

2016-17 County Programs in Calaveras Schools

(Updated 08/2016)

The following programs are provided in various schools by county agencies and community organizations. Please contact Kathryn Eustis, Calaveras County Office of Education, (209)736-6092, with corrections or updates.

Youth Leadership Council

Calaveras County Office of Education

Lauren Robinson, Coordinator

The Youth Leadership Council is a new opportunity for students in 7th through 12th grades. It will be a countywide, peer-led program with chapters that meet up to once a week. Students will select issues in their schools and communities (e.g. binge drinking, driving under the influence, marijuana use) on which they would like to have an impact, and work together to make school or community-level change. The group will decide its structure and goals, and election of youth officers. All students are invited to help us build this exciting new program. For more information, call (209) 736-6094.



FNL Mentoring

Calaveras County Office of Education

Lindsey Titus, Coordinator

FNL Mentoring is a youth development and prevention program which matches 7th and 8th grade "protégés" from Toyon, Mark Twain, and Avery Middle Schools with older, wiser 10th-12th grade "mentors" from Calaveras and Bret Harte High Schools. The mentors and protégés meet once a week after school for structured, supervised, and very fun activities highlighting important teen issues such as peer pressure, tobacco, drugs, alcohol, body image, cyber-bullying, resistance techniques, and self-esteem. Each week matched mentors and protégés spend one-on-one time together building a friendship that crosses age and school boundaries. The FNL Mentoring program is almost entirely youth-led, which means that the students run the show! For more information, go to calaverasmentoring.org or call (209) 736-6093.



Teen Link Calaveras

Calaveras County Public Health Services

Michael Magaña, Coordinator

Teen Link Calaveras (TLC) is a partnership between youth, youth-serving organizations and Calaveras County Public Health Services Tobacco Prevention Program. The program is for students in 9th through 12th grades at Calaveras High School and Bret Harte High School. TLC collaborates with youth partners to identify and address issues facing teens. TLC works to inform, educate and engage teens about tobacco use, drug/alcohol use, and other health topics. The aim of TLC is to link teens to services, resources, and opportunities in the community. TLC youth members have opportunities to develop leadership and public speaking skills, learn how to collect and use data for action, develop campaigns, present their work to decision-makers and work as part of a team with Public Health, their peers, and other organizations. For more information, contact Michael Magaña at (209) 754-6019 or email mmagana@co.calaveras.ca.us.



2016-17 County Programs in Calaveras Schools (cont.)

John Van Dyck, Prevention Counselor

Calaveras County Behavioral Health Department

John Van Dyck is a certified substance abuse counselor employed by Calaveras County Behavioral Health Services. He maintains an active weekly presence in several Calaveras County schools: Bret Harte High School, Calaveras High School, Toyon Middle School, Vallecito High School, and Mark Twain Elementary School. John is available to support students in a safe, confidential, and free manner. John can be reached by emailing jvandyck@co.calaveras.ca.us.



Calaveras Youth Mentoring Program

Calaveras County Office of Education

Colleen Nunn, Coordinator

The **Calaveras Youth Mentoring Program** connects local youth from all county schools with safe, positive mentors who offer friendship, opportunity and support for making healthy life decisions. Volunteers are thoroughly screened to ensure the safety of everyone in the program. Once matched, mentors and mentees spend a couple of hours a week together for at least a year doing things they both enjoy—sports, crafts, cooking a meal together, or working on a project. Mentors receive extensive training, plus regular monitoring of the friendship, as-needed support, and invitations to group field trips and events. Contact the program at calaverasmentoring.org or call (209) 736-6078.



S.A.F.E. Kids and S.A.F.E. Teens

Resource Connection: Calaveras Crisis Center

Yvonne Fought, Prevention Education Manager

Liz Gilbert, Prevention Educator

S.A.F.E. Kids is a build-upon program for preschool and elementary school children (K, 2nd, 4th & 6th) focusing on personal safety and interpersonal violence prevention. Stranger safety, bullies and bystanders, personal boundaries, assertiveness skills, healthy relationships and safe touch are addressed through discussion, small group activities, role plays and video clips.

S.A.F.E. Teens is a series presented to middle school-aged students and high school mentors that focus on healthy relationships, interpersonal violence prevention, peer pressure, sexual harassment and safe choices. Other topics may include: child abuse, domestic violence and sexual assault. The topics presented in this series are addressed through discussion, small group activities, role plays and video clips.

P.E.P Talks: Prevention Education for Parents, gives an overview of our program, addresses the red flags of abuse, stranger safety strategies and available resources. For more information, call or email Yvonne Fought at 209-754-6183 or yfought@trcac.org, or Liz Gilbert at 209-754-6138 or egilbert@trcac.org.



2016-17 Prevention Programs in Calaveras County Schools (cont.)

The Grandparent Project

Calaveras County Office of Education and Calaveras County Health and Human Services Agency

Therese May, Coordinator

Facilitators:

Therese May

Arleen Garland

The Grandparent Project provides regular meetings and educational workshops around the county for grandparents (and other relatives) raising children. The meetings improve grandparents' ability to mobilize their social support networks and adapt to their role as primary caregivers. Complex issues such as legal, financial and emotional topics are explored and solutions discussed. The group provides a confidential place to share and hear first-hand how other grandparents/relatives have adapted to these new responsibilities. For additional information or for individual consultation, contact Program Coordinator Therese May at (209) 768-7723.



Fit for the Future

Calaveras County Public Health Services

Jolene Segerstrom, Coordinator

Fit for the Future is a fitness program at several schools in Calaveras County (, San Andreas Elementary, Copperopolis Elementary, Railroad Flat Elementary, West Point Elementary, Mokelumne Hill and Albert Michelson Elementary). The program was developed in Tuolumne County to promote healthy living and fight childhood obesity. Calaveras County is using the program to work with students in 5th grade by training with them on six areas of fitness that are tested for each year by the State of California. Fit for the Future provides expertise and motivation in these areas of fitness and gives every participant the opportunity to improve their fitness scores. For more information, call (209) 754-6852 or email JSegerstrom@co.calaveras.ca.us.