

APRIL - MAY - JUNE | TOGETHER FOR YOU | 509-662-7201

Upcoming Holidays

Independence Day 7/4/24

Labor Day 9/2/24

Our office will be closed in observance of these holidays.



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Hope Squad Conference April 26, 2024



Our first Hope Squad Regional Conference was such a hit that it created a large demand for a second one! In partnership with the Waterville School District, our Hope Squad Regional Coordinator, Alyssa Polson, was able to schedule and plan a 2nd conference on April 26, 2024.

The Waterville Hope Squad Members helped plan the event by making the theme "Hope For Brighter Days" and brainstorming topics that they would like to see discussed at the conference. There were 150 students, Advisors, and staff members in attendance at the conference from schools in the Douglas, Chelan, Grant and Okanogan counties. We had some amazing speakers for our event!

- Kristi Wiley; Keynote Speaker from Fort Worth, Texas
- Jesus Mendoza; Chelan/Douglas Catholic Charities
- Carrie Van Lith; Waterville Coalition Coordinator
- Alex Anaya; Community in Schools

Kristi Wiley, who is a suicide loss survivor, started the day and brought the energy with music, dancing and an interactive presentation with students on roles, labels and connection.

We had 4 different breakout sessions that participants could attend, 3 of which included:

- Carrie Van Lith facilitated a session, Crucial Conversations, which was an interactive discussion on different scenarios that students had to work through and what to do in each scenario.
- Jesus Mendoza discussed the Youth Mobile Crisis Unit in the Chelan/Douglas Counties. He shared what a potential caller looks like and the process to handle that caller.
- Alex Anaya shared his personal story of growing up in Mattawa and the adversity he had to overcome to get to where he is today. This resonated with many of our students. One of our advisors commented, "These kids were overwhelmed with gratitude from this event, the activities, and the speakers. They were especially touched by Alex's story of his mom being deported as this is a reality for many kids and families in our area. His story made them feel seen & validated."

Overall, it was a very successful event with lots of information and activities through the day. Alyssa stated, "My hope is that these students are able to take what they learned from this event and put it into practice within their schools, families and communities."



**HOPE SQUAD MISSION - TO FOSTER HUMAN CONNECTION,
COMMUNITY AND HOPE**

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Strengthening Families May/June 2024

In partnership with Pioneer Middle School, the Strengthening Families Program kicked off it's 6-week class on May 1, 2024. Check out the flyer before for the program details.



Program Format

- Created for parents or caregivers and youth 10-14 years old
- Seven 2-hour sessions, the last session includes a graduation celebration
- Family dinner and childcare provided
- Parents and youth meet in separate groups for the first hour
- Families have fun together and practice skills for the second hour
- Each session is filled with learning activities and games

Session Topics

- For Parents:**
- Using love and limits
 - Encouraging good behavior
 - Building bridges
 - Making house rules
 - Protecting against substance abuse
- For Youth:**
- Having goals and dreams
 - Appreciating parents
 - Dealing with stress
 - Handling peer pressure
 - Following house rules
 - Reaching out to others
- For Families:**
- Supporting goals and dreams
 - Appreciating family members
 - Understanding family values
 - Using family meetings
 - Building family communication
 - Reaching family goals



Program Comments

What parents say

"It was fun and moved along quickly."

"I liked listening to what has worked with other families."

"I wish I could have attended when my two older kids were still at home. We benefited very much."

What kids say

"I didn't realize how much my mom cared about me."

"I learned that my parents are fun to be with."

"I learned what to say if someone is trying to get you in trouble."



Benefits

For Youth, Families & Communities:

Parents Learn

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

Youth Learn

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

Community

- Decreased problem behaviors in teens
- Less teen use of drugs and alcohol
- Increased positive parenting of teens

Work with your youth to build:

- Positive future plans
- Peer pressure resistance skills
- Supportive peer relationships
- Positive management of emotions
- Empathy with parents or caregivers

Work with your youth to prevent or reduce:

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Poor relationships with parents or caregivers

Contact information for registration:

Brenda Webley - Orchard Middle School
509-662-7745 x12334

Lina Maldonado - Pioneer Middle School
509-663-7171 x2085

Maria "Isabel" Zermeno - Foothills Middle School
509-664-8961 x22226

Margaret Viebrock - WSU Extension
509-746-8531 - viebrock@wsu.edu

Program Information and English Registration
Please register by Friday, April 26

WSU Extension programs and employment are available to all without discrimination. Report evidence of noncompliance through your local WSU Extension office.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact WSU Extension at 509-746-8531 at least ten days prior to the event.

This program is sponsored by Washington State University Extension and TOGETHER FOR YOUTH



The Strengthening Families Program is a nationally recognized, science based, best practices program, developed by Iowa State University.



AmeriCorps Graduates 2024



We want to give a warm congratulations to our two AmeriCorps Program graduates, Courtney Culp and Belinda Mercado!



Courtney served in our organization for 2 AmeriCorps years, acting as our Administrative Assistant. She helped our office become more organized, created program support materials and implemented our monthly newsletter (that will now be a quarterly newsletter!).

Since her graduation from the program, she has started working for a global agricultural company, Unitec Universal Technologies, that produces automated sorting and processing machinery for produce warehouses all over the world.

She assists in booking the travel arrangements for their technicians, including flight, hotel and ground transportation, tracking rental car assignments, and taking care of SIM cards for the technicians traveling from abroad. She will be continuing to take on additional responsibilities as she grows within the company.

She is also still helping out from time to time with tasks as needed, for which we are so grateful!

Belinda came to us in March of 2023 as our Crime Victim Advocate during the remainder of its contract for that year. She has such a calm, empathetic way with clients that creates a safe space for them to share and builds trust that she will follow through.

Post-AmeriCorps, she graduated Wenatchee Valley College, March 2024, with an Associate of Arts & Science. She relocated to Vancouver, WA shortly after with the plan to attend WSU in Vancouver, attentively Summer Semester 2024. April 18, 2024, she began working with New Narrative in Gresham, OR as a Team Based Care Peer Specialist, supporting residents in 3 different residential homes transition into permanent housing, along with peer-to-peer engagement as participants build and connect with a community while pursuing their unique wellness goals.

Way to go, Belinda! Your training, skills, desire to help others and your character will take you far.



Spanish Love & Logic Class - April 2024

This 6-class course began on Monday, April 15th and ran on Monday and Tuesday evenings at Sage Hills Church. This is the first time since COVID that a facilitator has been available to teach a Love & Logic course in Spanish, and we look forward to creating the same Spring/Fall schedule for the Spanish class moving forward.

This course is offered at NO COST to the members of our community, offering practical, loving and gentle ways to teach kids of all ages how to problem solve and accept the consequences of their choices. We are also fortunate to have a relationship with Sage Hills Church, enabling us to offer FREE childcare for the parents attending the class. The positive feedback received at the end of each series of classes makes this a wildly popular class that is in such high demand we have a contact list that builds in between the Spring and Fall classes!

One of the most frequently asked questions regarding Love & Logic is, does it count for court-ordered parenting class requirements? The answer: YES! Once you have completed all 6 classes of the course, we can issue a certificate of completion. If you have any questions regarding the class, want to learn more about facilitating a class, or want to be added to the waiting list for future classes, please contact us at info@togethercd.org or call the office at 509-662-7201.

SUNSHINE IS THE BEST MEDICINE

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Breaking Addictive & Destructive Decisions aka BADD Club would like to congratulate their 6 graduating members:

Fernando Hernandez

Cesar Cisneros

Aaron Ochoa

Rylee Anderson

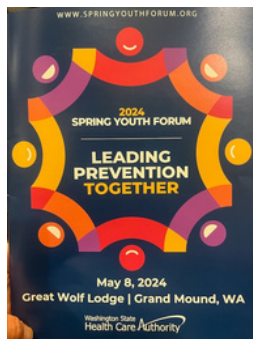
Emily Rojas

CONGRATULATIONS!!!!

Ruby Hernandez will be the only member going forward this next year, and she is in full swing with recruiting. Good luck, Ruby! We know you will build a great team!

Spring YOUTH FORUM

Waterville's BADD Club participated in the Spring Youth Forum on May 8th, 2024. There were 40 teams from across the state. It was amazing to see all of the hard work that youth are doing in prevention. The Waterville team did fantastic! They have been doing a lot of collaborating with other clubs the last couple of months to include the Hope Squad and their conference, student representatives on their drug-free week, and then, of course, their own stuff. The club's leader, Carrie Van Lith says, "I am so proud of them! They have all done a great job in participating in all of the events throughout the school year."



Save the Date

LEADING
PREVENTION
TOGETHER

June 11, 2024
3:00 p.m. - 5:00 p.m.
Wenatchee, WA

Invites to follow

The Waterville and Wenatchee Community Prevention Wellness Initiative (CPWI) Coalitions are hosting a key leader event. Please RSVP by Friday May 31st if you are able to attend this in person meeting which will be held in Wenatchee!

You can RSVP or request more information by sending an email to Hailey at hailey@togethercd.org or Carrie at carrie@togethercd.org



MAKE GOOD CHOICES TODAY SO YOU DON'T HAVE ANY REGRETS
TOMORROW.