

PACE Update

East Washingtonian

January 7th, 2015

Hi everyone! My name is Sarah Meyers, and I am the new Coalition Coordinator for the Pomeroy Advocates for Community Empowerment Coalition (PACE). I work downtown at the Human Services office where you may have seen the PACE banner in the window. Some of us at PACE decided it would be a good idea to let the community know what we've been up to a few times a year. So here we go! This is what PACE has been up to this school year, and what we have in store for the remainder of the year!

First of all, I would like to invite you to come to a meeting, or contact me, if you are at all interested in learning about PACE. Right now we are rolling out a New Member Campaign to try to increase our membership and bring in more perspective from different areas of the community. We are looking for parents, retired community members, coaches, members of religious groups, as well as members of other youth serving organizations such as Boy Scouts and 4-H.

Our next meeting is on Wednesday January 7th at noon at the Garfield County Human Services office downtown. We serve a light lunch at the meetings, and it is open to the public! If you can't make it to our January 7th meeting, make a note that our meetings are always on the first Wednesday of every month at noon. Our meeting dates and meeting minutes are posted on our website at www.PomeroyPACE.com. [UPDATE: Next PACE meeting will be March 4th due to both coordinators being at the CADCA Conference in Washington, DC]



PACE is gearing up to do another round of our parenting class Guiding Good Choices. We ran Guiding Good Choices at the end of August and beginning of September and we had two parents in the community complete the entire 5 week course! I would like to congratulate Candice Quarles and Tom Meyers for earning their Guiding Good Choices certificate! Tom Meyers said that the course was "really common-sense ideas that I've never even thought of."

Also in attendance was local community member and grandparent Pat Richardson. She said "It was a great program, I wish I would have known about it when I was raising my own children, but it works great with grandkids too."

We are going to be running Guiding Good Choices again completely free of charge starting January 14th and going through February 11th. The class will be on Wednesday nights starting at 5:30pm, and dinner and childcare are provided! We are going to have some fun door prizes and a big raffle at the end of the series! Some of the prizes include a Keurig Coffee Maker, a mini Family Photo Session with Lindgren Photography as well as lots of other prizes, such as gas cards and gift certificates to The Bean Counter. The class will be held in

the Elementary School Library, and we would love to see you there! I would highly recommend this class for anyone who works with kids, even if you are not a parent.

In February, PACE is going to the national CADCA conference this year in Washington DC! Student Resource Officer Jim Nelson will be joining us to represent the Garfield County Sheriff's office and Pomeroy School District. CADCA stands for Community Anti-Drug Coalitions of America, and our grant allows us to send a few of our own coalition members to the national conference in Washington, DC every year. This will be my first year attending the conference, as well as Jim's first year. Our seasoned Co-Coordinator Thea Skalicky will be attending the conference with us as well.

As you may have heard, PACE was awarded one of ten grants in Washington State for suicide prevention programs in our county. With this grant we will be offering a Mental Health First Aid course free to community members. In this course, you will learn more about some of the signs and red flags of mental health disorders that are common amongst youth and teens- such as depression, anxiety, eating disorders, as well as schizophrenia and signs of suicide. This class will be offered free of charge! If you would be interested in attending this class, feel free to email me at smeyers@qbhs.org and reserve your spot. The date for this class is still to be decided. [UPDATE: The date for the Youth Mental Health First Aid Training is set for Tuesday, February 24th, 2015]



As for the school, we plan to implement a program called Sources of Strength. "Sources of Strength" is an evidence-based program that brings together enthusiastic and trustworthy adults with peer leaders in the school and trains them on hope, help, and strength messaging. The program is designed to improve students' help-seeking behaviors, break down cliques, and connects students to a trustworthy adult who they can go to if they need help. Right now we are in the process of **recruiting enthusiastic, trustworthy, and caring adults** who are willing to commit to this project with us. The duties of this core group of adults would be to attend two separate half-day trainings, and continue to meet once or twice a month for the remainder of the school year with the peer leaders.

For more updates on this project as well as others, make sure to "like" on Facebook at PACE: Pomeroy Advocates for Community Empowerment.

Hope everyone had a wonderful Holiday and a very happy New Year!

-Sarah Meyers

PACE Coalition Coordinator

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