

Youth Opioid Prevention

A CALL TO ACTION



BOYS & GIRLS CLUBS
OF THE NORTH VALLEY
Serving Butte & Glenn Counties



60%

of substance users
aged 15-24 started
using between 11
and 15 years of age.

The Epidemic

Opioid medications continue to injure and kill too many Butte County Residents. The rate of opioid prescriptions in Butte County is twice that of our state. The amount of opioids prescribed to Butte County residents is three times the national average. In addition, Butte County has been designated as a Federal High Intensity Drug Trafficking Area.

As the opioid epidemic within our communities becomes pervasive, youth increasingly become the unintended victims. The traumatic experience of growing up within a family and community where substance use is prevalent disrupts a young person's ability to thrive. The associated adverse experiences, such as childhood abuse and neglect, put our young people at increased risk for substance use and other behaviors that lead to negative outcomes in adulthood. In order to combat this epidemic, greater investments in prevention must be made.



Our Boys & Girls Clubs hours are from 2pm to 6pm daily. We are open during a time of day when youth are most likely to get involved in high-risk activities and when juvenile crime escalates.

Opportunity

Today, the Boys & Girls Clubs of the North Valley operates 11 Clubs serving nearly **2,000 youth** each year every day after school and in the summer. Our Clubs represent a cross-section of Butte and Glenn Counties with 6 school-based Clubs, 4 Stand Alone Clubs, and 1 flagship Club within Juvenile Hall. 70% of the youth we serve live in poverty, 59% live in single and non-traditional households, and 42% reported they relied on social services.

Over **1,500** youth in our area are recognized as homeless, **24%** are labeled food insecure and our region has a public health crisis with more individuals experiencing adverse childhood experiences when compared to other counties in our state; meaning children in our communities are exposed to more child abuse, neglect, poverty, stress, family alcohol or drug abuse and incarceration. With these alarming statistics our local

Clubs are uniquely positioned to disrupt the cycle of addiction and abuse by providing a high quality youth experience that employs key evidence-informed prevention strategies as its universal approach. More resources are needed to help meet the need of providing more prevention services to more youth; reducing risk factors leading to addiction; and promoting resilience in children, families and communities.

BGCA's Opioid Prevention Goal:

Help young people learn how addiction affects their family and friends, how to develop positive feelings about themselves, and how to identify healthy ways to cope.



Driving Solutions

Boys & Girls Club's are in the best position to implement effective substance abuse prevention strategies which include:

- Creating meaningful opportunities to build Social & Emotional Development Skills, specifically, self-regulation, communication, emotional awareness, healthy decision-making, self-efficacy, and healthy peer and adult relationships.
- Using a trauma-informed approach that realizes the widespread impact of trauma, and responds with fully integrated trauma-informed practices, policies and procedures which combats the effects of trauma.
- Creating high-yield, small group opportunities that allow youth to develop a sense of emotional safety, peer support, trust & transparency, collaboration, and leverage youth choice and voice.
- Implementing a prevention program and activities that are developmentally responsive and address all forms of substance use.
- Engaging families intentionally within the Club, and creating strong community partnerships to support youth and families with needs beyond the scope of the Club.

To Learn More and Become a Sponsor contact Rashell Brobst, Chief Executive Officer rbrobst@bgcnv.org