

Bremerton Substance Abuse Prevention Coalition

March 2019 - June 2019



FUNDED THROUGH THE KITSAP COUNTY
PREVENTION PROGRAM

Building For The Future

It's will soon be that time again. "Mom I'm bored", "I need a job", "can't we do something fun", "I need help getting ready for college", "is there something we can do as a family?" The list goes on and on. As we approach Spring, Summer will soon be upon us. That means, kids will be out of school. Some youth will be preparing for college or other training programs. Many will be hoping for a job, new experiences and fun. Parents will be looking for things to keep their kids busy; and safe.

We are fortunate in our community to have a multitude of resources to connect families and youth with these items and much more. We have been asked to help identify some key resources , activities and events to help as we build up our youth and community for a brighter more successful future.

Here are a few places to start :

Boys and Girls Club: <http://www.bgcsps.org/>

Sheridan Community Center, Indoor Playground, 680 Lebo Blvd. Bremerton

Bremerton YMCA , Teen Late Night , 60 Magnuson Way Bremerton Fridays 8:30—11:00pm

Olympic College, Career Center, <https://www.olympic.edu/current-students/counseling-services/career-counseling>

West Sound Tec, <https://www.bremertonschools.org/wstsc>

<https://kitsap.macaronikid.com/events>

<https://www.visitkitsap.com/kitsap-calendar-of-events>

<https://www.kitsapdailynews.com/calendar/>

<https://www.governmentjobs.com/careers/kitsap>

<https://www.kitsapgov.com/how-do-i/apply-for/summer-student-program>

Upcoming Events/Trainings:

Summer School Enrollments begin April 15

Contact your school for additional information and availability

Youth Mental Health First Aid

5441 Almira Dr NE Bremerton

March 26, 2019

8:15am—5:00pm

\$35 for 8 hr. course

For information and registration please visit:
<http://www.kitsapmentalhealth.org/>

Hidden in Plain Sight

Mountain View Middle School Bremerton

March 26, 2019

5:30—7:30

Youth Marijuana Prevention & Education Program Networking meeting

April 23, 2019

9-12 am

For more information:

lyndsey.kellum@kitsappublichealth.org

World No Tobacco Day

May 31, 2019

Day of Caring

June 20, 2019

For information and registration:

<https://www.unitedwaykitsap.org/day-caring>

YouthBuild Kitsap

Free full time, 28 week training for youth ages 16-21

For information and registration: YouthBuild-Kitsap@oesd114.org Or Call: 360-473-4735 or 360-473-4733

Making Prevention Work:

The Bremerton Substance Abuse Prevention Coalition works to mobilize the Community, to effectively prevent and reduce substance abuse in the Bremerton School District , though collaboration with community organizations, public education and awareness strategies, and implementation of evidence based substance abuse prevention programs.

" I never teach my pupils, I only attempt to provide the conditions in which they learn." -Albert Einstein

Bremerton Substance Abuse Prevention Coalition Mission

To provide opportunities for youth to be in a safe and substance free environment while they move from surviving to thriving. Coordinate and generate resources for youth, families and the Bremerton Community. Develop a unified message to end substance abuse and communicate common values of respect. Empower today's youth to be Bremerton's better tomorrow!



Deciding how to get involved can be a challenge especially when you're looking at positively impacting your community. It is not enough just to respond to a, 'call for volunteers'. It is important to find your focus. There are a few questions you may need to ask yourself. What is your passion, what do you want to change in your community and what interests you?

In our particular collaboration efforts, we will look at drug and alcohol prevention. It may be challenging to figure out where you fit as a volunteer. First, you will need to identify available opportunities. Once you have narrowed down where the needs are, you will want to determine the time commitments, specific requirements and timelines that may be associated with the project or effort you are considering. As you move into a volunteer role you will have many opportunities to expand, reshape and bring about transformation, not only for your community but for yourself as an individual. The power of community mobilization engages communities and creates positive change.

Joanne Fritz from *The Balance*, sums volunteering up through an acronym; **GIVERS**.

G: Personal growth and well-being.

I: Increased sense of purpose, such as knowing just how they make a difference.

V: Voice or how volunteers are asked to give their time.

E: Easy sign up, to get there, to get the job done.

R: Recognition, being thanked, appreciated, and celebrated.

S: Social opportunities, making new friends and working on a team.

As you explore volunteer opportunities, consider this. Our substance abuse prevention coalition is looking for individuals interested in advocacy, research, data analysis, community events, program implementation, working with youth, networking and leadership. We would love to have you on board!

<https://www.nsls.org/content/15-unexpected-benefits-volunteering-will-inspire-you>

If you are a partner of the Bremerton Substance Abuse Prevention Coalition and would like your logo on this publication; please contact us.

Bremerton Substance Abuse Prevention Coalition

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Human Services Coordinator

Phone: 360-337-4878
Website: <http://kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

Want to Get Involved?

Please consider attending our Monthly meetings. **All are welcome!**

Upcoming meeting dates:
Mar. 14, 2019
Apr. 11, 2019
May 9, 2019
June 13, 2019

Time: 1:00-2:30PM

Location:
Bremerton High School (through June)
Summer locations OESD 114



**KITSAP COUNTY COMMISSION
ON CHILDREN AND YOUTH**

