



Marin County Youth Commission 2020-2021 Project Update

Alcohol Tobacco & other drugs (ATOD):

This year the ATOD subcommittee's goal was to educate the Marin community on substance use and the risks through educational presentations. ATOD worked closely with the Spahr center specifically around delivering Narcan trainings. Through the training of the trainers model, commissioners learned how to administer Narcan, and then trained about 50 community members including giving training in spanish for parents. In addition to Narcan trainings, the ATOD committee also partnered with the Youth Advocacy Council (YAC) of the Marin Prevention Network, held 2 Narcan distributions, held a county wide event to address substance use in Marin, and led a tobacco litter pick-up. Other partnerships included supporting policy work with the Smoke Free Marin Coalition.

Racial Equity

This subcommittee strives to create ideas to make a more equitable society. After the murder of George Floyd in the summer of 2020, youth felt it necessary to educate youth and teachers about the BIPOC experience in Marin. This year they planned, hosted, and facilitated virtual Talk Circles for about 25 students of color around Marin to talk about their experiences on campus. They also spent subcommittee meetings processing current events in a safe environment. Additionally, the committee focused on building the capacity of teachers to hold safe spaces in their classrooms. They presented to 20 teachers across 2 districts on ways to support BIPOC students by addressing microaggressions in the classroom. Following the presentation, 8 teachers emailed us for a copy of the slides or a recording of the video to use in their own classrooms.

Mental Health

This year the mental health subcommittee worked on developing the Instagram page and growing our social media following. The majority of the year we focused on creating & hosting the 2021 Youth Mental Health Summit. It was held virtually for 50 youths aged 14-20 from 22 different schools across Marin and 2 from the greater Bay Area. Participants learned about demystifying mental health, self care, intersectionality in mental health and were trained in suicide prevention. We also had a powerful special guest Kelechi Ubozo present at the summit, she's a suicide attempt survivor and mental health Advocate. We are so thankful to have partnered with NAMI Marin, Kara Connors with Suicide Prevention Collaborative and the Board of Supervisors Intern Team to create the summit. We also included the "What helps me art campaign" in our summit to support the work of the county intern team. Funding for the summit came from Behavioral health & recovery services.

Education

The Education equity committee decided to focus their efforts bringing Ethnic Studies to Marin County. After gathering research and gaining valuable insight through meeting with Ethnic Studies educators, the committee developed a resolution with the goal of presenting it to the Marin County Office of Education for formal adoption. The resolution calls for the support of MCOE to assist school districts in implementing some form of Ethnic Studies education. To aid their advocacy efforts, the committee developed a petition that currently has more than 200 supporters. The petition has also created pathways to partner with other districts and organizations who are interested in advocating for Ethnic Studies as well.

Looking ahead:

Next year we want to focus on building out a parent engagement component of MCYC, connecting with other county commissions and developing a quarterly newsletter that better shares our work with the community.

Thank you Board of Supervisors, thank you Aides and all that supported MCYC this year!