

Thank you for
helping us do
MORE!

A special thanks to our partners for their willingness to collaborate with us, and in many cases, guide us on substance abuse prevention projects.

- Clark County Substance Abuse Advisory Board
- Clark County Youth House
- La Center UNITED!
- Center for Multicultural Health
- PREVENT! Substance Abuse Coalition of Clark County
- Prevent Together: Battle Ground Prevention Alliance
- State Farm
- Umpqua Bank
- UNITE! Washougal Coalition
- Vancouver Parks and Recreation
- Washington State Division of Behavioral Health and Recovery (DBHR)
- West Van for Youth

For more information about STASHA Peer Education, please contact:

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Prevention Specialist

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STASHA (stay-shuh):

STRONG TEENS AGAINST SUBSTANCE HAZARDS & ABUSE

**Annual
Report
2014-2015**



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

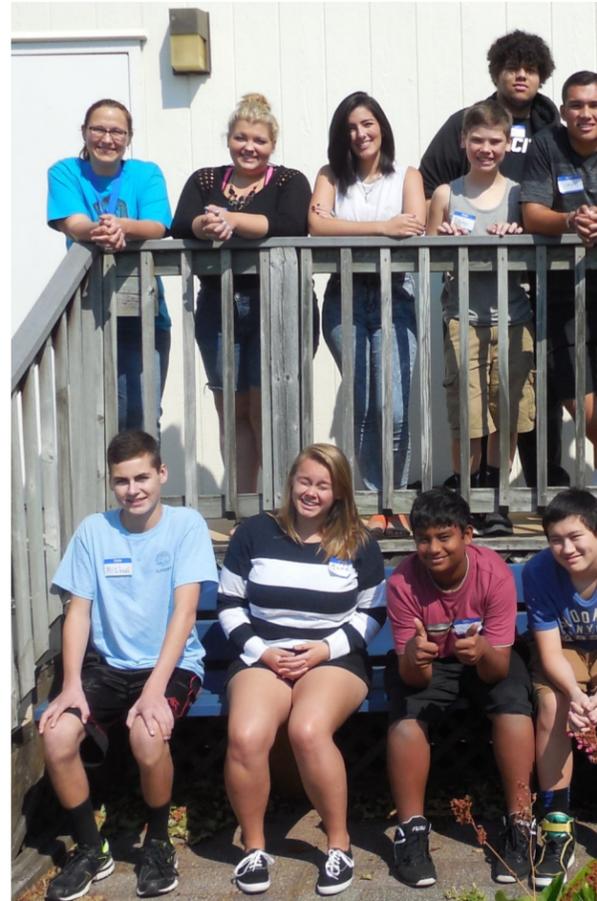
What We Do

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. They 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?**

“You see the thing about STASHA is it is a safe place. It is a place where people get together and do good and know they are making this world better for no benefit to themselves and that is what matters in society.” –William Mauck

“We can’t stop everybody from using and drinking, but by starting with as many as we can, we can begin to make a huge difference in our community.” –Savannah Jones

“In STASHA I’ve learned that working in a team really helps, especially with large events including presentations and setting up. It requires the teamwork and responsibility of this team to do what we do. This is what I’ve learned, work as a team and you can accomplish hard tasks.” –Michael Stevens

What does STASHA mean to me? Youth Voice

“There are no words that can explain how much I love the STASHA program and how it changed my view of the world for the better.” –Patrick Nye

“This was my first year. I’m so happy that I got involved. This group has made a big impact on my life. Since it made an impact on me I’ve made an impact on others. I wish that everyone could be in STASHA or something similar. So, our world would be the best place, I can’t even imagine. STASHA members are like my family. I will stay as long as I can.” –Desiree Bowen

“STASHA’s importance can not be described in my vocabulary. STASHA’s importance...it is as important as a heart! Because it’s impact is widespread, it is a force for good in this ever changing world and we need it...whether you realize it or not.” –Cameren Kuhnhausen

Goodbye with Gratitude!

Kenzie Rose was a member of STASHA for 2 years. Through STASHA, she dedicated 106.5 volunteer hours to substance abuse prevention in Clark County.



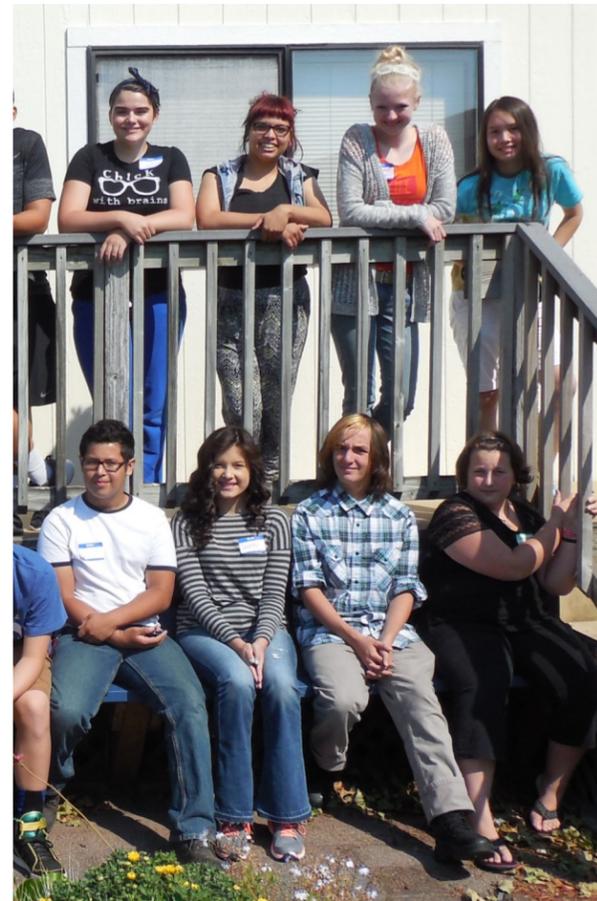
Emily McDonald was a member of STASHA for 8 years. Through STASHA, she dedicated 757.5 volunteer hours to substance abuse prevention in Clark County.



Patrick Nye was a member of STASHA for 3 years. Through STASHA, he dedicated 222.5 volunteer hours to substance abuse prevention in Clark County.



Maresa Miranda was a member of STASHA for 3 years. Through STASHA, she dedicated 142.5 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:

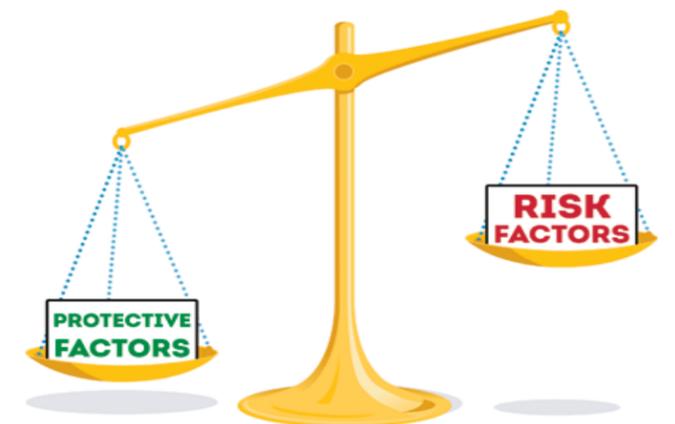
- ◆ Attitudes, norms or laws favorable towards substance use
- ◆ Low neighborhood and community attachment
- ◆ Friends and/or self engaging in substance use

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



Look for the Risk and Protective Factor (R & P Factor) Connection throughout the annual report!

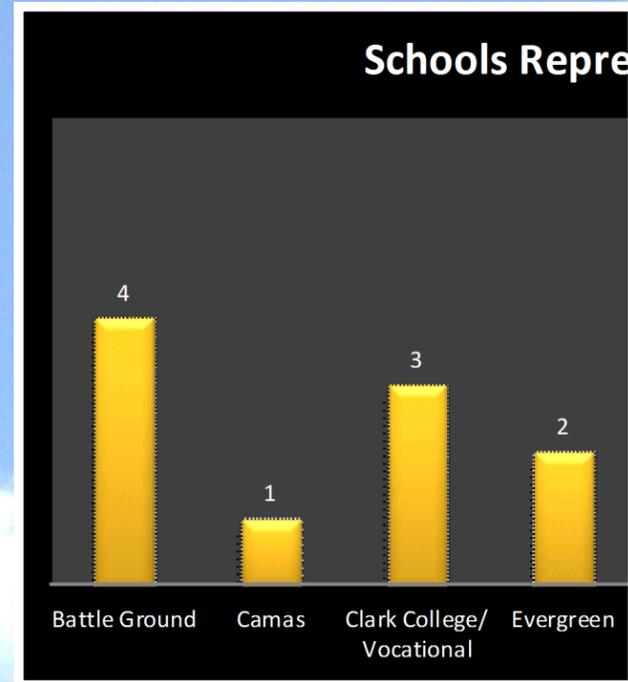


Who We Are

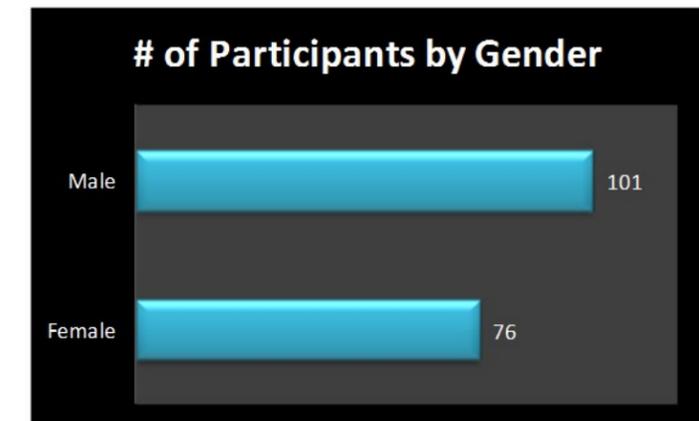
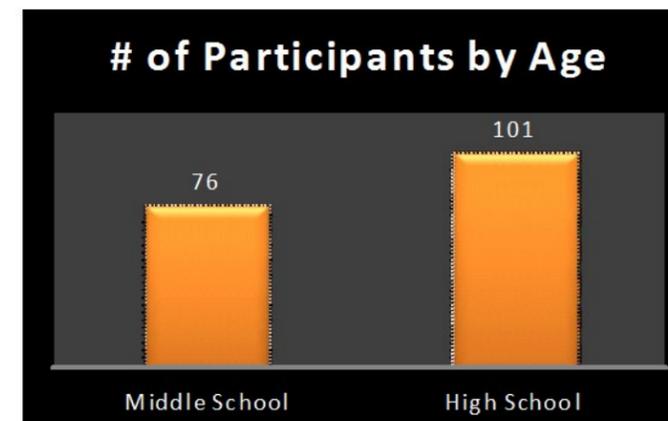
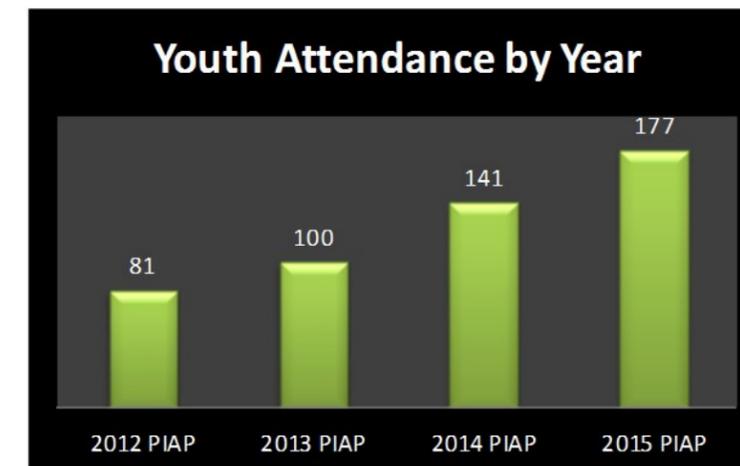
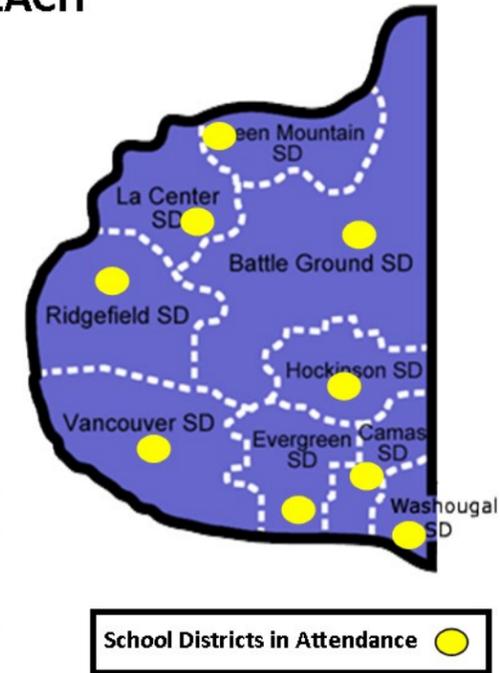
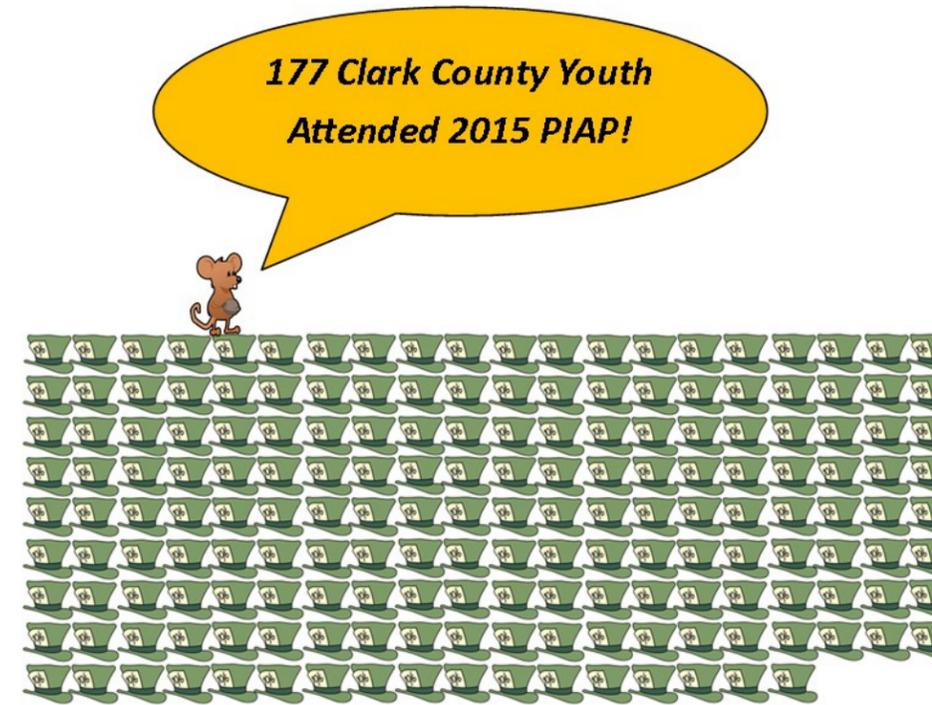
STASHA membership is diverse by gender, sexuality, age, school, ethnicity and direct or indirect experience with drugs or alcohol. Peer Educators see the issue of substance abuse and prevention from many different perspectives allowing them to reach out and appeal to different groups more effectively.

We 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 1,256 hours over the 2014-15 year (June 2014-June 2015), which has a volunteer value of \$34,590.24 (Independentsector.org).**



PREVENTION IS A PARTY OUTREACH



11 Year in Review (Continued)

PREVENTION IS A PARTY! (PIAP)

(April 2015)

STASHA hosted their 4th Annual PREVENTION IS A PARTY! event. In partnership with the Marshall Community Center staff and their "Teen Late Night" program, 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.

This free event included the following: dancing with a live D.J., swimming, volleyball, basketball, video games, table games, food and prizes! STASHA designed the posters, bracelets and giveaway bags. They wrote their donation letters, selected the location of the event and assisted with promotion. They studied the Clark County Healthy Youth Survey data to promote the messages that most Clark County youth do not smoke cigarettes, drink alcohol, or smoke marijuana.

In addition to the Marshall Community Center Staff and STASHA volunteers, we had nine adult community volunteers at this event. 177 Clark County youth were in attendance, representing all of the school districts in Clark County.

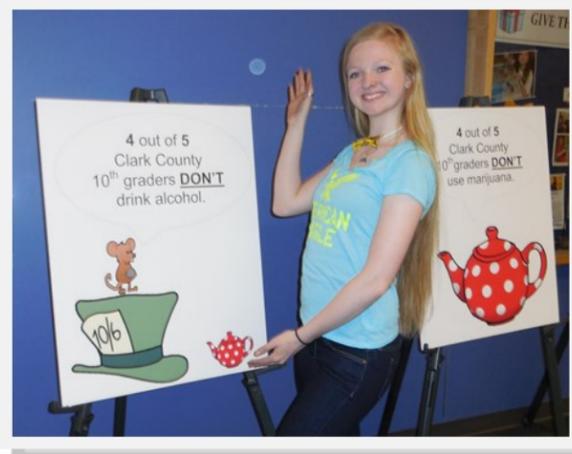
The R & P Factor Connection: This event addresses the risk factor "friends and/or self engaging in substance use," and the protective factors "healthy beliefs and standards," "bonding," and "create healthy communities."



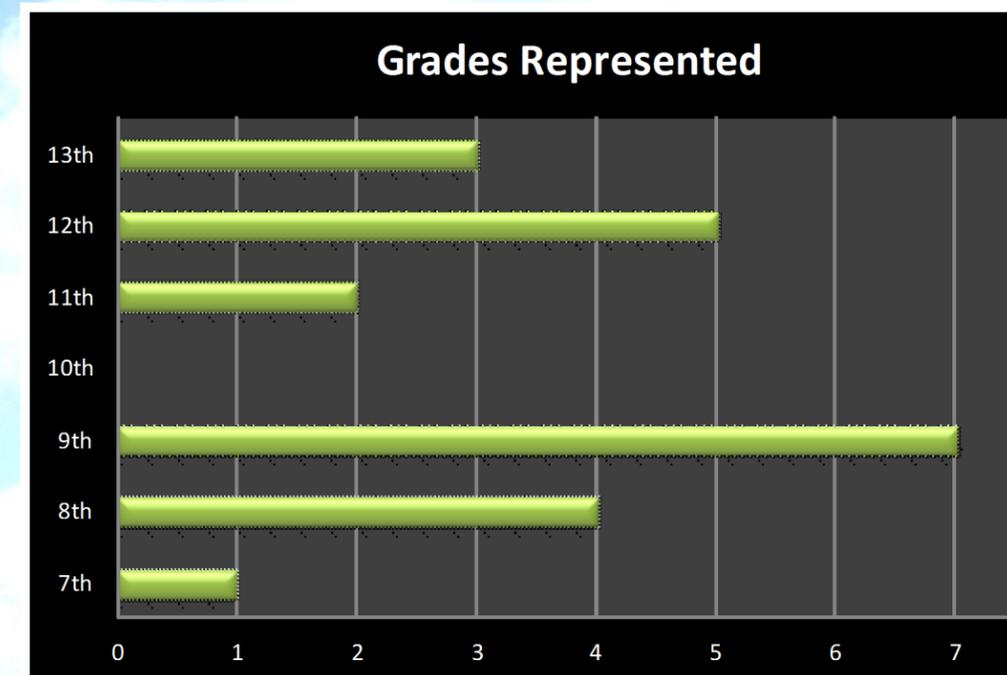
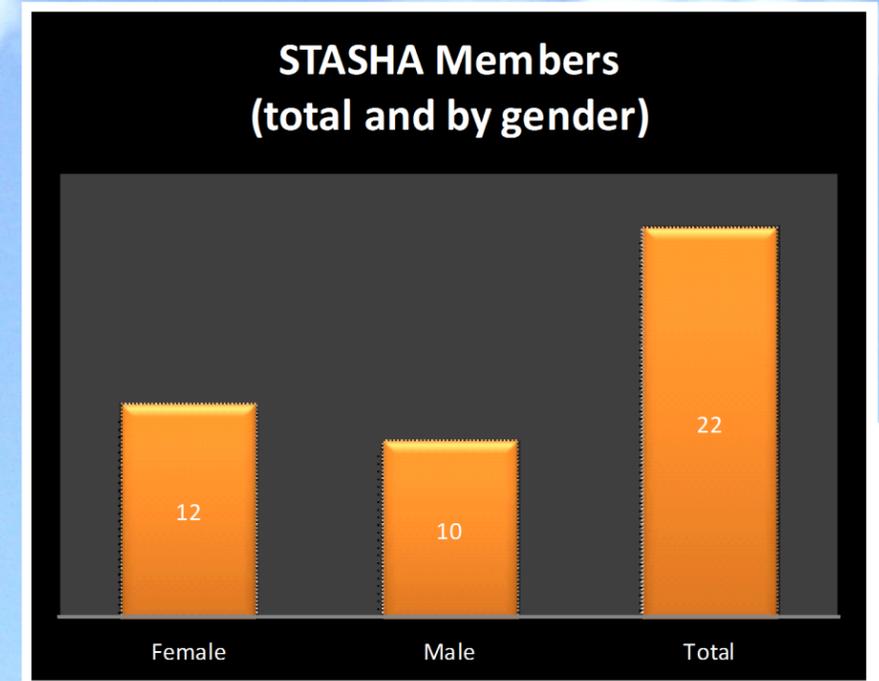
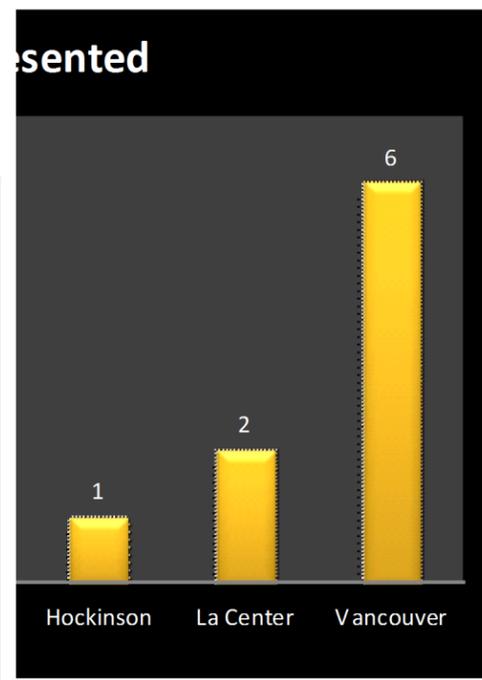
STASHA Volunteers!



STASHA speaking about Positive Norms!



Positive Norms poster displayed at PIAP!





**VANCOUVER CITY COUNCIL
DISPLAY OF DRUG PARAPHERNALIA ORDINANCE
(August 2014)**

“We are happy to report that the Display of Drug Paraphernalia Ordinance passed last night at Vancouver City Council 6-0. This means that retailers must move all drug paraphernalia out of the view of minors within Vancouver city limits (applies to stores where minors can enter only). This is a big win for the coalition and the prevention community! We are grateful for our volunteers and STASHA youth who took the time to gather data and testify at the public hearing.”

-Joy Lyons, PREVENT!

CVTV Video—Vancouver City Council (08/18/14)

<http://www.cvtv.org/search?q=retailers+must+move+all+drug+paraphernalia&c=videos>

The Columbian printed an article titled, “Retailers Must Move Drug Paraphernalia From Easy View”, on August 18, 2014, about the new ordinance at:

<http://www.columbian.com/news/2014/aug/18/retailers-must-move-all-drug-paraphernalia-from-ea/>

The R & P Factor Connection: The passing of this ordinance addresses the risk factor “attitudes, norms or laws favorable towards substance use,” and the protective factor “create healthy communities.”



**FALL TRAINING
(September 2014)**

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.

The R & P Factor Connection: This annual training addresses the risk factor “friends and/or self engaging in substance use,” and the protective factors “healthy beliefs and standards,” and “bonding.”



**Dynamite by Tia Cruz Parody
Written By: Michael Stevens
and Bridgette McCarthy**



I came to drink, drink, drink, drink
Because I don't wanna think, think, think, think
I'll be puking in the sink, sink, sink, sink
I don't even get a chance to blink, blink, blink, blink

My probs go on and on and on,
So I drink on and on and on
Yeah.

I throw my hands up in the air sometimes,
cause I got caught, drivin drunk.
I realize that this was not,
A good, idea



So we gonna tell them all, that it's not alright,
To be drinkin while you drive.
Now I told you once, and I told you twice,
That you're gonna get locked up if you drink and drive.

So you better choose, choose, choose, choose
Cause if you don't you're gonna lose, lose, lose, lose
So go ahead and spread the news, news, news, news
That it's not always safe to drink booze, booze, booze, booze

My probs go on and on and on,
So I drink on and on and on
Yeah.



I throw my hands up in the air sometimes,
cause I got caught, drivin drunk.
I realize that this was not,
A good, idea

So we gonna tell them all, that it's not alright,
To be drinkin while you drive.
Now I told you once, and I told you twice,
That you're gonna get locked up if you drink and drive.



Do you think alcohol is a problem among youth in Clark County

Yes: 41
No: 8

Have any adults talked to you about the dangers of alcohol?

Yes: 38
No: 10

If so, who (parent, other relative, coach, youth group leader, etc.)?

Parent: 22	Youth Group leader: 4
Other: 1	Friend: 2
Other relative: 3	Teacher: 8
Coach: 1	School Counselor: 3

Why do you think some teenagers choose to drink?

Coping mechanism: 25	Feels Good: 1
Fun: 5	Nothing better to do: 1
Fit in/Be “cool”: 12	Get drunk: 1
Peer Pressure: 10	Glorified Media: 1

Where do teenagers get alcohol?

Parents: 15	Steal (not specified from where): 11
Home: 6	Older siblings: 3
Friends/Other teens: 12	Bar: 1
Other Adults: 6	Parties: 1
21+Friends: 3	
Stores: 3	

Where do you think young people who choose to drink, consume alcohol?

In the woods: 1	Not at home: 1
Parties: 10	Friends house: 8
House/home: 17	In secret: 4
Park: 3	Alone: 1
Alleys: 3	Not around family: 1
Anywhere: 3	Shady Areas: 2
Where there's no adults: 1	Outside: 1

Did you know that most middle and high school students don't drink?

Yes: 23
No: 25

What do you think can be done to prevent underage drinking?

More parental advice: 1	Education: 14
More prevention parties: 5	Peer Education: 3
More places with security/supervision: 5	Alcohol anonymous: 1
More parental supervision: 1	Rehabilitation: 1
Regulations: 3	Get rid of alcohol: 1
Regulated Stores: 1	Nothing: 2
More restrictions: 1	Not do it: 1
Choosing the right friends: 1	Events: 1
Knowing it's not popular: 2	Places for help: 1
	Stop easy access: 1
	Prohibit Alcohol: 1
	Speech: 1

What are healthy ways you deal with stress and have fun?

Counseling: 1	Poetry: 1
Listen to music: 6	Prevention Parties: 3
Walks: 2	Bedroom: 1
Pets: 1	Alone Time: 1
Sports: 3	Bike: 1
Take a drive: 1	Active: 1
Other alternatives: 1	Reading: 1
Friends: 11	Help: 2
Games: 8	Family: 4
YouTube: 1	Text Friends: 1
Exercise: 5	Sleep: 1
Movies: 1	
Watch TV: 3	

Do you think it's important for teens in Clark County to have events like, “Prevention is a Party!” to go to? If so, why?

Yes: 43
No: 1

Why:

It teaches then about the danger of alcohol/drugs: 4	Surround yourself with others who don't drink: 2
Show people you don't have to drink to escape stress: 1	Create a safe environment: 2
Very educating: 9	Hang out: 4
It's fun: 11	Shows how many are against it: 1
Proves that you don't need alcohol: 1	Safe environment: 1
To stay out of trouble: 1	More aware of help: 1
Less drug problems: 2	Making decisions: 1
Promotes health: 1	Other alternatives: 2
Good chance to unwind: 2	Help: 1
Meet new people: 4	No alcohol or other drugs: 1

9 Year in Review (Continued)

STATE FARM GRANT (SPRING, 2015)

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 103 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 on teen alcohol issues and compile your findings into a report.



The R & P Factor Connection: This project addressed the risk factors “friends and/or self engaging in substance use,” and the protective factor “create healthy communities.”



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 prevention work and research. The conference also offers keynote speakers, as well as time to brainstorm local project ideas. For STASHA, the conference is an opportunity to network with other young people who are excited about, and dedicated to prevention. STASHA members find it very motivating and inspiring to be surrounded by hundreds of teens who share the same passion about substance abuse prevention. It is also an opportunity to learn and work alongside their local substance abuse prevention coalition representatives. At this summit, some of their favorite workshops included the following: “Making a Difference Through Powerful Communications,” “Catalyst,” “Today’s Marijuana: It’s Just Weed, Right?,” “What Are Opiates And Why Are We Talking About Them,” “Bystander Into Advocate: Social Media Uprising.” These workshops proved to be beneficial as STASHA members applied the information throughout the year.

The R & P Factor Connection: This annual conference addresses the following protective factors: “healthy beliefs and standards,” “bonding,” and “create healthy communities.”



PMED Policy Makers Education Day (February 2015)

A Thurston county based organization called “TOGETHER!” coordinates this day of service that connects youth with their state legislators. Youth prevention teams have the opportunity to network and celebrate their work. At this event, brief meetings are scheduled between youth groups and lawmakers to discuss substance use/abuse related legislation, and to talk about youth prevention efforts in Clark County. The theme for this year was “Prevention Pays.” STASHA chose to focus on e-cigarette use among youth in Clark County. STASHA spoke with their legislators about their concerns regarding easy youth access to e-cigarettes, and youth enticing design and products (i.e. candy flavored e-juice). In addition, as a result of their community assessment, STASHA is concerned that e-cigarette retailers in Clark County use advertising that is especially appealing to youth (i.e. paintings of cartoon characters on store front windows, advertising x-box play while sampling products).

The R & P Factor Connection: This event addresses the risk factor “Attitudes, norms or laws favorable towards substance use,” and the protective factors “healthy beliefs and standards,” “bonding,” and “create healthy communities.”



7 Year in Review (Continued)

Washington State Spring Forum (May 2015)

STASHA was invited to present at the Washington State Spring Youth Forum for the sixth year in a row. To attend this forum, youth groups from across the state, submit an application detailing the work they accomplished with a specific project that year. They have the opportunity to showcase their work at this event which is held at Great Wolf Lodge (Grand Mound, WA). This forum, hosted by the Washington State Division of Behavioral Health and Recovery, brings together some of the strongest and most innovative youth prevention teams from across the state. This year, STASHA members focused their presentation on their partnership with the Center for Multicultural Health, and the county wide retailer assessment that stemmed from this partnership. For the first time, STASHA was one of seven teams selected as finalists out of the 45 teams present. They received a plaque and a \$125 Visa gift card to honor this achievement.

The R & P Factor Connection: This forum addresses the protective factors "healthy beliefs and standards," "bonding," and "create healthy communities."



Center for Multicultural Health Partnership



(September & November 2014)

STASHA had the opportunity to partner with the Center for Multicultural (CMCH) Health in Seattle, WA. In September, CMCH representatives trained STASHA members on the harmful effects of tobacco, e-cigarettes and marijuana. CMCH also challenged STASHA to do a community assessment of e-cigarette, tobacco and marijuana retailers. In October, STASHA members completed their assessment of select retailers in the city of Vancouver. CMCH representatives returned in November to teach STASHA members how to tell a story, using their assessment photographs via Prezi or PowerPoint presentations. One STASHA member, Andrew Weakley, decided to take this effort further and make it the focus of his Eagle Scout project. Andrew expanded the assessment to include retailers across Clark County. He presented his findings to each of the five substance abuse prevention coalitions in Clark County, as well as the Clark County Substance Abuse Advisory Board. The Columbian wrote an article highlighting his work titled, "Teen: Off-Limits Shops Too Appealing" which can be found at...

<http://www.columbian.com/news/2015/mar/20/teen-off-limits-shops-too-appealing-itech-prep/>

The R & P Factor Connection: This project addresses the risk factors "attitudes, norms or laws favorable towards substance use, low neighborhood and community attachment, and friends and/or self engaging in substance use. This project also addressed the protective factors "healthy beliefs and standards" and "create healthy communities."



Retail Assessment (October 2014)

CLARK COUNTY
www.columbian.com/news/local
Northwest: Man sentenced for Facebook posts /C2 • Obituaries /C3 • Homelessness tougher with a pet /C8

SECTION C | FRIDAY, MARCH 20, 2015
Plus BUSINESS, C5
Seize the Bagel prepares to move to new east Vancouver location

Teen: Off-limits shops too appealing

Boy's survey finds stores for e-cigarettes, hookah, pot too accessible to kids

By **MARISSA HARSHMAN**
Columbian staff writer

Stores selling e-cigarettes, vaporizers, hookah products and marijuana are too appealing to youth. That's the take-home message from a 14-year-old Vancouver boy who spent the past few months surveying his peers and adults about the retail shops.

Andrew Weakley, an eighth-grader at Vancouver iTech Preparatory, and other teens involved with Strong Teens Against Substance, Hazards and Abuse, participated in a community assessment of Clark County retailers, focusing on the advertising and marketing of e-cigarettes, vaporizers and marijuana.

Weakly took the project one step further and expanded the survey. He recruited 51 people to participate, 39 of whom are youth. The participants visited the retail shops (minors didn't enter) and rated the shops' location, appearance, advertising and overall feeling. A total of 477 surveys were completed for 23 stores.

Weakly presented his findings at the spring Prevent Coalition of Clark County meeting Thursday afternoon. Prevent is a substance abuse prevention coalition.

"Location, location, location," Weakly said. "All of the shops are located right in front of youth eyes."

The surveys revealed that many of the retail shops were located in places where youths frequent, Weakly said. One local smoke shop is in a shopping complex with a pizza shop and a game store. A retail marijuana store is near a grocery store, and another is next to a bicycle shop. E-cigarette kiosks are in the mall, Weakly said.

The shops that scored the highest (least favorable) in the assessment also had buildings that were inviting to youths, such as bright or colorful lights, advertisements and big storefront windows allowing kids to see the merchandise on display. At some shops, vaporizers, pipes and bongs could be seen from the sidewalk, Weakly said.

"These advertisements are actually trying to grab kids," Weakly said. "It's their intention."

The retail shops that scored the lowest had storefronts that were less flashy, he said, such as plain brick buildings with no windows or advertisements. The marijuana stores with employees checking IDs at the front door also scored lower, Weakly said.

Weakly also offered up some recommendations, based on the findings from the community assessment and participant feedback.

One important change that could be made, he said, is to restrict the shops to industrial areas where young people aren't constantly walking past the storefronts.

Marijuana shops can't have advertisements; those restrictions should be extended to all shops, Weakly said. And marijuana stores are the only ones of the shops reviewed that require licensing. Weakly wants to see hookah and vape shops licensed, as well.

And, finally, Weakly suggested increasing the legal age for vaporizers to 21, in line with the drinking age.

Weakly is presenting his findings this spring at a statewide youth substance abuse prevention summit, as well as for a handful of local organizations.

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