

# Monthly Newsletter

09.16.2024

youthoptionsshasta.org

Monday

**IT'S THAT TIME:**

## YOS Peer Court opens for Season!



### Shasta County Youth Peer Court Holds Successful Recruitment Event

Shasta County, CA – The Shasta County Youth Peer Court held a highly successful Recruitment Event on August 28, 2024. The event, which ran from 5:00 PM to 7:00 PM. It kicked off with a meet and greet, where attendees enjoyed pizza and had the opportunity to connect with peers, hear from Judge Burgess and visit with Shasta County Detective Kilee Holroyd. With over 40 people in attendance, Shasta County Peer Court is open for the Season and ready to make an impact in the Community.

[LEARN MORE](#)

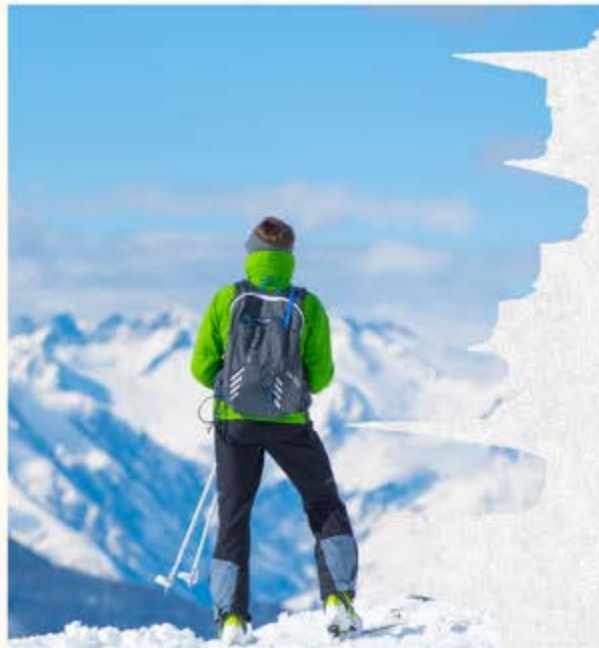


### Back to School means Tobacco Cessation classes begin

Starting September 9th, YOS will offer tobacco cessation classes educating students about deceptive marketing strategies by tobacco companies and promoting informed, tobacco-free choices.



# Parent Group focus: A Substance, Safety Skills, and Harm Reduction Discussion



## PARENT DISCUSSION GROUP

[WWW.YOUTHOPTIONSSHASTA.ORG](http://WWW.YOUTHOPTIONSSHASTA.ORG)



Shasta County, CA – Youth Options Shasta conducts a monthly comprehensive Parent Discussion Group, aimed at providing parents with crucial knowledge and strategies to support their children's well-being. The event covered a range of important topics to address the challenges faced by today's youth.

The session began with a Universal Biology video and discussion, offering insights into the biological aspects of adolescent development. Participants then explored the unique environmental factors affecting individuals aged 12 to 25 and their impact on behavior and development. A significant portion of the event focused on harmful substance use.

Attendees watched a video on the topic and engaged in discussions to raise awareness and develop strategies to prevent and address substance misuse among young people.

The group also covered Adverse Childhood Experiences (ACEs), using a video and scoring activity to highlight the long-term effects of trauma and stress. A breakout session on triggers provided practical strategies for managing situations that may provoke negative reactions in children.

The session concluded with a safety discussion and brief Narcan training, educating parents on handling opioid overdoses. This event offered valuable insights, enhancing parents' ability to support their children and strengthen community connections.