

Healthy Choices Caring Communities (HC3)



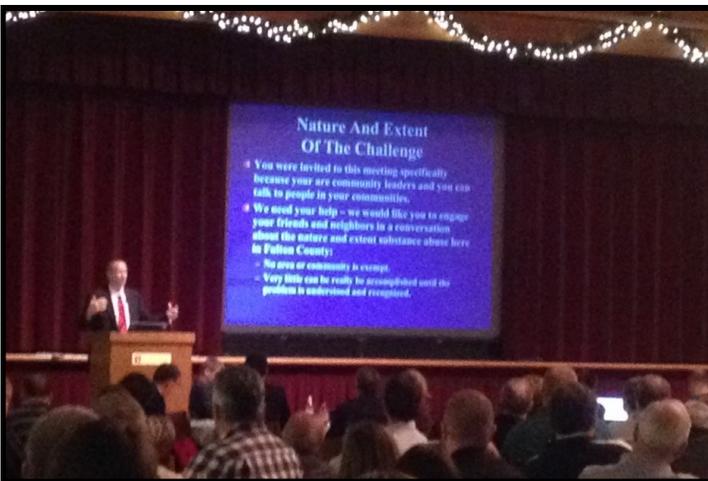
Healthy Choices Caring Communities (HC3) is a Fulton County coalition working together to prevent substance use among middle school and high school youth while increasing healthy youth behaviors. HC3 is a sub-committee of the Fulton County Family and Children First Council and housed within the Fulton County Health Department allowing the group access to many county resources including personnel, equipment and facilities.

HC3 goals are to decrease youth access to alcohol, marijuana, tobacco, and

opiates as well as decrease overall acceptance of youth substance use. Over the past seven years, HC3 has worked with all facets of the community to initiate an active high school Youth Advisory Council (YAC) to build and strengthen youth leadership skills and; plan, implement, and evaluate county-wide youth events. Both youth and adult coalition members utilized the Strategic Prevention Framework to ensure all of our strategies



A FULTON COUNTY COALITION WORKING TOGETHER TO REDUCE UNDERAGE SUBSTANCE USE.



are data driven and evidenced-based to increase our success in reaching our goals. HC3 addresses underage substance use through the following strategies: facilitate local Ohio Investigative Unit Seller Server Trainings to educate and train local retail clerks and servers to increase compliance with Ohio Liquor laws and decrease youth access to alcohol; educate and build parenting skills of our middle and high school parents through multiple *Parents It's Your Call*, parenting training series and our *Community Conversation* series; provide education to school staff and other youth professionals on the latest trends in youth substance use; support positive youth activities such as After Prom and work with communities to offer positive youth activities such as Delta's Stomping Grounds, a 5th quarter event held twice yearly. During this time period, we have seen a decrease in the amount of youth alcohol use and a 6% decrease in alcohol access through parents. Our greatest challenge is also our greatest asset to our work; engaging the caring adults and parents of our community to use their influence to decrease access to alcohol and to address the cultural norms surrounding alcohol use.

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Visit us on the web: www.HC3Partnership.com

KNOW

YOU make a difference!

Nominate someone today!

www.HC3Partnership.org

Youth Advisory Council (YAC)

The Youth Advisory Council (YAC), a youth driven prevention coalition, was created by HC3 based on the belief that youth could empower and support their peers to make healthy choices in regards to substance use. Initial recruitment came from school staff at six area high schools to support HC3's efforts with the Parents Who Host initiative.

Engage
Inspire
Empower

YAC is open to Fulton County high school students who wish to strengthen personal leadership skills, serve as peer role models, plan and execute countywide youth events, and positively impact their community in the area of substance use prevention. Youth who wish to advocate for healthy lifestyle choices, live, work, or attend school in Fulton County and are committed to living a substance free life-style, should contact HC3 staff to apply to become a member of YAC. In addition, adults in the community may also recommend local youth for membership by contacting HC3. YAC currently has forty-nine high school members representing six area school districts.



The group meets the first Monday evening of each month in Wauseon, to address underage substance use through youth led prevention and positive youth development. YAC is led by an eight member youth executive board and supported by a twenty member youth leadership team. The development of group goals is a collaborative effort between the Executive Board, Leadership Team, and general YAC Membership. The Executive Board meets monthly for an hour to review minutes, set the agenda, and select opportunities to present to general membership. The Leadership Team communicates electronically and meets monthly as needed to develop plans relevant to their individual committee purpose. The general YAC membership



meets monthly for two hours and focuses on conducting the work of YAC (business and committee work) along with "family group" time (small groups with preselected discussion leaders), and curriculum presented by an adult coalition member on a topic chosen by the Executive Board which is relevant to group goals and activities. Collective participation is enhanced by using the Strategic Prevention Framework to teach YAC youth how to assess, plan, execute and evaluate their events and activities. Attendance is tracked for all meetings and group and community events and



certificates of volunteer hours are presented at school recognition banquets. On average, 30 to 35 youth attend each meeting and 70% of our group have been participating in our organization for 2-3 years.