

February 2026

Monthly Newsletter

Youth Options Shasta



INSIDE, WE ALSO TALK ABOUT:

Training Highlights

Parent Quarterly Report

Youth Quarterly Report

Giving Corner - Zeffy

Upcoming Events

Shasta Youth Leadership Camp



Safety Skills & Harm Reduction Training

For Parents & Teens

On February 7, eleven students from across Shasta County came together at Redding Teen Center for the second Safety Skills & Harm Reduction Training. This quarterly event is designed to unite families by offering Parents & Teens Substance Safety Skills Training.

The program gives families practical tools to start meaningful conversations and better support their children during a challenging stage of development, when substances are often easily accessible. Teens engaged in role-playing exercises based on real-life, high-impact scenarios to strengthen their communication and decision-making skills.

Participants learned a variety of practical tools and strategies, including how to administer Narcan, intervene to prevent someone from driving under the influence, and use breathing regulation and meditation techniques to manage stress and stay grounded.

PARENT QUARTERLY REPORT

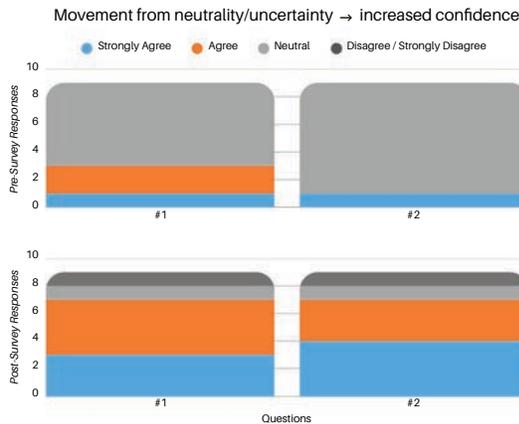
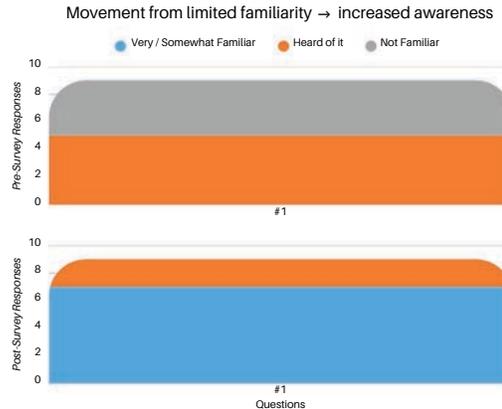
FROM PROGRAM ENTRY TO EXIT: Q225/26 INSIGHTS

Observed Shifts & Emerging Outcomes

● Knowledge & Awareness:

Parent and caregiver responses showed a shift from limited familiarity toward increased understanding of Adverse Childhood Experiences (ACEs), substance use trends, and harm reduction strategies. While many caregivers initially reported minimal or neutral awareness, post-survey responses reflected greater familiarity with factors that influence youth behavior, development, and decision-making.

1. How familiar are you with Adverse Childhood Experiences (ACEs)?



● Communication & Boundaries:

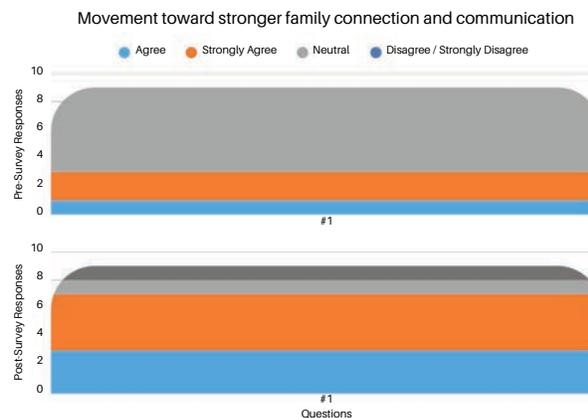
Responses moved from predominantly neutral at program entry toward increased confidence by exit. More parents and caregivers indicated feeling better equipped to have meaningful conversations with their child, set healthy boundaries, and engage in discussions around safety, substance use, and challenging topics.

1. "I feel able to have meaningful conversations with my child about different topics, including substance abuse."
2. "I know how to set healthy boundaries and communicate with my child."

● Family Relationships:

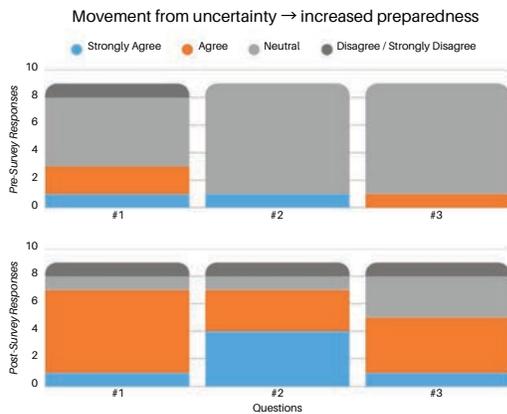
Caregivers reported movement toward stronger family connection and communication. By program exit, more parents and caregivers indicated feeling able to support their child through difficult situations and maintain open lines of communication within the family.

1. "I feel able to have meaningful conversations with my child about different topics, including substance abuse."



NOTE: Survey questions were refined beginning Fall 2025 to better capture measurable change while continuing to assess the same core outcome areas.

YOUTH OPTIONS SHASTA



Caregiver Confidence & Preparedness:

Responses reflected growing caregiver confidence and preparedness over the course of the program. By program exit, more caregivers reported feeling informed about the current drug landscape, equipped to communicate and set boundaries, and prepared to access resources when needed.

1. "I feel confident in my ability to find and use community resources when needed."
2. "I know how to set healthy boundaries and communicate with my child."
3. "I feel that I have a strong understanding of the current drug landscape."

Caregivers shared that the program supported:

- More open and effective communication with their child
- Increased confidence navigating difficult conversations
- Greater awareness of tools, resources, and prevention strategies

Safety Skill & Harm Reduction Training

This quarter's Safety Skills & Harm Reduction Training provided caregivers with practical education on current drug trends, harm reduction strategies, and safety planning. Parents and caregivers reported increased confidence having open and honest conversations with their child, greater awareness of community resources, and clearer understanding of prevention tools such as Narcan.

Parent Reflections

1. In your own words, what's your child's greatest strength?

- "Caring"
- "He is very honest"
- "She has gotten so much better at communicating with me"
- "Kindness, artwork, good sister"
- "He is very intelligent and super easy to get along with. He has leadership capabilities."

2. What is your most valuable skill, idea, or resource you learned from the Safety Skills & Harm Reduction training?

- "Narcan training, HHS presentation (very informative), Luca's Story, brain development information"
- "Communication skills to feel more effective and more comfortable to have difficult conversations with my teen"
- "Stepping away and letting them think and Narcan awareness"
- "That Narcan can't hurt someone if there is not an active overdose"
- "I learned about the safety and proper way to administer Narcan"
- "All the places that are options for support"
- "Always be a good listener and have the open communication"



Looking Ahead

Continued caregiver education, partnership, and access to community resources remain essential to strengthening family relationships and reinforcing positive outcomes over time.

YOUTH QUARTERLY REPORT

FROM PROGRAM ENTRY TO EXIT: Q225/26 INSIGHTS

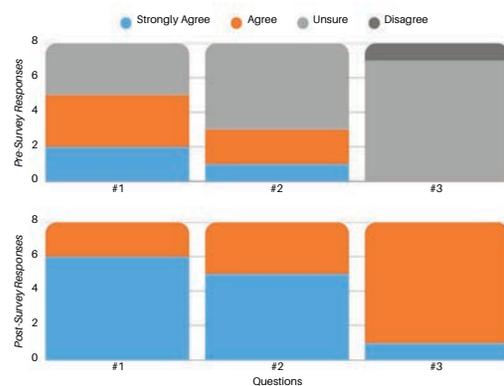
Observed Shifts & Emerging Outcomes

● Choices & Substance Use:

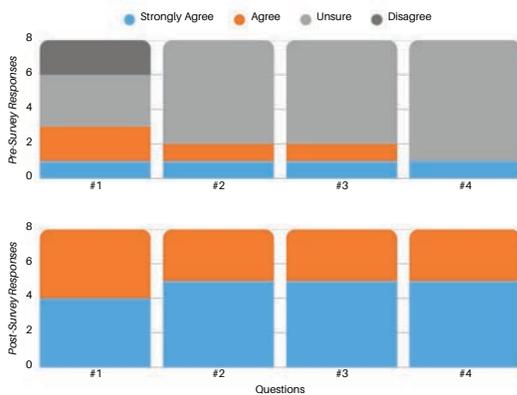
Youth responses showed a clear shift from uncertainty at of program entry toward increased understanding substance-related risks and greater confidence making healthier choices by program exit. While many youth initially reported being unsure, post-survey responses reflected stronger agreement around awareness, refusal skills, and decision-making.

1. "I understand how using drugs or alcohol can affect my future"
2. "I feel confident saying no if someone offers me drugs or alcohol"
3. "Most people my age think it's risky to use drugs or alcohol"

Youth understanding of risk + confidence resisting substance use



Youth connection to a supportive adult and perceived guidance



● Support & Guidance:

Over the course of the program, youth reported stronger connections to trusted adults. Responses moved from mixed or uncertain at entry toward increased confidence by exit, suggesting that consistent adult support played an important role in influencing choices and building self-confidence.

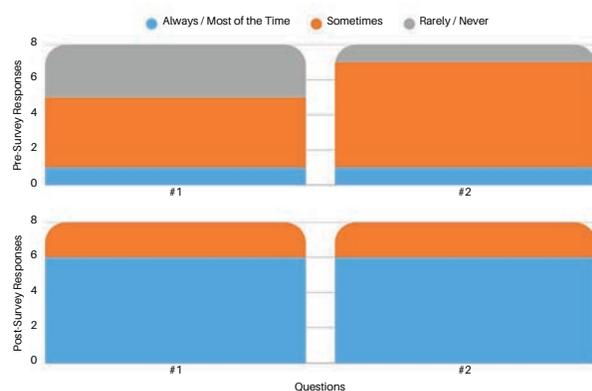
1. "There is at least one adult in my life who helps me make better decisions"
2. "I have someone I can count on who listens and gives me honest advice"
3. "Because of that person, I've thought differently about the choices I make"
4. "I feel more confident in myself when I spend time with them"

● Family & Communication:

Youth responses reflected movement toward improved communication and perceived family support. By program exit, more youth indicated feeling able to talk with caregivers about stressful or difficult topics, alongside stronger overall perceptions of family relationships.

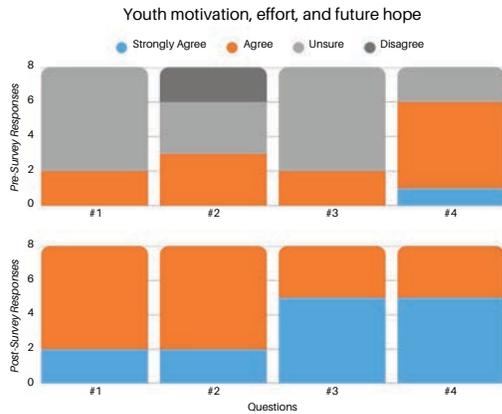
1. "I feel supported by my parent(s) or caregiver(s)"
2. "I can talk to my family about things that are hard or stressful"

Youth perceived family support and communication



NOTE: Survey questions were refined beginning Fall 2025 to better capture measurable change while continuing to assess the same core outcome areas.

YOUTH OPTIONS SHASTA



School & Motivation:

Responses demonstrated a meaningful shift toward future-focused thinking. By program exit, youth were more likely to report motivation toward school, effort in academic work, and belief in having a future worth working toward—indicating emerging hope, direction, and goal awareness.

1. "Doing well in school is important to me"
2. "I put effort into my school work, even when it's hard"
3. "I feel more motivated to work toward future goals"
4. "I believe I have a future worth working toward"

- Identifying high-risk situations
- Responding to peer pressure
- Knowing where to seek help

Safety Skill & Harm Reduction Training

This quarter's Safety Skills & Harm Reduction Training reinforced practical prevention strategies and real-world decision-making skills. Youth reported increased confidence identifying risk, responding to peer pressure, and knowing where to seek help when needed. Feedback emphasized relevance, clarity, and applicability beyond the training setting.

Youth Reflections

1. What's one thing in your life that feels different since being part of this program?

- "I think about my future more"
- "I feel more independent"
- "It helped me realize that some of the people in my life who I thought were my friends don't have my best interest in mind and that I need to pick my friends better"
- "I can talk to people more easily and I learned how to express myself."
- "I don't freak out on people as much as I used to"

2. What's one thing you're proud of?

- "Not being as shy"
- "I am proud of myself for finishing this program"
- "I don't have as many problems at school"
- "I can express myself"
- "I can calm myself down a lot better now and use my social skills"

Key Findings

- Reduction in 30-day substance use from 75% to 25% (change: -67% relative)
- Overall protective factors improved from 3.2 to 4.4 (+39%)
- 100% of youth post-program agree/strongly agree they have at least one caring adult (up from 38%, +167%)



Looking Ahead

Continued mentorship, family engagement, and prevention education remain essential to reinforcing and sustaining these emerging outcomes over time.

Giving Corner:

Your Partnership Matters

zeffy



If you believe in prevention, intervention, restoration, and youth leadership, you can help amplify this work.

Every gift strengthens the foundation that makes this possible. Together, we are building safer pathways for youth in Shasta County.

Your gift to Youth Options Shasta helps young people turn difficult moments into opportunities for growth. Through mentoring, education, and restorative practices, youth learn to take responsibility, rebuild trust, and develop the confidence to lead.

Every contribution strengthens our programs across Shasta County, from leadership workshops to one on one support for youth facing serious challenges. Together, we are building safer communities and expanding real options for our youth.

To help amplify the mission, scan the QR code above to Donate to Youth Options Shasta through Zeffy. You may also provide a tip to Zeffy for offering their service!

LOOKING AHEAD:

March 2026:

- Mon, Mar 2nd - **Bite of Reality** | 4:30p-6:30p | at YOS
- Mon, Mar 2nd - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Mar 3rd - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Mar 4th - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Mar 5th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Mar 9th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Mar 10th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Mar 11th - **Peer Court** | 5:30p-7:30p
- Thurs, Mar 12th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Mar 16th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Mar 17th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Mar 18th - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Mar 19th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Mar 23rd - **Safety First** | 4:30p-6:30p | at YOS
- Mon, Mar 23rd - **Parent Night** | 5:00p-7:00p | at YOS
- Tues, Mar 24th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Mar 25th - **Peer Court** | 5:30p-7:30p
- Thurs, Mar 26th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Mar 30th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Mar 31st - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS

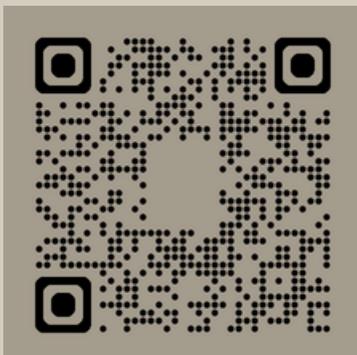
Upcoming Events: (see flyer attached)

- **Shasta Youth Leadership Camp**
July 15-18, 2026 | at Simpson University Campus
 - **SYLC Counselor Applications:**
Opened on March 1st
(current grade 10 - age 21)
 - **SYLC Camper Applications:**
Opened on March 1st
(current grades 5-8)
- **Parent Night**
March 23, 2026 | at Youth Options Shasta

We are so thankful for our youth participants, families, school partners, community collaborators, and supporters.

Your trust and partnership allow this work to continue.

Here's to a strong, grounded, and hopeful second half of the school year.



Connect with us online!



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facebook.com/youthoptionsshasta



instagram.com/youthoptionsshasta



2026 SHASTA YOUTH LEADERSHIP CAMP



July 15-18, 2026

Simpson University Campus

Follow us online and stay tuned for additional camp information for #2026SYLC!

- Counselor Applications will be open online in March (current grade 10-age 21)
- Camper Apps will open online in March (current grades 5-8)

SCAN
ME!



Check us out:

 www.shastayouthleadershipcamp.com

 facebook.com/shastayouthleadershipcamp/



Parent Night



MONDAY
MARCH 23, 2026



LOCATION: 1700 PINE STREET, REDDING, CA
(2ND FLOOR OF US BANK BUILDING)

TIME: 5:00PM - 7:00PM

**FOOD WILL BE
PROVIDED!**

RSVP BY MARCH 19TH!