AUGUST 2023 | TOGETHER FOR YOUTH | 509-662-7201

Community

AND BACK TO SCHOOL EVENTS

Recovery Navigators Program Back to School Event 2023

The Recovery Navigators Program was established to assist those struggling with substance about and/or mental health issues following the State vs. Blake law in 2021. The team consists of individuals with lived experiences who have recovered from those lifestyles and seek to help others who want to do the same or be a support person for those who aren't quite ready. They work with people ages 13 and up and have over 200 cases within their first year of existence, working closely with law enforcement, Juvenile Probation Officers and DOC officers in Chelan and Douglas counties.

The Teen Night was sparked by Francisco Jimenez's desire to prevent teens from experiencing that lifestyle and creating a safe space of prevention for them. Teen nights allow youth from ages 13 to 18 to gather, play a sport of some kind and share a meal together. RN has hosted 5 of these nights so far with an average of 25 teens per event.

Recovery Navigators is hosting their next event, a Back-to-School Obstacle Course, on Friday, August 18th from 4 - 8 pm at Eastmont Park, 225 N. Georgia in East Wenatchee, WA 98802. You can sign up via the link below. Feel free to reach out to Francisco with questions at 509-715-3108.

Teen Night:
https://form.jotform.com/231427328621048

For more information on the Recovery Navigators Program, visit
https://www.wenatcheecafe.org/navigators

NCW District Fair

The 2023 North Central Washington District Fair is August 24th through August 27th at the Douglas County Fairgrounds in Waterville.

TOGETHER! for Youth will be hosting a booth on Thursday, August 24th in which our 2023 Community Surveys will be available, and Kids Day at the Fair is Saturday, August 26th.

Visit their website at www.ncwfair.org to buy tickets, check out the full events calendar, and get general fair information.

SERVE WENATCHEE

Back to School Event 2023

Join Serve Wenatchee Valley for their annual Back-to-School event! Saturday, August 12th from 8:00 am to 4:00 pm at Saddlerock Church; 1400 S. Miller, Wenatchee.

Clothes for Kids, sponsored by Numerica Credit Union, and CVCH Backpacks, sponsored by Community Health Plan of Washington and Molina Healthcare are combining their events this year! Supplies, clothing and backpacks will be available to registered children grades K-12.

You can register your child(ren) by calling the Serve Wenatchee office Monday-Thursday from 9:00 am to Noon, or 1:30 to 4:30 pm, OR you can register online at www.servewenatchee.org and click on the red box that says "ONLINE REGISTRATION".

For more information, or if you have questions, please contact Serve Wenatchee directly.

"THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS." ~ CORETTA SCOTT KING

Back to School Tips, Dates and other Community News

Keep your family safe and healthy!
You can prevent opioid misuse by keeping prescription medications locked up and taking the medication exactly as the doctor prescribed, or by dropping them off at a safe drop off location when they're no longer needed. You can see a list of available drop off locations by visiting the website listed below.
https://doh.wa.gov/you-and-your-family/healthy-home/safe-medication-return

We still have Quit Kits available! If you are working with students who may be ready to quit smoking or vaping, these kits are a great resource for them. Contact Courtney via email at info@togethercd.org, or by phone at 509-662-7201.

2023 Community Prevention and Wellness Initiative Wenatchee Community Survey

Every year, we partner with the Washington State Health Care Authority to distribute a community survey. This survey focuses on the communities' opinions about youth substance use in our community, particularly grade levels 6 through 12. The responses are utilized to help inform and improve preventions programs for our local youth.

This online survey takes 5-7 minutes to complete and 100% anonymous.

Your opinion is valuable to our organization, and we invite you to take a few moments to complete the survey. There are Spanish and English versions available via the QR Codes below.

English **Spanish**

TOGETHER! for Youth thanks you in advance for taking the time to complete this survey!

1.) Get back into a school bedtime and sleep schedule. A few weeks before school starts, get your child(ren) into the habit of going to bed earlier and re-establish a bedtime routine. Activities like a bath or reading before bed can help them wind down.

2.) Set expectations for the time they have between school and dinner. This can include homework, play time and any chores they may have.

3.) Encourage your kids to get involved in preparing. This can mean choosing and organizing their supplies, helping prepare their lunches, and choosing their clothing.

4.) Discuss safety with your child(ren). This includes looking both ways before crossing the street, being fully aware of all their surroundings, and taking the same route home if they are walking.

5.) Talk about the first week jitters. Let them express their fears, teach them deep breathing to calm their nerves, and discuss scenarios that worry them.

These are just a few ideas listed on thePersonal. For more tips, visit their website www.thepersonal.com

District First Day Back to School Dates

August 29, 2023:
- Entiat School District
- Leavenworth/Cascade School District
- Wenatchee School District

August 30, 2023:
- Cashmere School District
- Chelan School District
- Eastmont School District

August 31, 2023:
- Manson School District

"A NEW SCHOOL YEAR MEANS NEW BEGINNINGS, NEW ADVENTURES, NEW FRIENDSHIPS, AND NEW CHALLENGES. THE SLATE IS CLEAN AND ANYTHING CAN HAPPEN." ~ DENISE WITMER