

Drug Free. Dream Big.

Sources Agree: Mentoring Prevents High School Dropout

People Reaching Out provided testimony before the California Assembly Select Committee on Dropout Prevention on January 20. Testimony focused on the impact of People Reaching Out's school-based mentoring program on keeping kids in school, increasing grade achievement and reversing high school dropout. Erika Green and Danielle Procope testified on behalf of People Reaching Out.

The National Dropout Prevention Center has cited effective mentoring as an integral part of the dropout solution. PRO After School mentoring provides youth with the opportunity to connect fun activities to the school setting, motivating students who may previously have not had positive experiences at school. People Reaching Out takes the in-school social emotional balance one step further by providing opportunities for high school students to serve as mentors to elementary and middle school students.



“Utilizing high school students to serve as mentors allows them to give back to their community... and connect with their school and increase grades and attendance.”

– Erika Green, Director of Youth and Community Prevention



“When 1 in 5 kids fail to graduate, we know we have a lot of work to do. We need to find more creative ways to address the problem. The Select Committee will work to make sure successful models are being shared statewide and find resourceful solutions to the problem.”

– Alyson Huber, Assembly member



“Studies have shown that increasing graduation rates by 10 percentage points would prevent 22 homicides and more than 1,100 aggravated assaults in Sacramento County alone. The importance of a high school education cannot be overstated.”

– Rick Braziel, Sacramento Chief of Police



“I know the importance of giving teenagers a sense of self worth. Mentoring builds character. If a high schooler is unmotivated to graduate, knowing that an elementary school student is watching them and looking for them to succeed might make a difference.”

– Danielle Procope, CK McClatchy High School Mentor

- **91%** of elementary school students improved or maintained their grades.
- **57%** of high school mentors improved their GPA.
- Students with unexcused absences improved their attendance by **31%**.

Volunteers: Service Learning in Action

Each year, People Reaching Out successfully partners with local universities and colleges to provide students with one-of-a-kind leadership experiences outside the classroom. Service learning has been integrated into both the Students Reaching Out and PRO After School programs. Students assist with facilitating projects, outdoor/sports activities, team building and prevention lessons.

Marriage and Family Therapist Interns and Trainees serve as volunteers to provide individual and family therapy for teens and their families. This opportunity allows Interns and Trainees to experience the Parent-Teen workshops and gain hours toward licensure with the Board of Behavioral Sciences. Last year, service learning students, interns and trainees completed nearly 5,000 hours of volunteer service.



“People Reaching Out offers a perfect balance of structure and flexibility within their work environments so that students feel secure in what they are to do, while still allowing students to be innovative and free to introduce ideas and even activities to the programs. Overall, they are a great partner and I am always excited to work with them because I can rely on them, which makes my job much easier.”

— Todd Migliaccio, Ph.D.,
Associate Professor of Sociology
at Sacramento State



PRO After School Mentor Returns as Volunteer

“When I first started with People Reaching Out I was awkward, nervous and unsure of what I could do. PRO supported me in breaking through the uncertainty and gave me the opportunity to touch the lives of my peers, mentees and community. I was inspired to be a role model and PRO After School led me down a path of positive choices and success.”

— Kathy Saephanh
Former Mentor and Current Service Learning Student

Valley Hi Community Project: Report and Video Available for Viewing

The final report and video documentary DVD of the highly praised Students Reaching Out and Valley Hi Youth and Adult Coalition Community Walk Audit is now available for viewing.

To request a copy, contact Erika at 916.576.3300 ext. 304.

Reaching Out in New Directions

Programs offered in Hmong, Russian and Spanish



Parent-Teen Hot Topics Series

People Reaching Out recognizes that parents are the first line of defense in the battle to keep all youth safe and drug-free. In 2005, created the Parent-Teen Hot Topics Series to assist parents/guardians in keeping their children safe from drugs, alcohol and tobacco.

Noting the serious gap in parenting resources available to the Hmong and Russian communities, People Reaching Out, with partial funding from the Wal-Mart Foundation, was able to establish culturally appropriate, multi-lingual/multi-cultural parenting classes for youth and their families in Hmong, Russian and Spanish. The Parent-Teen Hot Topics Series closes the gap by providing classes for parents of adolescents ages 12 through 18 before a crisis and the need for intervention occurs.

Workshops are co-facilitated by bilingual and bi-cultural Marriage and Family Therapist Interns and/or graduate student Trainees who ensure an emotionally safe and supportive environment.

Partnerships with organizations such as the Slavic Baptist Church and the Slavic American Chamber of Commerce allow for outreach to their respective memberships. The Greenway Village Apartment Complex in South Sacramento, also the home to many Hmong families, has allowed for the placement of parenting classes at the complex. In addition, a partnership with the Citrus Heights Collaborative has enabled maximum outreach to more families in at risk communities.



Family Meals

What's the big deal about Family Meals?

Since 1998, research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University has consistently shown that teens who have frequent family dinners are at half the risk for substance abuse compared to teens who dine with the families infrequently.



People Reaching Out has developed a series of Family Meals podcasts advocating to the culturally diverse communities of the Sacramento region the importance of sharing family meals at home. This project was made possible through a partnership with Crossing TV—the regions exclusive broadcast network

providing television programming to a variety of immigrant communities under served by traditional television/cable stations. Podcasts are available for viewing and iPod download in Hindi-Punjabi, Hmong, Spanish and Russian/Slavic at www.peoplereachingout.org and www.crossingstv.com in addition to iTunes.

Soroptimist International—Sacramento North granted funding for healthy snacks for students enrolled in the PRO After School mentoring program at Encina High School.

Shining the Light on Leadership



Kathy Green

Counseling Program Director, Kathy Green 2010 Outstanding Chapter Leader

Kathy was recognized as the 2010 Outstanding Chapter Leader by the California Association of Marriage and Family Therapists representing the Sacramento Valley Chapter. Kathy oversees the Counseling Program and the Parent-Teen Hot Topics Series for People Reaching Out.



Michael Chambon
with Council member
Sandy Sheedy

PRO After School Mentor Michael Chambon City of Sacramento Youth of the Month

There was nothing but smiles from Council members Ray Tretheway, Steve Cohn, Robert King Fong, and Mayor Kevin Johnson, as Sacramento City Council member Sandy Sheedy presented Michael with a plaque and check for \$200 recognizing him as the April 2010 Youth of the Month.



Jeanette Ho receives PG&E President's
Diversity Champion Award

Students Reaching Out Alumna, Jeannette Ho, Receives PG&E President's Diversity Champion Award

Annually PG&E bestows the President's Diversity Champion Award to employees with a passion for diversity and inclusion whose actions impact the company and communities PG&E serves. Award recipients are considered role models and are allotted \$250 to donate to a charity of their choice. Thank you Jeanette for choosing People Reaching Out!

Walk 'N Rock for Kids



Sunday May 30th, 2010 — Raley Field
7:00 am Registration, 8:00 am 5K WALK Start
7:30 pm ROCK featuring Heart and Sammy Hagar

Walk On! Last year, your support of People Reaching Out in Walk 'N Rock for Kids raised a whopping \$35,000! We are counting on you again this year. Captain a Team, donate to the Friends of People Reaching Out Walk Team or

Sponsor a High School Team! This year we need to fill "big shoes" with your support. Use the attached reply envelope and write your check to People Reaching Out.

For online donations go to www.peoplereachingout.org and click on Walk 'N Rock for kids.

M&M Whitmire Foundation granted funding for the Parent-Teen Hot Topics Series located in the City of Citrus Heights. The Hot Topic Series is a partner with the Citrus Heights Police Department Diversion Program.



Students Reaching Out Goes to Washington, D.C.

Jamee Hawthorne, a senior at Valley High School, and Victoria Lose, a sophomore at Encina High School, were given the opportunity of a lifetime when selected to represent Students Reaching Out at the annual Community Anti-Drug Coalitions of America (CADCA) conference in Washington, D.C.

Braving both challenging winter weather and travel woes, their voices were heard during a series of conference workshops presenting practical approaches to community and youth engagement around substance abuse issues. This year's conference theme was Coalitions at Work: Restoring Communities.

Both students agreed that the highlights of the trip were learning new ideas at workshops, seeing the sites of the Capital city and meeting new people engaged in community change.

The **Active 20-30 Club #1** sponsored the Students Reaching Out representatives to attend the conference.



California Correctional Peace Officers Association remains a pivotal partner in supporting prevention and community work. People Reaching Out President and CEO Staci Anderson, shown receiving check from CCPOA Assistant, Nichol Gomez-Pryde.



Bill Porter
1932 – 2010

Remembering A Friend

Funeral services for long time Advisory Board member Bill Porter were on February 16th, 2010. Bill was instrumental in securing critical funding in the early years of People Reaching Out. He was described by People Reaching Out Founding Director Kathy Hill as "a great, giving guy!"

He will be missed and remembered by the community for his kind heart, significant contributions and major accomplishments.

Our thanks to The Sacramento Bee for selecting People Reaching Out as recipient of the **2010 Book of Dreams**.

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