



# Connections

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[www.masoncityyouthtaskforce.org](http://www.masoncityyouthtaskforce.org)

NOVEMBER 2016



Youth and adults working together to build a  
Healthy Community for Healthy Youth

Positive Identity

## NORTH IOWA TRAUMA INITIATIVE: The Cost of Trauma

Boundaries & Expectations  
Family  
Constructive Use of Time

207 people participated in six community sector workshops on *The Cost of Trauma* on Oct. 18, 19, & 20 sponsored by the North Iowa Trauma Initiative. Four Oaks serves as the leader for the initiative. The Mason City Youth Task Force, United Way of N. Central Iowa, Wellsource Health, and Crisis Intervention Service serve on the application team for the effort funded by the Telligen Community Initiative.



Attendees at the business & industry community sector workshop on Oct. 18 at First Citizens Bank participate in small group work.

Over 50 people from across the North Central Iowa area serve on the Leadership Team. The Oct. workshops were presented by Frank Grivalja, MSPH, MSCC and Robert P. Sheehan, MSW, from the Midwest Trauma Services Network. The North Iowa Trauma Initiative will be sponsoring Psychological First Aid training on Nov. 29 & 30.

Approximately 100 people are registered for this training. Psychological First Aid teaches people response skills to help people in a time of crisis.

### HOLIDAYS CAN BE STRESSFUL FOR YOUNG PEOPLE TOO!

This time of year can trigger overload, no matter what your age. If a young person has had a significant life experience over the past year, such as divorce, death in the family, or moving to a new school, it can be even worse. If your child just needs to talk or if you need a crisis response team



## CALL: 641-423-7362

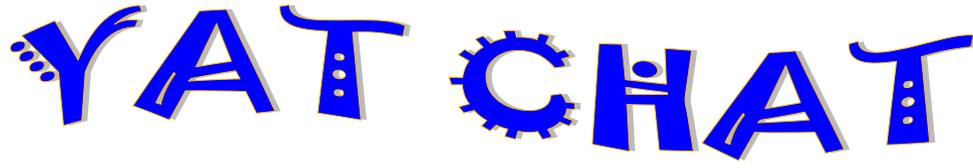
Like us on Facebook!

Web page: [www.masoncityyouthtaskforce.org](http://www.masoncityyouthtaskforce.org)

Positive Values

Commitment to Learning

School



# 2017 HIGH SCHOOL YOUTH ACTION TEAM CHAIRS & VICE CHAIRS

Aubrey Thompson-  
Newman Chair &  
Youth Task Force  
Vice Chair

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Jace Leinenger-  
Newman  
Co- Vice Chair

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Nicole Scholl-  
Newman  
Co- Vice Chair

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Anastasia Reynolds-  
Mason City  
Chair

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TBD  
Mason City  
Alternative  
Vice Chair

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Sierra Stauter  
Mason City  
Alternative  
Chair

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Makayla Krein-  
Mason City  
Vice Chair

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Youth Action Teams are a great way for youth to learn about and educate peers on issues like alcohol, tobacco, and violence. Each year the youth work hard to educate others on these issues and are invited to participate in the planning of a fun youth led event second semester. Newman Catholic worked hard and was able to change their school policy to include vaping. Check out the article below to learn a little more about vaping.

**If you are in high school or know someone who may be interested, contact our Youth Engagement Coordinator Molly Beckmann.**  
mbeckmann@masoncity.net or call (515) 314-3094

### Vaping: What’s the Big Deal?

Electronic Nicotine Delivery Systems (ENDS), also known as e-cigarettes, vape pens, or hookah pens have been a hot topic for many years. These devices were introduced about a decade ago and marketed as a way to safely stop smoking tobacco cigarettes. Many people report they vape because they perceive vaping as less harmful and cheaper than tobacco and it will help them quit or cut back on smoking tobacco. According to the FDA, more than 3 million middle and high school students were current users of e-cigarettes in 2015, up from an estimated 2.46 million in 2014. (1)

Although marketed as a safer alternative to smoking, little is known about the ingredients in the products as well as the long-term effects of e-cigarettes. When first introduced there were no regulations of these products. Recently the FDA announced that they will consider ENDS a tobacco product and have released a few initial regulations regarding these devices. Beginning in August of 2016, all retailers will be prohibited from selling products to anyone under the age of 18, dispensing them in vending machines, and providing free samples to consumers. Most states, including Iowa, already have laws in place that prohibit the sale to minors, but the new regulations are at the federal level. Manufactures of the devices and products have two years to submit an application to the FDA to register the establishment and to provide a complete list of ingredients found in the products. They are also required to put a warning label on all products. The FDA also stated that there may be more regulations of ENDS products in the future.

Are they really a safer alternative to smoking? Can they really help people quit smoking? The controversy over the topic has been debated since they started showing up in the United States in 2006. With the new FDA regulations in place and research being conducted, answers from scientific research will help dispel some of the unknowns.

Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS). (2016, May 09). Retrieved May 16, 2016, from <http://www.fda.gov/tobaccoproducts/labeling/productsingredientscomponents/ucm456610.htm#regulation>

## JAMS 7th GRADE STUDENTS IN POSITIVE ACTION PROGRAM

Positive Action, a curriculum designed to reinforce the intuitive philosophy that you feel good about yourself when you do positive actions, is funded by the Iowa Department Public Health Youth Substance Abuse Prevention Grant. This program has been integrated into the John Adams Middle School 7th Grade Careers class taught by Jordan Mann. The program started on September 19th and will reach 146 students this semester. The curriculum will reach a new group of students starting in January at the beginning of the second semester.



# LifewORKS

## Gearing Up for 2017

This year we have approximately 50, 11th and 12th grade students in the iJAG Program. There will be a Career Fair held for all Juniors which includes Mason City High School, Mason City Alternative High School and Newman Catholic High School on November 10th. Mr. White and Annette Greenwood with the NIAAC Career Connections Program will be hosting a Student Career Orientation for the students of the iJAG Program on November 15th. Students will then choose a Career and from there, the Marketable Skills Promise Team will match them with Job Coaches within the surrounding communities. If you are interested in being a Job Coach, please contact Heather Jacobs at 641-421-2708!



# YOUTH MENTAL HEALTH FIRST AID®

Instructors, representing six organizations, trained 501 people from seven counties in Youth Mental Health First Aid during the first year of our AWARE-C grant from the Substance Abuse and Mental Health Services Administration. In addition to individuals from the general public, members of the following organizations participated in the workshops:

- ⇒ Mason City Police Dept.
- ⇒ Cerro Gordo County Sheriff's Office
- ⇒ Clear Lake Police Dept.
- ⇒ Mason City Fire & Rescue
- ⇒ West Fork School District
- ⇒ Garner/Hayfield/Ventura School District
- ⇒ Mason City School District
- ⇒ NIACC
- ⇒ Partners 4 Children
- ⇒ Francis Lauer Youth Services-a YSS organization

Workshop participants reported a 17.9% increase in awareness in youth behavioral health issues after the training. These people referred 184 youth to area youth behavioral health resources between February and September 2016. Over 200 people accessed our NIPAGUIDE.ORG website to find youth referral resources during this time period.



**Behavioral Health Referral Resources**

**WWW.NIPAGUIDE.ORG**



Email: [mcytf@masoncity.net](mailto:mcytf@masoncity.net)

PH: 641.421.2708



Nov. 2016—Jan. 2017

## Youth Task Force Meetings & Events

### November 2016

29 & 30-Co-sponsor: North Iowa Trauma Initiative  
Psychological First Aid training  
30-Marketable Skills Promise Team meeting

### December 2016

1 & 15-MCHAS Youth Action Team meeting  
6-Volunteering/Relationships Promise Team meeting  
8-NCHS Youth Action Team meeting  
6 & 20-MCHS Youth Action Team meeting  
14-Assets & ACES lunch & learn  
26-Christmas Holiday

### January 2017

1-New Year's Holiday  
3-RRMR YMHA workshops  
3 & 17-MCHS Youth Action Team meeting  
5 & 19-MCAHS Youth Action Team meeting  
6-Building Relationships on-line workshop  
registration deadline  
12 & 26-NCHS Youth Action Team meeting  
18-Executive Committee meeting  
25-Large Group Promise Team meeting  
27-Building Relationships on-line workshop

## Kelly Grunhond

## Joins Executive Committee



Kelly Grunhond

Kelly Grunhond, Prevention Manager at Prairie Ridge Integrated Behavioral Health, was elected at our annual meeting to fill the vacancy on our Executive Committee. Kelly has been a volunteer with the Youth Task Force for ten years, serving as the Health and Safety Promise Team Leader. She has been instrumental in the implementation of several substance abuse prevention and positive youth development projects during that time.



## Peer Mentoring & Giving Tuesday



#GIVINGTUESDAY  
11.29.2016

Twenty-four high school students at Newman and Mason City Alternative High School have attended peer mentor training this fall. One of the kick-off activities planned includes a volunteer project around Giving Tuesday. Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving, and there is one common purpose: to celebrate and encourage giving. We encourage everyone to give back, and check out the Mason City Volunteer Center for various Giving Tuesday volunteer opportunities!

# ASSETS



# LUNCH & LEARN!

# & ACES



**WHEN: Wed. Dec. 14, 2017**

**11:30-12:30**

**WHERE: Youth Task Force Office-2nd Floor**

**Music Man Square**

**308 S. Pennsylvania, Mason City**

**Bring your lunch and join us! Beverages provided.**

**Register: <https://www.surveymonkey.com/r/AssetsACES>**

**FREE  
ON-LINE  
WORKSHOP!**

**Jan. 27, 2017**

**11:00-1:30**

**Building Relationships  
in Youth Programs**

**A learning opportunity based on Search Institute's new  
Developmental Relationships Framework**

**REGISTER ON-LINE BY JAN. 6TH:**

**<https://www.surveymonkey.com/r/Jan17BldgRelation>**

**If you would like to receive this newsletter by email,  
please contact us at [mcytf@masoncity.net](mailto:mcytf@masoncity.net)!**