



The Placer County Youth Commission

2009-2010 Annual Report



In partnership with



Hello fellow youth and supportive community members!

My name is Isabel Lopez and I represent the 2nd District within Placer County. I had the honor of serving during the 2009-2010 term of the Placer County Youth Commission. As a commission our goal is to integrate the youth voice into local policy making by researching youth issues and concerns, relating our findings and positions to local policy makers, and engaging the community to create positive change.

The inception of the Commission occurred last year, with the gathering of a group of passionate youth who were dedicated to making a difference in their community. This Founding Team delineated what they wanted the Placer County Youth Commission to look like, forming its structure, bylaws, and participation requirements. When they had reached a result that they agreed on, they presented their idea to the Board of Supervisors, and with its approval, the Commission officially came into existence with its enthusiastic Founding Team ready to lead the Commission in positively impacting their community the following year.

This year, I have had the pleasure of working with members of the Founding Team, and new members, like myself, in conducting our work throughout Placer County. In our first Annual Report, you will learn about the prolific first year we have had—working energetically to influence youth issues through hosting events, attending meetings, partnering with other youth-oriented groups, and working on various other projects. Because this was our first year up and running, we worked arduously as a Commission to lay the groundwork for future Commissioners by adopting and amending the bylaws, creating administrative materials, and solidifying the roles that officers play within our Commission.

We have enjoyed the time we spent together as a Commission—planning, working, and bonding, and it is sentimentally that we end this year. On behalf of the Placer County Youth Commission, I would like to thank all who have helped us in commencing our journey to empower Placer County's youth, in addition to all of those who have provided us with training, partnerships, funding, and other resources. We are grateful for your help so far and look forward to working with you in the future!

In Community,

Isabel Lopez

Public Relations Officer, District 2 Representative

2009-2010 Commissioners

Seat # 1
Andrew Burrows
Represents: District 1

Seat # 2
Grace Hayes
Represents: District 2

Seat # 3
Roseann Jorgensen
Represents: District 2

Seat # 4
Isabel Lopez
Represents: District 2

Seat # 5
Kayley Marshall
Represents: District 3

Seat # 6
Alex Darrow
Represents: District 3

Seat # 7
Daniel Graupensperger
Represents: District 3

Seat # 8
DeeJay Marez
Represents: District 3

Seat # 9
Kevin Carlson
Represents: District 4

Seat # 10
Megan Emme
Represents: District 4

Seat # 11
Ashley Hemming
Represents: District 4

Seat # 12
Matthew Kasner
Represents: District 4

Seat # 13
Kate Bradshaw
Represents: District 5

Seat # 14
Derek Ikeda
Represents: District 5

Seat # 15
Kristen Read
Represents: District 5

Youth Commission Adult Advisors

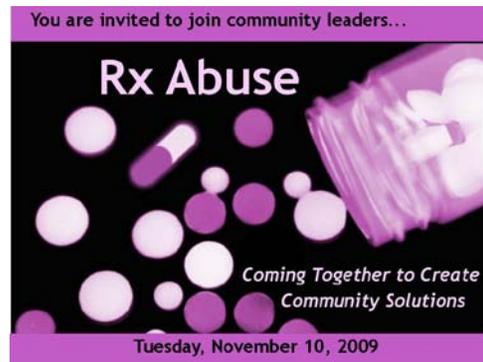
Shannon Dogan
UC Cooperative Extension—Placer County
4-H Youth Development Advisor

Kara Sutter
Placer County Department of Health and Human Services
Substance Abuse Prevention

2009-2010 Community Involvement

Prescription Drug Convening

On November 10, 2009, the Placer County Youth Commission contributed to the success of the Community Convening on Prescription Drug Abuse. Three youth commissioners, Grace Hayes, Kayley Marshall, and DeeJay Marez, helped plan a panel presentation on prescription and over the counter medicine abuse from the youth perspective. Kayley and DeeJay sat on the panel of experts describing experiences at school, with friends and more. Later, DeeJay also gave a personal story about her own experiences with prescription drug abuse and her successful struggle to overcome addiction.



This community convening acted as a catalyst to making community changes to reduce prescription drug abuse. Sixty community leaders representing schools, health, government, law and other vested segments of the community attended the convening and newspaper articles were published on the issue. As a result of the convening, the Coalition for Placer Youth hosts a monthly committee working to address the prescription drug abuse issue from multiple angles. Youth Commissioners have participated in the Prescription Drug Committee and the Youth Commission will be kept abreast of committee actions and asked to advise or participate in matters when needed. The Placer County Youth Commission foresees remaining an active partner on this important issue, whether it is helping with community collection events for unwanted medications or helping to educate their peers.

World Café Event

The World Café was hosted by the Placer County Youth Commission on Wednesday, February 3rd in Auburn. Over 60 youth and 40 adults from Placer County came together to discuss the topic of underage drinking and identify solutions for this issue. The youth represented a wide range of cities, high schools, and organizations. The adults also represented different



Youth sign committed and leadership declarations

localities and agencies spanning across Placer County, and consisted of Board of Supervisors, school principals, board of trustees, representatives from youth groups, law enforcement, city councilmen, drug rehabilitation center representatives, and several county departments.



Youth and adults discuss underage drinking during one of the evening's rotations

Youth and adults participated in various rotations during the evening, providing the opportunity for youth to discuss with community leaders their knowledge and insight concerning factors that contribute to underage drinking and allowing for an exchange of information, ideas, and possible solutions between youth and adults.

The outcomes of this event were both positive and promising. Youth and adults left with reevaluated

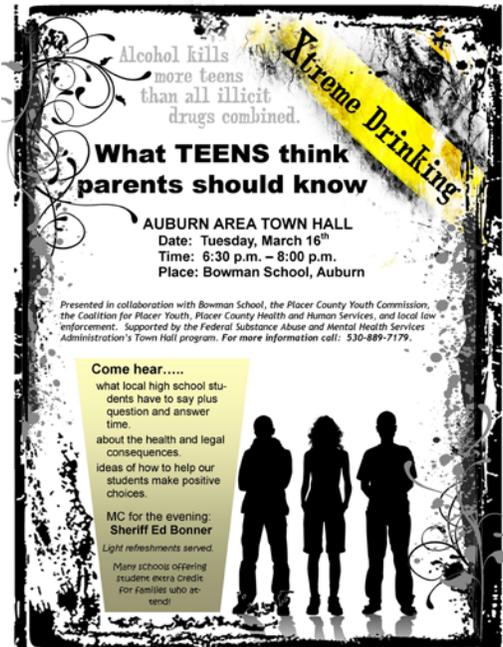
perceptions of one another, with the youth pleased to discover prominent community leaders caring about their experiences and dedicated to making their hopes for change a reality, and adults awestruck by the number of passionate youth ready to take action to positively change their community. The event was powerfully concluded with a statement from the adults, thanking the youth for their honesty and insight, and making declarations to work with them in the future to make a difference in countering underage alcohol consumption in Placer County.

The World Café was the catalyst for the series of Town Hall Meetings on underage drinking. Additionally, Commissioners are organizing merchant sting operations with local law enforcement agencies in order to reduce sales to minors and, thereby, reduce underage youth's access to alcohol. The Placer County Youth Commission is currently working with the Coalition for Placer Youth to reduce underage alcohol access and continues to search for other allies who are passionate about bringing about positive change within Placer County.

Town Hall Meetings

One finding from the World Café was that many youth felt that parents didn't have a true picture of teen drinking or understand how they can help prevent it. Therefore, the Youth Commission decided to hold two Community Town Halls entitled, "Xtreme Drinking, What Teens Think Parents Should Know". The youth created a Town Hall

format which featured compelling local stories and a panel of local high school students discussing the current situation of teen drinking and how parents can help them make better choices – what works and what doesn't. The Town Halls linked in with a national effort by the Federal Government's Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD) to host Town Halls coinciding with April's Alcohol Awareness Month. The first Town hall was held on March 16th at Bowman School in Auburn and the second on April 21st at Lincoln High School. Over 140 youth and parents attended the Town Halls. The Commissioners in attendance at one or both of the Town Halls were Grace Hayes, Kayley Marshall, Isabel Lopez, DeeJay Marez, Derek Ikeda, Matthew Kasner, Kate Bradshaw, Kristen Read, and Ashley Hemming. Among these were panelists, moderators, set-up crew members, and commissioners who simply attended to support their fellow youth and provide a friendly face in the audience.



Bowman School Town Hall Meeting

Reach Conference

The "Reach for the Future" youth conference for high school students was a three day statewide teen leadership training held in Richardson Springs, CA near Chico from Thursday March 12 to Saturday March 14. This year, Kirsten Read and Kate Bradshaw

attended as members of the Placer County Youth Commission, and Kara Sutter attended as their Advisor.

The first day consisted of an introductory assembly, in which artist David Garibaldi performed and other keynote speakers gave welcome speeches. It also included youth-lead workshops on such topics as “changes in technology” and “pressures of the media.”

The second day was the Challenge Day, in which many activities allowed peers to open up to one another about issues that were affecting them. Such activities included “cross the line,” in which the prompter called out characteristics including race, gender, and social background, and youth crossed over a line of masking tape down the center of the floor if it applied to them.

The third day consisted of an Odyssey Ropes Course, including a climbing wall, “flying squirrel,” and other activities that promoted teamwork. The day also consisted of a talent show and a dance.



Kate and Kirsten take on the climbing wall challenge

The Commissioners that attended the event this year highly recommend it to the Commission in the future. We hope that next year, the entire Commission may be able to attend the event. The fun, team building, and lessons learned made it well worth it.

Community Hero

In April, the youth of the Placer County Youth Commission launched a Community Hero campaign, asking youth across the county to nominate an adult that they felt made a difference in the lives of youth. The Youth Commission had the difficult task of choosing between the many diverse and inspiring nominations.

In the end, five Community Heroes were awarded certificates by the Youth Commission and celebrated at a reception on May 26, 2010 by family, friends, and Placer County Supervisor, Jim Holmes. The Community Heroes honored include:

- Greg Bomhoff of Granite Bay ran 128.75 miles for 24 hours straight around the track at Franklin School to save the P.E. Program. He raised over \$20,000 and brought nationwide attention to fundraising efforts.



Community Heroes honored by the Commission at the reception

- Tom Grayson, Founder and Executive Director of Golden Sierra life Skills, was also honored. Grayson has worked in field of life skills and prevention education for 13 years. Numerous youth submitted heartfelt nominations regarding Mr. Grayson discussing how he has been a strong role model, teaching them a better way to live.
- William Hill an owner and artist of Wild Bill Tattoo in Roseville was also honored. For the past nine years, Hill or “Wild Bill”, has organized a “Tattoo-A Thon” to benefit UC Davis Children’s Hospital. Hill, his staff, and guest artists from other shops work from 8 a.m. to midnight, donating all proceeds to the hospital. To date, \$115,000 has been raised.
- Sergeant Karl Dyer of Roseville Police Department was honored in response to a moving essay submitted on behalf of one severely struggling youth who spoke about the impact Sgt. Dyer had on his life. As his mentor Sgt. Dyer helped him get accepted at Grizzly Youth Academy in San Louis Obispo, engaged him in meaningful volunteer work, and shared his belief in the young man by continuously writing him and even traveling to attend his graduation. Now, he mentors other youth.
- Larry Espedal a youth pastor at Bayside Auburn is a hero because of his connections with youth and actions. The Youth Commission was particularly impressed by his intervention in several suicide attempts. He has also overcome his own tragedies which have only made him stronger and above all, he is considered hero because he loves and shows others how to love.

DUI Check Points

As a partner of the Placer County Law Enforcement Agency, the Commission took part in their annual DUI Check points. These were held in collaboration with different law enforcement agencies. While helping out at some of the DUI check points, some of the commissioners learned how the check points work, saw the legal system in action, and viewed the police going about their work. Commissioners Kayley Marshall and Grace Hayes have also been involved with the Chaplain's scenario trainings that entailed their participation in a car crash scenario, allowing law enforcement and citizens to practice handling an emergency situation.

Ambassador Recruitment

During our first year, the Commission focused on making sure that we fully represented the youth of our community, especially those who may be underrepresented. Since we are a group of only fifteen, we are limited in our abilities to represent all of the youth in Placer County. Thus, we came up with the idea of appointing ambassadors to help us better accomplish this task. These ambassadorship positions would be open to youth (6th grade to age 21) who reside in Placer County and represent an organization, youth group, or other segment of the youth population. These ambassadors will serve as the contact person and voice for these other groups and relay information from the Commission to their group. Thus, the ambassadors will serve as extensions of the Youth Commission and help us in our endeavors to represent our fellow youth. In addition, with a larger network of youth the Commission will be able to achieve larger impacts. Applications for ambassadors will be available in September, and ambassadors will be selected and appointed by the Commission in October.

Future Goals

As a Commission, we did not accomplish all of our goals for this year, and as the year progressed, we formulated more goals for next year. The goals listed below are a result of these two circumstances.

Goal I: Policy Making

One overwhelming goal of the Commission is to become more involved in policy making. It would like to be more active in researching youth issues and formulating policy recommendations in response to what was learned. Since we are an Advisory Board to the Board of Supervisors, we would like to see the potential of this role realized and serve an active role to help shape policies that impact youth and the community we live in.

Goal II: Fulfilling our liaison function

One of the goals of the Founding Team when establishing the Commission was to have the Commission function as a liaison between youth, youth groups, other youth-serving

organizations and the Board of Supervisors. In order to do this, we understand that we must market ourselves as a body that is able to provide such a service. The Commission desires to have youth approach it with ideas, concerns, and suggestions that the Commission can then pass on to the Board of Supervisors, and by doing this help youth have more access to their Board of Supervisors and more influence on policy that affects them.

Goal III: Increased event hosting

In its effort to establish itself within Placer County, it is a goal of the Commission to hold more events and forums with potential for youth participation. This would provide publicity for the Commission and more interactions with the youth that the Commission desires to reach out to. Commissioners have generated some fantastic ideas for future events and with such success at events like the World Café, the impact of future events is promising.

Goal IV: To be a youth resource

Our mission as a Commission essentially stems from our desire to be a resource to Placer County's youth. We wish to do this in part by serving as a liaison between youth and Board of Supervisors, but before this is possible, we need to partner with more youth groups and youth-oriented organizations within Placer County. We are recruiting ambassadors to the Youth Commission to provide more linkage between our Commission and these youth groups, schools, and other youth-oriented organizations.

Recommendations

This year's Health and Well Being Subcommittee would like to advise future subcommittees on a few issues. This year, we heard from Sean Bigley, who spoke about Roseville's Green Initiative. Some ideas he gave us include areas of focus that we would like to better educate the public about. The Subcommittee would like to recommend that next year's subcommittee advertises water conservation techniques, including the Water Wise House Call, and making campuses more "creek friendly," in order to make this information more publicly known.

We would also like to recommend that the subcommittee take part in American River Clean-Up in Auburn, which takes place every year on Earth Day from around 8 a.m. to 1 p.m. Information on this event can be found by contacting the Auburn State Recreation Area office at 530-885-4527.

Partnerships and Collaborations

Throughout the year the Placer County Youth Commission has formed many partnerships and collaborations. These relationships and partnerships provide an opportunity to combine resources and expertise to create sustainable change with large

impacts. The following list is some of the organizations and agencies with whom we collaborated to accomplish many of our jointly held goals.

Placer County Board of Supervisors

University of California Cooperative Extension

- Placer County 4-H Youth Development Program

Placer County Department of Health and Human Services

- Placer County Community Health
 - Substance Abuse Prevention
- Placer County Children's System of Care
 - We Are Teens Always Helping (WATAH)
 - Youth Transition Action Team (YTAT)

Coalition for Placer Youth (CPY)

California Friday Night Live (FNL) Partnership

Placer County Sheriff's Department

Roseville Police Department

Placer County Law Enforcement Chaplaincy

Whole Person Learning (WPL)

- Change Happens Around New Generations Experiences (C.H.A.N.G.E)

Youth Empowerment and Goal Association (Y.E.A.G.A)

Butte County Friday Night Live (FNL) Program

Full Circle Treatment Center

Auburn Boys and Girls Club

Placer Community Foundation/GABY

Peer Court

Fiscal Support

Advisor time is provided by the University of California Cooperative Extension (UCCE) , Placer County, and Placer County HHS, Substance Abuse Prevention Program. UCCE also provides clerical support for Youth Commission activities. The Coalition for Placer Youth has written the Placer County Youth Commission into their Federal Drug Free Communities grant and provides the Commission with up to \$10,000 to support activities to reduce youth substance abuse. Additionally the Youth Coalition applied to become a Friday Night Live Chapter and was awarded \$1,000 for youth development and to reduce youth substance abuse and violence.

Placer County Youth Commission Timeline

May 12, 2009 - Resolution establishing Commission passed by the Board of Supervisors.

June of 2009 - First applications made available to the youth of Placer County.

August 18, 2009 - The recommendations for commissioners made by the nominating committee were approved by the Board of Supervisors.

October 14, 2009 - First official meeting of the Commission held.

October 14, 2009 - The Commission's bylaws adopted.

October 14, 2009 - Election of officers held. Grace Hayes was elected as the first President of the Placer County Youth Commission.

November 4, 2009 - The Commission approved three subcommittees: (1) Substance Use Prevention, (2) Health and Well-being, and (3) Youth Involvement.

November 10, 2009 - Rx Abuse Convening held.

February 3, 2010 - World Café Event held.

March 16, 2010 - Town Hall meeting held at Bowman Elementary School. Derek Ikeda, Commissioner, facilitated the meeting.

April 14, 2010 - Bylaw Amendment: Commissioner term changed to July 1-Jun 30.

April 14, 2010 - Hero Awards approved.

April 21, 2010 - Town Hall meeting held at Lincoln High School. Derek Ikeda, Commissioner, facilitated the meeting.

May 12, 2010 - Community Heroes selected.

May 26, 2010 - End of the year reception held and Community Heroes honored.

May 31, 2010 - 2009-2010 term ends.

June 22, 2010 - Commissioners presented the Annual Report to the Placer County Board of Supervisors.

Placer County Youth Commission Press Coverage Record

- 1.) Thomson, Gus. "County's Youth May Get Their Say." *Auburn Journal* 11 May 2009. Print.
- 2.) Thomson, Gus. "Youth Served in New Placer Commission." *Auburn Journal* 13 May 2009. Print.
- 3.) "Rocklin High Senior Named to Youth Commission." *Placer Herald* [Rocklin, CA] 2 Sept. 2009. Print.
- 4.) "Youth Issues Discussed." *Placer Sentinel* [Auburn, CA] 9 Oct. 2009, Placer Blog sec.: 5. Print.
- 5.) Stone, Melody. "Parents Schooled in Teen Drinking." *Auburn Journal* 18 Mar. 2010. Print.
- 6.) "Youth Alcohol Abuse Challenges Our Community." *Auburn Journal* 19 Mar. 2010. Print.
- 7.) Jullien, Joanna. "Town-hall meeting to focus on teen binge drinking." *Lincoln News Messenger* 14 Apr. 2010. Print
- 8.) Stephanie Dumm, "Talk to your kids honestly about Drinking." *Lincoln News Messenger* 28 Apr. 2010. Print
- 9.) "Placer Youth Commission Seeks Applicants." *Rocklin & Roseville Today* [Rocklin, CA] 25 Apr. 2010. Print.
- 10.) "Youth Commission Applicants Sought." *The Loomis News* 29 Apr. 2010. Print.

List of Presentations

1. October 14th, 2009 Business Meeting
 - a. Full Circle Treatment Center, Christy Crandell on teen substance abuse and treatment
 - b. Coalition for Placer Youth, Kathy Sinor
 - c. Chico, Butte County FNL Committed Program, sharing an effective model that they are piloting in different counties
 - d. Change Happens Around New Generations' Experiences (CHANGE), presentation on three different issues regarding foster care and foster youth

2. October 28th, 2009 Subcommittee Meeting
 - a. Ruth Alves presented to the Commission about parliamentary procedure and protocols for running meetings

3. November 4, 2009 Business Meeting
 - a. Ruth Alves, during public comment, presented a county update to the Commission
 - i. The update focused on the Rocklin Library, Hidden Falls Regional Park, the 2010 census, and distribution of the H1N1 vaccine

4. December 9, 2009 Business Meeting
 - a. We Are Teens Always Helping (WATAH), about this year's Battle of the Bands
 - b. YSPconnect.org – a youth development project to connect youth service providers
 - c. Placer County Law Enforcement Chaplaincy

5. February 10, 2010 Business Meeting
 - a. Ruth Alves gave a county update, which focused on a Fowl and Poultry Text Amendment, the legality of medical marijuana, the Hidden Falls Regional Park, the Rocklin Library, and monthly automobile speed counters.
 - b. Supervisor Jim Holmes, on the functions of county government
 - c. Sean Bigley of the City of Roseville Environmental Utilities and the Roseville Green Team, to discuss Roseville's "Green Initiative"



Christy Crandell presents



Members of C.H.A.N.G.E present



Ruth Alves presents



Supervisor Jim Holmes presents



Sean Bigley presents

What Commissioners said they enjoyed the most about being part of the Placer County Youth Commission...

“The chance to meet new people and make friends in an environment that kept me updated on community issues”

“I liked being able to have some power and to do good in my community”

“Being involved in the community and having doors open”

“Doing the world café, getting to know new people”

“The level of involvement in the community, the level of contact we have with adult public officials, and our ability to bring into effect positive change in the community”

“I enjoyed learning more about the community and ways we could help improve other's lives”

“I enjoyed meeting new friends and going out in the field and actually making a difference in Placer County”

“The feeling of making a difference”

“I greatly enjoyed the satisfaction I derived from knowing that I had an active role in creating community change, particularly through the World Café Event”

“Being able to make a difference in my community”



If you would like to contact or learn more about the Placer County Youth Commission:

11477 E Ave. Auburn Ca 95603

Phone: (530) 899-7392 / Fax (530) 889-7397

Email at placercoyouthcommission@gmail.com.

Websites: <http://ucanr.org/pcyc> http://www.placer.ca.gov/bos/ComComNu/PC_Youth.aspx

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