

SUN STREET CENTERS

Preventing Alcohol Related Trauma

PARTS Coalition Newsletter

October - December 2019



(November 2019) The third **Youth Prevention on Marijuana Summit** was quite an achievement, connecting Sun Street Centers Prevention Program with people in the community who truly care about the future of their children, educational environments, and neighborhoods. As a part of a three series community education awareness campaign battling drugs and alcohol, **114 attendees** rallied together to express their strong interest in the legalities and dangers of marijuana use; with strong emphasis on the hazards of vaping. The necessity of educating our children and parents of the risky and deadly growing trend around marijuana use is vital for our children to flourish, lead healthy lives, and most importantly empower them with knowledge to independently make wise choices. Without the education and resources in the physical/mental dangers, our children are vulnerable to the façade that marijuana use is natural and organic. As educated leaders the "façade" as we know can be fatal through vaping and drugged driving. Unfortunately, fatalities are no exaggeration. The Prevention Department at Sun Street Centers will diligently work to make events such as this a regular occurrence and readily accessible to educators, private and public schools, community leaders, public officials, government agencies, and to all who are eager to make a brighter and healthier future for their children.

With much gratitude and appreciation, we would like to thank Principal De Leon from Martin Luther King Jr. Academy for hosting this beneficial summit. His responsiveness and support for the parents in his school and partnership he has fostered with Sun Street Centers goes to say we are lucky to have leaders such as him in our community. Again, thank you Principal De Leon and we look forward to strengthening our partnership, readily making events such as there a regular occurrence.

We couldn't have pulled this summit off without the help and backing of our partnering agencies. Thank you for the commitment and attendance of our PARTS Members, invaluable booths were provided by the Monterey County YMCA, Probation Department, National Alliance on Mental Illness (NAMI), Community Human Services/DAISY Program, Salinas Police Department/PAL Program, Sun Street Centers/STEPS Program, Turning Point, and the Monterey County CENSUS 2020.



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Community Education

Gateway Drug Presentations: A presentation focused around how addiction works, the mental/physical effects of Alcohol, Tobacco, Marijuana, and Prescription Drugs and the dangers on the developing body/brain.

1,026 Youth & 82 Parents served

- North Monterey County High School
- Carmel High School
- Seaside High School
- Carmel Boy Scouts
- Seaside Middle School
- El Sausal Middle School
- Alisal High School
- Main Street Middle School
- Soledad High School
- King City High School
- Portola Butler High School
- Fairview Middle School

Substance Abuse and Bullying Presentations: Bullying behavior can lead to involvement in more risky behavior. This presentation highlights how substance abuse plays a role in bullying behavior and the risks/consequences. In addition, different ways to stand up to bullying.

250 Youth served

- Seaside Middle School
- Soledad High School

Drugged Driving Presentations: A partnership between Sun Street Centers and Monterey County Health Department helps high school students understand what cannabis is, Proposition 64 (legalization of cannabis adult use), and mental/physical effects of cannabis use as a teenager.

35 Youth served

- Pinnacles High School
- Soledad High School

Life-Skills Training: The Life Skills training for youth/parents is an evidence based training, designed to help youth/parents strengthen different skill sets and prevent them from using drugs.

109 Youth & 54 Parents served

- One Stop Career Center
- El Sausal Middle School
- Soledad High School
- Fairview Middle School
- King City High School
- Portola Butler High School
- Gonzales High School
- Dual Language Academy of the Monterey Peninsula
- Monterey High School
- Walter Colton Middle School

Resource Fairs



Staff and Volunteers attended:

YMCA Halloween Spectacular
Salinas Ciclovía
Hebbron Family Harvest Festival
Rancho Cielo Student Resource Fair
Salinas Adult School Resource Fair
STEPS Great American Smoke Out
Seaside 56th Birthday Celebration
Monterey Peninsula College Undocumented Student Resource Fair
Mocktails at Monte's National Collegiate Alcohol Awareness Week
Marina High School GEAR UP Resource Fair
Carmel High School Community Service Resource Fair



"For the past few years I have been working with Prevention Coordinators at Sun Street Centers. Sun Street Centers provides a couple of different presentations that students in my classes have benefitted from each year.

Sun Street Centers has been a valuable community resource for my students and myself. The Coordinators are able to get the students to share by creating a safe and inviting environment. I look forward to a continued partnership with the Sun Street Centers."

- Jane Anderson, Health Teacher SUHSD

Road to Success:

The **Road to Success** is a pre-diversion program for youth, first time offenders of crimes. This 3 to 6-month program seeks to prevent school expulsion and/or entry into the juvenile justice system by offering youth offenders individualized diversion plans that include substance abuse intervention and education, participation in pro-social activities, individual and/or family counseling, parent workshops, and community service hours.

40 youth and families served this quarter

11 youth completed program

7 new youth participated in Community Accountability Board Meeting (CAB)



Program sponsored participants with:

17 sports equipment purchases

10 monthly gym memberships

8 paint classes

4 movie passes

& **5** other incentives

7 parents completed Spanish parenting group



Tobacco Litter Clean-Up

In collaboration with Blue Zones Project, Sun Street Centers STEPS Student Youth Leaders conducted a tobacco litter clean up at Natividad Creek Park in Salinas. As a team, we were able to remove almost **5 gallons of cigarette butts/litter** and 12 bags of trash from our local park. According to Truth Initiative, littered cigarette butts leach toxic chemicals such as arsenic (used to kill rats) and lead, to name a few—into the environment which can contaminate water and poison animals that eat the cigarette butts. Let's continue to keep our park clean and safe for children and animals.



Television Interview

STEPS Student Youth Leaders were contacted by KSBW to speak about the importance of prevention following a teen opioid overdose. STEPS shared what prevention is all about and the activities that STEPS does in the community to build awareness about substance abuse. This story aired on October 22, 2019, to see full interview, visit: <https://bit.ly/2BBdgob>



Kris Kringle / Law Enforcement Toy Drive



Peninsula Prevention participated in a toy drive at the Kris Kringle Christmas Tree Lot in Carmel. After a police

caravan to the lot, law enforcement and the Prevention Team set out toys for agencies to take back to their holiday toy drives.

STEPS Holiday Celebration



STEPS Student Youth Leaders who completed over 60 community service hours in the program were taken Bowling to celebrate

their efforts in bringing awareness about dangers of substance abuse.

Awareness Campaigns

Red Ribbon Week:



(Salinas) Deputy James helped us conclude Red Ribbon Week by presenting about vaping/marijuana in our community. STEPS wore red and created informational posters about the dangers of substance abuse.

Red Ribbon Week:



(Soledad) STEPS Student Youth Leaders created posters for Red Ribbon Week Awareness with **173 pledges** received from students pledging to be drug-free.

Great American Smoke Out:



In collaboration with American Cancer Society, STEPS Student Youth Leaders had activities and information about tobacco cessation for men in Sun Street Centers Men's Residential Program.

PARTS Coalition Community Board

PARTS Coalition

Want to make a difference? Sun Street Coalitions are looking for new members. New members welcome!
Gina Marin: (831) 753-5150

Pink Shirt Day February 26, 2020 Northridge Mall

Pink Shirt Day encourages people to speak up, stand together, and stop bullying. Wear pink, take a picture, and share on social media.
Jorge Rubio: (831) 753-5150

STEPS Youth Program

Drug and alcohol prevention program for teens 14-18 years old
Prevention Department
(Salinas, Seaside and South County)
Katia Gutierrez: (831) 753-5150

Kick Butts Day March 18, 2020

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Kick Butts Day is organized by the Campaign for Tobacco-Free Kids. The first Kick Butts Day was held in 1996.
Reyna Alcala: (831) 753-5150

Presentations Available!

Sun Street Centers' Prevention Department provides a variety of educational services/ presentations for youth and parents.

Life Skills Training

Substance Abuse and Bullying presentation

Gateway Drug presentation

Drugged Driving (youth focused) presentation

Prevention Department: (831) 751-5150

Contact Us

Give us a call for more information about our services.

Sun Street Centers

Salinas: 831-753-5150
Seaside: 831-899-6577
Gonzales: 831-676-8735

Visit us on the web at
www.sunstreetcenters.com



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Substance Abuse and Mental Health Services Administration
SAMHSA

PARTS Coalition Mission

Our mission is to prevent alcohol-related injuries and fatalities, prevent youth access to alcohol and drugs and the initiated use of alcohol, tobacco and other drugs in the city of Salinas.