

2018-19 County Programs in Calaveras Schools

(Updated 08/2018)

The following programs are provided in various schools by county agencies and community organizations. Please contact Kathryn Eustis, Calaveras County Office of Education, (209)736-6092, with updates.

Calaveras Youth Mentoring Program

Calaveras County Office of Education

Katie Lackler, Coordinator

The Calaveras Youth Mentoring Program connects local youth from all county schools with safe, positive mentors who offer friendship, opportunity and support for making healthy life decisions. Volunteers are thoroughly screened to ensure the safety of everyone in the program. Once matched, mentors and mentees spend a couple of hours a week together for at least a year doing things they both enjoy—sports, crafts, cooking a meal together, or working on a project. Mentors receive extensive training, plus regular monitoring of the friendship, as-needed support, and invitations to group field trips and events. For more information, call (209) 736-6078 or email klackler@ccoe.k12.ca.us or go to calaverasmentoring.org.



Fit for the Future

Calaveras County Public Health Division

Courtney Tarbat, Coordinator

Fit for the Future is a fitness program at several schools in Calaveras County (San Andreas, Copperopolis, Rail Road Flat, West Point, Mokelumne Hill and Albert Michelson elementary schools). The program is designed to promote healthy living and fight childhood obesity. Fit for the Future works with fifth grade students by training with them on six areas of fitness that are tested for each year by the State of California. Fit for the Future provides expertise and motivation in these areas of fitness and gives every participant the opportunity to improve their fitness scores. For more information, call (209) 754-6852 or email CTarbat@co.calaveras.ca.us.



FNL Leadership, Club Live, Calaveras Youth Council

Calaveras County Office of Education

Lindsey Titus, Coordinator

FNL Leadership and Club Live are on-campus clubs for students in 7th through 12th grades. School-based chapters meet once a week. Students select issues on which they would like to have an impact (e.g. binge drinking, driving under the influence, marijuana use) and then conduct campus-wide campaigns or awareness PR on various prevention topics. Students also have opportunities to attend statewide conferences. Calaveras Youth Council is a county-wide coalition of youth representatives from all high schools in the county. Students select and prioritize issues in their communities and initiate or support county-level change through awareness campaigns and other various methods. For more information, call (209) 736-6093 or email ltitus@ccoe.k12.ca.us.



FNL Mentoring

Calaveras County Office of Education

June McTeer, Coordinator

FNL Mentoring is a youth development and prevention program that matches 7th and 8th grade "protégés" from Toyon, Mark Twain, and Avery Middle Schools with older, wiser 10th-12th grade "mentors" from Calaveras and Bret Harte High Schools. The mentors and protégés meet once a week after school for structured, supervised, and very fun activities highlighting important teen issues. Each week matched mentors and protégés spend one-on-one time together building a friendship that crosses age and school boundaries. The FNL Mentoring program is almost entirely youth-led, which means that the students run the show! For more information, call (209) 736-6094 or email jmcteer@ccoe.k12.ca.us.



2018-19 County Programs in Calaveras Schools (cont.)

Gay Straight Alliance (GSA)

Calaveras County Health & Human Services Agency

Matt Johnson, Coordinator

Gay Straight Alliance (GSA) and Calaveras LGBTQ Youth Groups are student led and driven. They provide space for dialogue, education, friendship, games, and support to all LGBTQ/GSRM (Gender, Sexuality, and Romantic Minorities) and straight youth in Calaveras County. Currently, the group meets at Bret Harte High School every Thursday during lunch. For more information, call (209) 352-1828.



The Grandparent Project

Calaveras County Office of Education and Calaveras County Health & Human Services Agency

Therese May, Coordinator

Facilitators: Therese May, Arleen Garland, Cassie Akers

The Grandparent Project provides regular meetings and educational workshops around the county for grandparents (and other relatives) raising children. The meetings improve grandparents' ability to mobilize their social support networks and adapt to their role as primary caregivers. Complex issues such as legal, financial and emotional topics are explored and solutions discussed. The group provides a confidential place to share and hear first-hand how other grandparents/relatives have adapted to these new responsibilities. For more information or individual consultation, call (209) 768-7723.



S.A.F.E. Self-Kids, S.A.F.E. Self-Teens, P.E.P. Talks, Read n' Share

The Resource Connection Calaveras Crisis Center

Yvonne Fought, Prevention Education Manager

Liz Gilbert, Prevention Educator

S.A.F.E. Self-Kids is a build-upon program for preschool and elementary school children (K, 2nd, 4th & 6th) focusing on personal safety and interpersonal violence prevention. Stranger safety, bullies and bystanders, personal boundaries, assertiveness skills, healthy relationships and safe touch are addressed through discussion, small group activities, role plays and video clips.

S.A.F.E. Self-Teens is a series presented to middle school-aged students and high school mentors that focus on healthy relationships, interpersonal violence prevention, peer pressure, sexual harassment and safe choices. Other topics may include child abuse, domestic violence and sexual assault. The topics presented in this series are addressed through discussion, small group activities, role-plays and video clips.

P.E.P Talks: Prevention Education for Parents, gives an overview of our program, addresses the red flags of abuse, stranger safety strategies and available resources.

Read n' Share program available upon request. Targets parents, 0-5, K-3 with resources, activities, and stories focused on personal safety and family safety.

For more information, call or email Yvonne Fought at 209-754-6183 or yfought@trcac.org, or Liz Gilbert at 209-754-6138 or egilbert@trcac.org.



2018-19 Prevention Programs in Calaveras County Schools (cont.)

SNAP-Ed (Supplemental Nutrition Assistance Program Education)

Calaveras County Public Health Division

Danielle Truelsen

SNAP-Ed provides nutrition and physical activity education, resources, and materials to county schools, retail sites, and community events. Currently the program takes place in Mokelumne Hill, Rail Road Flat, West Point, Copperopolis elementary schools, as well as Oakendell and Gold Strike High. For more information, call (209) 754-2855 or email dtruelsen@co.calaveras.ca.us.

Teen Link Calaveras

Calaveras County Public Health Division

Jessica Nila, Health Education Specialist

Teen Link Calaveras (TLC) is for students in 9th through 12th grades at Calaveras High School and Bret Harte High School. TLC collaborates with youth partners to identify and address issues facing teens with a primary focus on tobacco prevention. TLC works to inform, educate and engage teens about tobacco use, drug/alcohol use, and other health topics. The aim of TLC is to link teens to services, resources, and opportunities in the community. TLC youth members have opportunities to develop leadership and public speaking skills, learn how to collect and use data for action, develop campaigns, present their work to decision-makers and work as part of a team with Public Health, their peers, and other organizations. For more information, call (209) 754-6775 or email JNila@co.calaveras.ca.us.

