NORTH CENTRAL WASHINGTON HOPE SQUAD®

First and foremost...

TOGETHER! for Youth would like to congratulate Alyssa Polson and her NCW Hope Squad team for a very successful, first ever Regional Hope Squad Conference! The conference was held on May 10th at the Convention Center and featured Keynote Speaker, and Hope Squad Founder, Dr. Greg Hudnall. Guest speakers included Dr. Julie Rickard, Psychologist and Founder of the Suicide Prevention Coalition, and Hailey Croci, Deputy Director of TOGETHER! for Youth. Thank you to everyone who came together to make this event a huge success!

NCW Hope Squad is available to schools in the North Central Washington region, including Chelan, Douglas, Okanogan, and Grant counties. TOGETHER! for Youth will be going into their third academic year of Hope Squad for the 2023-24 school year with 30 schools in the region participating in Hope Squad, including 7 Elementary schools! When Hope Squad first started in 2020, we had 10 schools participating, with the following year to 15. The grant that helps fund our NCW Hope Squad schools through Thriving Together NCW allows for Hope Squad in 48 schools. We are excited to grow Hope Squad in North Central Washington! Hope Squad is doing amazing things for our local youth and communities, and we look forward to seeing what is to come.

What is Hope Squad?

Hope Squad is a school based, peer-to-peer suicide prevention program available to schools at the Elementary School, Middle School and High School levels. Hope Squad was founded in Provo, Utah by a retired school principal and has over 1,600 Hope Squad Schools nationwide! The mission of Hope Squad is help prevent suicide through public awareness and education, reduce stigma, and serve as a resource to those touched by suicide. Students are nominated by their peers as trustworthy and easy to talk to. Those students who are nominated and selected go through an evidence-based curriculum and training throughout the year using QPR suicide prevention model to help other students who may be struggling and spread the awareness of Suicide Prevention and Mental Health.

If someone you know is at risk of suicide, please call or text:

National Crisis Line: call or text 988 or chat 988life.org

Okanogan Crisis Line: 866-826-6191

Okanogan Behavior Health: 509-826-6191

Chelan/Douglas/Grant Crisis Line: 800-852-2923

Catholic Charities: 509-662-6761

Renew: 509-765-9239; Emergency Phone: (800) 852-2923

Teen Crisis Line: 310-855-4673 or text TEEN to 839863

For more information, visit www.togethercd.org or www.hopesquad.com

Why Should You Secure Your Cannabis?

During adolescence, the brain is still developing. Cannabis use can affect the ability of the brain to develop correctly and healthily. These developmental changes within the brain during this time are crucial as significant advances in cognitive function occur, as well as an increased interconnectedness between neurons in the brain, allowing for more complex and sophisticated thinking.

When adults secure their cannabis products, they lower the chances of youth accessing and using these products, which helps ensure proper brain development.

The North Central Youth Cannabis and Commercial Tobacco Prevention Program works to prevent and reduce the onset of cannabis and commercial tobacco use in youth, and support adults who influence these youth.

Learn more at https://granthealth.org/wp-content/uploads/2023/03/April-2023.pdf

"Just because no one else can heal or do your inner work for you, doesn't mean you should do it alone."
~ Lisa Olivera