



BUILDING HEALTHY BODIES
HEALTHY MINDS • HEALTHY COMMUNITIES



This month we would like to highlight YAC Community Youth Advisory Board (CYAB)!

We need to have a mindset of “Nothing about us, without us!”

This project aims to empower youth to have their voices heard and to be more active members of our community.

When youth believe they have a say they are more likely to participate and feel a sense of belonging and responsibility.

Meeting twice each month this group works together to speak up and advocate for themselves and their peers, encouraging them to be civic minded, and involving them in decision making that will help both youth and organizations to build a stronger community.

To learn more about CYAB click the button below.



Community Champion Calendar
Together we can do Anything & Everything!

PLANET Youth YAC
BUILDING HEALTHY BODIES
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2025
First Responder Edition

\$20 each. All proceeds go to support YAC programming.

Scan the QR Code to order yours today!



Help Our Youth Thrive by Supporting Planet Youth Today!

By purchasing a calendar today, you will be making an incredible impact on the health and wellness of young people in your community.

Thank you to all of the first responders who make such a huge impact on our community, and to those who helped make this calendar come together. We couldn't have done this without you!

Together, we can make a difference in the lives of our youth.

Join us in supporting the Planet Youth Movement!



December Planet Youth & Community Events!

- 12/6/24:** McCall Christmas Tree Lighting
- 12/7/24:** Christmas in Donnelly
- 12/7/24:** Cascade Tree Lighting
- 12/7/24:** Trek to the North Pole
- 12/7/24:** Snow Ball
- 12/7/24:** Sheperd's Home Christmas Open House
- 12/8/24:** Ignite Idaho Breakfast with Santa
- 12/8/24:** Rise Up 2 Thrive Holiday Open House

LEARN MORE HERE



TENTH ANNUAL "CRAM THE VAN"

THE VAN ELVES WILL SOON BE COLLECTING NEW UNWRAPPED TOYS, ART SUPPLIES, SPORTS EQUIPMENT, WINTER CLOTHING AND GIFT CARDS FOR LOCAL FAMILIES FOR A BRIGHTER HOLIDAY.

VAN SCHEDULE:

"Trek to the North Pole" Ponderosa State Park
Dec. 7th, 10 – noon
Ridley's Parking Lot, Dec. 14th, 10 – 4, December 15th 12 – 3.

CAN'T MEET THE VAN? Drop off boxes will be located at Barn Owl Books, McCall and Donnelly Libraries, Edward Jones, Albertsons and Ridelys November 25th through December 13th. Giving Tree tags will be at the McCall Christmas Tree Lighting December 8th.

2024 Sponsors:



- [12/13/24: Winter Wonderland Celebration and Fundraiser](#)
- [12/14/24: Santa Paws](#)
- [12/15/24: Fruitcakes](#)
- [12/19/24: Meadows Valley PY meeting](#)
- [12/21/24: Brundage Live Music](#)
- [12/25/24: Santa Shreds Brundage](#)
- [12/31/24: Brundage New Years Eve Celebration](#)

Click on the underlined events to be directed to more information

**CHECK OUT OUR NEW LOCALS CALENDAR
CREATED BY JOSH HURLEY IN CASCADE**
<https://westcentralmountainyouth.org/calendar/>



Local Youth Kick Off their annual Campaign to Prevent Underage Drinking during the Holiday Season through a local sticker shock campaign!

The campaign is sponsored by The Office of Drug Policy, the Idaho State Liquor Division, and the West Central Mountains Youth Advocacy Coalition (YAC). The stickers stand out on the store bags and provide a strong reminder: "Ensure Brighter Futures: Never Provide Alcohol to Minors".

The Sticker Shock Campaign hopes to cause adults to think twice before making it any easier for youth to access alcohol. Underage drinking is a community concern and the most effective way to address it is through community involvement and everyone's participation.

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Did you know?
Local youth, ages 13-16 recently reported...

- 30%** Tried Alcohol at age 13 or younger
- 16%** Have used an e-cigarette
- 12%** Have used cannabis

To see more local data from our youth, or to check out community resources, visit www.PlanetYouthWCM.org

Did You know...

51% of local youth report Judgment being a barrier to go see a mental health provider? For more local data click the link below

LOCAL DATA

TRAINING CENTER

If you or someone you know is interested in learning more on how to help others please take a look at our eLearning resource page in the link above.

PLANET YOUTH UPDATES

As Planet Youth begins to grow in each individual community we have so much to share, to view our monthly updates and upcoming meeting follow the links below.

- [Cascade](#)
- [McCall](#)
- [Donnelly](#)
- [Meadows Valley](#)
- [Tri-Valley](#)

Support YAC by Becoming A YAC Sponsor!

GET INVOLVED FOR OUR YOUTH!

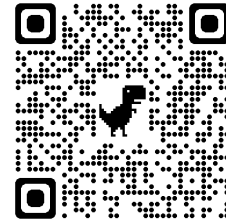
Help Our Youth Thrive by Supporting Planet Youth Today! By donating today, you will be making an incredible impact on the health and wellness of young people in your community.

SIGN-UP TODAY

<https://westcentralmountainyouth.org/support/>

GET INVOLVED

Help us inspire, educate and promote healthy youth in our community. YAC is a 501(c)3 Non-Profit Organization.



SUPPORT NOW

Planet Youth By YAC Resources Page!



Planet Youth by YAC is a community movement to increase protective factors and decrease risk factors for our youth. We focus on

drug and alcohol prevention and fostering positive mental health. Planet Youth coalitions in Cascade, McCall/Donnelly, Meadows Valley, and Tri Valley use survey data to identify goals and strategies for improving their communities for their youth. If you are interested in joining these efforts or learning more, you can reach out to our Executive Director, Patty Giardina at wcm.yac@gmail.com or 208-830-0702.

[Visit the YAC website to read more about Planet Youth and the Icelandic Approach](#)

Meadows Valley

AFTER SCHOOL PROGRAM

Starting Aug 27th & 29th

FREE 4-5PM

Art & Craft | Learning

Every Tuesday & Thursday following school calendar @ Meadows Valley Community Center

- ✓ Snacks
- ✓ Crafts
- ✓ Billiards/Pool
- ✓ Outdoor Activities
- ✓ FUN

K-12th grade WELCOME



VCORP, through their collective action will strengthen and expand prevention services in Valley County, break down stigma of recovery workforce, support community stakeholders and improve data identification, sharing, and collaboration.

VCORP meets the second Tuesday of each month 12:30 am to 2:00 pm. To learn more about VCORP or participate in VCORP activities, please contact Shelly or Patty. Shelly Hitt at SLHitt@cdh.idaho.gov

or Patty Giardina at
wcm.yac@gmail.com.

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