

Building Relationships in the Community

Over the course of year one, the WSYRC has become increasingly visible in the community. Often, coalition staff is contacted by individuals and organizations needing information about youth services and opportunities in West Sacramento. Much of the reason the WSYRC has become the go-to organization is due to the connections made within the community.



The partnerships between the WSYRC and other community groups are mutually beneficial and show these benefits:

- Goals of the WSYRC are being realized in programs throughout West Sacramento.
- City of West Sacramento acquired the youth voice needed for the Community Visioning plan through the coalition's Youth Leadership Academy.
- The WSYRC is able to utilize city resources such as transportation, parks and staff to provide new youth opportunities.
- The West Sacramento Chamber of Commerce acquired the support of the WSYRC and strengthened their connections with youth and youth advocates in West Sacramento.
- Washington Unified School District is represented by both administration and the Board of Education within the coalition, thus broadening its connection with the community.



www.westsacyouth.org

- » Providing a safe place for youth and families
- » Supporting healthy development and opportunities
- » Supporting youth in realizing their potential



Supporting Organizations



Getting the Word Out

The WSYRC has created a plan to increase awareness of the coalition, its goals and values, and its partners. With new logos and a new web site, westsacyouth.org, the WSYRC and its image soon will become commonplace throughout the West Sacramento community.



2007-2008 Annual Report

The WSYRC is a Community Action Coalition of Sierra Health Foundation's REACH youth program



For more information on the West Sacramento Youth Resource Coalition, contact info@westsacyouth.org or (916) 403-2970.

Youth Taking the Lead

With the support of WSYRC staff and partners, youth have created healthy, safe opportunities for their peers and have developed their own leadership skills. Some of the ways youth have taken the lead are:

- Leading Sactown Heroes activities
- Organizing and executing the Youth Fun Fair in Bryte Park
- Providing topic ideas for Youth Leadership Academy
- Speaking to large groups including coalition meetings and Rotary Club
- Providing outreach to youth at school events
- Planning workshops and activities for REACH Camp



Parent & Family Engagement



Sactown Heroes members, WSYRC staff and partners organized three Parent & Family Engagement activities during the first half of 2008.

- **Parent Dinner** – 52 people attended a catered dinner at the Collings Teen Center that included awards given by youth members to supportive adults in their lives.
- **Family Game Night** – 50 people attended this catered dinner and event including games, music, arts & crafts and awards. WSYRC partner agencies CommuniCare and West Sacramento Parks & Recreation Department joined to provide activities.
- **Family Night at the River Cats Game** – 46 people enjoyed an evening at the ballpark with family and friends.

At all three events, youth bonded with their families, families were able to connect with other families, and WSYRC staff connected with parents and caregivers. The outcome has been a closer relationship between the families of the Sactown Heroes and the WSYRC staff and partners.



Youth Leadership Academy

In the spring of 2008, the West Sacramento Youth Resource Coalition launched its first Youth Leadership Academy projects. Originally inspired by the WSYRC youth group, Sactown Heroes, these first projects focused on youth interests, including community action and health education.



- **Community Visioning** – This YLA project allowed youth to express their concerns and hopes for their community. This included a youth focus group and a series of meetings for youth and adult participants.



- **Group Graphics for All!** – This YLA workshop gave youth the opportunity to learn the skill of graphic visioning, where they use drawings and images to represent themes during meetings.



- **Teen Clinic Job Shadow** – In this YLA project, youth work directly with CommuniCare Health Center Teen Clinic staff and experience the world of community health outreach. At the end of year one, the first youth was in the process of completing this project.

Sactown Heroes Youth Leadership Team



The Sactown Heroes meet weekly as a subcommittee of the West Sacramento Youth Resource Coalition. Meetings include development of leadership skills, advocating for change in the community, and developing healthy relationships with peers and adults. Meetings are open to youth ages 10 to 17.

Year One Successes

- Strong membership development
- Youth gained new skills
- Provided input for Youth Leadership Academy
- Organized Youth Fun Fair
- Increased opportunities for public speaking
- Organized activities for REACH Camp
- Ran successful car wash and bake sale fundraisers
- Organized Parent Engagement events

Youth Fun Fair

Heroes Support the Heart of the Community

More than 200 people came out to Bryte Park on May 17, 2008, for the West Sacramento Youth Resource Coalition's first Youth Fun Fair. Sactown Heroes members took the lead on this event, from early brainstorming sessions to naming the event to organizing the final details. Local agencies and businesses that support youth provided information, activities and exciting games for young people and their families. Benefits of the event included:

- Youth connected with opportunities in the community
- Local organizations connected with youth in need of services
- Community members learned about the WSYRC
- Youth and families enjoyed a fun, safe day in the park
- Business community and nonprofit sector connected
- Youth and adults worked together to organize and execute a large event