

School Community Youth Coalition

The mission of the School Community Youth Coalition is to invest in our area youth by addressing substance abuse and violence issues among the youth of Montezuma and Dolores counties, including prevention, programming, education, assessment, treatment and sustainability.

We listen to our community!

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High School Leadership Montezuma

High School Leadership Montezuma is well under way this year with 21 participants from Cortez, Dolores, Dove Creek, Mancos and SWOS high schools. The group meets once a month and spends the day working on building leadership skills through group and individual activities then putting their skills to work by going into the communities. Each month the theme and activities build on skills developed the session before. The sessions are facilitated by Rebecca Larson, Alex Prime and Cindy Houston.

In November they worked on communication skills and visited Medicine Hoarse in Mancos. There they learned how to communicate with the horses using body language and

signs that the horses have been trained with. They were also challenged with activities with the horses that helped them



learn to “think outside the box.” The students all expressed that they wished they could have had more time at Medicine Horse and hope to visit again.

The December session was around problem solving and they were given a scenario of a

massive, two county school that would house all 5 high schools. (They were reminded that this was a purely hypothetical scenario.) Working first individually then in small groups with adult peers from the community they were to develop ideas for embracing each school’s strong points and honoring community identities. Finally coming together as a large group developing consensus and finding common ground they created the ideal multi-school high school campus.

High School Leadership Montezuma is a program of the Southwest Community Leadership Collaborative.

For more information contact, [Cindy Houston](#)

Mapping Our Community’s Assets

You may recall that during SCYC’s September meeting Jenny Bruell and Terry Woodward from SW Connect presented a PowerPoint and information on a mapping project that they were initiating. There was great interest around their project and its potential in our community.

Since these last meetings, I attended a more focused training on how to use the online mapping tools and the basics of the

interview process. Going through this process has increased my understanding of just how much potential this project does hold and given me the information necessary to begin mapping our community’s services.

If you are interested in having your services mapped, please contact me to schedule a meeting. The initial meeting should take approximately an hour to complete and will conclude with

the information necessary to get your organization mapped and the basic information listed.

The sustainability of this project will rely heavily upon volunteer liaisons to map and edit current service data. If you are interested in becoming a liaison, we can schedule a mini-training to get you started in the process!

For more information contact, [Danielle Brafford](#)

Non-Alcoholic Holiday Drinks Help Make Celebrations Inclusive and Fun



"Our good wishes for others this holiday season should include the millions of Americans who are in recovery from addiction and living substance-free, healthy lives"

Today [December 8], Director Kerlikowske released a statement reaffirming ONDCP's commitment to Americans in recovery and sending a reminder that the winter season is both a time of holiday cheer and a challenge to those struggling with substance abuse issues.

"Our good wishes for others this holiday season should include the millions of Americans who are in recovery from addiction and living substance-free, healthy lives," said ONDCP Director Gil Kerlikowske. "We can aid their journey to successful recovery by offering our support, encouragement, and understanding that the holidays can be a difficult time. And if you're hosting a holiday party or a family dinner with someone in recovery, please support them in their efforts by making non-alcoholic beverages available."

Adding non-alcoholic drinks to your holiday party or celebration is a great way to make your event fun and inclusive. For some advice on delicious holiday drinks, we teamed with Epicurious.com.

Here are some of their featured non-alcoholic drinks this holiday season:

Mulled Apple Cider with Orange and Ginger

Ingredients:

- 8 cups unpasteurized apple cider
- A 3-inch cinnamon stick
- 10 whole cloves
- 1 navel orange, peeled and sliced crosswise
- A 2-inch piece of peeled fresh ginger, cut into 6 slices

Preparation:

In a large saucepan combine the cider, the cinnamon stick, the cloves, the orange and the ginger and simmer the mixture for 20 minutes. Strain the mixture through a fine sieve into a heat-proof pitcher and serve the mulled cider warm.

Mocha Hot Chocolate

Ingredients:

- 1 cup unsweetened cocoa powder
- 1 cup sugar
- 1/4 cup instant espresso powder
- 1 tablespoon vanilla
- 6 cups milk
- 2 cups half-and-half

Preparation:

In a large heavy saucepan combine the cocoa powder, the sugar, the espresso powder, the vanilla, a pinch of salt, and 1 cup cold water and heat the mixture over low heat, whisking, until the cocoa powder is dissolved and the mixture is a smooth paste. Gradually add the milk and the half-and-half, both scalded, and heat the mixture over moderately low heat, whisking, until it is hot, but do not let it boil. (For frothy hot chocolate, in a blender blend the mixture in batches until it is frothy.)

Peppermint Hot Chocolate

Ingredients:

- 1 cup chilled heavy whipping cream, divided
- 1 teaspoon plus 2 tablespoons sugar
- 2 cups whole milk
- 4 oz. bittersweet (pref. 60% cocoa) chocolate, coarsely chopped
- 1/4 teaspoon peppermint extract
- 4 small candy canes (for garnish)

Preparation:

Beat 1/2 cup cream and 1 teaspoon sugar in bowl until soft peaks form. Cover; chill. Whisk 1/2 cup cream, 2 tablespoons sugar, and milk in medium saucepan over medium-high heat; bring to boil. Remove from heat. Add chocolate; whisk until smooth. Whisk in extract. Divide chocolate among mugs. Top with cream and garnish with candy canes.

Cranberry Tangerine Christmas Cooler

Ingredients:

- 48-ounce bottle cranberry juice cocktail, chilled
- 3 cups freshly squeezed tangerine juice or purchased tangerine juice
- 1/2 cup fresh lime juice
- 2 tangerines, unpeeled

Preparation:

Combine cranberry juice and tangerine juice in large pitcher. Add lime juice and stir to blend. (Can be made 1 day ahead. Cover and refrigerate.) Cut thin slice off tops and bottoms of tangerines. Cut each horizontally into three 1/4- to 1/3-inch-thick rounds. Divide cooler among 6 tall glasses. Garnish with tangerine rounds and serve.

Article taken from: http://ofsubstance.gov/blogs/pushing_back/archive/2010/12/08/51747.aspx

Youth Leadership Council

This year the Youth Leadership Council is teaming up with Target Tobacco Action Group to draw awareness to and change local policy around youth access to tobacco products. Youth will be looking at how policies are made and how they approach making change to local policy as well as creating an integrative media campaign.

There are 25 youth participants in the Council ranging from 8th grade to Seniors and they have been on a roll. Three different branding ideas

were presented by graphic designer Heather Leavitt-Martinez and in less than a week the group has already chosen their brand. They are now working on their own design concepts for the logo. They have also created a radio spot to run on local radio stations that will introduce their project to the community.

Students will be building skills in innovative media thanks to a partnership with local Public Radio station KSJD and MCHS media director Nate Thomp-

son. Policy research, public speaking, how local government works and how to write and present Power Point presentations are some other leadership skills the students will be working on as well as group dynamics and reaching consensus within a group.

Keep your eyes and ears open for what this group has to say. **They're powerful!**

For more information contact, [Cindy Houston](#)

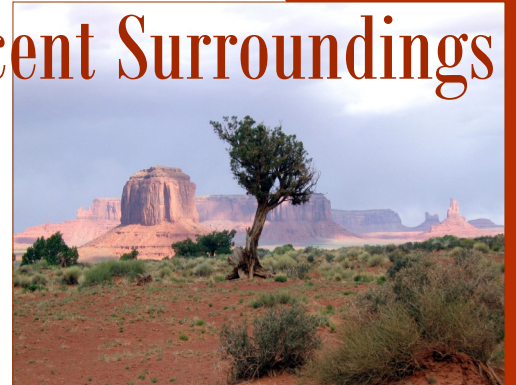
Optimistic Visioning in Magnificent Surroundings

Over the past four years an amazing group of individuals from our Four Corners region have been coming together to collaborate and “blur” state lines, through using messages consistent in values and norms.

During November 8th - 10th seventy individuals came together at Monument Valley for an interactive conference guided by Jeff Linkenbach and Jay Otto. During the conference they explained the philosophy of the Positive Community

Norms and the Science of the Positive® leadership model, illustrating how the information can be used within the work being implemented into our communities. The emphasis in the information presented was put on the need to communicate both the hope and concern in our messages, rather than scare tactics which cause fear and panic. We need our youth and the community as a whole to see the value in their communities and develop a desire to become involved in strengthening those values.

We were also fortunate in being able to share the work that is already underway within our individual communities and being able to see how they all tie together in the big picture.



For more information contact, [Danielle Brafford](#)

November Coalition Meeting in Review

November 15th, 2010

Facilitator: Julia Hesse

Guest Speaker: Stephanie Walton

Attendees: Alma Ross, Chuck McAfee, Cindy Houston, Danielle Brafford, Fred Blackburn, Jodi Foran, Kellie Willis, MB McAfee, Mitchell Toms, Sarah Schreiber, Steve Brace, Vangi McCoy

SCYC Status Updates

- Missy Miller is no longer the Director of SCYC. We shared thoughts of gratitude for all of her contributions.
- Restorative Justice will now run directly through Montezuma County Partners and the City.
- Danielle will be trained and begin working on the SWConnect.org project to map our communities programs and services.
- There will be discussion around future steps with the Teen Maze and PPN/Kellogg's.

- The coalition viewed the most recent sustainability plan and brainstormed topics to be discussed during December's meeting.

TTAG, YLC and SWCPPN

- Target Tobacco Coalition is now Target Tobacco Action Group
- Julia Hesse wrote a collaborative grant through CDPHE including SCYC, TTAG, KSJD, YLC and PPN which was one of the nineteen communities funded. YLC will work on a youth media project in conjunction with KSJD and work on Youth Access to Tobacco Policy campaigns.
- Cindy Houston, Cindy Vermeule and Julia Hesse are running YLC.

Prevention Policy Network

- The Truancy Summit in August was a large success and brought educational neglect to the at-

tention of key stakeholders and our community in general. Participant organizations have implemented efforts to assist with educational neglect.

- PPN created a brainstorm list and chose Educational Neglect as a priority. They now feel that they can move on to one of the other concerns.

Presentation by Stephanie Walton from CDPHE

- Stephanie shared a PowerPoint called Healthy Kids make Healthy Choices through Policy Change and spoke about statewide policy focuses that are currently being considered.
- Stephanie gathered the coalitions thoughts and concerns around tobacco policy work to take back to the statewide meeting.

To receive the full minutes, please email [Danielle Brafford](#)

Brought to you by:

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Community Calendar

December 12th - January 22nd

Monday, December 13th
 SCYC Meeting
 SWMH Annex, 20 S Market, Cortez
 10:30 am - 12:00 pm.

Wednesday, December 22nd
 Horizons On Air
 KJSD 91.5, 91.1, 96.3, 89.5
 8:30 am - 9:00 am

Monday, January 3rd
 SCYC Meeting
 Location TBA
 10:30 am - 12:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22

Thursday, December 16th
 Youth Leadership Council
 MCHS, Nate Thompson's Classroom
 6:00 pm - 8:00pm.

Thursday, January 6th
 Character Council: Attentiveness
 MCSO, 730 E Driscoll St, Cortez
 12:10 pm - 1:30 pm

Sunday, January 9th
 Youth Leadership Council
 MCHS, Nate Thompson's Classroom
 1:00 pm - 4:00 pm

Monday, January 17th
 AmeriCorps MLK Day of Service
 "I Have a Dream" Journal Project in Schools

Thursday, January 13th
 Youth Leadership Council
 MCHS, Nate Thompson's Classroom
 6:00 I Have a Dream" Journalling

If you have events that you would like added to our calendar, please email danielle@rsapp.org. Our next calendar will cover January 16th through February 26th.