

Thank you for
helping us do
MORE!

A special thanks to our partners for their willingness to collaborate with us, and in many

- ACES– Clark College
- Clark County Youth House
- PREVENT! Substance Abuse Coalition of Clark County
- Prevent Together: Battle Ground Prevention Alliance
- State Farm
- Triple Point
- Umpqua Bank
- UNITE! Washougal Coalition
- Vancouver Parks and Recreation
- Washington State Division of Behavioral Health and Recovery (DBHR)
- West Van for Youth

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STASHA (stay-shuh):

STRONG TEENS AGAINST SUBSTANCE HAZARDS & ABUSE

Annual Report 2013-2014



A Program of Clark County Dept. of Community Services, Youth House

What We Do

Our mission is to help prevent substance use and encourage Clark County youth to make healthy decisions through nonjudgmental youth-to-youth advice and/or suggestions.

STASHA is a nonjudgmental group made up of youth from the ages of 12-19 who work to prevent substance abuse among their peers and within their community, using their own words and in their own way.

The young people in this program seek to represent the diverse geographic regions and populations of the county. **This group is comprised of youth who have never used drugs and alcohol, youth with past experimentation/use, and youth who have completed treatment and are now in recovery.** Youth are appointed to a one year term (September-June). Youth can choose to continue their position up until the end of their first year of college (if attending school locally).

The group meets the first and third Mondays of each month from 6-8 PM at the Clark County Youth House. In order to successfully carry out the project ideas, the group also meets for sub-committee meetings. Peer Educators typically volunteer about 4-8 hours each month.



**What
do
STASHA
Peer
Educators
do?**

"STASHA has influenced my decision-making, improved many of my interpersonal skills and has reinforced my decision to live a healthy, sober life. It has also introduced me to many opportunities and super rad people!" ~Kenzie

"The impact STASHA had on me was very large because before I joined this program I had little or no education on substance abuse and what effect it has on youth." ~Michael Stevens

"STASHA has impacted my life a lot in that it taught me all about how to prevent the dangers of drugs and alcohol while still letting me help people that have already chosen the wrong path." ~Emily

"I've seen substance abuse all my life and STASHA has helped me understand how and why this occurs. Having a program like this has opened so many doors and has led to so many opportunities. I'm very thankful for having such an amazing experience in such an amazing program." ~Audrey

Youth Voice

"I have gained so much information on drug/alcohol abuse. I now have the ability to not only say abusing drugs and alcohol is bad, but explain why. My public speaking skills have also gotten a lot better. I am a lot more comfortable speaking to crowds and I am a lot more outgoing. I have made a lot of new friends, had amazing opportunities, and a lot of doors have opened that I didn't think would have opened." ~Zoe T.

"STASHA is one thing that taught me while human desire is unstoppable when ignorance is dispelled, a person will realize the harm their desires bring and that only through education can we improve society as a whole." ~William M.

"I like STASHA because it gives people a place to stay and learn the dangers of drugs and alcohol instead of using them." ~Foster T.

Graduating Seniors

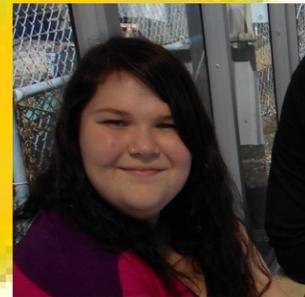
Audrey Tiernan was a member of STASHA for 6 years. Through STASHA, she has dedicated 610.5 volunteer hours to substance abuse prevention in Clark County.



Cara Downs has been a member of STASHA for 4 years. Through STASHA, she has dedicated 239 volunteer hours to substance abuse prevention in Clark County.



Morgan Atwood was a member of STASHA for 6 years. Through STASHA, she has dedicated 517 volunteer hours to substance abuse prevention in Clark County.



Emily McDonald was a member of STASHA for 7 years. Through STASHA, she has dedicated 726 volunteer hours to substance abuse prevention in Clark County.



Peau Porotesano was a member of STASHA for 5 years. Through STASHA, he has dedicated 368 volunteer hours to substance abuse prevention in Clark County.



Patrick Nye was a member of STASHA for 2 years. Through STASHA, he has dedicated 145 volunteer hours to substance abuse prevention in Clark County.



Promote awareness through outreach and educational programs, while serving as a resource for his/her peers at school and/or one-on-one.
Advise various community groups on how to best address substance abuse at a community level.
Support programs and policies that minimize substance abuse and encourage youth to pursue positive behavior changes and participate in a healthier Clark County.

STASHA's work is rooted in the Risk and Protective Factor theory developed by Hawkins & Catalano (1992). According to this theory, a goal of prevention is to reduce the amount of risk factors a young person is exposed to, and increase the amount of protective factors a young person has.

The STASHA Peer Education program seeks to reduce the following risk factors:

- ◆ Attitudes, norms or laws favorable towards substance use
- ◆ Low neighborhood and community attachment
- ◆ Friends/and or self engaging in substance use

STASHA's efforts aim to develop or enhance the following protective factors:

- ◆ Healthy beliefs and standards: Develop and support clear standards about substance abuse
- ◆ Bonding: Increase opportunities for bonding among peers, adults and the community
- ◆ Create healthy communities: Promote activities for citizens to engage in a healthy community



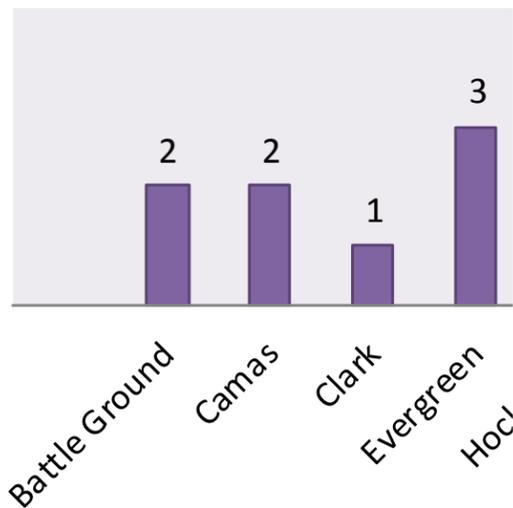
Who We Are

STASHA membership is diverse by gender, sexuality, age, school, ethnicity and direct or indirect experience with drugs or alcohol. Peer Educators see the issue of substance abuse and prevention from many different perspectives allowing them to reach out and appeal to different groups more effectively.

We continue to strive to have member representation from each school district in Clark County. Our outreach and recruitment efforts support this mission as we build relationships within all parts of the County.

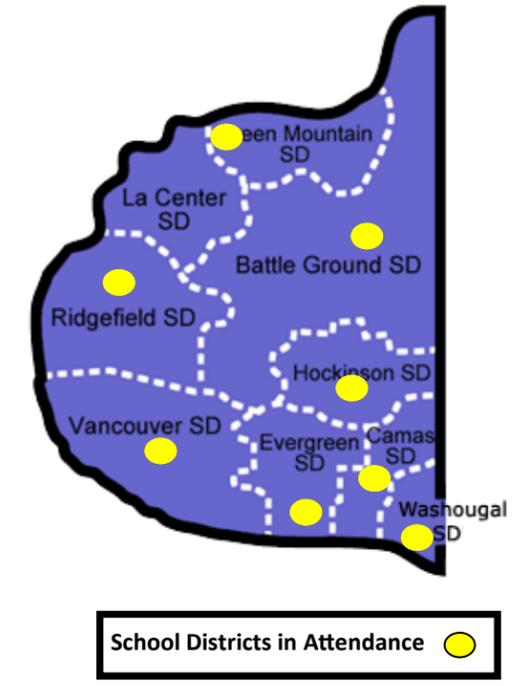
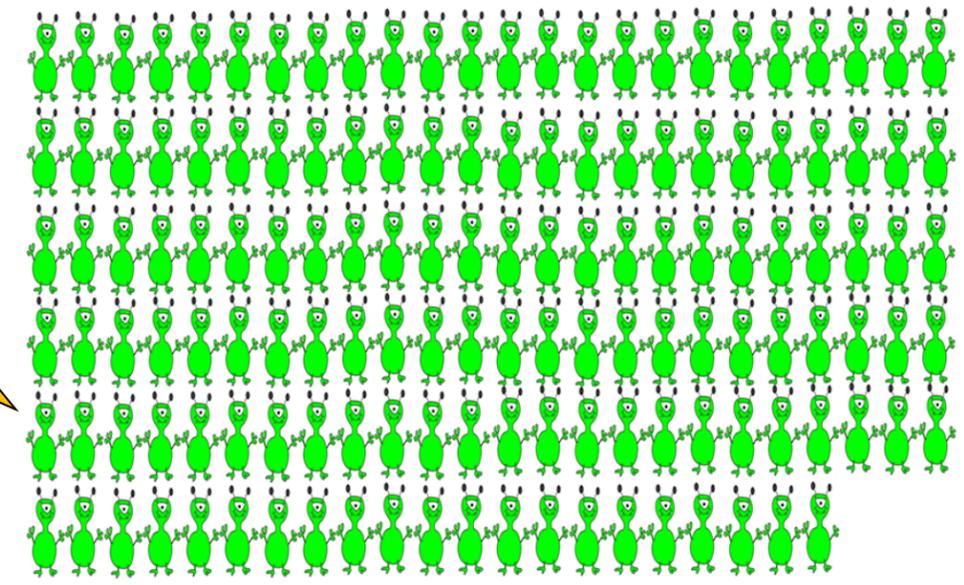
STASHA members do not receive payment or a stipend for their hours of service to the county. They generously give their time because they are passionate about prevention. STASHA members volunteer between 4-8 hours each month working on projects that seek to reduce substance abuse in Clark County. Collectively, the group donated 949.5 hours over the 2013-14 year (June 2013-July 2014), which has a volunteer value of \$25,399.15 (Independentsector.org).

School Districts Reached

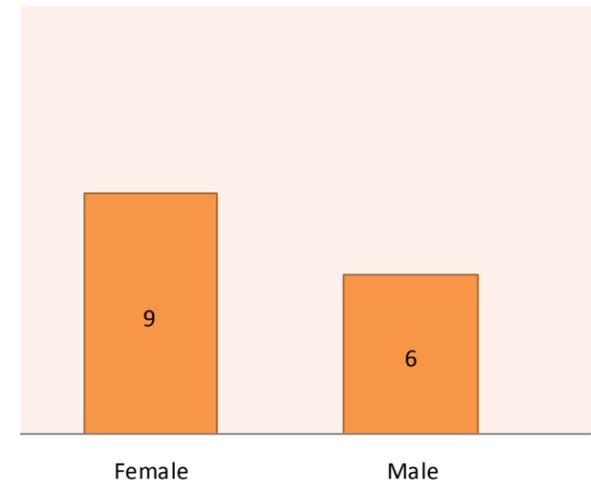


141 Clark County Youth Attended 2014 PIAP!

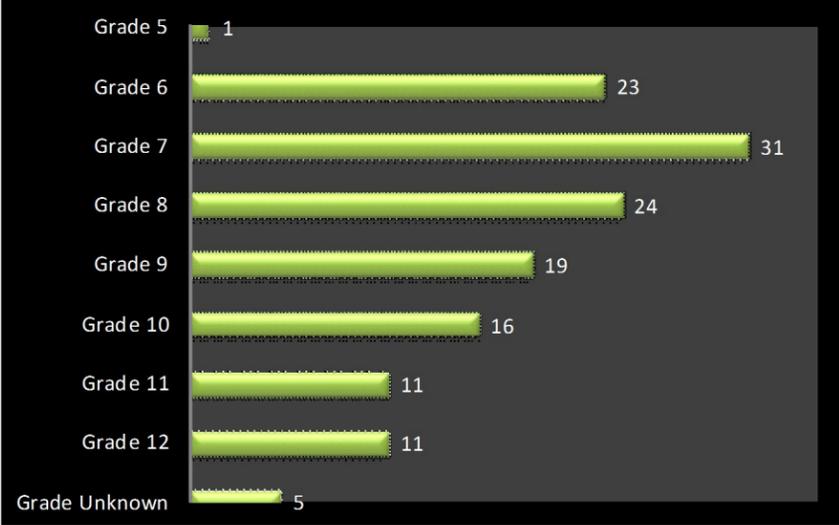
PREVENTION IS A PARTY OUTREACH



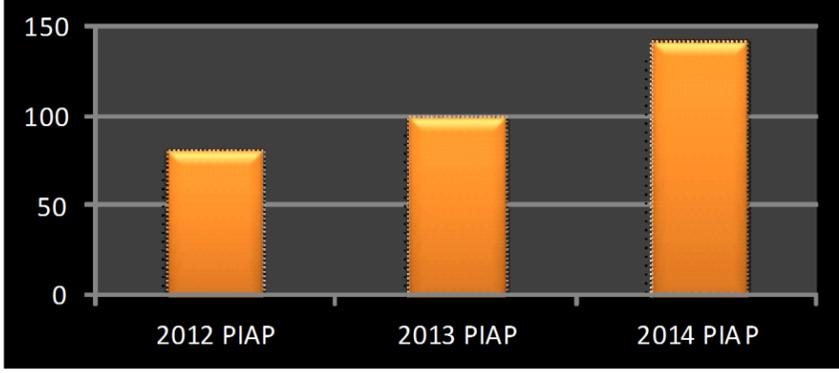
STASHA Members (total and by gender)



of Participants



Growth in Number of Youth by Year



11 Year in Review (Continued)

PREVENTION IS A PARTY!

(April 2014)

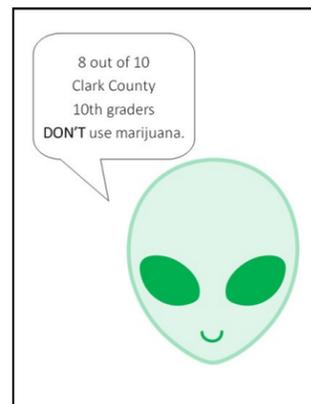
STASHA hosted their third annual PREVENTION IS A PARTY! event. This event is offered to all Clark County middle and high school students. The goal was to provide a fun, safe and positive event for youth while providing them with substance abuse prevention messages and materials. 65 youth were surveyed on this night and when asked if it was important for teens in Clark County to have an event like this, 62 respondents said it was important. Below are the reasons they provided as to why it is important:

- ⇒ Gives youth a healthy, safe, alternative for something to do: 23
- ⇒ Raises their awareness levels about substance abuse: 13
- ⇒ Opportunity to interact with other drug-free youth: 9
- ⇒ Because it's fun/cool: 5

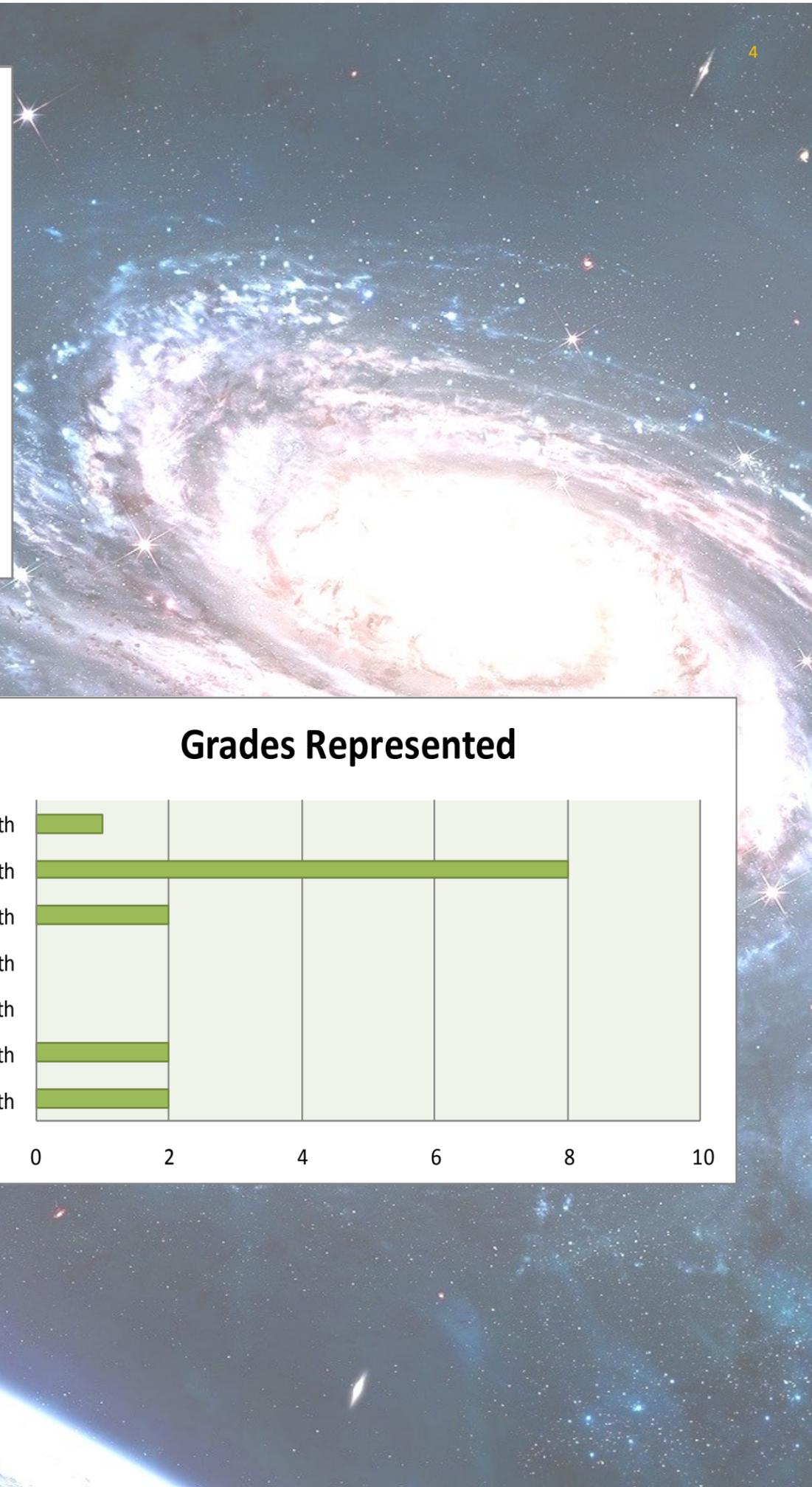
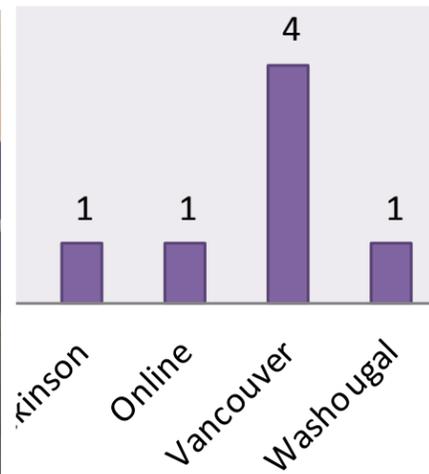
This free event included the following: dancing with a live D.J., swimming, volleyball, basketball, video games, table games and prevention themed games and prizes. STASHA designed the posters, bracelets, and giveaway bags. They wrote donation letters, selected the location of the event and assisted with promotion. In addition to the STASHA members, there were 16 community volunteers at this event. One hundred and forty-one youth were in attendance ranging from 6th grade to 12th grade, with representation from thirty-eight different schools and programs in Clark County.



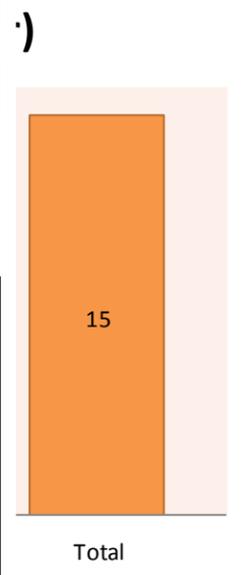
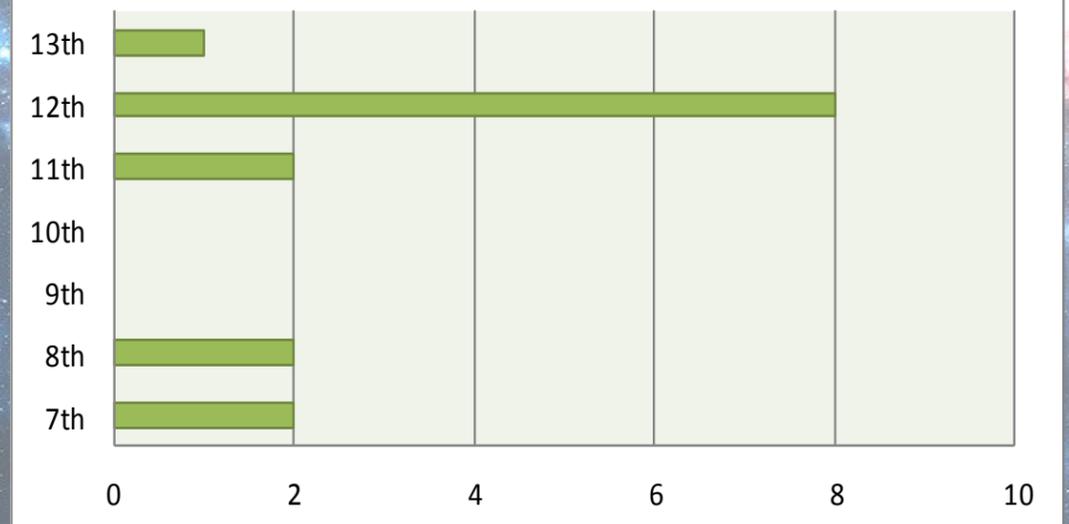
Positive Norms Poster Displayed at PIAP:



represented



Grades Represented





FALL TRAINING (September 2012)

Over the course of two days, new and returning members participate in an 18-hour training. Offering this training ensures that STASHA Peer Educators have the opportunity to build group cohesiveness, begin visioning for the upcoming year, generate ground rules and norms, identify prevention strategies, build a common prevention education foundation, and have fun together. Staff from the Youth House support the training and often teach workshop sessions. This is the first opportunity for the group to work together as a team and get energized about the upcoming year. It is fun, challenging, informative and exhilarating! STASHA Peer Educators develop a strong understanding and connection with what it means to be a part of community change.



PREVENTION SUMMIT (October 2014)

Washington State Division of Behavioral Health and Recovery (DBHR) hosts a state-wide prevention summit each fall, offering workshops to youth and adults on current and relevant prevention work. For STASHA, the conference is an opportunity to witness large groups of teens excited about and dedicated to prevention. It is an incredible motivator and support to be surrounded by hundreds of teens who share the same passion about substance abuse prevention. STASHA members enjoy the workshops, speakers, service learning project and the opportunity to network with youth across the state. STASHA participated in a service learning project at the Northwest Harvest Food Bank. They helped serve the local and regional customers by cataloging all of the products the food bank had received. At the Summit, several workshops were offered including the following: "Understanding Marijuana Inside and Out," "Youth Taking Charge," "What's Your Leadership Style?" These workshops proved to be beneficial as STASHA members applied the information throughout the year.

ONE TOO MANY
Written By: Peau Porotesano

I said a one too many drinks
can change your life
Start out with one
Think you're just fine
Then come to find
You're at number nine

I said a one too many sips
Might make you hip
But not so much
When your license gets stripped
Then come to find
That you can't drive

Now I ain't sayin don't drink no
But don't get carried away
I'm just askin you to think so
You can be okay

I said a one too many shots
Don't seem like a lot
You start to swerve
And you get stopped
Then come to find
That you're confined

I said a one too many bottles
Shouldn't be bad
Start pickin fights
When you're drunk you get mad
Then come to find
You got a big black eye

Now I ain't sayin don't drink no
But don't get carried away
I'm just askin you to think so
You can live to see another day

Too many... A lot
Too many... A lot
One too many,
Can be a lot
One too many,
Can be a lot
(Conversation)

I said a one too many cups
Just wasn't enough
Thought you'd be fine
Just pushin your luck
Then come to find
You're no longer alive

STASHA State Farm Survey Results

<p>Do you think alcohol is a problem among youth in Clark County Yes: 50 No: 15</p> <p>Have any adults talked to you about the dangers of alcohol? Yes: 57 No: 8</p> <p>If so, who (parent, other relative, coach, youth group leader, etc.)? Parent: 47 Other: 16 Other relative: 9 Coach: 8 Youth Group leader: 4</p> <p>Why do you think some teenagers choose to drink? Coping mechanism: 19 Fun: 18 Fit in/Be "cool": 10 Peer Pressure: 8 Bored: 6 Feels Good: 2 To Get "Turnt": 2 Stupid: 2 Rebellion: 1</p> <p>Where do teenagers get alcohol? Parents: 25 Friends/Other teens: 15 Other Adults: 12 21+Friends: 9 Stores: 9 Steal (not specified from where): 6 Older siblings: 5 Drug Dealers: 2 Alcohol Fairy: 2</p> <p>What do you think adults can do to prevent teenagers from drinking alcohol? Talk to Them: 17 Lock up liquor: 9 Discipline: 6 Don't drink themselves/ in front of youth: 4 Treatment/ drug test: 3 Give them more to do/be more active in their lives: 2</p>	<p>What do you think you could do to prevent teenagers from drinking alcohol? Talk to them: 17 Peer education: 10 Role Model positive behavior: 8 Nothing: 5 Don't give them alcohol/ take it away: 4 Tell someone else: 3 More awareness events: 3</p> <p>What are healthy ways you deal with stress? Physical activity (e.g. sports, working out, exercise): 29 Music: 10 Leisurely activities: 7 Talking: 6 Social interaction: 4 Other: 4 Eat healthy: 3 Counseling/medication: 2 Video Games: 2 Stress Ball: 2</p> <p>Do you think it's important for teens in Clark County to have events like "PREVENTION IS A PARTY!" to go to? Yes: 62 No: 2 N/A: 1</p> <p>If so, Why? Give them a healthy, safe, alternative for something to do: 23 Raises their awareness levels about substance abuse: 13 Opportunity to interact with other drug-free youth: 9 Because it's fun/cool: 5</p> <p># of Participants survey: 65 6th Grade: 6 7th Grade: 4 8th Grade: 6 9th Grade: 4 10th Grade: 7 11th Grade: 0 12th Grade: 33 13th Grade: 2 N/A/Other grade: 3</p>
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9 Year in Review (Continued)

STATE FARM GRANT (SPRING, 2014)

STASHA received a \$500 grant from State Farm for successfully completing the following action steps:

- ✓ Develop a brochure or flyer that describes the dangers of teen alcohol use. Hand out 100 of these brochures to other students and/or community members.
- ✓ Develop a commitment poster (or banner) – have 100 students sign the poster where they make a commitment to not drink alcohol (or similar message).
- ✓ Develop two large banners. The first one says: “Draw the Line Between Youth and Alcohol.” The second one says: “Honk if You Agree.” Hold these banners in a visible location where passing motorists can see them (for a minimum of one hour). In 90 minutes they received 138 glorious honks!
- ✓ Write a speech, song or poem about alcohol and present it to your class.
- ✓ Conduct a survey of at least 50 students from your school about their opinions about teen alcohol issues and compile your findings into a report.



When State Farm received the recording of “One Too Many” written, performed and recorded by STASHA member Peau Porotesano, they sent the following message:

“Wow! All I can say is: WOW! So, I will be sharing this – tell me who wrote it, who sang it and is it possible to share the music score? Was this videotaped and put on YouTube? This artist is very gifted. Thanks for sharing! Amazing work!” – Jonna VanDyk, State Farm

Listen to “One Too Many” at this web address:
<http://www.clark.wa.gov/youth-family/prevention.html>



PRESCRIPTION DRUG TAKE-BACK (October 2013)

STASHA Peer Educators helped out at the Prescription Drug Take-Back event held at the Clark College and Battle Ground locations. The event was part of a national effort sponsored by the Drug Enforcement Administration.



Locally, this event was hosted by the Clark County Sheriff’s office, Clark County Environmental Services and the PREVENT! Coalition. Community members dropped off unwanted prescription medications and completed a quick survey. Prescription Drug Take –Back hosts shared information about the current drug take-back programs available in Clark County. At these events, a total of 1,849 pounds of medication was collected!



Have **out-of-date** or **unused** medications?

Take them to Battle Ground Police Department
507 SW 1st Street, Battle Ground, 98604 on
Saturday, October 26, 2013 between
10 A.M. and 2 P.M. We will safely dispose of them.

For more information please visit www.rxreturnclarkcounty.org,
www.preventtogetherbg.com or call 360-397-2121 ext. 4352
Safe & Secure Rx Disposal



7 Year in Review (Continued)

Triple Point Partnership (November 2013– January 2014)

STASHA had the honor of partnering with the Triple Point program from Children’s Home Society this year. The coordinator of Triple Point contacted the coordinator of STASHA to discuss the potential for working together. After a brainstorming session, it was decided that the coordinators would ask the youth in their programs if they would be interested in a reciprocal training project. Triple Point members would first train STASHA on safe language and cultural competency. STASHA members would then provide Triple Point with training on Initiative 502 and the harmful effects of marijuana. The youth in both programs enthusiastically accepted the opportunity. To prepare for their presentation for Triple Point, STASHA researched and created a brochure on Initiative 502. This brochure has been sent to Clark County middle schools and high schools, with multiple requests for additional shipments.

Quotes from STASHA Members:

“I learned to be a lot more conscientious of how I communicate with people, specifically respecting their preferred pronouns and understanding what those pronouns mean.” -Kenzie Rose (17)

“I really enjoyed partnering with Triple Point. I got to experience speaking to a large diverse group of teenagers. It didn’t only educate Triple Point it also educated me in many ways such as how to work with and talk to big groups of diverse people. It was a really cool experience.” -Zoe Trendera (13)

MARIJUANA USE

Brought to you by STASHA Peer Educators

MARIJUANA AKA:
Cannabis, Reefer, Dope, Grass, Bud, Pot, Skunk, Super Skunk, Weed, etc.
<http://www.abovetheinfluence.com/facts/drugmarijuana>

Youth Leadership & Prevention Summit: Teens Care Too (TC2) (February 2014)

TC2 is an exciting event that is made possible by PREVENT! and the Clark College Addiction Counseling Education Student (ACES) Club. 222 youth attended this event from across Clark County to build upon their leadership skills, and learn about prevention strategies.



The goal is for the youth to apply the information they learn at the Summit in their schools, and among their peers. STASHA served as the M.C. of this event. They lead the introductory ice breakers and energizers, introduced the key note speaker, highlighted a short film they selected about leadership, created the musical soundtrack for the event, and had the opportunity to participate in workshops. The workshops were focused on health, prevention and advocacy. The Summit allowed youth to share their voice, and engage in problem solving around issues of substance abuse in their community.

Spring Forum (May 2014)

For the fifth year, STASHA joined youth from across the state at the Spring Youth Forum. This event was at Great Wolf Lodge in Grand Mound, WA. The forum provides youth an opportunity to showcase a project they have completed earlier in the year. The forum, funded by the WA State Attorney General’s Office, brings together some of the strongest and most innovative youth prevention teams across the state. STASHA members presented on their partnership with Triple Point, and provided their audience with a copy of their marijuana brochure. An adult audience member and prevention club coordinator remarked that STASHA’s brochure was the best they had seen on the topic of Initiative I-502.

