



SAFE HARBOR COHASSET COALITION

Facing Facts, Changing Lives

Safe Harbor Cohasset Coalition Youth Ambassador Program 2019-2020

INTERESTS

There are going to be various opportunities to represent Safe Harbor as a Youth Ambassador. We want to make sure that during your time in the program, you're enjoying these projects and opportunities. Please let us know what interests you the most, what ideas do you have that you want to bring to the group to work on, is there a certain topic you'd want to advocate for? Let us know below!

I'm interested in working on _____

(Not sure? No worries! Let us know a strong suit of yours, like writing, singing, sports, drawing, public speaking, math, etc.)

If you're interested in a project/opportunity listed below, check it off (you can check more than one):

- Mental Health Days Advocacy
- Family Recipe Cards
- Presenting to younger age groups
- Vape Take Back Day
- RainX Project
- Sports PSA's
- Stickershock
- Mental Health Curriculum
- Story Book

- Organizing Drug Take Back Day
- Detectors for vapes
- Vape Presentation
- GGC remakes
- Teen Center planning
- Senior "mystery room"
- Drug-free workplace project
- Restaurant Coasters
- Street Cleanups

2019-2020 Projects

Mental Health Advocacy:

In 2018 Utah became the first state to legally define a “valid excuse” for missing school to include mental illness. In 2019 Oregon officially created a law that allows up to 5 mental health days in a three month period for students. We recognize the relationship between mental illness and substance use, particularly in teenagers and for this reason have taken strides to create programs that advocate for better mental health awareness. For this project we are seeking members that have a passion for research and policy change that are interested in creating a proposal for the inclusion of mental health days to our Cohasset Middle High School policies. While the mental health days project will consume a significant amount of time, we are additionally working to refine our health curriculum to better handle the topic of mental health.

Prevention Programs:

An important aspect of our philosophy when it comes to advocacy is strengthening our protective factors. Through programs such as alternative events for teens like the Ground Level Cafe, or events that bring families together we can better promote prevention. This year, we would like to plan events or projects that improve familial relationships such as family recipe cards. We also need help planning for the teen center. Youth ambassadors interested in this project would help with the design of the teen center, organizing the logistics, and community outreach. Strengthening the relationships in our community will in turn provide an encouraging and supportive group of people thus preventing substance use. We would like to reach out to as many groups of people as possible and by working with the senior center to create a “mystery room” or “escape room” we would be providing a fun activity for members of our community and creating an opportunity to build valuable relationships.

Local Awareness Projects:

These projects offer a wide array of opportunities for students interested in educating the community about substance use. There is also plenty of room for artistic members to make designs for our projects. This year, we will be taking part in the sticker shock project again which entails designing stickers that discourage purchasing alcohol for people who are underage and placing those stickers on alcohol packaging at Curtis Liquor. We have a new project this year to create educational coasters to be designed and then distributed to locations in our community where alcohol is served. Another artistic project we have this year is the RainX project. By using water-repellent paint we can create designs on the sidewalk that are visible when it rains. We intend to put positive messages on the sidewalk outside of CMHS and need help creating those quotes or images. We also hope to have a group of students formulate a presentation for adults about vaping including information that parents may not know just by looking it up such as the terms and phrases their kids may be using.

Elementary education:

Educating elementary school children can be rewarding and fun. A few of our programs are geared towards a younger audience such as the Samantha skunk presentation from Dover youth to youth, a mental health presentation at the Deer Hill, and illustrating and writing our own children's book!

Environmental projects:

While community building activities and awareness projects demand the majority of our attention, some programs are more straightforward. Drug and vape take back days allow people to dispose of their own substances or substances that have been confiscated. Another project is to develop a plan to purchase vape detectors to put in the bathrooms of the school. Lastly, our annual street cleanup requires interested volunteers to pick up drug related garbage around our town such as beer cans, nips, and drug paraphernalia.

Miscellaneous:

Some projects didn't fit into the previous categories such as the sports PSA and GGC remake videos. GGC is short for Guiding Good Choices which is a video series from the 80's which promotes prevention, any of our members who are inclined towards video production are encouraged to help recreate these videos with a modern spin. The concept of the sports PSA is to explain the connection between substance use and athletics such as the negative effects of smoking on someone's lung capacity or unhealthy use of pain medication after a sports related injury. Lastly, some projects have yet to be proposed yet and your help will be needed outside of projects with planning and designing t-shirts and events such as National Prevention Week!

If you have any project ideas that aren't covered above, feel free to write your ideas below so we can get right into discussing them at our first meeting on Tuesday, September 17th! We can't wait to see you there!