**Teen Advocacy Coalition**

**Peer Helper Retreat Committee**

**June 25th, 2015 @ 11:00 a.m.**

**Raymond Timberland Library**

**Committee MEETING: 11:00 a.m. – 1:00 p.m.**

Attendance:

Gracie Manlow (TAC/DFC), Emily Popovich (TAC/TRL), Donna Hallock (DRC), Jeannie Weyl (PCHD), Sharon Block (PCHD/TAC), Paul Turner (WHMA/TAC), Lyndsey Owen (RHS/TAC/WBH)

* **Welcome and Introductions**
  + Gracie Manlow called the meeting to order at 11:11 a.m.
* **Review of retreat so far:**
  + The dates for the retreat will be Saturday Sept. 12th – Monday Sept. 14th.
  + The retreat will be held at Falls Creek Retreat Center in Frances, Wash.
  + All five high schools have confirmed their attendance.
    - Sarah Taylor is currently the contact for Ilwaco High School. An AmeriCorps member will begin working at IHS in Sept. This person will serve as the Peer Helper advisor.
    - Justin Laine is the point of contact for Naselle
    - Brad Donovan and Nancy Morris have both served as contacts for WVHS.
    - Kayla Camenzind will be the SBHS point of contact until August. Rebecca Manlow will be the AmeriCorps volunteer at SB next year.
      * It was mentioned that whoever takes the new counselor position at South Bend will probably be the Peer Helper advisor.
    - Lyndsey Owen is the RHS Peer Helper advisor.
  + Brad Donovan had contacted Tanya earlier this week about potential sports conflicts for PHR.
    - There will be a cross country meet on the morning of Sept. 12th
      * Brad said that students would likely get to the retreat around 3:00 p.m. on Saturday.
    - On Monday evening there will be a RHS vs. WVHS volleyball game.
      * Athletes attending the retreat will need to work with their coaches ahead of time regarding their absence from school on game day.
    - Emily thought the committee should determine the importance for students to attend all sessions of the retreat.
      * The group discussed the increased interest in Peer Helpers.
        + Gracie and Bob Caetano will look at the budget to see if TAC can provide any additional funding.
  + Gracie said there might have been some confusion regarding student selection for PHR. Even though Gracie and Tanya distributed and calculated all the survey results, there has been some concern regarding the validity of students selected.
    - SBHS selected more self-nomination students to attend the retreat rather than voted students.
    - WVHS took the top voted students out of each grade, rather than just using the top 10 voted overall.
    - The committee discussed that although there was a self-nomination piece was added, the top 10 students voted by the schools should have had first priority to attend the retreat.
    - Lyndsey Owen suggested having a meeting with all the school contacts so everyone can get on the same page.
      * Paul Turner said that because TAC is funding the retreat, the schools need to follow the process that has been established by the board and committee.
    - The committee determined that the voted students should be attending the retreat.
      * The TAC board will discuss how to move forward with the schools in this decision.
* **Review of Survey Results** 
  + - The group reviewed the results from SBHS, RHS and WVHS.
      * Ilwaco and Naselle’s results have their own process for reviewing.
    - Some summaries include:
      * 25% of WVHS say they have consumed alcohol in the past thirty days.
      * School stress was significantly high due to the end of the school year.
      * SBHS freshman reported a self-harm as a major school issue.
      * Many students report that drug abuse is a problem, however, only a small percentage of students admitted to using drugs in the past month.
    - The results varied by school, but it seemed the top issues included: drug and alcohol use, bullying/cyberbullying/gossip, school/sport stress and family and relationship conflict.
* **Begin schedule outline:** 
  + Brainstorm began on the 2015 PHR schedule.
    - Foundational pieces, like Values, are necessary for Peer Helpers.
      * Different approaches were discussed.
      * Donna Hallock would be interesting in doing a conflict resolution/active listening/stress management piece.
    - The group discussed the possibility of having different panels rather than breakout sessions.
      * During the substance abuse panel, there would be perspectives from the legal side, the mental health side, the recovering side, etc.
      * Students would have the opportunity to anonymously ask questions by way of notecards.
      * Each panel would feature different professionals and a moderator.
      * Students will get breaks between each panel session.
      * Activities like brain breaks, hikes, scavenger hunts and Zumba will be available for students.
    - Students will remain in one big group for a majority of the retreat.
      * Previously, students have been broken up by 1st year and 2nd year Peer Helpers.
        + The committee decided that there is no reason to divide students based on experience.
    - The Bonfire/Sharing component will have a more positive approach.
      * Donna has an activity called “I Have Common Ground” that will be beneficial for sharing.
      * Students will still be able to identify or share problems, but in a different perspective.
      * The bonfire will allow students to chat in a big group or smaller groups.
      * The focus will be building a better school, community and etc.
        + Emily Popovich requested s’mores at the campfire. ☺
  + The meeting was concluded at 1:16 p.m.

**\*\*\*Next Meeting will be Wednesday, July 15th @ 11:00 a.m. at the Pacific County Health Dept.\*\*\***