



# SANTA YNEZ VALLEY YOUTH COALITION

“LOCAL SOLUTIONS FOR HEALTHY YOUTH”

Quarterly Newsletter, February 2013, Issue #2

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**Our Mission Statement:** “The Santa Ynez Valley Youth Coalition is a collaboration of volunteer leaders dedicated to promoting healthy lifestyles and preventing and reducing substance abuse among youth in the Santa Ynez Valley.”

## Coalition Highlights....

- ❖ In **NOVEMBER**, the Coalition held its’ annual Coalition Member retreat which was filled with positive energy, enthusiasm and commitment for the year(s) ahead. New members **Jacque Wagstaffe**, **Lindsey Drewes** and **Jennifer Cabrera** were welcomed. Elections were held, **Dr. Debbie Weinstein** was re-elected as the **Chairwoman** and **Tom Goodman** the **Vice Chairman**. Our sincere **THANKS** to both of them for their continued commitment to the Coalition. **Hilda Navarro** was nominated as the Coalition’s “**Volunteer of the Year**”. We congratulate her and thank her for all of her time and hard work!
- ❖ **Youth Action Council** students will be attending two leadership trainings; public speaking and bullying prevention/education.
- ❖ **Tobacco Retail Licensing Ordinance** (TRL) is a policy to keep tobacco out of the hands of kids. Solvang City Council has the TRL Ordinance as a discussion item on the agenda for February 11 and the Buellton Council date will be early this year.
- ❖ **High School Methamphetamine Presentation** Dr. Debbie Weinstein gave a power point presentation to the High School Students at Refugio and a great discussion that followed on the “Worlds Most Dangerous Drug”, Methamphetamine. The High School Staff will follow up with more discussion about this topic with the students.

## New Coalition Website

The Santa Ynez Valley Youth Coalition is pleased to announce the launch of their new website “[www.syvyouthcoalition.org](http://www.syvyouthcoalition.org)”. It is a completely educational site designed for **parents and youth** about alcohol, marijuana and many other drugs, things parents need to know about adolescent health, a range of resources, teen topics, how to get involved with the Coalition and so much more! Our thanks to Elizabeth Crump and Lois Craig for developing this site and getting it launched! Please take some time to really explore our new site then give us some feedback on what you like or where we can improve! [www.syvyouthcoalition.org](http://www.syvyouthcoalition.org) .

## Prevention News - National Drunk and Drugged Driving Month Update



December was a busy prevention month, designated as a time to raise awareness of the dangers of driving under the influence of alcohol and other drugs. The Coalition staff was working in the community throughout the month educating students and adults about the dangers of impaired driving. Photo- (Youth Action Council) working on campus to encourage their peers to live a healthy lifestyle. 12/17/2012



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### Santa Ynez High School **New Hotline** number is **693-4020**

A message from High School Principal Mark Swanitz: “In an effort to encourage students that may be experiencing or witnessing **bullying, harassment, intimidation, theft, alcohol and or other drugs** use at school and are too fearful or not quite ready to come forward face-to-face to report the matter, Santa Ynez High School is implementing the **Cyber Bully Hotline**. The goal is to ensure that each student feels comfortable coming forward either face-to-face or anonymously. Students are encouraged to use the hotline or directly report incidences to school administrators and or teachers to help resolve any issues they may face. We are here to help, but we can’t help if we don’t know.”

**Please share this number** with families of high schoolers to help spread the word - together we can make a positive difference. (Source: Principal’s newsletter)

**NOTE: This hotline may be used by parents who wish to report and want to remain anonymous.**

### Student Prevention Action Network (**SPAN**)

**Exciting news!** The SPAN program is expanding to Los Olivos School. **This 7<sup>th</sup> and 8<sup>th</sup> Grade Life Skills Curriculum taught by Lindsey Drewes** is already offered at Santa Ynez and Buellton schools. The program teaches students the skills they need to:

- develop a positive self-image
- think clearly and make informed decisions
- cope with pressure from the media
- manage anxiety
- communicate effectively
- build healthy relationships
- handle social situations
- resist peer pressures
- bullying prevention
- feel confident about saying NO to tobacco, alcohol and other drugs.



Mr. Taylor, Los Olivos Students & Lyndsey

Lindsey has a special connection with her students when she is teaching. This school year alone over 300 students will have received life skills curriculum training and prevention education. We feel excited and privileged to be educating young people in the community about making good choices and choosing a healthy lifestyle.



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**Parents Matter:** Here is a “Family Checkup” that reminds us that “**positive parenting prevents drug abuse**”. (National Institute on Drug Abuse- NIDA) The pillars of positive parenting include:

- **Good Communication**
- **Encouragement**
- **Negotiating Solutions**
- **Setting Limits**
- **Supervision**
- **Recognizing that childhood is a period of major of growth and change**

**Coalition Member Highlight:** The membership of the Youth Coalition is comprised of organizations and individuals that bring tremendous diversity, experience and strength to the Coalition mission of promoting healthy lifestyles and preventing and reducing substance abuse among youth in the Santa Ynez Valley.

We would like to honor the dedication of member **Bob Dullea** who has been a valuable member of the Coalition for six years, serving on the Executive Committee and holding the position of Chairman for two years. Bob has had experience in monitoring youth with substance abuse problems by spending ten years on the County of Santa Barbara Juvenile Justice Commission. He is a charter member of the Los Olivos Rotary Club, now in its 11<sup>th</sup> year of service. On a personal note, Bob was part owner of an Office Furniture and Supply business serving people in Santa Barbara and Ventura Counties for over 30 years. He and his wife Susan enjoy camping in their motor home and playing golf.



Bob, Dean and Lowell hard at work.

Bob states, “my involvement in the Santa Ynez Valley Youth Coalition has been very rewarding. We can take pride in our direct assistance to the County in creating the **Social Host Ordinance**” which holds parents accountable who knowingly host a party for teens. **Our sincere thanks to Bob** for his time and dedication – his commitment to serving our community is beyond measure!



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**Teen Drug Facts Week** is a national health observance week for teens that aims to “Shatter the Myths” about drugs. Community organizations and schools are joining forces with the National Institute on Drug Abuse (NIDA) to encourage teens to get the undeniable scientific facts about drugs and drug abuse. NIDA scientists want to stimulate events in communities so teens can learn what science has taught us about drug abuse and addiction and to counteract the myths kids get from the internet, TV, movies, music or friends.

Locally, Teen Drug Facts Week was sponsored by our Youth Action Council on the Santa Ynez Valley high school campus **February 4<sup>th</sup>-8<sup>th</sup>** during which the students and staff:

- Received “Truth about Drugs Booklets”;
- School administrators and teachers received “Shatter the Myths” booklets and educational pamphlets on drug awareness;
- Heard drug facts each morning on the P.A. system and saw posters on campus;
- Participated with Ms. Lee’s ROP Video class who interviewed students regarding the facts and myths around drugs which will then be shared on their Pirate News Cast on the school website.

**Our message to parents is: TALK TO YOUR KIDS about drugs.  
Shatter the Myths and talk facts!  
Visit [drugabuse.gov](http://drugabuse.gov) and for teens –  
Visit [teens.drugabuse.gov](http://teens.drugabuse.gov) to learn more.**

## STAY INFORMED

There are many great resources available and these are a few of our favorites:

\*[nfp.org](http://nfp.org) \*[InformedFamilies.org](http://InformedFamilies.org) \*[drugabuse.gov](http://drugabuse.gov) \*[drugfreeworld.org](http://drugfreeworld.org) \*[abovetheinfluence.org](http://abovetheinfluence.org)

Contact us: Mary Conway, Coalition Director, 686-0295.

Visit our new website [www.syvvyouthcoalition.org](http://www.syvvyouthcoalition.org)

E-mail us at [Coalition@syvdrugfree.org](mailto:Coalition@syvdrugfree.org)



“Like” the Santa Ynez Valley  
Youth Coalition on Facebook