

3019-3030 COMMUNITY HEALTH CONTRACT
352 NICP Fallbrook Youth Advocacy Coalition

Quarter 3 (January-March) Reporting Form

Goal 3	
Raise awareness of current and emerging trends among youth around the issues of underage drinking and illegal use of alcohol other drugs.	
S.M.A.R.T. Objective 3a	
FYAC will plan, organize, and coordinate at least one Red Ribbon Week event or activity with a high school in the FRHD area.	
Projected Cost:	Contract Dollars Expended to Date:
\$844.75	
S.M.A.R.T. Objective 3b	
FYAC will plan, organize, and coordinate at least one Red Ribbon Week event or activity with a middle school in the FRHD area.	
Projected Cost:	Contract Dollars Expended to Date:
\$844.75	
S.M.A.R.T. Objective 3c	
FYAC will plan, organize, and coordinate at least one drugged driving prevention event or activity in the FRHD area.	
Projected Cost:	Contract Dollars Expended to Date:
\$844.75	

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Progress/Accomplishment of Goals & Objectives

Empty reporting area for progress and accomplishments.

FRHD CHC 352 FY 2019-2020 Q3 Narrative

Please attach a story (in Word Document format) of how the investment of the CHC award toward this program has made an impact on the life of a District resident. We would like to know how the funds directly helped bring about health, wellness or provided support. Where possible please provide a picture of the recipient (JPEG File or embed into the document)– please note, it will be the organization’s responsibility to obtain the participant’s photographic release. Our goal is to help you tell the story of your agency and how your programs serve to enrich the community. We are sensitive to the confidential work many organizations conduct; thus, client names and identifying details may be altered.

MHS North Inland Substance Use Prevention (NISUP) Fallbrook Youth Advocacy Coalition (F-YAC) youth substance use prevention group is helping once-reserved and self-conscious members develop their leadership skills and confidence to the point where they welcome opportunities to speak out about alcohol and other drug problems in their community and promote ways to reduce them.

Take siblings Mario and Jasmine Hernandez. After watching their older sister, Vanessa, thrive in F-YAC while she was in high school, the younger Hernandez children joined the group as soon as they were old enough. They’ve been steady participants ever since.

Now 17, Mario said in a recent interview that he enjoys being an F-YAC member because doing so enables him to help raise people’s awareness of alcohol- and drug-related problems and potential solutions for them.

The teen said a natural inclination to stay in the background initially kept him from speaking up much during group meetings and activities, though. He challenged himself to change that last year when he stepped into the role of F-YAC president. In January, a two-day youth leadership camp he attended with other F-YAC members provided another breakthrough.

Held in Julian by the San Diego County Office of Education, the camp brought youth leaders from across the region together for advocacy trainings, brainstorming sessions and other leadership development activities. It was Mario’s second time at the event, where nearly 200 participants also had opportunities to trade perspectives and ideas. Mario said he took full advantage of that this time around.

“Previously, I wasn’t very social,” the teen said. “The first time I went, I was pretty quiet and I wasn’t in too many of the photos. But this time, I guess you could say I broke out of my shell. I participated a lot more and met new people. And that experience has just opened me, I think.”

Jasmine, 14, said the camp program had a big impact on her for different reasons. One was the wealth of useful information it provided – facts Jasmine said F-YAC can incorporate into its work. She also liked hearing camp staff members’ personal stories about people they knew with substance use problems.

“That showed us that drugs don’t help you get through anything,” Jasmine said. “And I thought it was pretty cool that things we’d never seen from them before – that side of them – they were sharing with us. It really made me realize how much drugs and alcohol can hurt more than just the people who are using them.”

F-YAC took a personal approach of its own for a project the group spent a lot of time working on in the first three months of this year: preparing a presentation for students at Rainbow's Vallecitos Middle School. Every F-YAC member had a scripted role in the project, which Jasmine said was designed to provide audience members with drug facts and positive examples for avoiding substance use because "we know if you tell someone not to do it, they won't listen. But telling them what drugs would do to them, how that'll affect them mentally and physically, will."

Mario said F-YAC members were excited about the project and worked hard to get the delivery part of their individual roles just right. His part required him to share his love of soccer and dancing and talk about how drug or alcohol use could interfere with his ability to enjoy those activities.

"It was pretty challenging because it's something that we don't do every day," Mario said about the presentation. "But we got the idea of it by the end of it."

The Hernandez teens' mom, Veronica, said she has enjoyed watching her children grow and blossom as a result of their F-YAC participation.

"As a mom, I feel really happy and blessed that they can be part of F-YAC because it's a group that can keep them busy doing positive things," she said. "Like Mario said, he's shy (and) very quiet. And I noticed every year he got better and better since he's been there."

"Jasmine was very little when she joined the group. I feel like it has helped her a lot. There's a lot of pressure at the middle school. And if she hears about someone that's having any kind of trouble, she does whatever she can to help them. So she's always trying to help others, and I think she got that from everything she's seen and learned from being in the group."



Hernandez Family (L-R: Vanessa, Mario, and Veronica) at Fallbrook Regional Health District



Hernandez Family (L-R: Veronica, and Jasmine) – DA's Social Media Campaign Development



Veronica Hernandez – County Office of Education Friday Night Live Awards Dinner



Jasmine Hernandez – FYAC 2020 Speaker Training



Jasmine Hernandez – YDI 2020 Youth Leadership Camp



Jasmine Hernandez – YDI 2020 Youth Leadership Camp

F-YAC in Social Media

Youth Advocacy Coalition attends Youth Development Institute (YDI) winter camp where they received four trainings for leadership development & drug prevention

 Youth Advocacy Coalition added 29 new photos from January — at YMCA Camp Marston. ...
January 25 · 🌐 · ⚙️

We had a blast getting together with other high school students doing prevention work, at this year's YDI. It gave us a chance to compare projects, talk about drug & alcohol problems in our communities, brainstorm solutions, learn new prevention skills & make new friends. Thank you, San Diego County Office of Education/Friday Night Live for hosting this great event! [#NotEveryone](#) [#BeTheInfluencer](#) [#ChooseNotToUse](#) [#HealthyLiving](#)



 Youth Advocacy Coalition ...
February 7 · 🌐 · ⚙️

Helping a rep from the D.A.'s office plan a social media campaign to keep young people like us from using marijuana. So cool that she wanted our ideas!

[#BeTheInfluencer](#) [#ChooseNotToUse](#) [#HealthyLiving](#)



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 Like  Comment  Share

Youth gather and assist DA's office to develop a North County PSA in order to inform parents and students the risk of marijuana use.