



Reflecting on our Year

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Next Month's Meeting:

The next Coalition meeting will not be held until Wednesday September 13th
More details to come regarding time and location!

Keep updated this summer through social media!

<https://www.facebook.com/CoalitionForDrugFreeYouthSeattle/>

<https://twitter.com/WhatsRight4Me>

<https://www.instagram.com/knownwhatsright4me/>

The 2016-17 school year has come to an end and the Coalition has reached the end of its fiscal year. Let's take this time to reflect all of the hard work the coalition members have put in this year!

➤ In October, the Coalition was fortunate enough to have Elizabeth Gordon step in as Interim Coordinator while Rudy was on leave. Elizabeth did a wonderful job getting the Coalition going for the year and set the stage for the work the Coalition would do for the rest of the year.

➤ This fall the Coalition's policy committee, along with the help from students at Cascade Middle School worked diligently to add a Mary's Place Shelter in the community. Through their hard work the shelter became reality and is currently working to help the homeless youth and families in the Highline School District.

➤ With the help of all of its members, the Coalition was able to reach its goal of 350 surveys; the most our Coalition has ever gotten.

With all of this data, the Coalition can work towards better serving the community and its needs.

➤ The Coalition received at \$10,000 Marijuana & Vaping Prevention Grant from the state. This funded the social media campaign from January-May, which included a video, phone app, and other campaign materials. The Cascade and Evergreen Prevention teams put a great deal of working into making this happen!

➤ The Cascade Middle School Prevention Team was awarded the Green Globe Award for 2017 due to all of their hard work in volunteering at the White Center Food Bank and cleaning up Thurneau Park every week. The community is lucky to have such dedicated youth!

➤ Though we lost two important PI's this year, the Coalition welcomed Sheshana Mahmood and Megan Waneless to the Cascade Prevention Team.

They have already done great work and will continue to do so with the Prevention Team and Coalition in the future!

➤ Throughout the year, Rudy held a number of various groups and trainings in the community. He held two different Guiding Good Choices groups; one for Somali parents, and the other for Latino families. And led various student groups at different schools in the community throughout this school year. As the backbone of the Coalition, the work he does is an integral part in supporting youth and bettering our community as a whole.

What a wonderful year! If the Coalition can achieve this much within one school year, there is no limit to what it can achieve in the future! Thank you to all of the Coalition members for all of your hard work and continual support of the Coalition! Here's to another great year and a successful future in growing the White Center/North Highline community!

Mission Statement

The Coalition for Drug-Free Youth educates, inspires and empowers our community to support youth and create a safe, healthy environment aimed at addressing alcohol, tobacco, and other drug problems.

Upcoming Events

North Highline Unincorporated Council Meeting

North Highline Fire Station
(112th, 2 blocks E of Ambaum Blvd)
Thursday, July 6th
7 pm

White Center Jubilee Days

Steve Cox Memorial Park
July 22nd & 23rd
Kiwanis is hosting a Pancake Breakfast on Sunday, July 23rd!

White Center Food Bank Block Party

White Center Food Bank
Saturday, August 26th
11 am – 5pm

Looking Into our Future

The planning and preparing for the upcoming school year is in full swing. Here are some of the Coalition's goals for the upcoming year:

1. Decrease risks associated with community laws and norms favorable to alcohol and drug use.

To increase our work in achieving this goal, the Coalition hopes to engage with UW business school interns for the marketing portion. We also aim to increase policy change efforts, which will call for a committee that will identify challenges in the community where the Coalition can get involved with advocacy work.

2. Reduce risks related to low attachments by youth to their community, raise levels of

A Message from Your Interns

As our year with the Coalition has come to an end, we would like to thank everyone for such a wonderful year.

Upon beginning our internship in September, the only knowledge we had of White Center was the way the media portrayed this area and the address Google Maps took us to.

Reflecting on our year now, it's obvious that White Center is the complete opposite of

community involvement, and increase community pride.

To achieve this goal, we hope to do more with the CDA and work to provide small communities with the ability to have a voice they may not currently have. This includes ensuring the Coalition has representatives from each sector. The Coalition has weak ties in faith-based and parent sectors and plans to do work to increase their involvement.

3. Increase social skills among youth in White Center.

Life Skills Training will be implemented again next year in order to work towards achieving this goal. The Coalition also hopes to find a way to give boosters to youth who are entering the next grade level.

how many portray it. The amount of hard work and effort that goes into helping the youth in this area succeed and the overall efforts to better the community as a whole is inspiring to say the least.

From the start, each person we have worked or interacted with has shown a great amount of dedication to their job and the work that they do. We have felt so welcomed into the

4. Decrease risks associated with academic failure experiences by middle-school and high-school youth.

To achieve this goal, the Coalition will be implementing project SUCCESS, which will be led by Sheshana Mahmood in the 7th grade classes. This program addresses adolescents, family roles, relationships, working with incoming classes, and more. The Coalition hopes to support this program by integrating it with the prevention team.

The Coalition will need the support of its members to ensure all goals are being met and carried out throughout the upcoming year. We look forward to another successful year in the White Center community!

community by each and everyone one of you, and are sad our time working with all of you has come to an end.

Thank you all for the work you do and being such an inspiration to us in such an integral time of our lives in choosing our future careers.

We are excited to see hear of all the wonderful work the Coalition will do in years to come!

The More you Know...

Tobacco product use is increasing among youth in King County. In 2012, 3% of youth reported using electronic cigarettes or vape pens compared to 2014, where 14% reported using these products - that means over 4 times as many youth reported using e-cigarettes or vape pens in this two year period alone!

What is a vape pen? Vape pens are battery operated electronic smoking devices, often called e-cigarettes, and are used to inhale a vaporized solution of nicotine, flavorings and other chemicals.

What are their health impacts? While e-cigarettes do not contain tobacco, they often contain nicotine. Nicotine is a highly addictive chemical that causes significant physical and psychological withdrawal symptoms and raises heart and blood pressure which can damage blood vessels and the heart muscle. Nicotine is especially harmful for youth: The earlier one is exposed to nicotine, the more likely one is to become addicted.

In addition, nicotine use during adolescence may have long-lasting effects on brain

function, such as thinking and behavior. Furthermore, while research on the health effects of secondhand exposure to e-cigarettes is still emerging, initial studies have shown that vapor contains carcinogens such as formaldehyde, acetaldehyde, nickel, and chromium.

To learn more information about this topic, please visit the source of this data at: <http://kingcounty.gov/depts/health/smoking/tobacco-vapor/data.aspx>



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About Our Organization

The Coalition for Drug-Free Youth was created in 2012 as a Community Prevention and Wellness Initiative (CPWI) organization dedicated to preventing alcohol and other drug abuse among middle and high school students in unincorporated White Center and the North Highline areas of King County, specifically, Cascade Middle School and the three schools that comprise the Evergreen Campus.

Through a series of programs and projects implemented in collaboration with Coalition partners on campus and the community, we seek to provide youth with positive alternatives to alcohol, tobacco and drug use.

These include Parent Nights and Open Houses at the Middle and High Schools, health fairs on-campus and in the community, support and sponsorship of Prevention Teams and

activities on-campus, community-wide media campaigns, community meetings and surveys.

School programs at Cascade Middle School and Evergreen Campus are facilitated by a Navos Prevention/Intervention Specialists (PI's) and a Student Assistant employed by Puget Sound Educational Service District (PSESD).

The Coalition for Drug-Free Youth is funded by:



Transforming lives

