



# Youth led prevention team



**STOP.  
THINK.  
ACT.  
RESTART.**





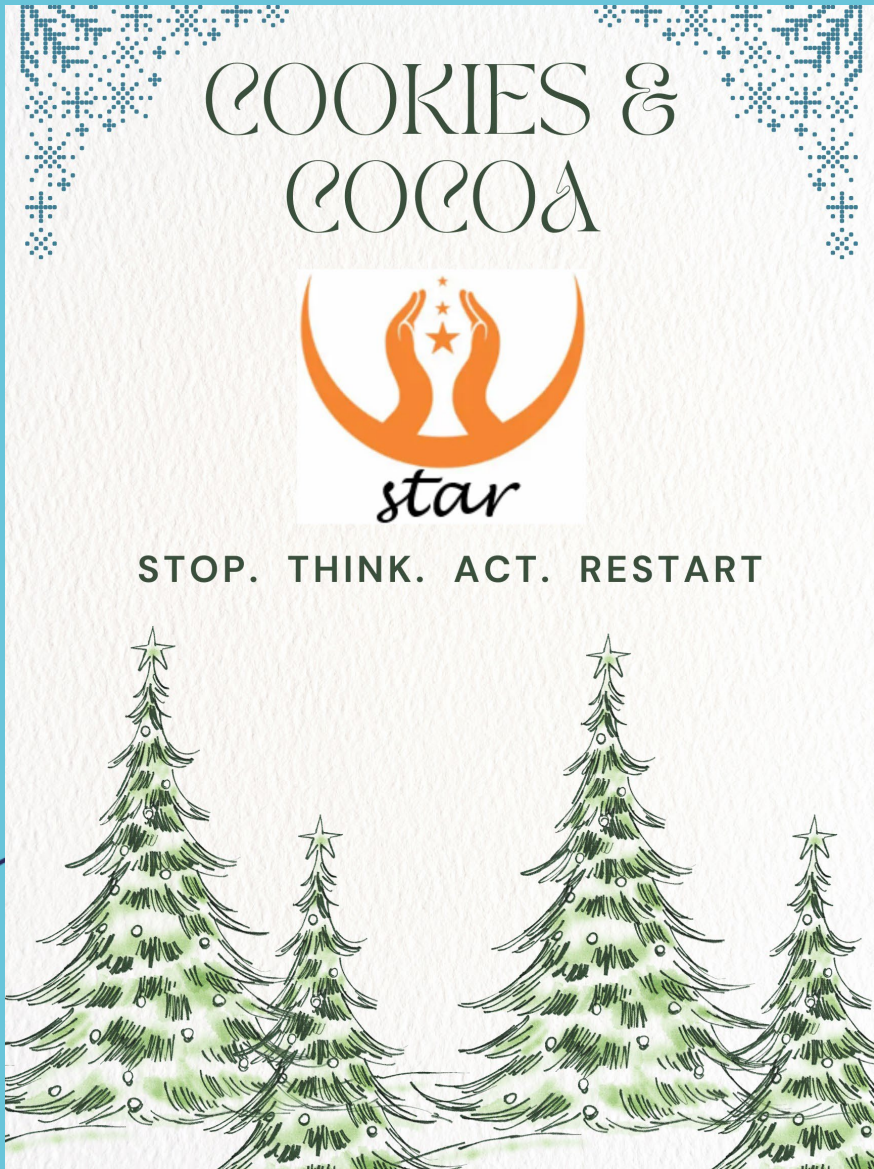


# COMMONGROUND RECOVERY

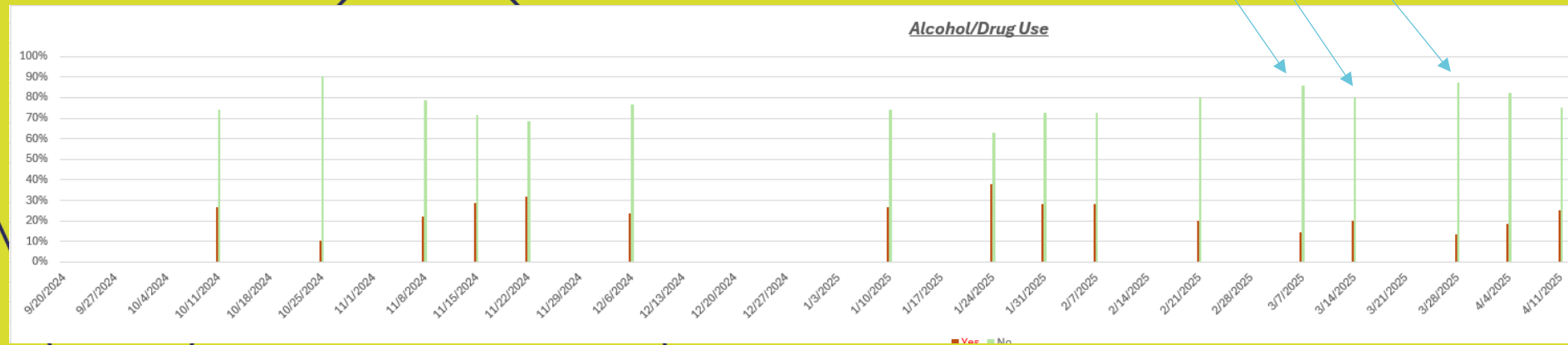
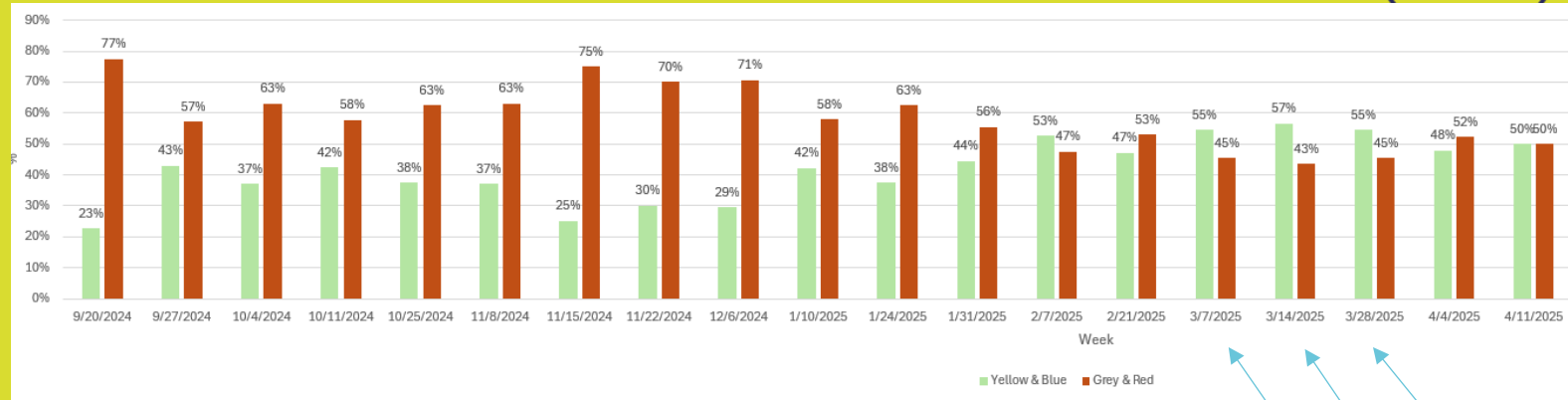
star Sharing event with  
Commonground Clients

**ONE ON ONE > 17 SESSIONS**

**SMALL GROUP > 9 SESSIONS**



# WEEKLY BEAD SURVEY



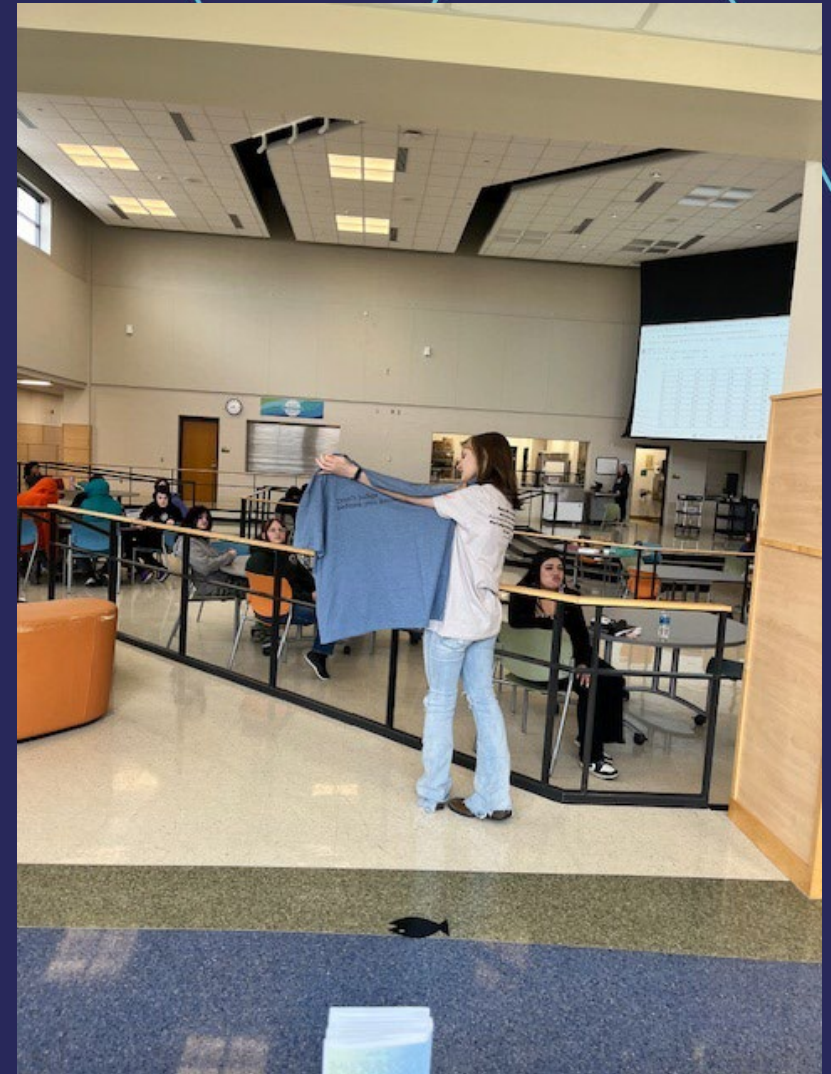
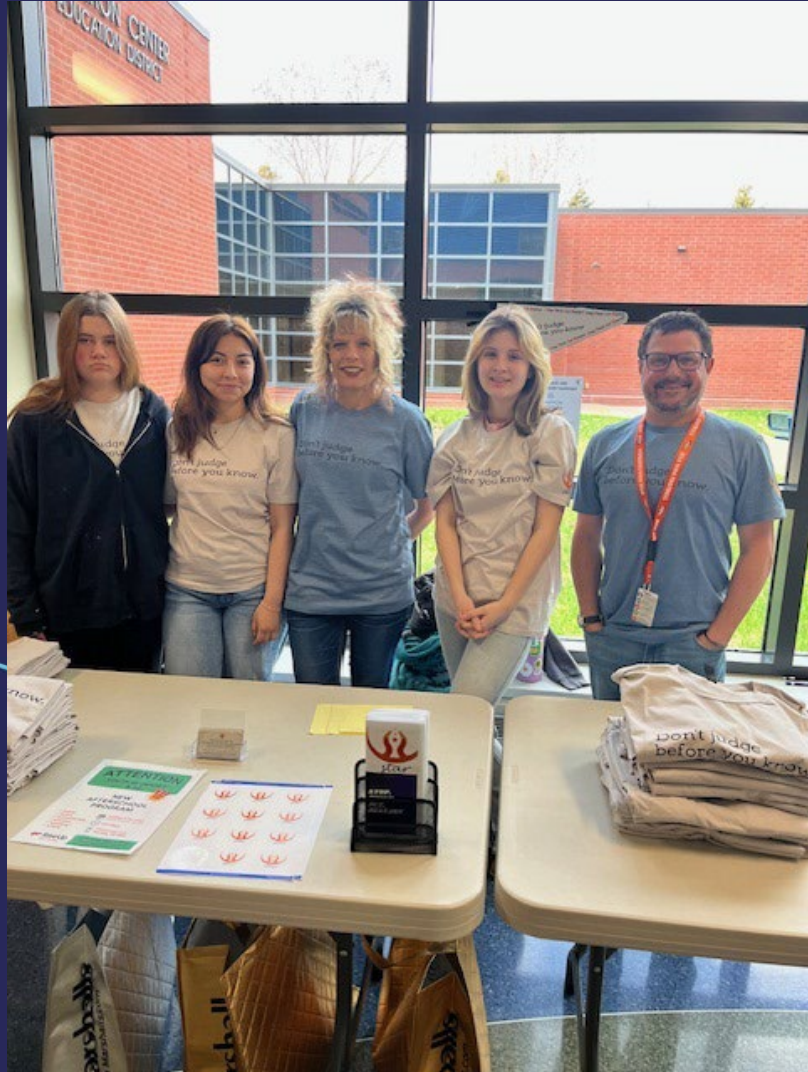


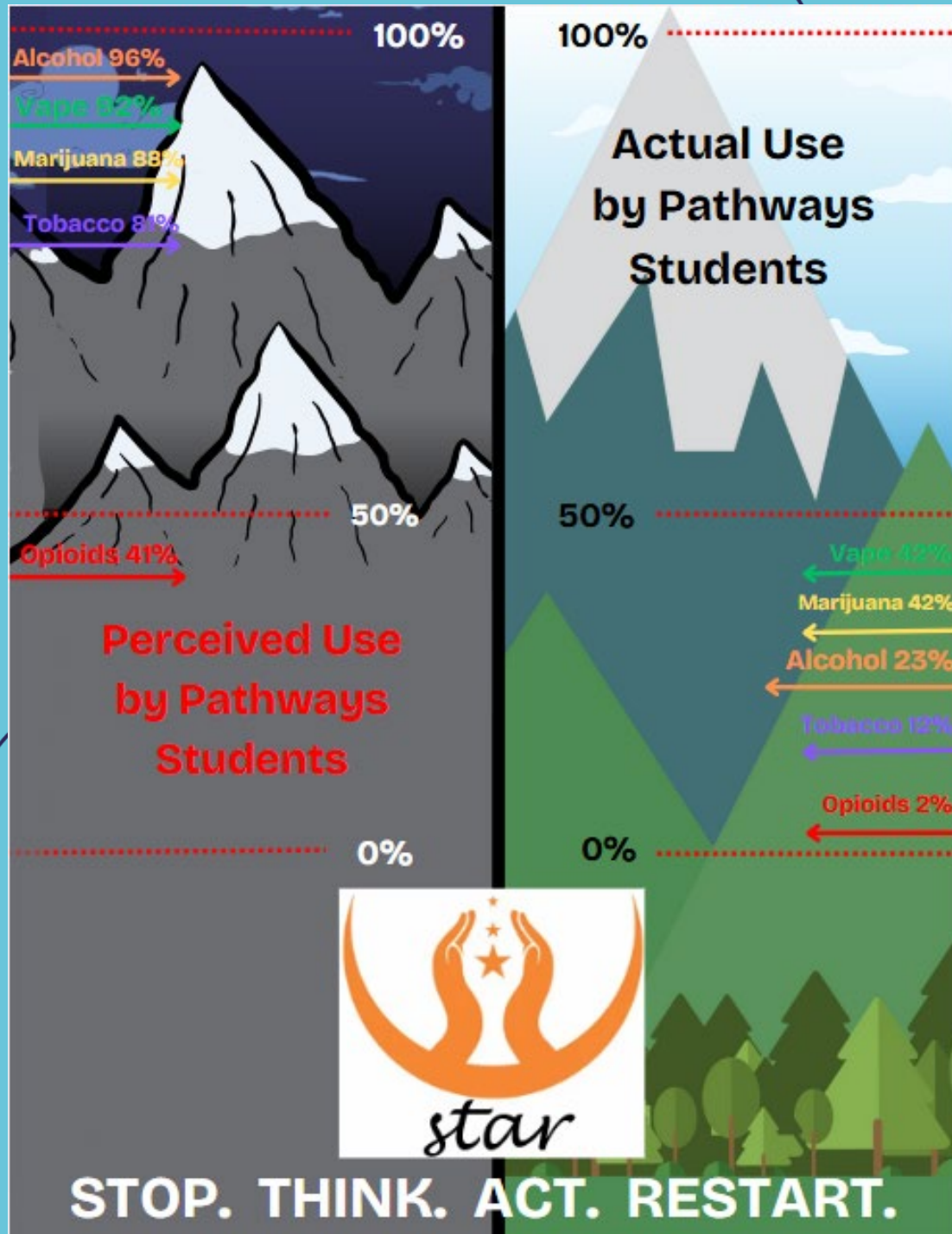
**98%** OF RIVER BLUFF PATHWAY  
STUDENTS THINK THEIR  
CLASSMATES DRINK ALCOHOL  
**HOWEVER**  
**ONLY 23%**  
ACTUALLY REPORTED  
DRINKING ALCOHOL

**DON'T JUDGE  
BEFORE YOU KNOW**

**STOP. THINK. ACT. RESTART.**







# QUIT KITS



# LUNCH ON THE TOWN



Join Zach for a lunch on the town! Every two weeks 1 student will be drawn to join Zach for lunch.

All you need to do is complete one of the following activities and turn this sheet in.

- Journal 4 times – Complete 6 FREDG's (Fear, Resentment, Ego, Dishonesty, Gratitude) – Attend Rise Up Redwing After School Program – Attend a school function on your own time – Have a sober get together with friends – Pay something forward – Give something up for two weeks (nicotine, alcohol, caffeine, etc.) – Be up to date and current on all school work – Volunteer somewhere in your community – Reflect not React –

Simply circle what you have done and briefly explain to Zach your experience.

THAT'S IT!!!!

NAME \_\_\_\_\_ DATE \_\_\_\_\_

Journal - 1  
FREDG's - 0  
Rise Up - 0  
School Function - 0  
Sober w/ Friends - 10  
Pay Something  
Forward - 4  
Give Something up for  
2 Weeks – 11  
(nicotine/alcohol/  
caffeine/marijuana)  
School Work Done - 10  
Volunteer - 0  
Reflect not React - 3

# NALOXONE TRAINING

EVERY star MEMBER IS FULLY TRAINED  
AND CERTIFIED IN NALOXONE AND  
NARCAN ADMINISTRATION



# RIVER BLUFF GREEN HOUSE







## FREE NARCAN DISTRIBUTION BOX



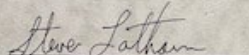
KOPLIN'S VILLIAGE MARKET PARKING LOT  
CORNER OF **BUSH & 5<sup>TH</sup> STREET**  
RED WING

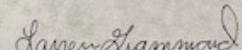
# STUDENT of the MONTH

October 2024

**Nathaly Arevalo**

In recognition and appreciation of your efforts and active participation in your learning.

  
Advisor Signature

  
Social Work Signature

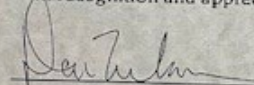


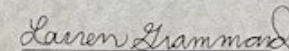
# STUDENT of the MONTH

September 2024

**Tessa Schafernocker**

In recognition and appreciation of your efforts and active participation in your learning.

  
Advisor Signature

  
Social Work Signature



# GOODHUE COUNTY CHEMICAL AND MENTAL HEALTH COALITION MEETING – 5.8.25



# Goodhue County Chemical & Mental Health Coalition Feedback

Dear STAR Program Team,

Thank you so much for everything you do to help young people who are struggling with mental health and substance use. Your work makes a big difference in their lives and in the lives of their families.

When one young person starts to heal, it often brings hope and strength to their whole group of friends. You're helping create a caring, connected group of young people who can lift each other up.

Thank you for your kindness and for staying committed to this important work.

Warmly,

Tara Neuffer, Jaydon's mom

RIPple Drug Education & Awareness

Hi Zach, I just wanted to reach out and let you and your students know how great you all did at the event yesterday. Being able to get up in front of a large group like that takes a lot of courage. That was so brave of Tessa to share her story. I just wanted to pass on how much I appreciated their participation yesterday. Thanks for all you do in giving these kids a safe place to grow and learn skills that will show them they are capable of doing extraordinary things in life.

-Goodhue County Employee in Attendance

I'd like to celebrate Zach and the star team members for the EXCELLENT work today at the Goodhue County Mental Health coalition meeting. They presented to about 60 people and Tessa gave a great testimony about her time and the impact of the team. If you see Peyton, Tessa, Cloie, or Nathaly please give them a high five for their work!

Kim Cory

Principal, Goodhue County Education District



**DON'T  
JUDGE  
BEFORE  
YOU  
KNOW**