying silent in face of inequities, is one of acceptance that some people are valued less than others. This is a pervasive message that impacts the mental health not only of kids from minority groups but also of white kids. She says that we have a lot more that unites us, than what separates us, and she encourages everyone to participate on other workshops that will be conducted in the future. | | | |
| **Youth Training on Social Media Content:** Curtis shares that the coalition hosted a small social distanced training to teach youth how to develop social media content. The training focused on providing youth with tools that will enable them to share information and data and try to change some norms in our community around substance use and mental health. Youth learn from a local videographer who has been on Discovery Channel and who has done a lot international work on the problem of human traffic. Jordan Porter shared that they appreciate the training and several connections to issues that they are passionate about. Curtis thanks the support from Samsa and Tri-county to buy video recording equipment. | | | |
| **Coalition Aurora Partners for Thriving:** Haley Foster shares info regarding coalition in Aurora. The coalition will focus on implementing protective factors to prevent the risk of substance abuse and mental health. The coalition is established on a CDC grant and SAMHSA would like Douglas County Coalition to support them. | | | |
| **Youth Leadership Board:** Curtis shared that the youth leadership board meets monthly and two people have recently resigned from the board, he said he would really appreciate others to join and support. Kerry Ferguson and Laura Ciancone volunteer to participate. | | | |
| **I am Greta Film at Denver Film Festival:** Benjamin Edwards, youth communication coordinator with Rise Above Colorado, shares that they will be presenting the [documentary “I am Greta](https://www.youtube.com/watch?v=xDdEWkA15Rg&t=1s)” that has been put together by Hulu at the Denver Film Festival. There will be a virtual private showing and Raise Above has 5 tickets to share with Douglas County Youth Health Coalition. The documentary is an amazing story of a young person who has done amazing things around the passion she has around climate justice. Mava also shares that Rise Above will be giving away tickets on social media. They are asking youth to post some things about what they have done in their community and how they make their world good. She shares that there will be a Youth Panel on the 27th of October at 7 pm. The panel is open to all that would like to come and it’s a wonderful opportunity for Youth to connect. | | | |
| **Increase Alcohol Consumption during Covid-19**: Curtis shares data that shows increases in binge drinking among adults during Covid-19. There has been a 14% increase overall with a 17% increase frequency and consumption among women and 19% increase for adults 30 to 59. The numbers stress the importance of the coalition to bring awareness and education and expand people’s options to different coping mechanism that are healthier such as mindfulness and exercise. | | | |
| **Equity Growth Zone Committee Updates**  Committee meetings are open to all DCHYC members interested in advancing this work in Douglas County  Please find attached minutes of last week's meeting on this link:  <https://us02web.zoom.us/j/87869315108?pwd=ckRuRE9QRDlPNWRXRm9RSVdNWk9XQT09>  Next meeting will be We'll meet again on 1-22-2020 at 4:30. Meeting will involve a conversation with Percy Brown Jr., Director of Equity and Student Achievement for the Middleton Cross Plains Area School District, Senior Outreach Specialist for the Wisconsin Center for Education Research at the University of Wisconsin-Madison educator, recognized as one of the most influential African-American Leaders (and I would say most influential American Leaders) in Wisconsin, who Ishmeet reached out to and agreed to come talk to our group.  Equity, Diversity & Inclusion Committee event update:Nara says she gave an update on the workshop but briefly shares about the incident of a Black woman who was told to sit at the back of Corner Bakery restaurant during a planned event. She shares that the incident highlights the need for education so that we can bridge understanding that people of color and other vulnerable community members experiences in our community, are often not the same as those of white people. She highlights that she shares the story not for anyone to pick a side, but to raise awareness and understanding. When we put the statement in the context of historical racism in our country, we don’t need to hear how the statement made the Black woman feel to know that telling a Black woman to sit at the back of the restaurant is at best tone deaf, at worse intentionally racist. Nara highlights the need for us to act in situations like this if we want to build a community where everyone belongs.  If you are interested in signing the “letter of concern” to the Corner Bakery in Highlands Ranch please review and coordinate your signature with Nara Altman  <https://docs.google.com/document/d/1O6rsidAg638HYQcVH0aWRV_8gMll16dJlQQSomCjq8g/edit> | | | |
| **Restorative Justice Update:** Leslie shares an update on the work of the restorative practice/restorative justice committee. She encourages people who would like to participate to reach out to her and be added to the committee’s communication list. Next meeting is next Wednesday. Zach shares that the 18th district is 100% on board with this work. He shares that the group has had good conversations with municipalities, what while there are different wants and needs from each municipality that need to be taken into account and addressed, there is general agreement across the model that the committee proposed. Hopefully that goal of all (Parker, Castle Pines, Highlands Ranch, Douglas County…) being on the same page will be achieved. Future meetings might be moved to either Monday or Friday to allow others (Sarah) to also attend. | | | |
| **Data Analysis Update:** Curtis shares that he’s pleased to have Angie Frank join us and who will be helping on putting data analysis together. The data analysis is part of a needs base assessment that will guide the coalition’s work. | | | |
| **Proposition EE for Tabaco Funding:** Cody Belzley, public policy consultant in health and education in Colorado for about 20 years shares about the Proposition EE, state wide ballot initiative, and where the funding from the tabaco vaping and cigarette tax increase would go.  Cody shares that Colorado has a teen vaping rate 29%. We do not tax vaping in the same way as we tax other tobacco products. Proposition EE is a statewide ballot that would establish for the first time a tax on vaping products with the intention of reducing tabaco and vaping issue. Research shows that every 10% increase in the cost we see a 7% decline in youth consumption. Presenter stated that simply raising the tax is a proven intervention strategy. Taxes on cigarettes would increase from 0.84 a tax to 2.64. If this increase is approved, we will be right in the middle of the pack in relation to what other states tax for tobacco. This tax on vaping and increase in cigarettes will general $275 MM which will be distributed according to a specific expenditure plan that is outlined by law. Part of the money will go to pre-school.  The opposition towards this proposition is endorsed by 4 or 5 organizations through an initiative called “Bad Deal for Colorado”. The arguments against the proposition are that it is a regressive class, only 14% smoke, and a large portion of those people are low income. The argument is that the tax disproportionately burdens people who can afford it the least. In general, this argument of undue burden is used for necessity items like food or clothing rather than for non-necessity items such as tobacco. Another key argument against the proposition is that the funding is not guaranteed to go to the programs that are outline. However, the revenue allocation is locked in state law and it will be audited. The only way to change the allocation would be through a bill change. A third argument is that the revenue source allocated by this tax will decline as consumption declined, that it is finite revenue source. The counter argument for that is that analysts have taken the decline into account when allocating the funds.  Cody encourages all to to learn more on proposition EE through the bipartisan information [blue booklet](http://leg.colorado.gov/content/initiatives/initiatives-blue-book-overview/ballot-information-booklet-blue-book) that we have all received and decide on how to vote. There are good data and arguments forward and against. Refer to the blue book also available online which provides a fair and balanced summary for the proposition.  Maura Proser reinforces the message that neither Tri-County Health Department nor the Douglas County School District endorses this or any other ballot measure. All individuals are urged to do research on your own, read the blue book thoroughly, visit all websites to help decide what is the right decision for you.  If anyone wants to follow up on the discussion contact Cody on cody@forcokids.com or 303 913 1453 | | | |
| **Douglas County Prevention and SEL Team Presentation by James Montoya-De Smidt, DCSD Prevention and SEL Team Coordinator:**  James Montoya-De Smidt thanks everyone for their participation and attendance to this presentation. The presentation is on a key component for upstream prevention, SEL, social emotional learning. James shares how SEL skills are really what is behind students saying no to someone offering them drugs. SEL is the combination of tools that kids need to be resilient, good at problem solving, and in general to be good people. SEL is also important in education as we know emotion drives intention and intention drives learning. SEL is the combination of what the student experiences, what the student learns, and what teachers teach. Key for SEL is the exchange of knowledge about world, about oneself and about the other person. Jamie shares a bit on some of the prevention frameworks that the district uses, such as Sources of Strength.  James shares how addressing SEL is a community effort. It requires student and community engagement, and he appreciates the work of the coalition as it supports SEL. Restorative practices, equity and inclusion are part of SEL work. As recommendation for the coalition work, Jamie recommends the coalition makes sure that the message is evidence based best practice where the message to overcome risks is one of positive solutions, versus the one that is heavy on the negative impact and threats that research shows doesn’t work.  He encourages the coalition members to continue advocating for SEL and support for related programs such as Sources of Strength. Funding for the work has so far come from the Prevention team (a team of 6 people serving 102 schools plus charters) at district level but will increasingly have to come directly from local schools. James is grateful for approved funding from Douglas County Commissioners for prevention and SEL. Schools have been engaging more and more with SEL curriculum.  For detail notes on the presentation please see the end of this minutes. | | | |
| **Douglas County Mental Health Initiative:** Porter, Olivia, and Laura P. will connect with Youth to review/test the Douglas County Mental Health initiative tool and provide feedback for Laura C. | | | |
| **Website Update & Book Club:** SAMHSA to purchase Distance Learning book for parents. The book just came out and it is a great resource to support young people to do online learning. It talks about integrating social and emotional learning in the process. The stress we are hearing from parents and the frustration of being more involved on their children’s education, holding on a job, etc is generating stress and anxiety. The coalition has decided to purchase the book and reach out to parents to provide support through book clubs, etc. The coalition representative from the library also said the library can purchase some copies and set up book clubs. Lesley makes a motion to approve $600 for book purchases. Nara seconds it. The motion passes unanimously. | | | |
| **Data Analysis Team:** Curtis asks for volunteers on the data analysis team. Anyone interested and available please reach out to Curtis. Curtis and Angie are on the team. Angie volunteers to reach out to health care providers to get access to more data. Nara volunteers to help with the data analysis. | | | |
| **Chip Monkey & Zoom License Sharing:** Curtis asks if the leadership team approves sharing resources, with Aurora Coalition provided it does not interfere with Coalition requirements. Lesley makes a motion to approve it and Leanna seconds it. | | | |
| **Next meeting:** Next meeting November 11th evening meeting 5 to 7 pm. In previous meetings we decided to make sure we are capturing more parents and people that can attend it; therefore, meetings alternate between morning and evening times. The meeting will likely be virtual again.  Curtis thanks everyone for the continuous contribution and welcomes any feedback. | | | |

**Attendees List: 27 people**

Curtis Hanock, Aminta B., Leanna Jasek-Rysdahl, James Montoya-De Smidt, Haley Foster, Nara Altmann, Kerry Ferguson, MavaMarie Cooper, Angela Frank, Cathy Dunwody, Laura Ciancone, Cynthia Redfern, Genevieve Fraser, Lesley Casillas, Briana Rock, Benjamin Edwards, Jordan Porter, Maura Proser, C.L.J. McDonald, Deborah Mulvey, Olivia Endicott-Moore

CaseyAmber DeBerry, Cody Belzley, Zachary Hess, Kevyn Jones, Christy McDonnald

**Notes on Douglas County Prevention and SEL Team Presentation by James Montoya-De Smidt, DCSD Prevention and SEL Team Coordinator**

James Montoya-De Smidt thanks everyone for their participating and attendance to this presentation. He shows the symbol of the Red Cross and discussed how we all understand it stands for our physical wellbeing and our safety. It’s a global symbol that helps us know across communities that care exists here. Jamie asks if it would not be great if we had some a symbol to show emotional support too? To recognize that people are emotionally safe. This a bit of what SEL (social, emotional learning) hopes to achieve. It is the key aspect, a key component, when we do upstream prevention. Upstream prevention is all that is done before there is any problem. The actions that are done are informed by data. It guides what to do. A lot of school districts do not have a team for upstream prevention. Some focus only on intervention, which is to intervene when something wrong happens, but prevention work is particularly important. We also need postvention, which is what we do after something happens and postvention is a huge part of prevention work as well. In summary we need all three pieces: upstream prevention, intervention, and postvention.

James then shows a video by Cassel on SEL as the foundation for universal prevention. SEL skills are really what’s behind students saying no to someone offering them drugs. SEL is the combination of tools that kids need to be resilient, good at problem solving, and in general to be good people. SEL teaches kids how to navigate the world. SEL is also important in education as we know emotion drives intention and intention drives learning.

SEL is the combination of what the student experiences, what the student learns, and what teachers teach. Key for SEL is the exchange of knowledge about world, about oneself and about the other person. All of this shapes the way young people understand themselves and other people and how they interact with other people. Students learn when their heart is open, engaged, connected, and filled with purpose. The intention is to educate the mind by inspiring spirit and SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. None of this ends at 12th grade, it continues throughout adult life and the work that the district prevention team is doing is referred to as Comprehensive SEL. It includes self-awareness and self-management. Practices that support that growth are restorative practices, trauma informed practices, and quiet practices. To succeed in teaching SEL, we need to be engaging in those kinds of programs.

James shares that he is excited that the coalition is taken on restorative practice. He also notes that there is a group working on mindfulness is a trauma informed practice. He also shares that he is mostly excited the community is involved as it supports the work of youth and adults. If those skill sets are only taught in the classroom, they have limited reach. There should be school wide, family, and community partnerships for the work to be effective and the coalition is a key component in supporting and advocating for SEL. James highlights that the work the coalition does is advocating for SEL whether we knew it or not. The actions the coalition is taking is supporting SEL.

James then shares more about one specific SEL program which is Sources of Strength. The program is an evidence based program intended to be a tier one prevention program. The benefits that come from engaging in eight areas highlighted by the program as important support and align with the CASEL framework for SEL teaching.

Sources of Strength is a way to bridge the gaps in prevention. We understand today that there must be a positive message around the actions to overcome trauma and other risk factors, rather than a threat of the risk of engaging in negative behavior. Sources of strength focuses on a message of hope, help and strength for difficult situations. The message is not one of toxic positivism. Sources of Strength program acknowledges that people have adversity in their lives. By acknowledging it, we normalize that diversity is the part of being alive, but that we can draw on strengths to get through these tough times. Sources is Peer led. Led by students and the intention is to have student voice at the center, driving the actions that are happening.

Sources of Strength model include having a diverse group of peer leaders, not just the ones put on TV as leaders, seen traditionally as leaders. When one thinks about influencing the social norms around the school, one needs to have voices from every group within the school. There must be strategic messaging campaigns focusing on engaging and interacting with all people, creating a positive culture change that involves all.

The peer leader role is designed to connect individuals to help. The role is to be connector within diverse groups of peer groups to those that can get help and provide help. Their job of the peer leader is to be an agent of change, to advocate for several things like breaking the silence, sharing stories of strength and stories of trauma. One aspect that we have learned is that these programs work best when everyone is involved and receiving these benefits.

When we look at Healthy Kids Colorado Survey Data, we see some data that require actions. In 2017, 27% of students felt sad or hopeless for 2+ weeks to the point they dropped all activities, 15.1% considered attempting suicide in the past 12 months. For LGBT students, the number increases to 55% reporting feeling sad or hopeless for 2+ weeks with 39% considered suicide. We know these feelings are worse for students that are perceived to be in the minority. When we look at 2019 data, we see that 21% felt sad or hopeless and 15.1% made plans for suicide. For LGBTQ numbers are 53.5% and 34.5% for plans for suicides. Those numbers are statistically about the same. The 1.5% change, more than likely is related to a variability due to the size of the sample.

By engaging in the Sources of Strength program we address protective factors, and we know by research that when we address one of the factors, we also improve others. The team is one of continuous support. There are other frameworks that help too such as Signs of suicide that is offered in several our schools. Safetalk is a program for supporting adults in supporting other individuals. There are several other programs as well.

Mental Health Strategies during Quarantine become increasingly important and the prevention team is working to make sure students have places to go and engage in activities that work for them and engage in whatever department level they are at.

As recommendation for the coalition work, Jamie recommends the coalition makes sure that the message is evidence based best practice. It is important that the message to overcome risks is one of positive solutions versus the one that is heavy on the negative impact and threat. It is important to send a message of the importance of trusted adults, of being stronger, thankful for challenges that helps us become stronger, and getting the word out around the program on Sources of Strength Week. Sources of Strength Week focuses on brining the community together. Campaigns such as “you belong”, “what makes us unique”, “what connects us to the community”. Chaparral High School is one of the model programs in the US for Sources of Strength. They have done an activity where the windows were covered with who is your trusted adult. Having a trusted adult, a child can reach out to if in need became a norm.

Partnerships across the community are important in this work. Sources in the district started as a partnership with the district and “Douglas County Sheriff Officer. We now have a partnership with Centura Hospital, which understands this a priority. Currently the prevention team is a group of 6 people, in a district with over 102 school sides. We will just be focused on 18 middle school and high school as well as with several charters. The prevention team would like to expand it. It’s an important program also for elementary schools.

Become engaged and advocate for family and community member opportunities for SEL and prevention

As final tips:

1. Keep prevention messaging positive in our community, do not let us drift back to this idea that if we scare young people that seeing their behavior will be detrimental, they will stop it. Research doesn’t’ support that.
2. Encourage and advocate for youth voice to be equal partners at the table.

To the question: “Do you think that when people do not quite understand the message of staying positive, they can come across as dismissive of the problem? Rather than acknowledging the problem and turning it into a source of strength, there is a tendency to confuse staying positive with denying the problem all together, which is very isolating to those at the moment they are dealing with the struggle?”, Jamie responds that education is key. That it is key to talk about the problem, acknowledge the problem, but when we talk about solutions, that is when we turn it to being positive.

To the question: “Have schools received funding for SEL?”, James responds that several schools have received funding through Douglas County Commissioners. As far as explicit curriculum material for our buildings, well over $100,000 and that is a lot of schools engaging in SEL. James shares that the team feels incredibly grateful that our commissioners thought to support SEL. For some high schools, SEL is new conversation for them. Once high schools start to engage more, more funding will be used and be needed. We will be spending through allocated funds much more quickly as High Schools engage. The model that we have up to this point, the funding for Sources of Strength has come out of district budget, out of the prevention’s team budget. Funding from commissioners go to local schools, local schools have access to the funding. The prevention team is only a conduct to help schools get the programs and the discounts for those programs they need.

Curtis highlights that this prevention work is effective when it involves the whole community, including churches, business, employers throughout the community. When this happens, that’s when big changes start to occur among the youth. Key initiative and goals of the Coalition are to advance this time of work. The Coalition can reach out to the broader community in ways that the school district cannot. Curtis highlights that this coalition group, as passionate community members, can advocate for more funding for this work and for schools to prioritize this work that fits in with the coalition’s preventive priorities.

**Next coalition meeting will be on November**

**Resources/information:**

Presentation: Presentation: <https://drive.google.com/file/d/1FEnuiXPchV6tt0ZXiNuT7wpIMhb1ZHYA/view?usp=sharing>

Other from HCA: <https://hcatodayblog.com/2020/10/05/hca-healthcare-collaborates-with-everfi-to-launch-a-digital-mental-health-course-for-students/>

October 1st through the 31at is [National Substance Abuse Prevention month](https://youth.gov/feature-article/national-substance-abuse-prevention-month), [Red Ribbon week](https://www.redribbon.org/) is October 23-31 2020

Disturbing alcohol usage rates among adults increasing due t the COVID-19 epidemic

* [COVID-19 pandemic brings new concerns about excessive drinking](https://www.heart.org/en/news/2020/07/01/covid-19-pandemic-brings-new-concerns-about-excessive-drinking)
* [Changes in Adult Alcohol Use and Consequences During the COVID-19 Pandemic in the US](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975?stream=top&utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_axiosvitals)

Forward Together was created to help you build and strengthen your relationship with the young people in your life through their growing and developing years. [Link](https://forwardtogetherco.com/)

Talk. They Hear You - SAMHSA’s substance use prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol and other drugs. [Link](https://www.samhsa.gov/underage-drinking)

Why Health Equity Matters in Prevention Webinar [Link](https://www.myctb.org/wst/dchyc/Lists/Calendar/DispForm.aspx?ID=26)

Health Equity: LGBTQ+ Online Course Webinar series [Link](https://www.myctb.org/wst/dchyc/Lists/Calendar/DispForm.aspx?ID=101)

Operation Prevention, The Science of Addiction- The Stories of Teens [Link](https://app.operationprevention.com/)

Educator lessons [Link](https://www.operationprevention.com/classroom#spm)

Twelve Talks to Have with Teens (Jefferson County Communities the Care) - [Link](https://www.twelvetalks.com/)

I am Gretta – [Link](file:///C:\Users\chanock\Desktop\I%20Am%20Greta)

**Mental Health News**

For the 7th year in a row, [Mental Health America (MHA)](https://mhanational.org/issues/state-mental-health-america) released its annual State of Mental Health in America Report, which ranks all 50 states and the District of Columbia based on fifteen mental health and access measures for both adults and youth (ages 12-17).

2021 Youth Data shows that Colorado ranks 43 in the United States.

2021 Adult Data shows that Colorado ranks 48th in the United States

*States with rankings 39-51 indicate that youth have higher prevalence of mental illness and lower rates of access to care.*