

COLLABORATING

Doing what works
in Adams County

FOR YOUTH

A YEAR IN REVIEW ACCOMPLISHMENTS IN FISCAL YEAR 2023-2024



Our Mission

The Center for Youth & Community Development (CFYCD) is committed to supporting the connections and activities that support Adams County Youth. CFYCD is the home of Collaborating for Youth (CFY) Adams County's community-based, data-driven coalition that works to support positive youth development and substance free positive futures.

Defining Principles

In all of its work, Collaborating For Youth keeps these principles central in its operations:

- Data-driven decision-making, with outcomes and priorities derived from analysis of multiple data sources.
- Focus on children, youth, and their families.
- Work accomplished through partnership-based, collaborative activities.
- Priorities are informed by the Collaborative's capacity to fulfill them, taking into account realistic expectations in regards to cost, budget, staff time, and other resources.



Prevention Science

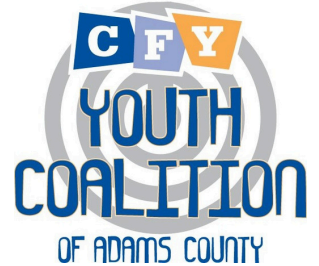
All CFY work is built on Prevention Science. Just as we know the predictors of heart disease and the effective prevention strategies to combat it, we now know the predictors of health and delinquency among young people – and effective ways to influence kids' development. Prevention science is a theory of social development that aims to identify and reduce antisocial behaviors among young people such as substance abuse, violence, school dropout, and other risky behaviors while simultaneously promoting healthy, positive attitudes, and behaviors that lead to productive, fulfilling lives. CFY accomplishes its work through the development and implementation of proven programs and strategies based on each community's specific needs.

In September 2020, the Center For Youth and Community Development was awarded a 5-year grant through SAMHSA to implement Strategic Prevention Framework (SPF) strategies in Adams County. While the Strategic Prevention Framework grant has four overarching goals regarding the reduction in use and misuse of alcohol and marijuana among youth and adults, the common core to implementing the SPF strategies is the critical and on-going component of cultural competence and our ability to recognize community members are the experts of their own culture and heritage.



Accomplishments in 23-24

BUILDING RESILIENT YOUTH



CFY Youth Leadership Camp

18 high school youth participated in our annual **Youth Leadership Camp** held at Camp Thompson in Gardners, PA. It is a 4 night, 5 day camp featuring team-building activities, positive messaging and a service learning project with 10 mentors and 3 professional leadership trainers.

Prom Pledge

The YC implemented the second annual Prom Pledge Campaign in Adams County high schools. All six school districts partnered with the Youth Coalition to ask students to sign a pledge they would not drink during prom festivities. This was signed by 1,557 youth. The schools also sent letters to caregivers of over 5,600 students and tips on how to celebrate safely.



Service Projects and Prevention by CFY Youth Coalition

- Youth **volunteered** at many local events such as the Heritage Festival, Medicine Take Back, Giving Spree, National Night Out, Adams County Farmers Market, Kids Day, Day of Caring, Mental Health Day, Apple Harvest, and Family Friday Events.
- **Project Sticker Shock** - 6,665 stickers warning of underage drinking laws were placed on products in local beer distributors.
- Youth **recorded radio ads** on youth underage drinking and adult dangerous drinking/DUIs - both recorded in English and Spanish. These ads reached 99,609 listeners on Pandora and Spotify.
- Youth created Valentine's Day cards for Nursing Home residents in collaboration with After-School Program students.

Participation in Community Panels & National Events

- Youth Coalition members presented community awards at CFY Volunteer Appreciation Event in April of 2024.
- Five Youth Coalition members were asked to present information about prevention science and activities at the 2023 Commonwealth Prevention Alliance Annual Conference.
- Youth attended and participated in the Commonwealth Prevention Alliance Youth Summit at the PA Capitol Building. The Pennsylvania Youth Summit is a transformative event that aims to empower young people to advocate for youth-focused opioid prevention, substance misuse prevention, and positive mental health resources.
- Youth participated in a Mental Health Townhall with the CFY and la Comunidad coalitions.



Accomplishments in 23-24

STRENGTHENING THE COMMUNITY

Inclusion & Belonging

LGBTQIA+ youth face barriers to accessing key protective factors including mental health care, affirming spaces, and activities promoting positive development and mental health resilience. CFY understands that young people in Adams County, especially LGBTQIA+ youth, are at serious risk. In response, CFY partnered with the Adams County Children's Advocacy Center to provide two free events "Express Yourself" where teens could be social, creative and safely express who they are.

CFY also hosted a micro-aggressions training called "I didn't mean it like that - Intent vs. Impact" facilitated by Rosie Bolen. This workshop explored how to recognize, reframe, and respond to microaggressions to promote a more inclusive climate in our workplaces and communities. The event was the first ever simultaneous bi-lingual event that allowed individuals to listen to their preferred language via headphones.

La Comunidad

The Spanish language branch of our coalition continues to grow and and continuesthe conversations about the needs and barriers for the **Hispanic Community** in Adams County. Members of la Comunidad and their families participated in the first-ever a family retreat held at Camp Thompson August 12 and 13, 2023. The beautiful location provided an opportunity not only for families to share some special connections, but provided the backdrop for la Comunidad members to receive prevention education about: nutrition and how our mental health is impacted by what we eat; media literacy and how alcohol companies target youth through advertising; and a session on mental health awareness to help participants understand that self-care is important not just for us, but for those we love and care for. Adults participated in several leadership development activities designed to build knowledge about prevention and cohesion among the members in preparation for their work with the CFY community coalition.



Overdose Prevention & Medicine Take Back

In August of 2023, the Coalition for Overdose Awareness & Recovery (COAR) organized the **5th Annual International Awareness Day Walk** honoring loved ones lost to overdose and bringing awareness to the opioid crisis. COAR also participated in numerous community events such as the Adams County Farmer's Market, National Night Out, and Black Balloon Day distributing important information on opioids and 237 life-saving naloxone kits.

Two **Medicine Take Back** events were held in the 2023-2024 fiscal year. Between the two events, 2,856 pounds of unwanted medications were disposed. These two bi-annual events increase awareness and education about misuse of prescription drugs. They also prevent dangerous medications from being put into the environment.

Communicating Prevention

The Center for Youth & Development runs seven separate social media page including and Instagram and Facebook page for Collaborating for Youth, CFY Youth Coalition & COAR. We also provide a Spanish-language Facebook page for la Comunidad. The pages provide preventative, educational, and community information reaching over 66K individuals.

Accomplishments in 23-24

STRENGTHENING THE COMMUNITY

Strengthening Families Program 10-14/Familias Fuertes

SFP & Familias Fuertes are our evidenced-based 7-week prevention programs that uses “**Love and Limits**” to build positive communication skills, assist parents in setting well-rounded expectations with age appropriate consequences while preparing our youth with the tools and confidence to achieve their goals. We served 47 caregivers of which 50% increased parental monitoring; 50% reported improved parent- youth relationship quality; 63% felt that there was improvement of family problem solving abilities. Comparatively, 88% reported improvement of family problem solving abilities and 63% felt that they increased peer pressure refusal skills.



Century 21 Afterschool & Summer Camp Learning

The 21st Century Community Learning Centers provide academic, artistic and cultural enrichment opportunities for students and their families. We provided free afterschool programming to approximately 300 youth and summer camp to 100 youth. According to the parent surveys, 74% of their children showed improvement in self confidence and 65% showed improved attitudes towards school learning. Teachers' reports indicated that, among the students who needed to improve, there was substantial improvement in homework completion, behavior, participation, and academic performance. No students were rated as declining.

Family Friendly Alcohol & Substance-free events

Collaborating for Youth held four **alcohol-free family events**. In October 2023, The Third Annual “Fall and Farm Fun” brought over 300 people Oakeside Community Park in Biglerville, PA. In February of 2024, CFY hosted a virtual paint night. 70 children and 92 adult participants painted snowmen together on zoom. In April we co-hosted Kids Day, a traditional Mexican event honoring children in our community. Providing these types of events is a wonderful opportunity to role-model how families, adults and children can have fun without the availability of alcohol and other substances.



The History of Collaborating for Youth

Collaborating for Youth (CFY) was born out of a desire on the part of community residents and leaders to make community wide changes which would **improve the lives and futures of youth in Adams County**. A coalition was formed which included 20 to 30 members from schools, churches, government, nonprofits, health care, parents, and concerned citizens. The group was interested in doing something big that would have an impact for years to come, and that would **set a foundation for creating a caring community that supported healthy youth development**.

Historical Timeline & Highlights

- **2001** - The group applied to become a **Communities That Care** site and was successful in being selected by the Pennsylvania Commission on Crime and Delinquency to be trained and supported on this journey.
- **2002** - A key leadership team was formed and trained as to best practices which were then implemented by the full group. The first **community prevention plan** was completed.
- **2002-2005** - The **Alternative Sports Park** was created at the Gettysburg REC Park with contributions and efforts of local youth.
- **2003-2004** - The scope of CFY expanded from focusing on the Gettysburg area to being county-wide.
- **2003-2005** - CFY became a federally designated **Drug Free Communities Coalition** (DFC) under the management of **SAMHSA**. The designation was important as it brought with it technical assistance, continuous training and monetary resources.
- **2007** - CFY was again asked to grow its sphere of work to address systemic level issues that create barriers or limit access for youth and families to the services that they need. This included putting out easy to understand and obtainable resource information through directories, thus reducing the number of youths being placed in out of home care by **creating community-based alternatives**.
- **2007** - **The Center for Youth & Community Development (CFYCD)** was established as the nonprofit home for CFY. 2007 also marks the first time that all six school districts in Adams County participated in the county-wide **Pennsylvania Youth Survey**. The first survey was conducted in 2001 of the Gettysburg Area with other local school districts to follow.
- **2013** - CFY had secured funds to pay for the survey and provided technical assistance. In 2013, the survey was adopted by a consortium of state stakeholders: Pennsylvania Commission on Crime and Delinquency, Pennsylvania Department of Education, Drug and Alcohol Programs and others. The survey is administered biannually on each odd year and continues to be coordinated by Collaborating for Youth.
- **2009** - The **CFY Youth Coalition** was established. The Youth Coalition represents youth voices. The first **Youth Leadership Camp** was held in partnership with the PA National Guard Counter Drug Demand Reduction Program at Fort Indiantown Gap.
- **2010** - CFYCD became the provider for a CFY partnership evidence-based program, **Strengthening Families**. In 2015, that program was expanded to reach the Spanish language population through **Familias Fuertes**.
- **2018** - CFYCD became the provider for **Century 21st Afterschool** program funding. This significantly expanded the 21st Century programs in Adams County through a partnership with Respective Solutions Group. CFYCD continues to act as a conduit for bringing grants and programs into the community that build the capacity of CFY to fulfill its mission.
- **2020** - CFY consistently met, performed as a coalition, and supported our communities during COVID-19. Growing in purpose and impact, CFY engaged in a new endeavor, through the **Strategic Prevention Framework** (SPF), to better serve Adams County.
- **2022** - CFY expanded it's coalition to include a Spanish language branch of the coalition **la Comunidad** in response to cultural and linguistic barriers.
- **2023** - CFY initiated the **Adams County Alliance for LGBTQIA+ Youth**, a group of local individuals and organizations who have a vested interest in increasing the protective factors for this at-risk group. Collaborated on the re-branding of the OATF to become the **Adams County Coalition for Overdose Awareness & Recovery** with the intention of revitalizing community efforts around adult addiction and recovery.
- **2024** - **CFY and la Comunidad** held the first ever 2-day family retreat where members were able to connect with their families and learn about prevention. Also in 2024, CFY held several trainings bi-lingually through special technology that allowed for simultaneous translation.

Find us on
social media:



@CFYGETTYSBURG

Interested in volunteering?

Email: office@cfygettysburg.com

Center for Youth &
Community Development
Home of Collaborating for Youth
233 West High Street
Gettysburg, PA 17325
www.cfygettysburg.com